

St. Francis
Community Health Survey Report
2009

Commissioned by:
Aurora Health Care

In Partnership with:
St. Francis Health Department
Center for Urban Population Health

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide St. Francis 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 St. Francis 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 St. Francis 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=394). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=6). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between October 1, 2009 and January 28, 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 St. Francis. 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 St. Francis Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

| | Survey Results |
|------------------------------|----------------|
| TOTAL | 100% |
| Gender | |
| Male | 49% |
| Female | 52 |
| Age | |
| 18 to 34 | 28% |
| 35 to 44 | 22 |
| 45 to 54 | 18 |
| 55 to 64 | 10 |
| 65 and Older | 22 |
| Education | |
| High School Graduate or Less | 43% |
| Some Post High School | 30 |
| College Graduate | 27 |
| Household Income | |
| Bottom 40 Percent Bracket | 35% |
| Middle 20 Percent Bracket | 19 |
| Top 40 Percent Bracket | 25 |
| Not Sure/No Answer | 21 |
| Married | 51% |

What do the percentages mean?

Results of the St. Francis Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 7,413 adult residents in the area, an increase of 6.10% 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 70 adults. So, when 15% of respondents reported their health was fair or poor, this roughly equates to 1,050 residents \pm 350 individuals. Therefore, from 700 to 1,400 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 St. Francis is 4,215, an increase of 4.07% 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 40 households. For example, 15% 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 600.

Definitions

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

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

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

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

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

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

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

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of St. Francis 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 | | | |
|---|------|------------|-------------|---|------|------------|-------------|
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Excellent | 18% | 23% | 14% | High Blood Pressure | 28% | 24% | 28% |
| Very Good | 42% | 30% | 39% | High Blood Cholesterol | 25% | 22% | 24% |
| Fair or Poor | 10% | 15% | 15% | Mental Health Condition | 5% | 4% | 13% |
| <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> | Asthma (Current) | 5% | 5% | 11% |
| <i>Fair or Poor</i> | | <i>12%</i> | <i>14%</i> | Heart Disease/Condition | 11% | 12% | 10% |
| | | | | Diabetes | 6% | 8% | 10% |
| | | | | Cancer | | | 4% |
| | | | | Stroke | 2% | 3% | 2% |
| | | | | | | | |
| Health Care Coverage | | | | Physical Health | | | |
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Not Covered | | | | Physical Activity/Week | | | |
| Personally (currently) | 4% | 3% | 5% | Moderate Activity (5 times/30 min) | 27% | 31% | 30% |
| Personally (past 12 months) | | | 13% | Vigorous Activity (3 times/20 min) | | 22% | 15% |
| Household Member (past 12 months) | 16% | 17% | 15% | Recommended Moderate or Vigorous | | 43% | 39% |
| Advance Care Plan | 30% | 36% | 39% | Overweight | 69% | 65% | 64% |
| Primary Source of Health Advice | | | | Fruit Intake (2+ servings/day) | 69% | 59% | 61% |
| Doctor/nurse practitioner's office | | 87% | 80% | Vegetable Intake (3+ servings/day) | 32% | 24% | 20% |
| Public hlth clinic/comm. hlth center | | 3% | 5% | | | | |
| Urgent care center | | 2% | 5% | <i>Other Research:</i> | | <i>WI</i> | <i>U.S.</i> |
| <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> | <i>Overweight (2008)</i> | | <i>64%</i> | <i>64%</i> |
| <i>Personally Not Covered (currently)</i> | | <i>10%</i> | <i>15%</i> | <i>Recommended Mod. or Vig. Activity (2007)</i> | | <i>55%</i> | <i>50%</i> |
| | | | | | | | |
| Routine Procedures | | | | Women's Health | | | |
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Routine Checkup (2 years or less) | 85% | 83% | 78% | Mammogram (40+; within past 2 years) | 86% | 72% | 75% |
| Cholesterol Test (4 years or less) | 78% | 73% | 76% | Bone Density Scan (65+) | | 69% | 75% |
| Dental Checkup (past year) | 63% | 65% | 68% | Pap Smear (18 - 65; within past 3 years) | 93% | 90% | 91% |
| Eye Exam (past year) | 43% | 48% | 44% | | | | |
| <i>Other Research:</i> | | <i>WI</i> | <i>U.S.</i> | <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> |
| <i>Routine Checkup (≤2 years; 2000)</i> | | <i>79%</i> | <i>84%</i> | <i>Mammogram (40+; within past 2 years)</i> | | <i>76%</i> | <i>76%</i> |
| <i>Cholesterol Test (≤5 years; 2007)</i> | | <i>77%</i> | <i>75%</i> | <i>Pap Smear (18+, within past 3 years)</i> | | <i>83%</i> | <i>83%</i> |
| <i>Dental Checkup (past year; 2008)</i> | | <i>73%</i> | <i>71%</i> | | | | |
| | | | | | | | |
| Vaccinations | | | | Men's Health | | | |
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Flu Vaccination (past year—65+) | 75% | 59% | 72% | PSA Test (40+; within past 2 years) | | 46% | 53% |
| Pneumonia (ever—65 and older) | 52% | 63% | 74% | Digital Rectal Exam (40+; within past year) | 31% | 38% | 28% |
| <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> | <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> |
| <i>Flu Vaccination (past year—65+)</i> | | <i>73%</i> | <i>71%</i> | <i>PSA Test (40+; within past 2 years)</i> | | <i>52%</i> | <i>55%</i> |
| <i>Pneumonia (ever—65 and older)</i> | | <i>70%</i> | <i>67%</i> | | | | |
| | | | | | | | |
| Complementary/Alternative Treatments in Past 3 Years | | | | Other Tests | | | |
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Massage Therapy | 15% | 16% | 20% | Sigmoidoscopy (50+; within past 5 years) | | | 10% |
| Chiropractic Care | 14% | 16% | 11% | Colonoscopy (50+; within past 10 years) | | | 65% |
| Aroma Therapy | 4% | 1% | 7% | Sig./Colonoscopy (50+; lifetime) | 61% | 56% | 70% |
| Acupuncture | 2% | 4% | 3% | <i>Other Research: (2008)</i> | | <i>WI</i> | <i>U.S.</i> |
| | | | | <i>Sig./Colonoscopy (50+; lifetime)</i> | | <i>67%</i> | <i>62%</i> |

| Safety | | | | Mental Health Status | | | |
|--|------|-----------|-------------|---|------|-----------|-------------|
| St. Francis | 2003 | 2006 | 2009 | St. Francis | 2003 | 2006 | 2009 |
| Seat Belt (always/nearly always) | 86% | 92% | 93% | Felt Sad, Blue or Depressed | | | |
| Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always) | 22% | 19% | 31% | Always/Nearly Always | 8% | 8% | 6% |
| Detectors in Household | | | | Find Meaning and Purpose in Daily Life | | | |
| Smoke Detector | 95% | 98% | 97% | Seldom/Never | 10% | 5% | 4% |
| Carbon Monoxide Detector | 36% | 44% | 60% | Considered Suicide (past year) | 2% | 7% | 3% |
| Both Detectors | 35% | 43% | 60% | Alcohol Use | | | |
| Neither Detector | 3% | 1% | 3% | St. Francis | 2003 | 2006 | 2009 |
| <i>Other Research: (2002)</i> | | <u>WI</u> | <u>U.S.</u> | Of all Respondents in Past Month... | | | |
| Seat Belt (always/nearly always) | | 82% | 88% | Heavy Drinker | 7% | 11% | 3% |
| Cigarette Use | | | | Binge Drinker | 24% | 27% | 20% |
| St. Francis | 2003 | 2006 | 2009 | Driver/Passenger in Vehicle When Driver | | | |
| Current Smokers | 28% | 28% | 21% | Perhaps Had Too Much to Drink | 2% | 4% | 2% |
| Of Current Smokers... | | | | HH Problem Associated with Alcohol | | 4% | 2% |
| Quit Smoking 1 Day or More in Past | | | | <i>Other Research: (2008)</i> | | <u>WI</u> | <u>U.S.</u> |
| Year Because Trying to Quit | 41% | 50% | 45% | Heavy Drinker | | 8% | 5% |
| Saw a Health Care Professional Past Yr. | | | | Binge Drinker | | 23% | 16% |
| ...Advised to Quit Smoking | | 76% | 79% | Personal Safety in Past Year | | | |
| <i>Other Research:</i> | | <u>WI</u> | <u>U.S.</u> | St. Francis | 2003 | 2006 | 2009 |
| Current Smokers (2008) | | 20% | 18% | Afraid for Their Safety | 5% | 7% | 6% |
| Tried to Quit (2005) | | 49% | 56% | Pushed, Kicked, Slapped, or Hit | 2% | 3% | 3% |
| Smoking Policies | | | | At Least One of the Safety Issues | 7% | 9% | 8% |
| St. Francis | | | 2009 | Firearms in Household | | | |
| Smoking Policy at Home | | | | St. Francis | 2003 | 2006 | 2009 |
| Not allowed anywhere | | 71% | | Of all Households... | | | |
| Allowed in some places or at some times | | 12% | | Have a Firearm | 23% | 24% | 21% |
| Allowed anywhere | | 2% | | Handgun | | | 13% |
| No rules inside home | | 15% | | Rifle or shotgun | | | 18% |
| Work's Official Indoor Smoking Policy | | | | Have a Loaded Firearm | 2% | 1% | 3% |
| Not allowed anywhere | | 81% | | Have a Loaded Firearm Unlocked | 1% | <1% | 2% |
| Allowed in some areas | | 13% | | <i>Other Research: (2002)</i> | | | |
| Allowed in all areas | | 2% | | Of all Households... | | <u>WI</u> | <u>U.S.</u> |
| No official policy | | 3% | | 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 | | 70% | | Additional Questions | | | |
| 1 to 3 days | | 23% | | St. Francis | 2003 | 2006 | 2009 |
| 4 to 7 days | | 7% | | Prepared for Natural/Man-Made Disaster | | | 26% |
| <i>Other Research: (WI: 2003; US: 2006-2007)</i> | | <u>WI</u> | <u>U.S.</u> | Three Largest Community Health Issues | | | |
| Smoking Prohibited at Home | | 75% | 79% | Obesity/Lack of Exercise/Poor Nutrition | | 56% | 60% |
| Smoke-Free Policy at Indoor Worksite | | 75% | 75% | Alcohol Abuse | | 49% | 57% |
| | | | | Smoking | | 44% | 49% |
| | | | | Activities Limited Due to Physical, Mental or Emotional Problems | | | 24% |
| | | | | Health Problem Requires Special Equipment | | | 12% |

Overall Health and Health Care Key Findings

In 2009, 53% of respondents reported their health as excellent or very good; 15% reported fair or poor. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report fair or poor conditions. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2009, 5% of respondents reported they were not currently covered by health care insurance; respondents who were male, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Thirteen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 35 to 44 years old or with a high school education or less were more likely to report this. Fifteen percent reported someone in their household was not covered at least part of the time in the past 12 months. Eighty percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or with a college education were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents who were female, 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 78% of respondents reported a routine medical checkup two years ago or less while 76% reported a cholesterol test four years ago or less. Sixty-eight percent of respondents reported a visit to the dentist in the past year while 44% reported an eye exam in the past year. Respondents who were female or 65 and older were more likely to report a routine checkup two years ago or less. Respondents who were female, 45 to 54 years old, 65 and older or in the bottom 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents who were female, with 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 who were 65 and older, in the bottom 60 percent household income bracket or unmarried 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. 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, a dental checkup in the past year or an eye exam in the past year.*

In 2009, 45% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or in the bottom 60 percent household income bracket were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (28% and 24%, respectively). Respondents who were 65 and older, with some post high school education or less, who were in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were male, 65 and older, in the

bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood cholesterol. Respondents who were 65 and older or inactive were more likely to report heart disease/condition. Respondents who were female, 65 and older, or unmarried were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education, who were in the bottom 40 percent household income bracket, overweight or inactive were more likely to report diabetes. Respondents 18 to 34 years old 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 a mental health condition, possibly the result of wording changes. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.*

In 2009, 6% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; male respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2009, there was a statistical 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 (20%). Respondents who were female or with a college education were more likely to report chiropractic care. Respondents who were 45 to 54 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old, with a college education or who were married were more likely to report aroma therapy. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care or acupuncture. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy or aroma therapy.*

In 2009, 30% of respondents did moderate physical activity five times a week for 30 minutes while 15% did vigorous activity three times a week for 20 minutes. Combined, 39% met the recommended amount of physical activity; respondents who were 18 to 34 years old or with a college education were more likely to report this. Sixty-four percent of respondents were classified as overweight. Respondents who were male, with some post high school education or in the middle 20 percent household income bracket were more likely to be classified as overweight. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 61% of respondents reported two or more servings of fruit while 20% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.*

In 2009, 75% of female respondents 40 and older reported a mammogram within the past two years. Seventy-five percent of female respondents 65 and older had a bone density scan. Ninety-one percent of female

respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 34 years old were more likely to report this. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2009, 53% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-eight 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, 10% of respondents 50 and older reported a sigmoidoscopy within the past five years while 65% reported a colonoscopy within the past ten years. Seventy percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

In 2009, 93% of respondents wore seat belts always or nearly always; respondents who were female, with a college education or in the middle 20 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, 31% reported they always or nearly always wore a helmet; respondents with a college education were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 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, 21% of respondents were current smokers. Respondents with a high school education or less or unmarried respondents were more likely to be a smoker. Forty-five percent of current smokers quit smoking for one day or longer in the past 12 months; 79% 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, 71% of respondents reported smoking is not allowed anywhere inside the home while 81% reported smoking is not allowed in any area at work. Respondents in the middle 20 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or 18 to 44 years old were more likely to report smoking is not allowed in any area at work. Seven percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; unmarried respondents were more likely to report this.

In 2009, 66% of respondents had an alcoholic drink in the past 30 days. In the past month, 3% were heavy drinkers while 20% were binge drinkers. Respondents who were male, 35 to 44 years old, in the top 40 percent household income bracket or married were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Two percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents reporting heavy drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver*

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

In 2009, 97% of households had a working smoke detector while 60% had a working carbon monoxide detector. Sixty percent of households had both detectors. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 21% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 13% had a handgun in their home while 18% had a rifle or shotgun. Married respondents were more likely to report a handgun. Respondents who were in the top 40 percent household income bracket or married were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. Two 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, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were female or with some post high school education 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 8% reported at least one of these two situations; respondents with some post high school education were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 26% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents who were in the middle 20 percent household income bracket or with children in the household were more likely to report this.

In 2009, out of six health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or poor nutrition (60%), alcohol abuse (57%) and smoking (49%). Respondents who were female or with some post high school education were more likely to report obesity, lack of exercise or poor nutrition. Respondents in the middle 20 percent household income bracket were more likely to report alcohol abuse. Respondents who were male, with a college education or in the top 60 percent household income bracket were more likely to report smoking. Respondents who were female, 55 and older or with some post high school education were more likely to report illegal drug use. Female respondents were more likely to report mental health. *From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported obesity/lack of exercise/poor nutrition, smoking, infectious diseases or mental health. From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported alcohol abuse. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported illegal drug use.*

In 2009, 24% of respondents reported they are limited in activities because of physical, mental or emotional problems; respondents who were 65 and older, in the bottom 60 percent household income bracket or unmarried were more likely to report this. Twelve percent of respondents reported they have a health problem that requires them to use special equipment, such as a cane, a wheelchair, a special bed or a special telephone; respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report this.

Key Findings

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

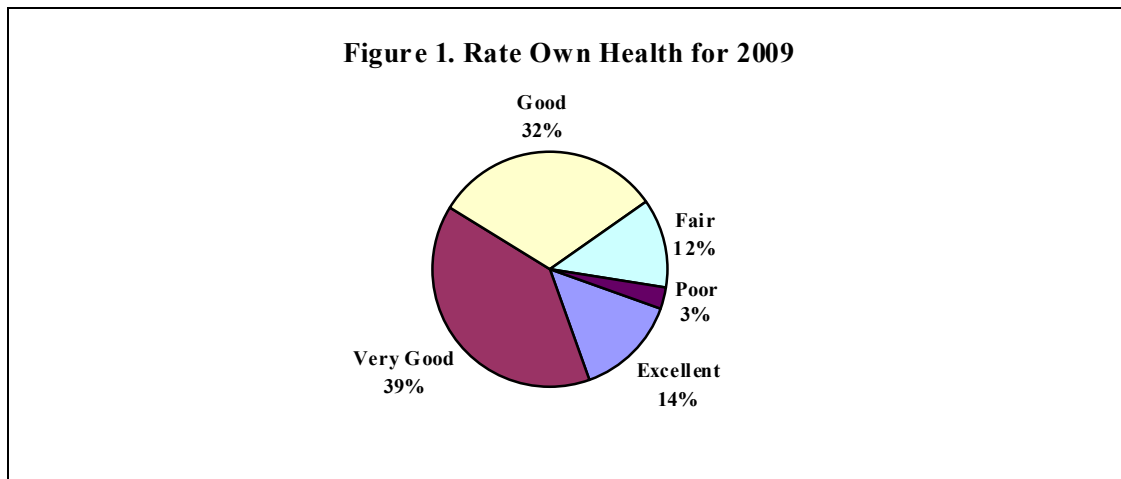
KEY FINDINGS: In 2009, 53% of respondents reported their health as excellent or very good; 15% reported fair or poor. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report fair or poor conditions.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported their health as 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

- Fifty-three percent of respondents said their own health, generally speaking, was either excellent (14%) or very good (39%). A total of 15% reported their health was fair or poor.



- Twenty-nine percent of respondents 65 and older reported their health was fair or poor compared to 10% of those 35 to 44 years old or 8% of respondents 18 to 34 years old.
- Twenty-five percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 12% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (22% and 8%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.
- In all study years, respondents 65 and older were more likely to report fair or poor conditions.
- In 2003, respondents with a high school education or less were more likely to report fair or poor health. 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 fair or poor health.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2006 and 2009, unmarried respondents were more likely to report fair or poor conditions. 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 fair or poor health.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of overweight respondents reporting fair or poor health.
- In 2006, inactive respondents were more likely to report fair or poor health. In 2009, physical activity was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-----------------------------------|------|------|------|
| TOTAL ^a | 10% | 15% | 15% |
| Gender | | | |
| Male | 9 | 15 | 14 |
| Female | 12 | 16 | 17 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 3 | 4 | 8 |
| 35 to 44 | 6 | 12 | 10 |
| 45 to 54 | 8 | 18 | 13 |
| 55 to 64 | 9 | 21 | 19 |
| 65 and Older | 25 | 27 | 29 |
| Education ¹ | | | |
| High School or Less | 14 | 18 | 17 |
| Some Post High School | 9 | 14 | 15 |
| College Graduate ^a | 3 | 11 | 11 |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 19 | 25 | 25 |
| Middle 20 Percent Bracket | 7 | 10 | 12 |
| Top 40 Percent Bracket | 5 | 5 | 4 |
| Marital Status ^{2,3} | | | |
| Married | 9 | 9 | 8 |
| Not Married ^a | 12 | 21 | 22 |
| Overweight Status | | | |
| Not Overweight | 9 | 11 | 11 |
| Overweight ^a | 11 | 17 | 18 |
| Physical Activity ² | | | |
| Inactive | -- | 33 | 27 |
| Insufficient | -- | 16 | 14 |
| Recommended | -- | 10 | 13 |
| Smoking Status | | | |
| Nonsmoker | 10 | 14 | 14 |
| Smoker | 13 | 18 | 21 |

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

^②Physical activity was defined differently in 2003.

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

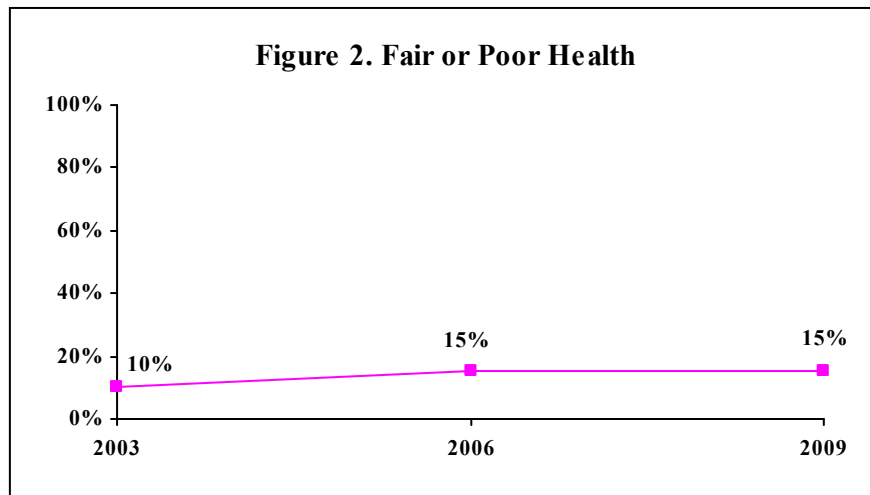
²demographic difference at $p \leq 0.05$ in 2006

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 a statistical increase in the overall percent of respondents who reported their health as fair or poor.



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

KEY FINDINGS: In 2009, 5% of respondents reported they were not currently covered by health care insurance; respondents who were male, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Thirteen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 35 to 44 years old or with a high school education or less were more likely to report this. Fifteen percent reported someone in their household was not covered at least part of the time in the past 12 months. Eighty percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or with a college education were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents who were female, 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this.

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

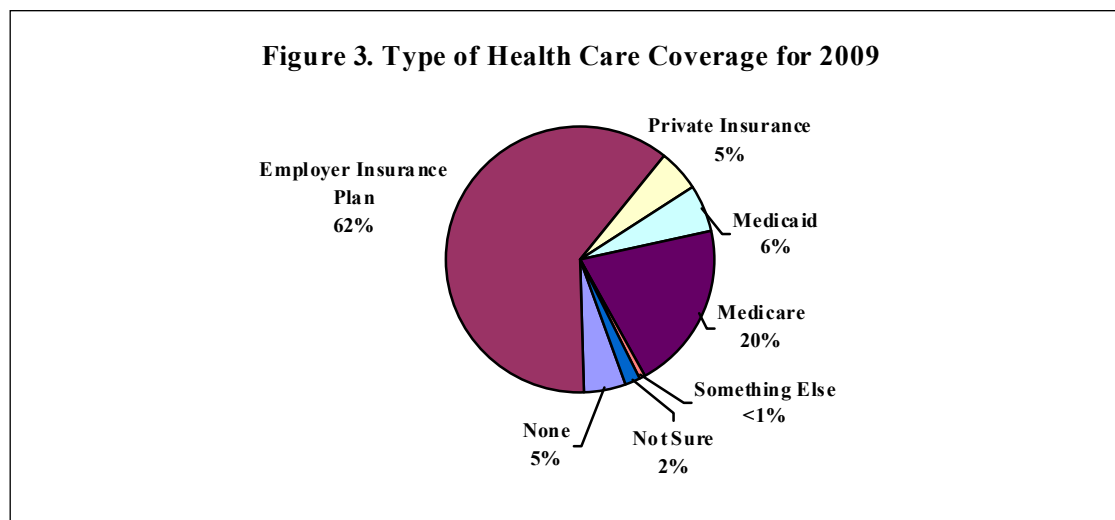
Personally Not Covered Currently

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

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

2009 Findings

- Five percent of respondents reported they were not currently covered by any health care insurance. Sixty-two percent reported they were covered by an employer sponsored insurance plan. Five percent reported private insurance bought directly from an insurance agent/company. Six percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 20% reported Medicare.



- Male respondents were more likely to report no current personal health care insurance (8%) compared to female respondents (1%).
- Respondents 18 to 34 years old were more likely to report no personal health care insurance (10%) compared to those 55 to 64 years old (2%) or respondents 65 and older (0%).
- Seven percent of respondents in the bottom 40 percent household income bracket reported no personal health care insurance compared to 1% of respondents in the top 60% percent household income bracket.
- Nine percent of unmarried respondents reported no current personal health care insurance compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.

- In 2009, male respondents were more likely to report no health insurance. In 2003, gender was not a significant variable.
- In 2009, respondents 18 to 34 years old were more likely to report no health insurance. In 2003, age was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they had no health insurance.
- In 2003 and 2009, unmarried respondents were more likely to report they had no current health insurance.

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

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

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

^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

^④year difference at p≤0.05 from 2003 to 2009

Personally Not Covered in the Past 12 Months

2009 Findings

- Thirteen percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Male respondents were more likely to report they were not covered (21%) compared to female respondents (6%).
- Respondents 35 to 44 years old were more likely to report they were not covered (24%) compared to those 55 to 64 years old (7%) or respondents 65 and older (1%).
- Nineteen percent of respondents with a high school education or less reported no coverage compared to 14% of those with some post high school education or 3% of respondents with a college education.

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009[Ⓞ]

| | 2009 |
|---------------------------|------|
| TOTAL | 13% |
| Gender ¹ | |
| Male | 21 |
| Female | 6 |
| Age ¹ | |
| 18 to 34 | 20 |
| 35 to 44 | 24 |
| 45 to 54 | 8 |
| 55 to 64 | 7 |
| 65 and Older | 1 |
| Education ¹ | |
| High School or Less | 19 |
| Some Post High School | 14 |
| College Graduate | 3 |
| Household Income | |
| Bottom 40 Percent Bracket | 15 |
| Middle 20 Percent Bracket | 7 |
| Top 40 Percent Bracket | 15 |
| Marital Status | |
| Married | 14 |
| Not Married | 12 |

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

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

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Fifteen percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.
- There were no statistically significant differences between demographic variables and responses of reporting someone in their household was not covered in the past 12 months.

Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003 and 2006, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. In 2009, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents and a noted decrease in the percent of unmarried 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 | 16% | 17% | 15% |
| Household Income | | | |
| Bottom 40 Percent Bracket | 19 | 22 | 16 |
| Middle 20 Percent Bracket | 19 | 15 | 16 |
| Top 40 Percent Bracket | 13 | 12 | 17 |
| Marital Status ^{1,2} | | | |
| Married ^a | 8 | 11 | 18 |
| Not Married ^a | 25 | 22 | 11 |

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

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

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

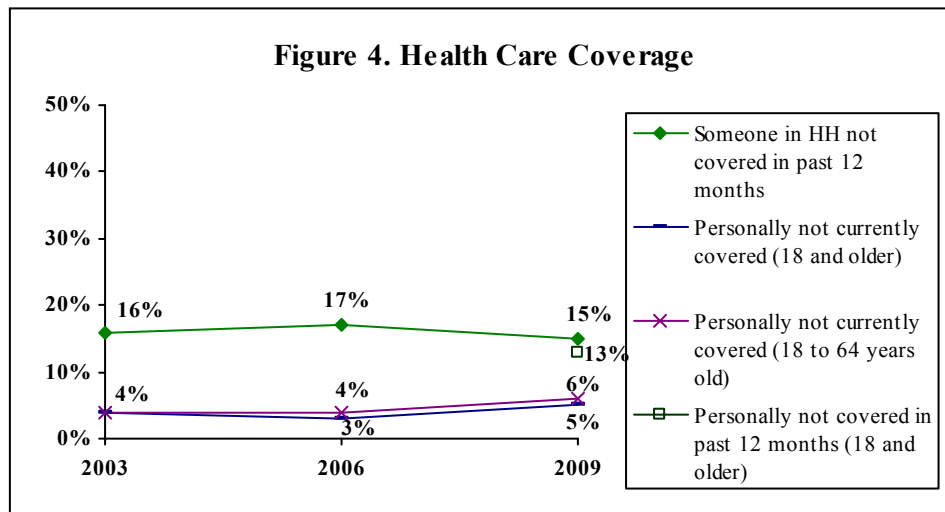
³demographic difference at $p \leq 0.05$ in 2009

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

Health Care Coverage Overall

Year Comparisons

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



Primary Health Care Services

2009 Findings

- Eighty percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Five percent each reported public health clinic/community health center or urgent care center. Two percent reported hospital emergency room while 1% reported hospital outpatient department.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (93%) compared to male respondents (66%).
- Respondents 65 and older were more likely to report a doctor's or nurse practitioner's office (97%) compared to those 18 to 34 years old (74%) or respondents 45 to 54 years old (69%).
- Eighty-seven percent of respondents with a college education reported a doctor's or nurse practitioner's office compared to 82% of those with some post high school education or 74% of respondents with a high school education or less.

Year Comparisons

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

- In both study years, female respondents were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted decrease in the percent of male respondents reporting a doctor's or nurse practitioner's office.
- In 2009, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2006. In 2006, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 35 to 54 years old reporting a doctor's or nurse practitioner's office.
- In 2009, respondents with a college education were more likely to report a doctor's or nurse practitioner's office. In 2006, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a doctor's or nurse practitioner's office.
- In 2006, married respondents were more likely to report a doctor's or nurse practitioner's office. In 2009, marital status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of married 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 ^a | 87% | 80% |
| Gender ^{1,2} | | |
| Male ^a | 79 | 66 |
| Female | 95 | 93 |
| Age ² | | |
| 18 to 34 | 81 | 74 |
| 35 to 44 ^a | 92 | 78 |
| 45 to 54 ^a | 86 | 69 |
| 55 to 64 | 88 | 83 |
| 65 and Older ^a | 89 | 97 |
| Education ² | | |
| High School or Less ^a | 86 | 74 |
| Some Post High School | 84 | 82 |
| College Graduate | 93 | 87 |
| Household Income | | |
| Bottom 40 Percent Bracket | 83 | 79 |
| Middle 20 Percent Bracket | 90 | 81 |
| Top 40 Percent Bracket | 91 | 85 |
| Marital Status ¹ | | |
| Married ^a | 94 | 82 |
| Not Married | 80 | 78 |

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

Advance Care Plan

2009 Findings

- Thirty-nine 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.
- Female respondents were more likely to report they had an advance care plan (44%) compared to male respondents (33%).
- Eighty-five percent of respondents 65 and older reported they had an advance care plan compared to 27% of those 35 to 44 years old or 15% of respondents 18 to 34 years old.
- Forty-nine percent of respondents with a high school education or less reported they had an advance care plan compared to 32% of those with a college education or 31% of respondents with some post high school education.
- Fifty-four percent of respondents in the bottom 40 percent household income bracket reported they had an advance care plan compared to 27% of those in the top 40 percent income bracket or 21% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they had an advance care plan compared to married respondents (46% and 33%, respectively).

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, female respondents were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting an advance care plan.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 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 2009, respondents with a high school education or less were more likely to report having an advance care plan. 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 an advance care plan.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting an advance care plan.
- In 2009, unmarried respondents were more likely to report having an advance care plan, with a noted increase since 2003. 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 | 30% | 36% | 39% |
| Gender ^{1,2,3} | | | |
| Male | 25 | 30 | 33 |
| Female ^a | 34 | 42 | 44 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 10 | 15 | 15 |
| 35 to 44 | 21 | 17 | 27 |
| 45 to 54 | 21 | 26 | 30 |
| 55 to 64 | 28 | 45 | 44 |
| 65 and Older ^a | 58 | 83 | 85 |
| Education ^{2,3} | | | |
| High School or Less ^a | 30 | 40 | 49 |
| Some Post High School | 32 | 25 | 31 |
| College Graduate | 27 | 47 | 32 |
| Household Income ^{2,3} | | | |
| Bottom 40 Percent Bracket ^a | 35 | 47 | 54 |
| Middle 20 Percent Bracket | 24 | 19 | 21 |
| Top 40 Percent Bracket | 26 | 30 | 27 |
| Marital Status ³ | | | |
| Married | 29 | 33 | 33 |
| Not Married ^a | 31 | 39 | 46 |

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

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

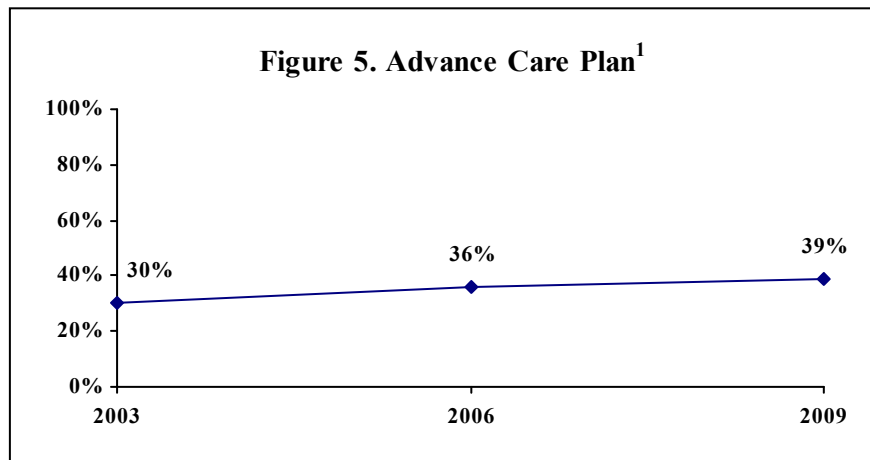
¹demographic difference at $p \leq 0.05$ in 2003

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

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

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

- From 2003 to 2009, there was 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, 78% of respondents reported a routine medical checkup two years ago or less while 76% reported a cholesterol test four years ago or less. Sixty-eight percent of respondents reported a visit to the dentist in the past year while 44% reported an eye exam in the past year. Respondents who were female or 65 and older were more likely to report a routine checkup two years ago or less. Respondents who were female, 45 to 54 years old, 65 and older or in the bottom 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents who were female, with 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 who were 65 and older, in the bottom 60 percent household income bracket or unmarried 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. 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, a dental checkup in the past year or an eye exam in the past year.

Routine Checkup

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

2009 Findings

- Seventy-eight 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 (91%) compared to male respondents (63%).
- Respondents 65 and older were more likely to report a routine checkup in the past two years (91%) compared to those 55 to 64 years old (81%) or respondents 18 to 44 years old (69%).

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 all study years, female respondents 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 male respondents reporting a routine checkup two years ago or less.
- In all study years, respondents 65 and older 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 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 some post high school education reporting a routine checkup two years ago or less.
- 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 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 | 85% | 83% | 78% |
| Gender ^{1,2,3} | | | |
| Male ^a | 76 | 76 | 63 |
| Female | 93 | 90 | 91 |
| Age ^{1,2,3} | | | |
| 18 to 34 ^a | 84 | 82 | 69 |
| 35 to 44 | 72 | 74 | 69 |
| 45 to 54 | 85 | 79 | 83 |
| 55 to 64 | 89 | 90 | 81 |
| 65 and Older | 96 | 93 | 91 |
| Education | | | |
| High School or Less | 83 | 87 | 78 |
| Some Post High School ^a | 86 | 78 | 75 |
| College Graduate | 88 | 83 | 81 |
| Household Income | | | |
| Bottom 40 Percent Bracket ^a | 88 | 83 | 77 |
| Middle 20 Percent Bracket | 83 | 76 | 76 |
| Top 40 Percent Bracket ^a | 85 | 86 | 70 |
| Marital Status | | | |
| Married | 83 | 82 | 77 |
| Not Married ^a | 88 | 84 | 79 |

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Cholesterol Test

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

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

2009 Findings

- Seventy-six percent of respondents reported having their cholesterol tested four years ago or less. Four percent reported five or more years ago while 14% reported never having their cholesterol tested.

- Female respondents were more likely to report a cholesterol test four years ago or less (80%) compared to male respondents (71%).
- Ninety-three percent of respondents 45 to 54 years old and 92% of those 65 and older reported a cholesterol test four years ago or less compared to 52% of respondents 18 to 34 years old.
- Eighty-three percent of respondents in the bottom 40 percent household income bracket reported a cholesterol test four years ago or less compared to 79% of those in the top 40 percent income bracket or 67% 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 a cholesterol test four years ago or less.
- In 2006 and 2009, female respondents were more likely to report a cholesterol test four years ago or less. In 2003, gender was not a significant variable.
- In 2003 and 2006, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2009, respondents who were 45 to 54 years old or 65 and older were more likely to report a cholesterol test four years ago or less.
- In 2006, respondents with a high school education or less or a college education were more likely to report a cholesterol test four years ago or less. In all other study years, education was not a significant variable.
- In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. In 2003, household income 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 | 78% | 73% | 76% |
| Gender ^{2,3} | | | |
| Male | 77 | 68 | 71 |
| Female | 79 | 77 | 80 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 57 | 48 | 52 |
| 35 to 44 | 71 | 66 | 67 |
| 45 to 54 | 87 | 82 | 93 |
| 55 to 64 | 91 | 93 | 88 |
| 65 and Older | 92 | 94 | 92 |
| Education ² | | | |
| High School or Less | 79 | 80 | 70 |
| Some Post High School | 76 | 63 | 78 |
| College Graduate | 80 | 79 | 81 |
| Household Income ^{2,3} | | | |
| Bottom 40 Percent Bracket | 78 | 81 | 83 |
| Middle 20 Percent Bracket | 79 | 68 | 67 |
| Top 40 Percent Bracket | 78 | 70 | 79 |
| Marital Status | | | |
| Married | 78 | 71 | 75 |
| Not Married | 79 | 76 | 76 |

[Ⓞ]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

- Sixty-eight percent of respondents reported a dental visit in the past year. An additional 18% had a visit in the past one to two years.
- Female respondents were more likely to report a dental checkup in the past year (79%) compared to male respondents (56%).
- Respondents with a college education were more likely to report a dental checkup in the past year (85%) compared to those with a high school education or less (62%) or respondents with some post high school education (61%).
- 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 56% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2009, female respondents were more likely to report a dental checkup, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting a dental checkup in the past year.
- In 2003 and 2009, respondents with a college education were more likely to report a dental checkup. In 2006, education was not a significant variable.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a dental checkup in the past year.
- In 2006, married respondents were more likely to report a dental checkup. In all other study years, marital status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-------------------------------------|------|------|------|
| TOTAL | 63% | 65% | 68% |
| Gender ³ | | | |
| Male | 63 | 62 | 56 |
| Female ^a | 62 | 68 | 79 |
| Age | | | |
| 18 to 34 | 68 | 66 | 68 |
| 35 to 44 ^a | 56 | 64 | 74 |
| 45 to 54 | 72 | 76 | 63 |
| 55 to 64 | 63 | 62 | 71 |
| 65 and Older | 54 | 57 | 64 |
| Education ^{1,3} | | | |
| High School or Less | 55 | 63 | 62 |
| Some Post High School | 64 | 60 | 61 |
| College Graduate | 76 | 75 | 85 |
| Household Income ^{2,3} | | | |
| Bottom 40 Percent Bracket | 55 | 59 | 56 |
| Middle 20 Percent Bracket | 65 | 70 | 77 |
| Top 40 Percent Bracket ^a | 67 | 76 | 86 |
| Marital Status ² | | | |
| Married | 63 | 70 | 71 |
| Not Married | 62 | 60 | 64 |

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

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

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

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

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

Eye Exam

2009 Findings

- Forty-four percent of respondents had an eye exam in the past year while 31% reported one to two years ago. Two percent reported never.
- Sixty-one percent of respondents 65 and older reported an eye exam in the past year compared to 38% of those 45 to 54 years old or 37% of respondents 35 to 44 years old.
- Forty-nine percent of respondents in the bottom 40 percent household income bracket and 48% of those in the middle 20 percent income bracket reported an eye exam in the past year compared to 30% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report an eye exam in the past year compared to married respondents (53% and 37%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2003, female respondents were more likely to report an eye exam less than a year ago. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report an eye exam less than a year ago.
- In 2009, respondents in the bottom 60 percent household income bracket were more likely to report an eye exam less than a year ago. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report an eye exam less than a year ago. In all other study years, marital status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|
| TOTAL | 43% | 48% | 44% |
| Gender ¹ | | | |
| Male | 32 | 44 | 41 |
| Female | 53 | 51 | 47 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 31 | 35 | 41 |
| 35 to 44 | 39 | 48 | 37 |
| 45 to 54 | 37 | 47 | 38 |
| 55 to 64 | 39 | 41 | 41 |
| 65 and Older | 64 | 67 | 61 |
| Education | | | |
| High School or Less | 47 | 54 | 44 |
| Some Post High School | 43 | 47 | 45 |
| College Graduate | 37 | 39 | 44 |
| Household Income ³ | | | |
| Bottom 40 Percent Bracket | 47 | 53 | 49 |
| Middle 20 Percent Bracket | 44 | 50 | 48 |
| Top 40 Percent Bracket | 40 | 42 | 30 |
| Marital Status ³ | | | |
| Married | 41 | 48 | 37 |
| Not Married | 46 | 47 | 53 |

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

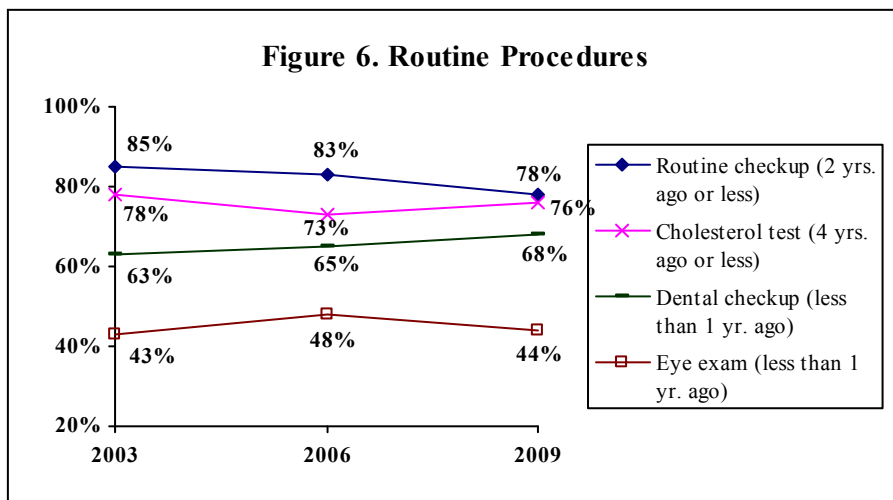
³demographic difference at p≤0.05 in 2009

^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. 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, a dental checkup in the past year or an eye exam in the past year.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 45% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or in the bottom 60 percent household income bracket were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination.

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

Flu Vaccination

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

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

2009 Findings

- Forty-five percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Female respondents were more likely to report receiving a flu vaccination (56%) compared to male respondents (33%).
- Seventy-two percent of respondents 65 and older reported receiving a flu vaccination compared to 35% of those 45 to 54 years old or 27% of respondents 18 to 34 years old.
- Forty-eight percent of respondents in the bottom 40 percent household income bracket and 46% of those in the middle 20 percent income bracket reported a flu vaccination compared to 30% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past 12 months.
- In all study years, female respondents were more likely to report a flu vaccination. 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 2006, respondents with a college education were more likely to report a flu vaccination. In all other study years, education was not a significant variable.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report a flu vaccination.
- In 2006, unmarried respondents were more likely to report a flu vaccination. 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 | 39% | 29% | 45% |
| Gender ^{1,2,3} | | | |
| Male | 33 | 22 | 33 |
| Female ^a | 44 | 35 | 56 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 21 | 12 | 27 |
| 35 to 44 ^a | 22 | 19 | 41 |
| 45 to 54 | 29 | 26 | 35 |
| 55 to 64 | 41 | 33 | 56 |
| 65 and Older | 75 | 59 | 72 |
| Education ² | | | |
| High School or Less | 39 | 29 | 41 |
| Some Post High School | 39 | 23 | 44 |
| College Graduate | 38 | 39 | 51 |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 54 | 41 | 48 |
| Middle 20 Percent Bracket | 36 | 18 | 46 |
| Top 40 Percent Bracket | 27 | 18 | 30 |
| Marital Status ² | | | |
| Married | 36 | 21 | 40 |
| Not Married | 42 | 37 | 49 |

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

^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-four percent of respondents 65 and older reported they received a pneumonia vaccination.

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

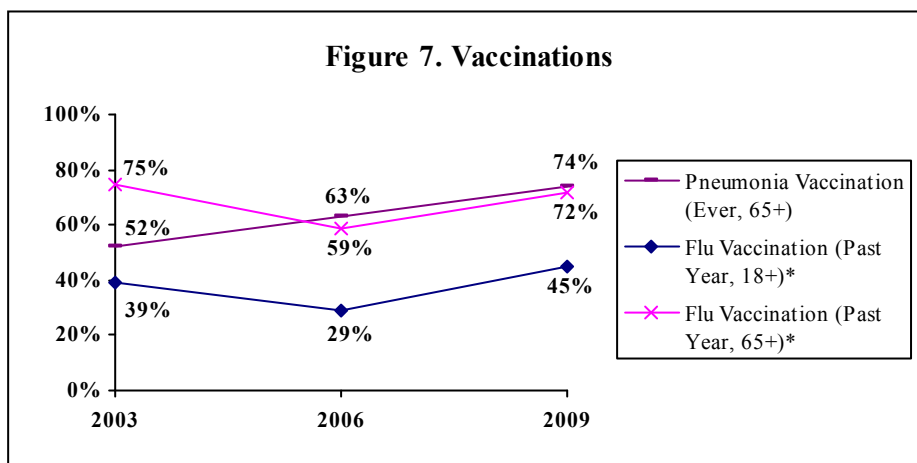
Year Comparisons

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

Vaccinations Overall

Year Comparisons

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



*In 2006, “nasal spray” was added.

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

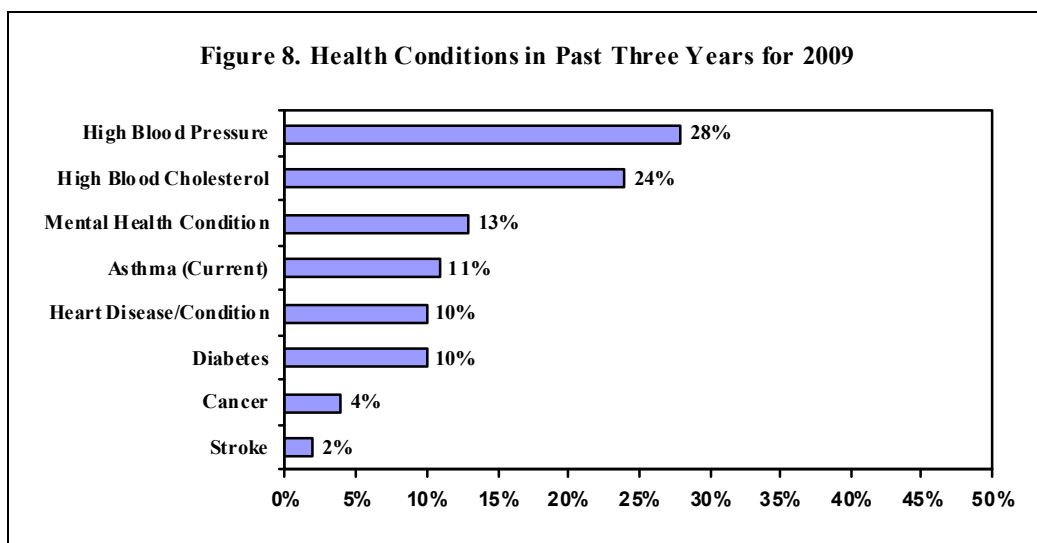
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (28% and 24%, respectively). Respondents who were 65 and older, with some post high school education or less, who were in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were male, 65 and older, in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood cholesterol. Respondents who were 65 and older or inactive were more likely to report heart disease/condition. Respondents who were female, 65 and older, or unmarried were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education, who were in the bottom 40 percent household income bracket, overweight or inactive were more likely to report diabetes. Respondents 18 to 34 years old 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 a mental health condition, possibly the result of wording changes. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.

2009 Findings

- Respondents were more likely to report high blood pressure (28%), high blood cholesterol (24%) or a mental health condition (13%) in the past three years.



High Blood Pressure

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

2009 Findings

- Twenty-eight percent of respondents reported high blood pressure in the past three years.
- Sixty-one percent of respondents 65 and older reported high blood pressure in the past three years compared to 14% of those 35 to 44 years old or 6% of respondents 18 to 34 years old.
- Thirty-three percent of respondents with some post high school education or less reported high blood pressure compared to 14% of respondents with a college education.
- Thirty-nine 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 13% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (35% and 21%, respectively).
- Overweight respondents were more likely to report high blood pressure (32%) compared to respondents who were not overweight (20%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2003, female respondents were more likely to report high blood pressure. 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 high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting high blood pressure.
- In 2003, respondents with a high school education or less were more likely to report high blood pressure. In 2009, respondents with some post high school education or less were more likely to report high blood pressure. In 2006, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2006 and 2009, unmarried respondents were more likely to report high blood pressure. In 2003, marital status was not a significant variable.
- In 2006 and 2009, overweight respondents were more likely to report high blood pressure. In 2003, overweight status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-----------------------------------|------|------|------|
| TOTAL | 28% | 24% | 28% |
| Gender ¹ | | | |
| Male ^a | 21 | 21 | 30 |
| Female | 33 | 27 | 26 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 6 | 3 | 6 |
| 35 to 44 | 17 | 10 | 14 |
| 45 to 54 ^a | 16 | 21 | 31 |
| 55 to 64 | 41 | 43 | 39 |
| 65 and Older | 58 | 56 | 61 |
| Education ^{1,3} | | | |
| High School or Less | 34 | 28 | 33 |
| Some Post High School | 23 | 21 | 33 |
| College Graduate | 21 | 22 | 14 |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 39 | 38 | 39 |
| Middle 20 Percent Bracket | 23 | 13 | 17 |
| Top 40 Percent Bracket | 20 | 15 | 13 |
| Marital Status ^{2,3} | | | |
| Married | 28 | 18 | 21 |
| Not Married | 27 | 30 | 35 |
| Overweight Status ^{2,3} | | | |
| Not Overweight | 21 | 13 | 20 |
| Overweight | 29 | 28 | 32 |
| Physical Activity | | | |
| Inactive | -- | 36 | 29 |
| Insufficient | -- | 25 | 32 |
| Recommended | -- | 19 | 23 |
| Smoking Status | | | |
| Nonsmoker | 29 | 26 | 29 |
| Smoker | 24 | 18 | 21 |

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

^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

High Blood Cholesterol

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

2009 Findings

- Twenty-four percent of respondents reported high blood cholesterol in the past three years.
- Male respondents were more likely to report high blood cholesterol in the past three years (29%) compared to female respondents (19%).
- Fifty-one percent of respondents 65 and older reported high blood cholesterol compared to 14% of those 35 to 44 years old or 2% of respondents 18 to 34 years old.
- Thirty-three percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 12% of respondents in the top 60 percent household income bracket.
- Unmarried respondents were more likely to report high blood cholesterol compared to married respondents (30% and 18%, respectively).
- Overweight respondents were more likely to report high blood cholesterol (29%) compared to respondents who were not overweight (14%).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2009, male respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable.
- In 2003 and 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. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 65 and older reporting high blood cholesterol.
- In 2009, 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 middle 20 percent household income bracket reporting high blood cholesterol.
- In 2003, married respondents were more likely to report high blood cholesterol. In 2009, unmarried respondents were more likely to report high blood cholesterol. In 2006, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting high blood cholesterol.
- In 2003 and 2009, overweight respondents were more likely to report high blood cholesterol. In 2006, overweight status was not a significant variable.

- In 2006, 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 | 25% | 22% | 24% |
| Gender ³ | | | |
| Male | 23 | 23 | 29 |
| Female | 26 | 21 | 19 |
| Age ^{1,2,3} | | | |
| 18 to 34 ^a | 11 | 5 | 2 |
| 35 to 44 | 21 | 16 | 14 |
| 45 to 54 | 31 | 33 | 35 |
| 55 to 64 | 39 | 37 | 27 |
| 65 and Older ^a | 29 | 32 | 51 |
| Education | | | |
| High School or Less | 26 | 21 | 23 |
| Some Post High School | 21 | 21 | 28 |
| College Graduate | 28 | 24 | 19 |
| Household Income ³ | | | |
| Bottom 40 Percent Bracket | 25 | 24 | 33 |
| Middle 20 Percent Bracket ^a | 30 | 22 | 12 |
| Top 40 Percent Bracket | 18 | 22 | 12 |
| Marital Status ^{1,3} | | | |
| Married ^a | 31 | 20 | 18 |
| Not Married ^a | 16 | 23 | 30 |
| Overweight Status ^{1,3} | | | |
| Not Overweight | 15 | 16 | 14 |
| Overweight | 30 | 25 | 29 |
| Physical Activity | | | |
| Inactive | -- | 26 | 18 |
| Insufficient | -- | 21 | 27 |
| Recommended | -- | 21 | 21 |
| Smoking Status ² | | | |
| Nonsmoker | 26 | 19 | 23 |
| Smoker | 23 | 30 | 25 |

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009; ^byear difference at p≤0.05 from 2006 to 2009

Heart Disease/Condition

2009 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (27%) compared to those 45 to 54 years old (4%) or respondents 18 to 34 years old (2%).
- Eighteen percent of inactive respondents reported heart disease/condition compared to 10% of those who did an insufficient amount of physical activity or 6% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In all study years, respondents 65 and older were more likely to report heart disease/condition. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting heart disease/condition.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting heart disease/condition.
- In 2003 and 2006, unmarried respondents were more likely to report heart disease/condition. In 2009, marital status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report heart disease/condition.
- In 2006, nonsmokers 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 | 11% | 12% | 10% |
| Gender | | | |
| Male | 9 | 13 | 13 |
| Female | 12 | 11 | 7 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 3 | 3 | 2 |
| 35 to 44 ^a | 0 | 6 | 5 |
| 45 to 54 | 7 | 3 | 4 |
| 55 to 64 | 11 | 17 | 12 |
| 65 and Older | 28 | 32 | 27 |
| Education | | | |
| High School or Less | 11 | 13 | 8 |
| Some Post High School | 9 | 11 | 15 |
| College Graduate | 12 | 11 | 7 |
| Household Income ^{1,2} | | | |
| Bottom 40 Percent Bracket ^a | 21 | 22 | 12 |
| Middle 20 Percent Bracket | 5 | 6 | 11 |
| Top 40 Percent Bracket | 6 | 2 | 4 |
| Marital Status ^{1,2} | | | |
| Married | 5 | 8 | 7 |
| Not Married | 17 | 16 | 12 |
| Overweight Status | | | |
| Not Overweight | 11 | 10 | 6 |
| Overweight | 9 | 12 | 12 |
| Physical Activity ^{2,3} | | | |
| Inactive | -- | 20 | 18 |
| Insufficient | -- | 15 | 10 |
| Recommended | -- | 7 | 6 |
| Smoking Status ² | | | |
| Nonsmoker | 12 | 13 | 9 |
| Smoker | 6 | 6 | 9 |

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Mental Health Condition

2009 Findings

- Thirteen percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Female respondents were more likely to report a mental health condition (17%) compared to male respondents (8%).
- Twenty-two percent of respondents 65 and older reported a mental health condition compared to 9% of those 35 to 44 years old or 4% of respondents 45 to 54 years old.
- Unmarried respondents were more likely to report a mental health condition compared to married respondents (19% and 7%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2009, female respondents were more likely to report a mental health condition, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report a mental health condition. In 2009, respondents 65 and older were more likely to report a mental health condition. In 2006, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 55 and older reporting a mental health condition.
- In 2003, respondents with some post high school education 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 reporting a mental health condition.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report a mental health condition. In 2006, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting a mental health condition.
- In all study years, unmarried respondents were more likely to report a mental health condition. From 2003 to 2009, there was a noted increase across marital status 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 | 5% | 4% | 13% |
| Gender ³ | | | |
| Male | 4 | 6 | 8 |
| Female ^a | 6 | 3 | 17 |
| Age ^{1,3} | | | |
| 18 to 34 | 11 | 3 | 12 |
| 35 to 44 | 4 | 5 | 9 |
| 45 to 54 | 4 | 7 | 4 |
| 55 to 64 ^a | 2 | 5 | 17 |
| 65 and Older ^a | 1 | 2 | 22 |
| Education ¹ | | | |
| High School or Less ^a | 2 | 4 | 12 |
| Some Post High School | 9 | 5 | 15 |
| College Graduate | 6 | 4 | 10 |
| Household Income ^{1,2} | | | |
| Bottom 40 Percent Bracket ^a | 5 | 10 | 15 |
| Middle 20 Percent Bracket | 10 | 1 | 12 |
| Top 40 Percent Bracket ^a | 2 | 0 | 12 |
| Marital Status ^{1,2,3} | | | |
| Married ^a | 2 | <1 | 7 |
| Not Married ^a | 9 | 8 | 19 |

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

^②In 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

- Ten percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (22%) compared to those 35 to 44 years old (1%) or respondents 18 to 34 years old (0%).
- Respondents with some post high school education were more likely to report diabetes (16%) compared to those with a high school education or less (9%) or respondents with a college education (5%).

- Thirteen percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 4% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Fourteen percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.
- Eighteen percent of inactive respondents reported diabetes compared to 12% of those who did an insufficient amount of physical activity or 5% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting diabetes.
- In 2003 and 2009, respondents 65 and older were more likely to report diabetes. In 2006, respondents 55 and older were more likely to report diabetes. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting diabetes.
- In 2009, respondents with some post high school education were more likely to report diabetes, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.
- In 2009, overweight respondents were more likely to report diabetes, with a noted increase since 2003. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report diabetes.

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

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

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

^byear difference at p≤0.05 from 2006 to 2009

A1C Test

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

2009 Findings

- Seventy-two percent of the 39 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Fifteen percent reported one time while 0% reported zero times in the past year.
- Twenty-six percent of the 35 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Forty-three percent reported a level of seven or higher while 31% were not sure.
- Fifteen percent of the 34 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Twelve percent reported a level of 100 or higher while 74% 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 (52% and 72%, 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 (22% and 26%, 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 (17% and 15%, 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.
- Twenty-five percent of respondents 18 to 34 years old reported current asthma compared to 5% of those 55 to 64 years old or 3% of respondents 45 to 54 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.

- In 2003 and 2006, female respondents were more likely to report current asthma. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting current asthma.
- In 2009, respondents 18 to 34 years old were more likely to report current asthma, with a noted increase since 2003. In all other study years, age was not a significant variable.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting current asthma.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report current asthma. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting current asthma.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase across marital status reporting current asthma.

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

| | 2003 | 2006 | 2009 |
|-------------------------------------|------|------|------|
| TOTAL ^a | 5% | 5% | 11% |
| Gender ^{1,2} | | | |
| Male ^a | 2 | 3 | 10 |
| Female | 8 | 7 | 12 |
| Age ³ | | | |
| 18 to 34 ^a | 6 | 2 | 25 |
| 35 to 44 | 4 | 6 | 7 |
| 45 to 54 | 4 | 7 | 3 |
| 55 to 64 | 7 | 5 | 5 |
| 65 and Older | 4 | 7 | 7 |
| Education | | | |
| High School or Less | 7 | 5 | 12 |
| Some Post High School | 4 | 6 | 6 |
| College Graduate ^a | 2 | 4 | 15 |
| Household Income ² | | | |
| Bottom 40 Percent Bracket | 9 | 8 | 15 |
| Middle 20 Percent Bracket | 3 | 0 | 7 |
| Top 40 Percent Bracket ^a | 4 | 4 | 10 |
| Marital Status | | | |
| Married ^a | 4 | 4 | 10 |
| Not Married ^a | 6 | 5 | 12 |

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

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

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

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

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

Written Asthma Action Plan

2009 Findings

- Of the 44 respondents who currently had asthma, 27% 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 (40% and 27%, 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 or colon cancer (3 responses each). Two respondents each reported prostate cancer or lymphoma.

Stroke

2009 Findings

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

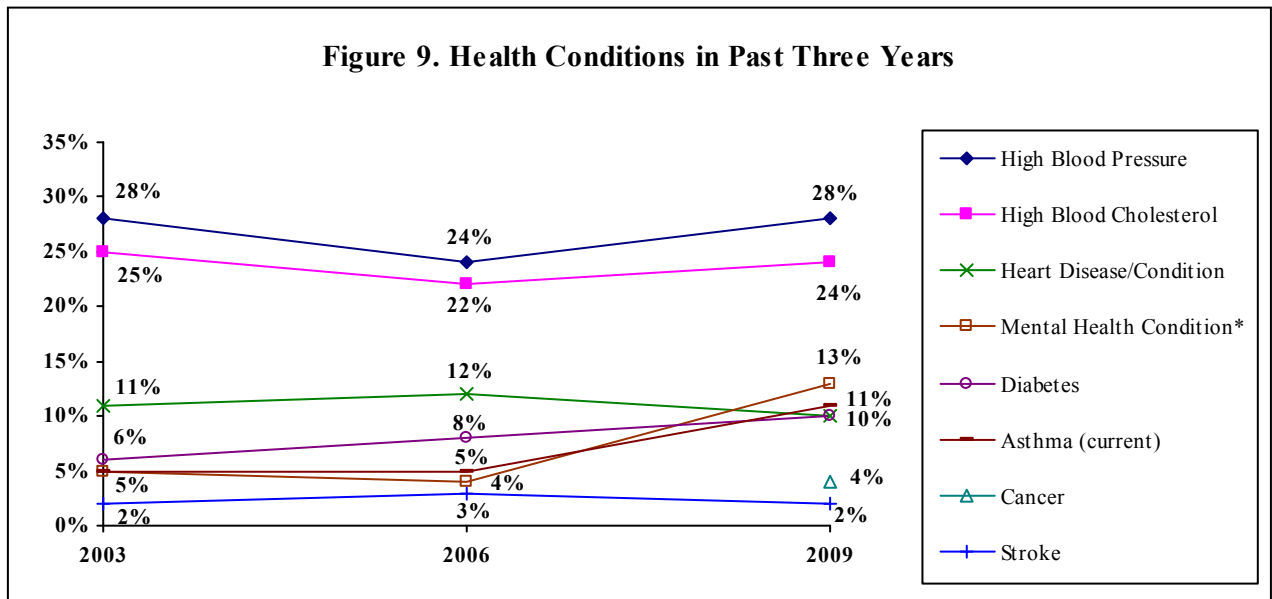
Year Comparisons

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

Health Conditions Overall

Year Comparisons

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



*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.

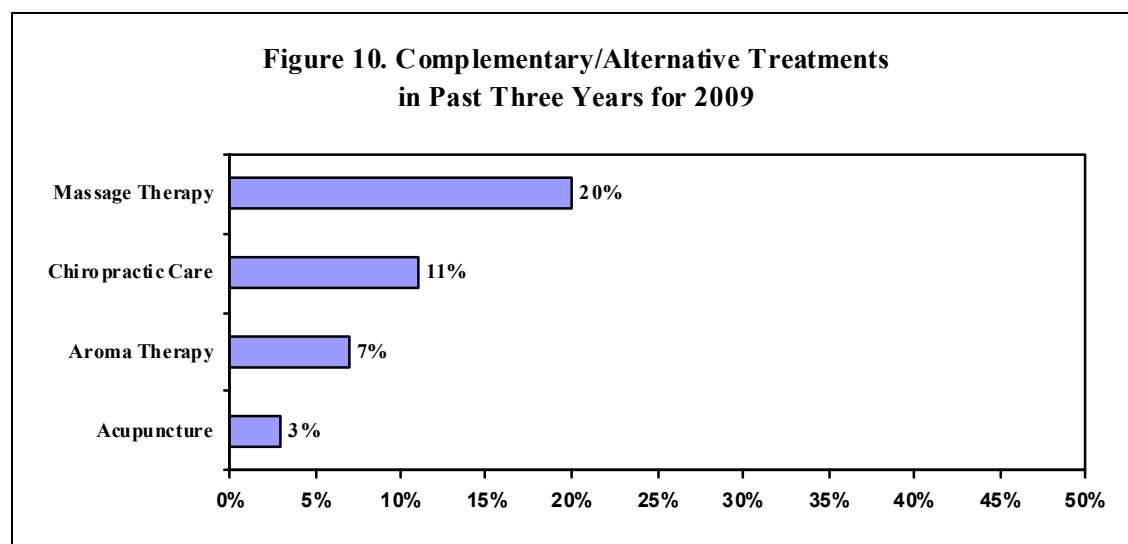
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 22)

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

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

2009 Findings

- Respondents were more likely to have used massage therapy (20%) or chiropractic care (11%) in the past three years.



Chiropractic Care

2009 Findings

- Eleven percent of respondents reported chiropractic care in the past three years.
- Female respondents were more likely to report chiropractic care (14%) compared to male respondents (7%).
- Twenty-two percent of respondents with a college education reported chiropractic care compared to 8% of those with some post high school education or 5% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2009, female respondents were more likely to report chiropractic care. In all other study years, gender was not a significant variable.
- In 2006, respondents 35 to 54 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting chiropractic care.
- In 2009, respondents with a college education were more likely to report chiropractic care. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting chiropractic care.

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

| | 2003 | 2006 | 2009 |
|----------------------------------|------|------|------|
| TOTAL | 14% | 16% | 11% |
| Gender ³ | | | |
| Male | 12 | 15 | 7 |
| Female | 15 | 17 | 14 |
| Age ² | | | |
| 18 to 34 ^a | 16 | 7 | 5 |
| 35 to 44 | 16 | 21 | 10 |
| 45 to 54 | 16 | 23 | 11 |
| 55 to 64 | 11 | 12 | 17 |
| 65 and Older | 11 | 17 | 13 |
| Education ³ | | | |
| High School or Less ^a | 11 | 16 | 5 |
| Some Post High School | 14 | 17 | 8 |
| College Graduate | 19 | 14 | 22 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 11 | 16 | 8 |
| Middle 20 Percent Bracket | 11 | 14 | 9 |
| Top 40 Percent Bracket | 13 | 15 | 15 |
| Marital Status | | | |
| Married | 13 | 16 | 9 |
| Not Married | 14 | 15 | 12 |

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

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

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

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

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

Massage Therapy

2009 Findings

- Twenty percent of respondents reported massage therapy in the past three years.
- Thirty-three percent of respondents 45 to 54 years old reported massage therapy in the past three years compared to 15% of those 18 to 34 years old or 13% of respondents 65 and older.
- Forty-one percent of respondents with a college education reported massage therapy compared to 20% of those with some post high school education or 6% of respondents with a high school education or less.

- Thirty percent of respondents in the top 40 percent household income bracket reported massage therapy compared to 16% of those in the middle 20 percent income bracket or 15% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In 2006, female respondents were more likely to report massage therapy. In all other study years, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report massage therapy. In 2009, respondents 45 to 54 years old were more likely to report massage therapy, with a noted increase since 2003. In 2003, age was not a significant variable.
- In 2003, respondents with at least some post high school education were more likely to report massage therapy. In 2009, respondents with a college education were more likely to report massage therapy, with a noted increase since 2003. In 2006, education was not a significant variable.
- In 2003, respondents in the top 60 percent household income bracket were more likely to report massage therapy. In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting massage therapy.
- In 2006, married respondents were more likely to report massage therapy. In all other study years, marital status was not a significant variable.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year^⓪

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 15% | 16% | 20% |
| Gender ² | | | |
| Male | 12 | 10 | 17 |
| Female | 17 | 22 | 23 |
| Age ^{2,3} | | | |
| 18 to 34 | 18 | 12 | 15 |
| 35 to 44 | 18 | 32 | 22 |
| 45 to 54 ^a | 13 | 15 | 33 |
| 55 to 64 | 22 | 12 | 17 |
| 65 and Older | 7 | 9 | 13 |
| Education ^{1,3} | | | |
| High School or Less | 10 | 12 | 6 |
| Some Post High School | 20 | 17 | 20 |
| College Graduate ^a | 17 | 23 | 41 |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket ^a | 7 | 10 | 15 |
| Middle 20 Percent Bracket | 17 | 19 | 16 |
| Top 40 Percent Bracket ^a | 16 | 25 | 30 |
| Marital Status ² | | | |
| Married | 17 | 20 | 22 |
| Not Married | 12 | 12 | 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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Aroma Therapy

2009 Findings

- Seven percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years (10%) compared to male respondents (4%).
- Respondents 45 to 54 years old were more likely to report aroma therapy (14%) compared to those 18 to 34 years old (5%) or respondents 65 and older (1%).
- Thirteen percent of respondents with a college education reported aroma therapy compared to 9% of those with some post high school education or 1% of respondents with a high school education or less.

- Married respondents were more likely to report aroma therapy compared to unmarried respondents (10% and 4%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported aroma therapy.
- In 2003 and 2009, female respondents were more likely to report aroma therapy.
- In 2009, respondents 45 to 54 years old were more likely to report aroma therapy, with a noted increase since 2003. In 2003, age was not a significant variable.
- In 2003, respondents with at least some post high school education were more likely to report aroma therapy. In 2009, respondents with a college education were more likely to report aroma therapy.
- In 2009, married respondents were more likely to report aroma therapy, with a noted increase since 2003. In 2003, 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 ^③ | 2009 |
|-----------------------------|------|-------------------|------|
| TOTAL ^a | 4% | 1% | 7% |
| Gender ^{1,3} | | | |
| Male | 1 | -- | 4 |
| Female | 6 | -- | 10 |
| Age ³ | | | |
| 18 to 34 | 8 | -- | 5 |
| 35 to 44 | 2 | -- | 8 |
| 45 to 54 ^a | 3 | -- | 14 |
| 55 to 64 | 2 | -- | 7 |
| 65 and Older | 2 | -- | 1 |
| Education ^{1,3} | | | |
| High School or Less | 1 | -- | 1 |
| Some Post High School | 6 | -- | 9 |
| College Graduate | 6 | -- | 13 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 2 | -- | 4 |
| Middle 20 Percent Bracket | 5 | -- | 5 |
| Top 40 Percent Bracket | 5 | -- | 8 |
| Marital Status ³ | | | |
| Married ^a | 3 | -- | 10 |
| Not Married | 5 | -- | 4 |

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

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Acupuncture

2009 Findings

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

Year Comparisons

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

Table 22. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year^①

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

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

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

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

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

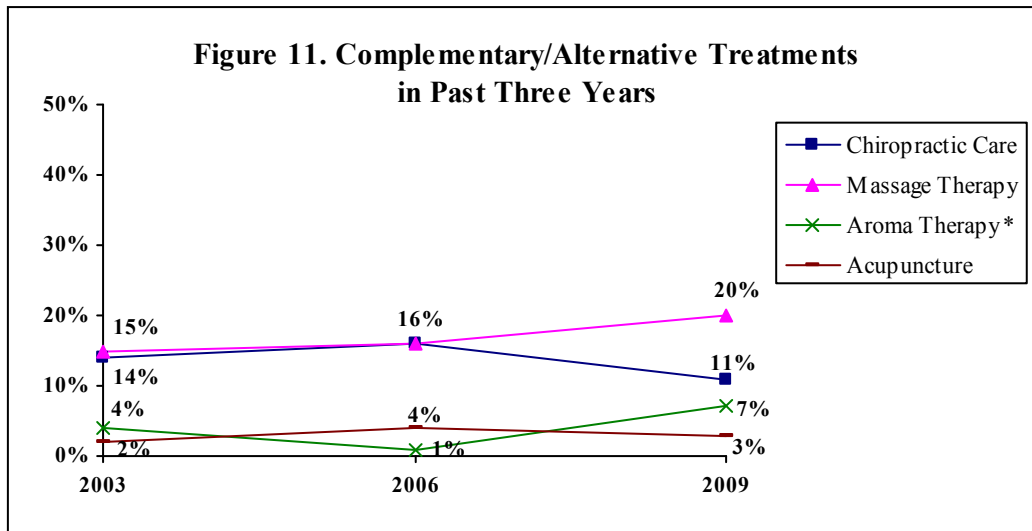
³demographic difference at $p \leq 0.05$ in 2009

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

Complementary/Alternative Treatments Overall

Year Comparisons

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



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

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

KEY FINDINGS: In 2009, 30% of respondents did moderate physical activity five times a week for 30 minutes while 15% did vigorous activity three times a week for 20 minutes. Combined, 39% met the recommended amount of physical activity; respondents who were 18 to 34 years old or with a college education were more likely to report this. Sixty-four percent of respondents were classified as overweight. Respondents who were male, with some post high school education or in the middle 20 percent household income bracket were more likely to be classified as overweight.

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

Moderate Physical Activity in Usual Week

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

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

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

2009 Findings

- Thirty percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-four percent did some activity, but not to the extent of the recommendation, while 15% were classified as inactive.
- Thirty-nine percent of respondents with a college education met the recommended amount of moderate physical activity compared to 26% of respondents with some post high school education or less.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2009, respondents with a college education were more likely to meet the recommended amount of moderate physical activity. In all other study years, education was not a significant variable.
- In 2006, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In all other study years, overweight status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|--------------------------------|------|------|------|
| TOTAL | 27% | 31% | 30% |
| Gender | | | |
| Male | 31 | 28 | 31 |
| Female | 24 | 33 | 29 |
| Age | | | |
| 18 to 34 | 26 | 30 | 31 |
| 35 to 44 | 26 | 31 | 26 |
| 45 to 54 | 39 | 31 | 31 |
| 55 to 64 | 20 | 32 | 32 |
| 65 and Older | 25 | 29 | 31 |
| Education ³ | | | |
| High School or Less | 23 | 27 | 26 |
| Some Post High School | 31 | 35 | 26 |
| College Graduate | 31 | 30 | 39 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 27 | 29 | 28 |
| Middle 20 Percent Bracket | 22 | 33 | 24 |
| Top 40 Percent Bracket | 31 | 32 | 40 |
| Marital Status | | | |
| Married | 27 | 34 | 29 |
| Not Married | 28 | 28 | 30 |
| Overweight Status ² | | | |
| Not Overweight | 27 | 38 | 35 |
| Overweight | 28 | 26 | 27 |

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

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

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

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

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

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

Vigorous Physical Activity in Usual Week

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

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

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

2009 Findings

- Fifteen percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Nineteen percent did some vigorous physical activity while 66% did not do any vigorous physical activity.
- Twenty-three percent of respondents 18 to 34 years old reported vigorous physical activity compared to 14% of those 35 to 64 years old or 8% of respondents 65 and older.
- Twenty-four percent of respondents with a college education reported vigorous physical activity compared to 14% of those with some post high school education or 11% of respondents with a high school education or less.
- Overweight respondents were more likely to report vigorous physical activity (18%) compared to respondents who were not overweight (10%).

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- Gender was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of female respondents meeting the recommended amount of vigorous physical activity.
- In both study years, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.
- In both study years, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In 2006, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2009, overweight respondents were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of vigorous physical activity.

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

| | 2006 | 2009 |
|-------------------------------------|------|------|
| TOTAL ^a | 22% | 15% |
| Gender | | |
| Male | 23 | 19 |
| Female ^a | 19 | 12 |
| Age ^{1,2} | | |
| 18 to 34 ^a | 40 | 23 |
| 35 to 44 | 16 | 14 |
| 45 to 54 | 19 | 14 |
| 55 to 64 | 17 | 14 |
| 65 and Older | 8 | 8 |
| Education ^{1,2} | | |
| High School or Less | 15 | 11 |
| Some Post High School ^a | 25 | 14 |
| College Graduate | 28 | 24 |
| Household Income ¹ | | |
| Bottom 40 Percent Bracket | 9 | 13 |
| Middle 20 Percent Bracket | 28 | 24 |
| Top 40 Percent Bracket ^a | 29 | 17 |
| Marital Status | | |
| Married | 22 | 15 |
| Not Married | 21 | 16 |
| Overweight Status ^{1,2} | | |
| Not Overweight ^a | 38 | 10 |
| Overweight | 13 | 18 |

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

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

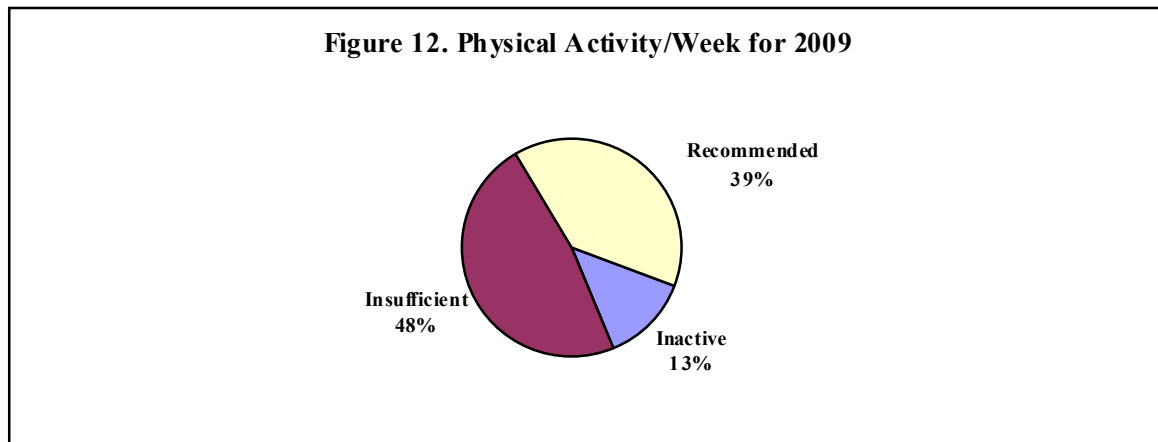
Combined Recommended Amount of Physical Activity in Typical Week

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

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

2009 Findings

- Thirty-nine percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty-eight percent did an insufficient amount of physical activity while 13% did no physical activity in a typical week.



- Fifty-one percent of respondents 18 to 34 years old met the recommended amount of physical activity compared to 37% of those 55 and older or 28% of respondents 35 to 44 years old.
- Fifty-three percent of respondents with a college education met the recommended amount of physical activity compared to 35% of those with some post high school education or 34% 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 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 2009, respondents with a college education were more likely to meet the recommended amount of physical activity. In 2006, education was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of physical activity.
- 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, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2009, overweight status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of physical activity.

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

| | 2006 | 2009 |
|------------------------------------|------|------|
| TOTAL | 43% | 39% |
| Gender | | |
| Male | 42 | 43 |
| Female | 44 | 36 |
| Age ^{1,2} | | |
| 18 to 34 | 56 | 51 |
| 35 to 44 | 38 | 28 |
| 45 to 54 | 42 | 39 |
| 55 to 64 | 41 | 37 |
| 65 and Older | 33 | 37 |
| Education ² | | |
| High School or Less | 37 | 34 |
| Some Post High School ^a | 48 | 35 |
| College Graduate | 46 | 53 |
| Household Income ¹ | | |
| Bottom 40 Percent Bracket | 34 | 36 |
| Middle 20 Percent Bracket | 46 | 43 |
| Top 40 Percent Bracket | 50 | 50 |
| Marital Status | | |
| Married | 44 | 40 |
| Not Married | 42 | 39 |
| Overweight Status ¹ | | |
| Not Overweight ^a | 56 | 40 |
| Overweight | 35 | 39 |

^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, 64% of respondents were overweight (35% overweight and 29% obese).
- Male respondents were more likely to be overweight (73%) compared to female respondents (56%).
- Respondents with some post high school education were more likely to be overweight (73%) compared to those with a high school education or less (63%) or respondents with a college education (57%).
- Seventy-eight percent of respondents in the middle 20 percent household income bracket were overweight compared to 69% of those in the top 40 percent income bracket or 59% 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 being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2003, respondents 35 to 54 years old were more likely to be overweight. In 2006, respondents 35 to 44 years old were more likely to be overweight. In 2009, 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 being overweight.
- In 2009, respondents with some post high school education were more likely to be overweight. 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 overweight.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2003 and 2006, married respondents were more likely to be overweight. In 2009, marital status was not a significant variable.
- In 2006, inactive respondents were more likely to be overweight. In 2009, physical activity was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of inactive respondents being overweight.

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

| | 2003 | 2006 | 2009 |
|--------------------------------|------|------|------|
| TOTAL | 69% | 65% | 64% |
| Gender ^{1,2,3} | | | |
| Male | 77 | 75 | 73 |
| Female | 62 | 56 | 56 |
| Age ^{1,2} | | | |
| 18 to 34 | 51 | 50 | 59 |
| 35 to 44 ^a | 80 | 80 | 63 |
| 45 to 54 | 81 | 69 | 77 |
| 55 to 64 | 70 | 67 | 65 |
| 65 and Older | 66 | 66 | 61 |
| Education ³ | | | |
| High School or Less | 67 | 64 | 63 |
| Some Post High School | 71 | 62 | 73 |
| College Graduate ^a | 72 | 72 | 57 |
| Household Income ³ | | | |
| Bottom 40 Percent Bracket | 64 | 67 | 59 |
| Middle 20 Percent Bracket | 70 | 73 | 78 |
| Top 40 Percent Bracket | 76 | 62 | 69 |
| Marital Status ^{1,2} | | | |
| Married | 73 | 72 | 67 |
| Not Married | 63 | 58 | 60 |
| Physical Activity ² | | | |
| Inactive ^b | -- | 85 | 63 |
| Insufficient | -- | 70 | 65 |
| Recommended | -- | 54 | 64 |

^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

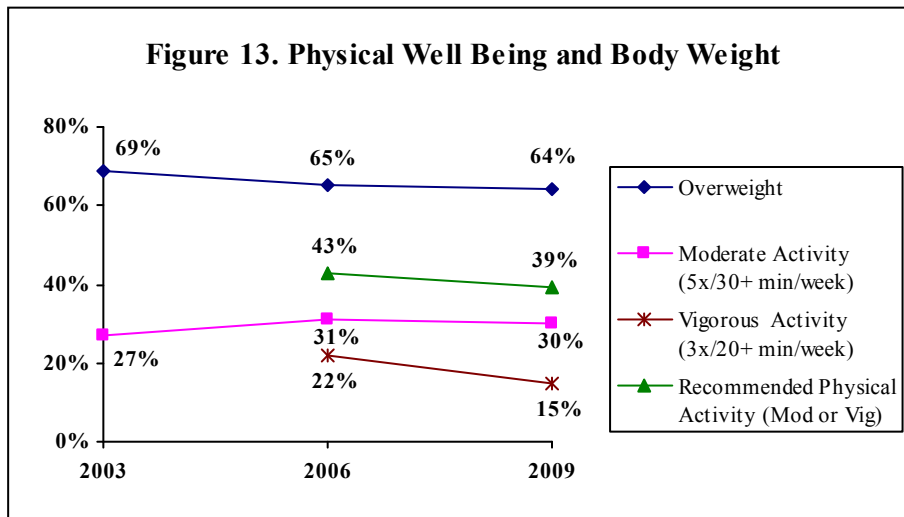
^ayear difference at $p \leq 0.05$ from 2003 to 2009

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



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

KEY FINDINGS: In 2009, 61% of respondents reported two or more servings of fruit while 20% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables.

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

Fruit Intake

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

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

2009 Findings

- Sixty-one percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (69%) compared to male respondents (52%).
- Seventy-three percent of respondents 18 to 34 years old reported two or more servings of fruit a day compared to 58% of those 45 to 64 years old or respondents 65 and older (52%).
- Seventy-eight percent of respondents with a college education reported two or more servings of fruit a day compared to 55% of respondents with some post high school education or less.
- Respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit a day (71%) compared to those who did an insufficient amount of physical activity (60%) or inactive respondents (42%).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report at least two servings of fruit per day. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting two or more servings of fruit.
- In 2006, respondents 65 and older were more likely to report at least two servings of fruit per day. In 2009, respondents 18 to 34 years old were more likely to report at least two servings of fruit per day. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 65 and older reporting two or more servings of fruit.
- In 2003 and 2009, respondents with a college education were more likely to report eating fruit. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting two or more servings of fruit.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report at least two servings of fruit. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting two or more servings of fruit.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting two or more servings of fruit.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of overweight respondents reporting two or more servings of fruit per day.
- In 2009, respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit. In 2006, physical activity was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 69% | 59% | 61% |
| Gender ^{1,2,3} | | | |
| Male ^a | 64 | 53 | 52 |
| Female | 73 | 64 | 69 |
| Age ^{2,3} | | | |
| 18 to 34 | 72 | 63 | 73 |
| 35 to 44 | 67 | 49 | 59 |
| 45 to 54 | 59 | 44 | 58 |
| 55 to 64 | 72 | 63 | 58 |
| 65 and Older ^a | 76 | 74 | 52 |
| Education ^{1,3} | | | |
| High School or Less | 62 | 52 | 55 |
| Some Post High School ^a | 72 | 64 | 55 |
| College Graduate | 79 | 64 | 78 |
| Household Income ¹ | | | |
| Bottom 40 Percent Bracket ^a | 78 | 61 | 55 |
| Middle 20 Percent Bracket | 74 | 61 | 63 |
| Top 40 Percent Bracket | 60 | 58 | 65 |
| Marital Status | | | |
| Married | 66 | 61 | 60 |
| Not Married ^a | 73 | 57 | 62 |
| Overweight Status | | | |
| Not Overweight | 71 | 64 | 63 |
| Overweight ^a | 69 | 56 | 60 |
| Physical Activity ³ | | | |
| Inactive | -- | 61 | 42 |
| Insufficient | -- | 53 | 60 |
| Recommended | -- | 65 | 71 |

^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

- Twenty percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day (26%) compared to male respondents (13%).
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (28%) compared to those who did an insufficient amount of physical activity (16%) or respondents who were inactive (10%).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2003 and 2009, female respondents were more likely to report at least three vegetable servings per day. In 2006, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents across gender reporting three or more servings of vegetables a day.
- In 2003, respondents 18 to 34 years old were more likely to report at least three vegetable servings per day. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 18 to 34 years old, 45 to 54 years old or 65 and older reporting three or more servings of vegetables a day.
- 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 three or more servings of vegetables per day.
- 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 three or more servings of vegetables a day.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of married respondents reporting three or more servings of vegetables a day.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents across overweight status reporting three or more servings of vegetables a day.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

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

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 32% | 24% | 20% |
| Gender ^{1,3} | | | |
| Male ^a | 23 | 22 | 13 |
| Female ^a | 40 | 27 | 26 |
| Age ¹ | | | |
| 18 to 34 ^a | 47 | 18 | 25 |
| 35 to 44 | 24 | 34 | 21 |
| 45 to 54 ^a | 30 | 22 | 13 |
| 55 to 64 | 22 | 29 | 27 |
| 65 and Older ^a | 30 | 23 | 15 |
| Education | | | |
| High School or Less | 27 | 22 | 18 |
| Some Post High School ^a | 34 | 27 | 19 |
| College Graduate ^a | 38 | 27 | 23 |
| Household Income | | | |
| Bottom 40 Percent Bracket ^a | 35 | 27 | 19 |
| Middle 20 Percent Bracket | 29 | 26 | 21 |
| Top 40 Percent Bracket ^a | 27 | 25 | 13 |
| Marital Status | | | |
| Married ^a | 32 | 25 | 16 |
| Not Married | 31 | 24 | 24 |
| Overweight Status | | | |
| Not Overweight ^a | 34 | 26 | 20 |
| Overweight ^a | 30 | 24 | 20 |
| Physical Activity ^{2,3} | | | |
| Inactive | -- | 22 | 10 |
| Insufficient | -- | 19 | 16 |
| Recommended | -- | 31 | 28 |

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

^②Physical activity was defined differently in 2003.

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

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

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

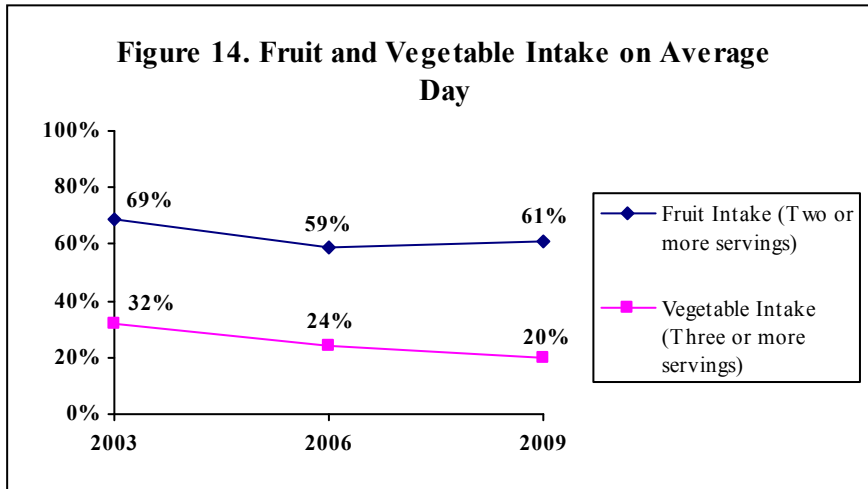
^ayear difference at $p \leq 0.05$ from 2003 to 2009

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

Fruit and Vegetable Intake Overall

Year Comparisons

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



Women's Health (Figure 15; Table 29)

KEY FINDINGS: In 2009, 75% of female respondents 40 and older reported a mammogram within the past two years. Seventy-five percent of female respondents 65 and older had a bone density scan. Ninety-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 34 years old were more likely to report this.

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

Mammogram

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

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

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

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

2009 Findings

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

Year Comparisons

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

Bone Density Scan

2009 Findings

- Seventy-five percent of the 55 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

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

Pap Smear

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

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

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

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

2009 Findings

- A total of 91% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- One hundred percent of respondents 18 to 34 years old reported a pap smear within the past three years compared to 92% of those 35 to 44 years old or 79% of respondents 45 and older.

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, respondents 18 to 44 years old were more likely to report a pap smear within the past three years. In 2006 and 2009, respondents 18 to 34 years old were more likely to report a pap smear within the past three years.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In all other study years, household income was not a significant variable.
- In 2006, married respondents were more likely to report a pap smear within the past three years. In all other study years, marital status was not a significant variable.

Table 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 | 93% | 90% | 91% |
| Age ^{1,2,3} | | | |
| 18 to 34 | 98 | 100 | 100 |
| 35 to 44 | 100 | 83 | 92 |
| 45 and Older | 83 | 88 | 79 |
| Education | | | |
| Some Post High School or Less | 94 | 88 | 90 |
| College Graduate | 89 | 95 | 92 |
| Household Income ² | | | |
| Bottom 40 Percent Bracket | 88 | 77 | 89 |
| Middle 20 Percent Bracket | 92 | 91 | 97 |
| Top 40 Percent Bracket | 94 | 98 | 91 |
| Marital Status ² | | | |
| Married | 94 | 95 | 94 |
| Not Married | 91 | 84 | 89 |

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

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

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

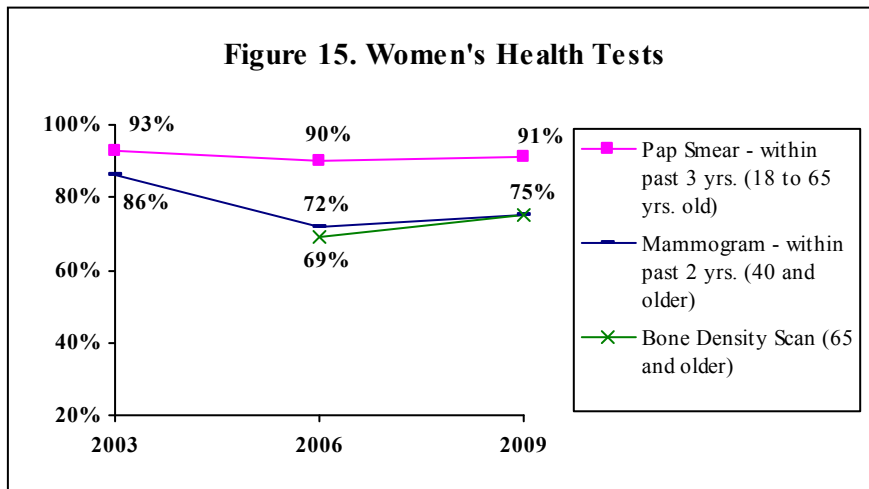
³demographic difference at $p \leq 0.05$ in 2009

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

Women's Health Tests Overall

Year Comparisons

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



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 53% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-eight 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

- Forty-one percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 12% reported within the past two years (one year but less than two years). Thirty-six percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

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

Digital Rectal Exam

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

2009 Findings

- Twenty-eight percent of male respondents 40 and older had a digital rectal exam in the past year while 12% reported within the past two years (one year but less than two years). Thirty-two 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

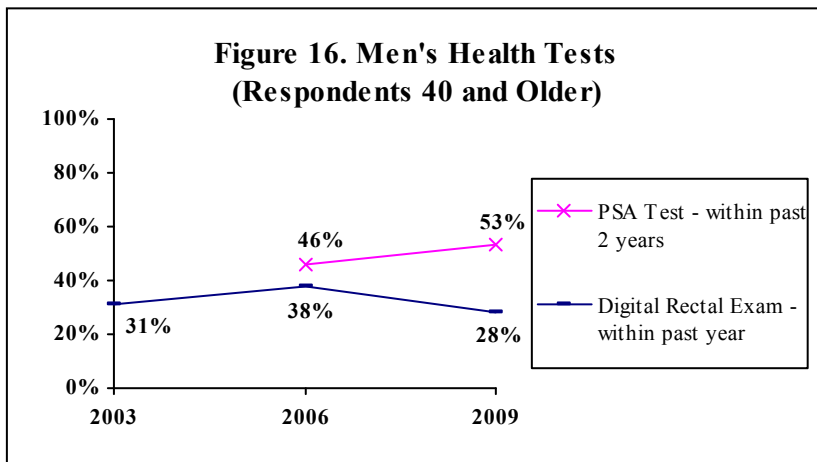
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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, 10% of respondents 50 and older reported a sigmoidoscopy within the past five years while 65% reported a colonoscopy within the past ten years. Seventy percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

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

Sigmoidoscopy

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

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

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

2009 Findings

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

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

| | 2009 |
|-------------------------------|------|
| TOTAL | 10% |
| Gender | |
| Male | 13 |
| Female | 8 |
| Education | |
| Some Post High School or Less | 10 |
| College Graduate | 8 |
| Household Income | |
| Bottom 60 Percent Bracket | 14 |
| Top 40 Percent Bracket | 4 |
| Marital Status | |
| Married | 11 |
| Not Married | 9 |

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

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

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

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

Table 31. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)[⊙]

| | 2009 |
|-------------------------------|------|
| TOTAL | 65% |
| Gender | |
| Male | 66 |
| Female | 64 |
| Education | |
| Some Post High School or Less | 63 |
| College Graduate | 72 |
| Household Income | |
| Bottom 60 Percent Bracket | 68 |
| Top 40 Percent Bracket | 61 |
| Marital Status | |
| Married | 65 |
| Not Married | 65 |

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

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

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.
- In 2003, respondents with a college education were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other study years, education was not a significant variable.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other study years, household income was not a significant variable.

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 | 61% | 56% | 70% |
| Gender | | | |
| Male | 62 | 53 | 71 |
| Female | 60 | 59 | 69 |
| Education ¹ | | | |
| Some Post High School or Less | 58 | 56 | 68 |
| College Graduate | 80 | 58 | 75 |
| Household Income ¹ | | | |
| Bottom 60 Percent Bracket | 68 | 57 | 74 |
| Top 40 Percent Bracket | 45 | 43 | 65 |
| Marital Status | | | |
| Married | 55 | 55 | 69 |
| Not Married | 67 | 57 | 70 |

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

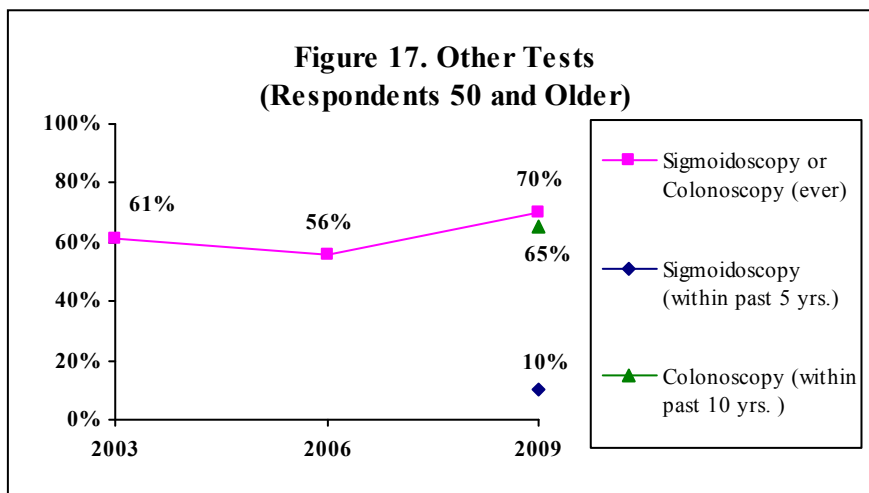
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Other Tests Overall

Year Comparisons

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



Safety: Seat Belt and Helmet Use (Figure 18; Tables 33 & 34)

KEY FINDINGS: In 2009, 93% of respondents wore seat belts always or nearly always; respondents who were female, with a college education or in the middle 20 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, 31% reported they always or nearly always wore a helmet; respondents with a college education were more likely to report this.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents 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-three percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (97%) compared to male respondents (89%).
- Ninety-nine percent of respondents with a college education reported always or nearly always compared to 94% of those with some post high school education or 89% of respondents with a high school education or less.
- Ninety-seven percent of respondents in the middle 20 percent household income bracket reported always or nearly always compared to 94% of those in the bottom 40 percent income bracket or 87% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2009, female respondents were more likely to report always or nearly always, with a noted increase since 2003. In all other study years, gender was not a significant variable.

- In 2003, respondents 65 and older were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting 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. From 2003 to 2009, there was a noted increase in the percent of respondents with at least some post high school education reporting always or nearly always.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report always or nearly always, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting always or nearly always.

Table 33. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^⓪

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 86% | 92% | 93% |
| Gender ³ | | | |
| Male | 86 | 91 | 89 |
| Female ^a | 86 | 93 | 97 |
| Age ¹ | | | |
| 18 to 34 ^a | 84 | 95 | 95 |
| 35 to 44 ^a | 70 | 91 | 91 |
| 45 to 54 | 91 | 93 | 89 |
| 55 to 64 | 87 | 88 | 95 |
| 65 and Older | 97 | 91 | 96 |
| Education ^{1,3} | | | |
| High School or Less | 82 | 89 | 89 |
| Some Post High School ^a | 87 | 93 | 94 |
| College Graduate ^a | 93 | 97 | 99 |
| Household Income ³ | | | |
| Bottom 40 Percent Bracket | 88 | 92 | 94 |
| Middle 20 Percent Bracket ^a | 86 | 92 | 97 |
| Top 40 Percent Bracket | 84 | 91 | 87 |
| Marital Status | | | |
| Married ^a | 86 | 93 | 92 |
| Not Married ^a | 86 | 91 | 94 |

^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

Helmet Usage

2009 Findings

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

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

- Thirty-one percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Sixty-three percent reported never.
- Fifty-nine percent of respondents with a college education reported always or nearly always compared to 18% of respondents with some post high school education or less.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003, male 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 female respondents reporting always or nearly always.
- In 2003, respondents 18 to 34 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 45 and older reporting always or nearly always.
- In 2006 and 2009, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting always or nearly always.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting 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 | 22% | 19% | 31% |
| Gender ¹ | | | |
| Male | 29 | 19 | 26 |
| Female ^a | 16 | 20 | 36 |
| Age ¹ | | | |
| 18 to 34 | 31 | 16 | 31 |
| 35 to 44 | 26 | 24 | 26 |
| 45 and Older ^a | 13 | 20 | 34 |
| Education ^{2,3} | | | |
| Some Post High School or Less | 25 | 12 | 18 |
| College Graduate ^a | 16 | 41 | 59 |
| Household Income | | | |
| Bottom 60 Percent Bracket | 21 | 23 | 30 |
| Top 40 Percent Bracket ^a | 26 | 18 | 43 |
| Marital Status | | | |
| Married | 22 | 21 | 27 |
| Not Married | 23 | 18 | 37 |

^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

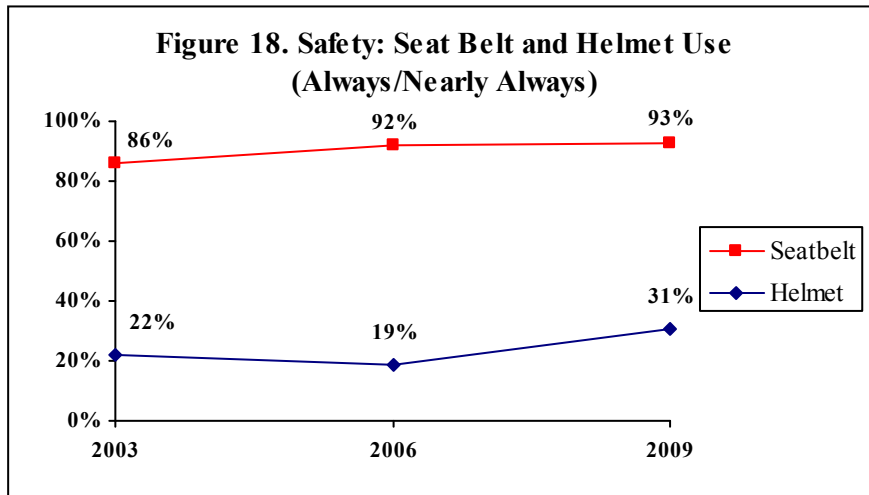
³demographic difference at p≤0.05 in 2009

^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, 21% of respondents were current smokers. Respondents with a high school education or less or unmarried respondents were more likely to be a smoker. Forty-five percent of current smokers quit smoking for one day or longer in the past 12 months; 79% 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

- Twenty-one percent of respondents were current smokers (19% every day and 2% some days).
- Thirty percent of respondents with a high school education or less were current smokers compared to 17% of those with some post high school education or 12% of respondents with a college education.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (28% and 15%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were current smokers.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of female respondents being a current smoker.
- In 2003, respondents 35 to 44 years old were more likely to report they were a current smoker. In 2006, respondents who were 35 to 44 years old or 55 to 64 years old were more likely to report they were a current smoker. In 2009, 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 being a current smoker.
- In 2003 and 2009, respondents with a high school education or less were more likely to be a current smoker. In 2006, education was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket being a current smoker.
- In 2006 and 2009, unmarried respondents were more likely to report being a current smoker. In 2003, marital status was not a significant variable. 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^⓪

| | 2003 | 2006 | 2009 |
|-------------------------------------|------|------|------|
| TOTAL ^a | 28% | 28% | 21% |
| Gender | | | |
| Male | 25 | 32 | 24 |
| Female ^a | 29 | 24 | 19 |
| Age ^{1,2} | | | |
| 18 to 34 | 31 | 26 | 19 |
| 35 to 44 ^a | 40 | 38 | 24 |
| 45 to 54 | 25 | 33 | 26 |
| 55 to 64 | 33 | 40 | 29 |
| 65 and Older | 14 | 8 | 13 |
| Education ^{1,3} | | | |
| High School or Less | 36 | 33 | 30 |
| Some Post High School | 21 | 28 | 17 |
| College Graduate | 18 | 20 | 12 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 20 | 31 | 23 |
| Middle 20 Percent Bracket | 32 | 25 | 20 |
| Top 40 Percent Bracket ^a | 30 | 32 | 17 |
| Marital Status ^{2,3} | | | |
| Married ^a | 28 | 21 | 15 |
| Not Married | 28 | 35 | 28 |

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

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

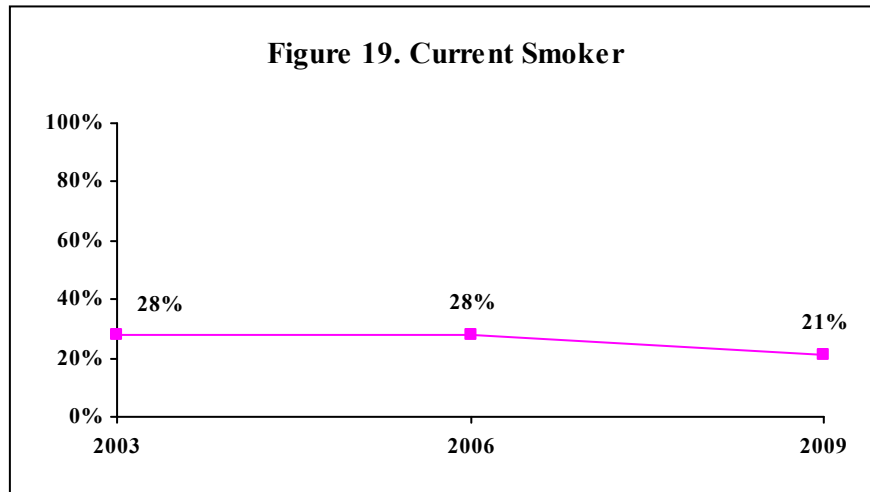
²demographic difference at $p \leq 0.05$ in 2006

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

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

Year Comparisons

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



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

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

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

2009 Findings

Of current smokers...

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

Year Comparisons

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

Doctor, Nurse or Other Health Professional Advised Respondent to Quit

2009 Findings

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

- Seventy-nine percent of the 67 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

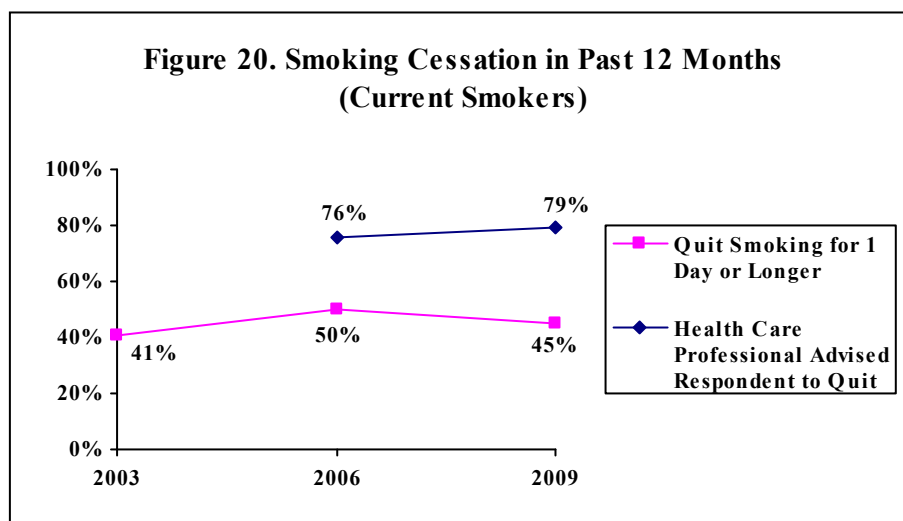
Year Comparisons

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

Smoking Cessation Overall

Year Comparisons

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



Smoking Policies (Figures 21 & 22; Tables 36 - 38)

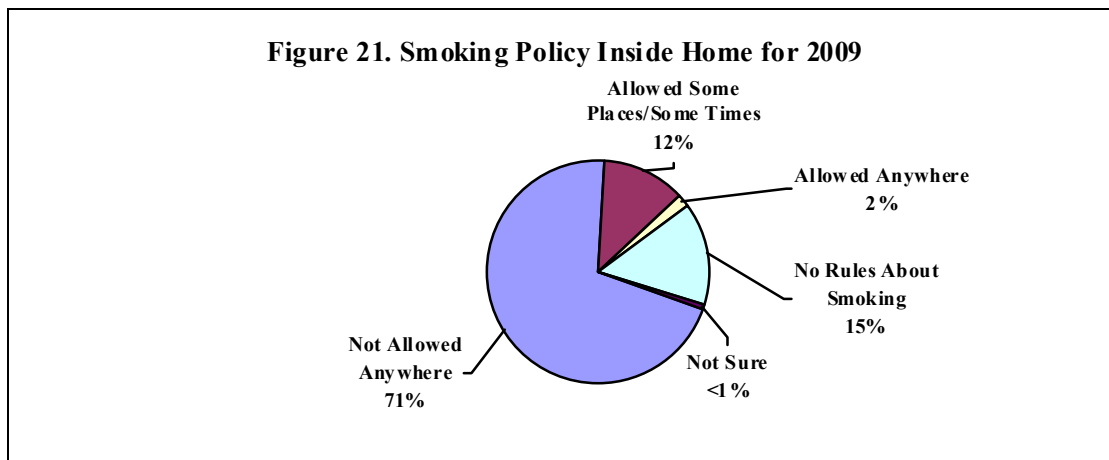
KEY FINDINGS: In 2009, 71% of respondents reported smoking is not allowed anywhere inside the home while 81% reported smoking is not allowed in any area at work. Respondents in the middle 20 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female or 18 to 44 years old were more likely to report smoking is not allowed in any area at work. Seven percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; unmarried respondents were more likely to report this.

Smoking Policy Inside Home

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

2009 Findings

- Seventy-one percent of respondents reported smoking is not allowed anywhere inside the home while 12% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Fifteen percent of respondents reported there are no rules about smoking inside the home.



- Eighty-one percent of respondents in the middle 20 percent household income bracket reported smoking is not allowed in the home compared to 75% of those in the top 40 percent income bracket or 64% 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 (80% and 62%, respectively).
- Eighty-four percent of nonsmokers reported smoking is not allowed in the home compared to 26% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (84%) compared to respondents in households without children (66%).

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

| | 2009 |
|------------------------------------|------|
| TOTAL | 71% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 64 |
| Middle 20 Percent Bracket | 81 |
| Top 40 Percent Bracket | 75 |
| Marital Status ¹ | |
| Married | 80 |
| Not Married | 62 |
| Smoking Status ¹ | |
| Nonsmoker | 84 |
| Smoker | 26 |
| Children in Household ¹ | |
| Yes | 84 |
| No | 66 |

^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

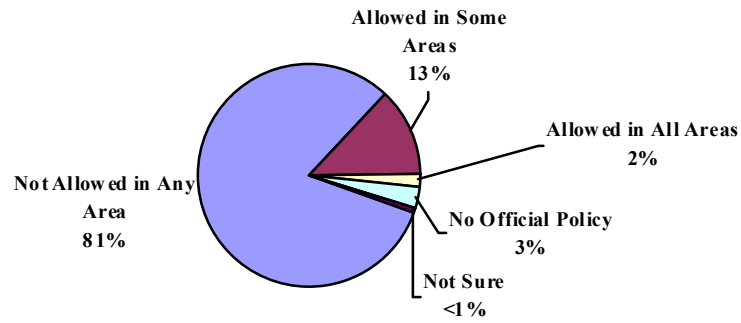
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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-one percent of respondents reported smoking is not allowed in any area at work while 13% reported smoking is allowed in some areas. Two percent reported smoking is allowed in all areas at work. Three percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Female respondents were more likely to report smoking is not allowed in any area at work (90%) compared to male respondents (73%).
- Eighty-eight percent of respondents 18 to 34 years old and 87% of those 35 to 44 years old reported smoking is not allowed in any area at work compared to 70% of respondents 45 to 54 years old.

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

| | 2009 |
|---------------------------|------|
| TOTAL | 81% |
| Gender ¹ | |
| Male | 73 |
| Female | 90 |
| Age ¹ | |
| 18 to 34 | 88 |
| 35 to 44 | 87 |
| 45 to 54 | 70 |
| 55 and older | 74 |
| Education | |
| High School or Less | 80 |
| Some Post High School | 82 |
| College Graduate | 81 |
| Household Income | |
| Bottom 40 Percent Bracket | 79 |
| Middle 20 Percent Bracket | 81 |
| Top 40 Percent Bracket | 80 |
| Marital Status | |
| Married | 83 |
| Not Married | 78 |
| Smoking Status | |
| Nonsmoker | 80 |
| Smoker | 84 |

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

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

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

2009 Findings

- Seventy percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty-three percent of respondents reported they were exposed to second-hand smoke one to three days while 7% reported at least four days.
- Unmarried respondents were more likely to report exposure to second-hand smoke in the past seven days compared to married respondents (10% and 4%, respectively).

Table 38. Nonsmokers' Exposure to Second-Hand Smoke on at Least Four of the Past Seven Days by Demographic Variables for 2009^o

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

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

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

Alcohol Use (Figures 23 & 24; Tables 39 - 42)

KEY FINDINGS: In 2009, 66% of respondents had an alcoholic drink in the past 30 days. In the past month, 3% were heavy drinkers while 20% were binge drinkers. Respondents who were male, 35 to 44 years old, in the top 40 percent household income bracket or married were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Two percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

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

Heavy Drinking in the Past Month

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

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

2009 Findings

- Sixty-six percent of respondents had a drink in the past 30 days. Thirty-five percent reported they drank on at least five days, while 13% reported three to four days and 18% reported drinking on one or two days in the past 30 days.
- Ten percent of all respondents reported an average of four or more drinks per day on the days they drank while 11% reported three, 19% reported two and 26% reported one drink on average on the days they drank. Thirty-four percent reported having no drinks in the past month.
- Combined, 3% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- No demographic comparisons were conducted as a result of the low percent of respondents reporting heavy drinking in the past month.

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who were heavy drinkers.
- In 2006, respondents 35 to 44 years old were more likely to report heavy drinking. In 2003, age was not a significant variable.

- In 2003, respondents with a high school education or less were more likely to report heavy drinking. In 2006, education was not a significant variable.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report heavy drinking. In 2006, household income was not a significant variable.

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

| | 2003 | 2006 | 2009 ^③ |
|-------------------------------|------|------|-------------------|
| TOTAL ^a | 7% | 11% | 3% |
| Gender | | | |
| Male | 8 | 14 | -- |
| Female | 7 | 8 | -- |
| Age ² | | | |
| 18 to 34 | 7 | 17 | -- |
| 35 to 44 | 12 | 21 | -- |
| 45 to 54 | 3 | 6 | -- |
| 55 to 64 | 13 | 2 | -- |
| 65 and Older | 4 | 2 | -- |
| Education ¹ | | | |
| High School or Less | 11 | 13 | -- |
| Some Post High School | 5 | 12 | -- |
| College Graduate | 3 | 8 | -- |
| Household Income ¹ | | | |
| Bottom 40 Percent Bracket | 2 | 10 | -- |
| Middle 20 Percent Bracket | 8 | 10 | -- |
| Top 40 Percent Bracket | 13 | 11 | -- |
| Marital Status | | | |
| Married | 9 | 8 | -- |
| 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.

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

^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

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, St. Francis defined binge drinking as five or more drinks, regardless of gender.

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

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

2009 Findings

- Twenty percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (30%) compared to female respondents (10%).
- Twenty-nine percent of respondents 35 to 44 years old binged in the past month compared to 10% of those 55 to 64 years old or 8% of respondents 65 and older.
- Thirty-two percent of respondents in the top 40 percent household income bracket binged in the past month compared to 23% of those in the middle 20 percent income bracket or 16% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to have binged in the past month compared to unmarried respondents (24% and 15%, respectively).

Year Comparisons

In 2003, the St. Francis 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 2009, respondents 35 to 44 years old were more likely to have binged. In 2006, respondents 18 to 44 years old were more likely to have binged. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 44 years old and a noted increase in the percent of respondents 65 and older reporting binge drinking.
- In 2003, respondents in the top 60 percent household income bracket were more likely to have binged. In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to have binged.

- In 2009, married respondents were more likely to have binged. In all other study years, marital status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-----------------------------------|------|------|------|
| TOTAL | 24% | 27% | 20% |
| Gender ^{1,2,3} | | | |
| Male | 34 | 41 | 30 |
| Female | 15 | 14 | 10 |
| Age ^{1,2,3} | | | |
| 18 to 34 ^a | 37 | 43 | 23 |
| 35 to 44 ^a | 47 | 42 | 29 |
| 45 to 54 | 13 | 24 | 24 |
| 55 to 64 | 22 | 12 | 10 |
| 65 and Older ^a | 1 | 3 | 8 |
| Education | | | |
| High School or Less | 26 | 30 | 21 |
| Some Post High School | 22 | 30 | 19 |
| College Graduate | 21 | 19 | 17 |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 12 | 18 | 16 |
| Middle 20 Percent Bracket | 34 | 32 | 23 |
| Top 40 Percent Bracket | 31 | 38 | 32 |
| Marital Status ³ | | | |
| Married | 27 | 28 | 24 |
| Not Married | 20 | 26 | 15 |

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

^②In 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 $p \leq 0.05$ in 2003

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

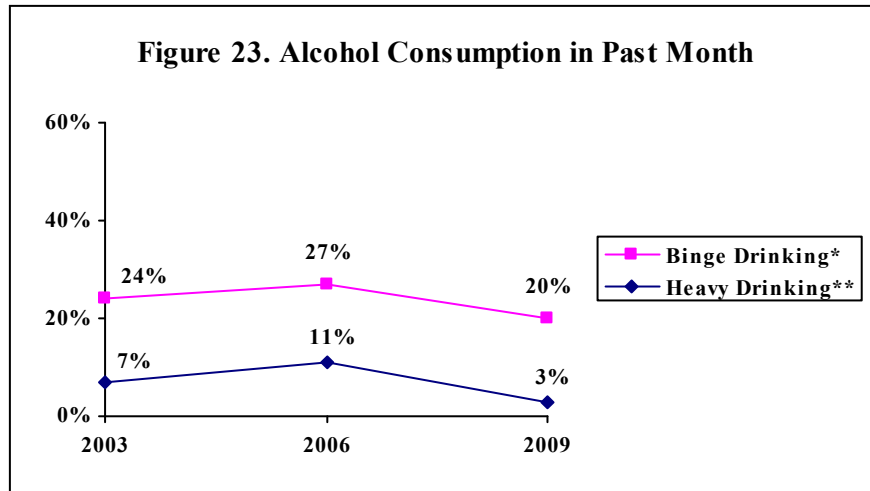
³demographic difference at $p \leq 0.05$ in 2009

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

Alcohol Consumption Overall

Year Comparisons

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



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

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

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

2009 Findings

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

Year Comparisons

- From 2003 to 2009, there was 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 2006, respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in 2003 and 2009.

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

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

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

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

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

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

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

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

Household Problem Associated with Alcohol in Past Year

2009 Findings

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

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- In 2006, respondents in households without children were more likely to report they, or someone in their household, experienced some kind of problem in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in 2009.

Table 42. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year[ⓐ]

| | 2006 | 2009 [ⓑ] |
|------------------------------------|------|-------------------|
| TOTAL | 4% | 2% |
| Household Income | | |
| Bottom 40 Percent Bracket | 4 | -- |
| Middle 20 Percent Bracket | 1 | -- |
| Top 40 Percent Bracket | 6 | -- |
| Marital Status | | |
| Married | 3 | -- |
| Not Married | 4 | -- |
| Children in Household [Ⓒ] | | |
| Yes | 0 | -- |
| No | 6 | -- |

[ⓐ]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.

[ⓑ]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

[Ⓒ]demographic difference at $p \leq 0.05$ in 2006

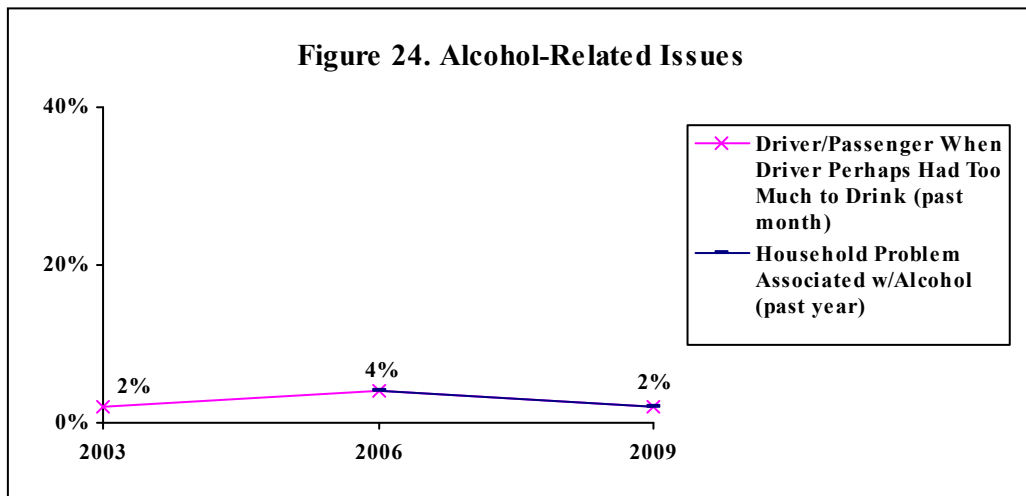
[Ⓓ]demographic difference at $p \leq 0.05$ in 2009

[Ⓔ]year difference at $p \leq 0.05$ from 2006 to 2009

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was 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 43 - 45)

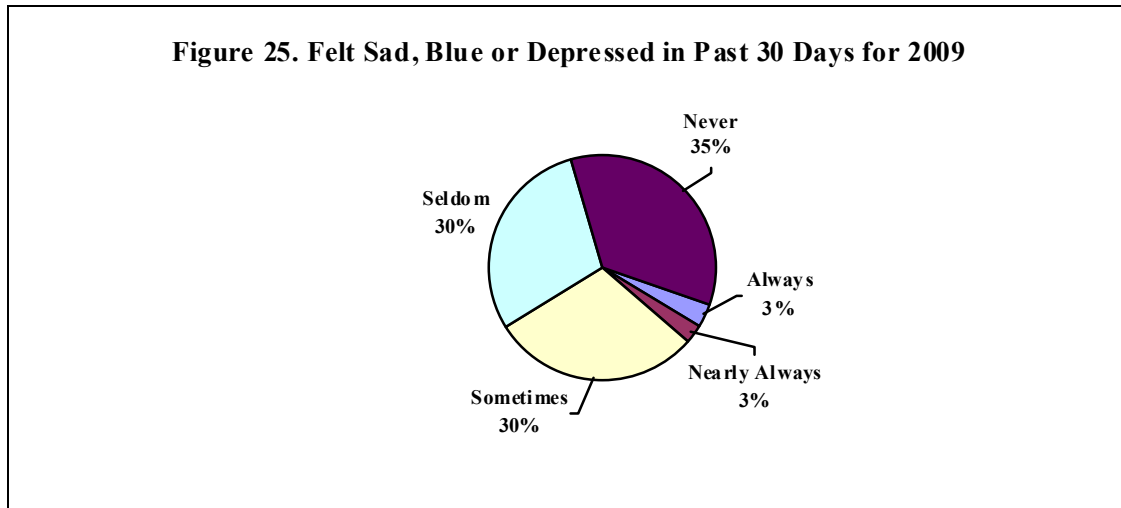
KEY FINDINGS: In 2009, 6% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; male respondents were more likely to report this.

From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2009, there was a statistical 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

- Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 770 residents. Thirty percent reported sometimes and the remaining 65% reported seldom or never.



- Unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days compared to married respondents (9% and 3%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2006, male respondents were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting always or nearly always.
- In 2009, unmarried respondents were more likely to report always or nearly always. In all other study years, marital status was not a significant variable.

Table 43. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^①

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

Considered Suicide

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

2009 Findings

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it represents up to 560 residents who may have considered suicide in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they considered suicide in the past year.

Year Comparisons

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

Table 44. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year^①

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

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 4% of respondents reported they seldom or never find meaning and purpose in daily life. Thirty-eight percent of respondents reported they always find meaning and purpose while an additional 32% reported nearly always.
- Male respondents were more likely to report they seldom or never find meaning and purpose in daily life (7%) compared to female respondents (2%).

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2009, male respondents were more likely to report they seldom/never find meaning and purpose in daily life. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of female respondents reporting they seldom/never find meaning and purpose in daily life.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 18 to 34 years old or 65 and older reporting seldom/never.
- 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 high school education or less reporting they seldom/never find meaning and purpose in daily life.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life. In 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 seldom/never.
- 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 they seldom/never find meaning and purpose in daily life.

Table 45. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

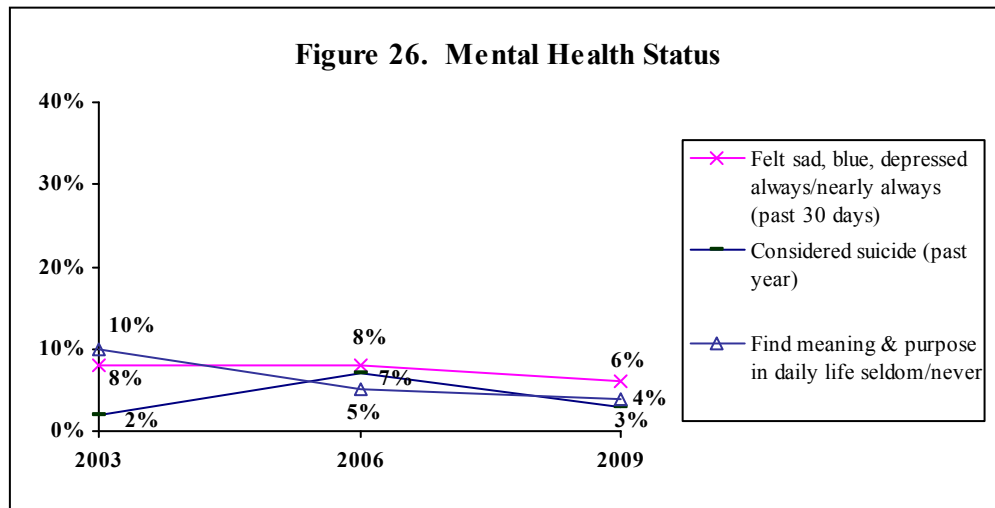
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Mental Health Status Overall

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or 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.



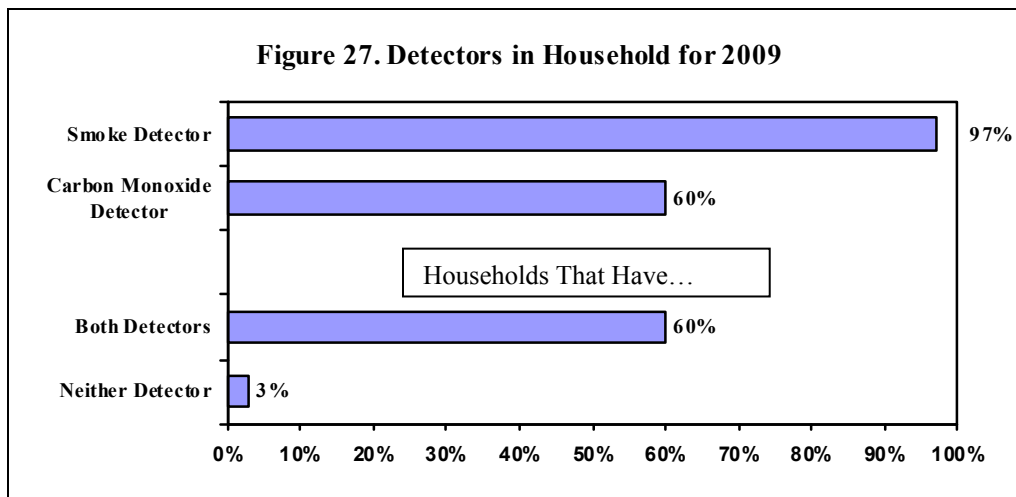
Detectors in Household (Figures 27 & 28; Table 46)

KEY FINDINGS: In 2009, 97% of households had a working smoke detector while 60% had a working carbon monoxide detector. Sixty percent of households had both detectors.

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

2009 Findings

- Ninety-seven percent of respondents reported a working smoke detector while 60% reported a working carbon monoxide detector in their home. Sixty percent had both detectors. Three percent had neither.



- There were no statistically significant differences between demographic variables and responses of reporting both a working smoke detector and carbon monoxide detector.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2006, respondents in the top 60 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 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 across household income reporting both a working smoke detector and carbon monoxide detector.
- In 2006, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

Table 46. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 35% | 43% | 60% |
| Household Income ² | | | |
| Bottom 40 Percent Bracket ^a | 33 | 35 | 53 |
| Middle 20 Percent Bracket ^a | 36 | 53 | 63 |
| Top 40 Percent Bracket ^a | 34 | 53 | 65 |
| Marital Status ² | | | |
| Married ^a | 38 | 56 | 65 |
| Not Married ^a | 31 | 31 | 55 |

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

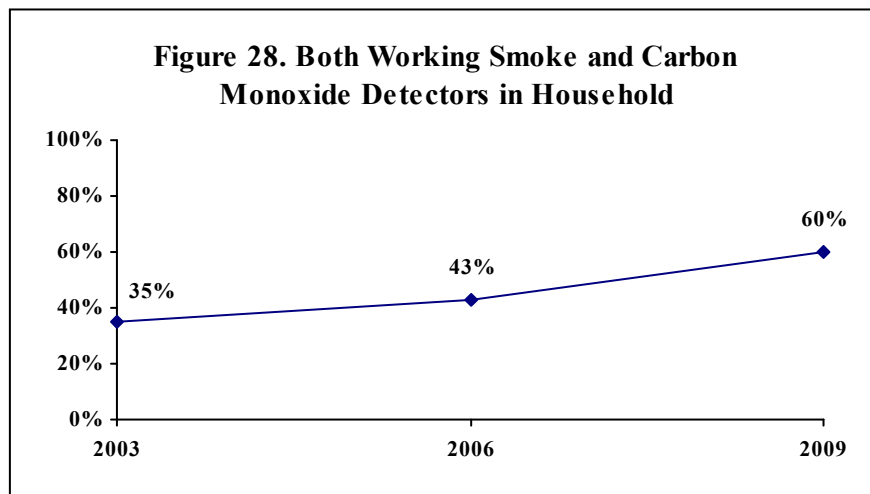
¹demographic difference at $p \leq 0.05$ in 2003

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 47 - 49)

KEY FINDINGS: In 2009, 21% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 13% had a handgun in their home while 18% had a rifle or shotgun. Married respondents were more likely to report a handgun. Respondents who were in the top 40 percent household income bracket or married were more likely to report a rifle/shotgun. Of all households, 3% had a loaded firearm. Two 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, 21% of households had at least one firearm.
- Twenty-nine percent of respondents in the top 40 percent household income bracket reported a firearm compared to 21% of those in the middle 20 percent income bracket or 15% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a firearm compared to unmarried respondents (29% and 12%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2003, respondents in the top 60 percent household income bracket were more likely to report having a firearm. In 2006, respondents in the middle 20 percent household income bracket were more likely to report having a firearm. In 2009, respondents in the top 40 percent household income bracket were more likely to report having a firearm.
- In all study years, married respondents were more likely to report having a firearm.
- In 2006, respondents in households with children were more likely to report having a firearm. In all other study years, the presence of children in households was not a significant variable.

Table 47. Firearm in Household by Demographic Variables for Each Survey Year^①

| | 2003 | 2006 | 2009 |
|------------------------------------|------|------|------|
| TOTAL | 23% | 24% | 21% |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 13 | 14 | 15 |
| Middle 20 Percent Bracket | 25 | 33 | 21 |
| Top 40 Percent Bracket | 26 | 25 | 29 |
| Marital Status ^{1,2,3} | | | |
| Married | 32 | 32 | 29 |
| Not Married | 12 | 17 | 12 |
| Children in Household ² | | | |
| Yes | 29 | 33 | 20 |
| No | 21 | 19 | 21 |

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

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

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

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

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

Handgun in Household

2009 Findings

- At the time of the survey administration, 13% of respondents reported handguns in their home.
- Married respondents were more likely to report a handgun in their home compared to unmarried respondents (17% and 10%, respectively).

Table 48. Handgun in Household by Demographic Variables for 2009[Ⓢ]

| | 2009 |
|-----------------------------|------|
| TOTAL | 13% |
| Household Income | |
| Bottom 40 Percent Bracket | 11 |
| Middle 20 Percent Bracket | 9 |
| Top 40 Percent Bracket | 16 |
| Marital Status ¹ | |
| Married | 17 |
| Not Married | 10 |
| Children in Household | |
| Yes | 11 |
| No | 14 |

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

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

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 18% of respondents reported a rifle or shotgun in their home.
- Twenty-seven percent of respondents in the top 40 percent household income bracket reported a rifle or shotgun in their home compared to 17% of those in the middle 20 percent income bracket or 11% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (24% and 11%, respectively).

Table 49. Rifle or Shotgun in Household by Demographic Variables for 2009^⓪

| | 2009 |
|-------------------------------|------|
| TOTAL | 18% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 11 |
| Middle 20 Percent Bracket | 17 |
| Top 40 Percent Bracket | 27 |
| Marital Status ¹ | |
| Married | 24 |
| Not Married | 11 |
| Children in Household | |
| Yes | 19 |
| No | 18 |

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

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

Loaded Firearm

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

2009 Findings

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

Year Comparisons

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

Loaded Firearm Also Unlocked

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

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

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

2009 Findings

- Two percent of all households had a loaded firearm also unlocked. This relates to 11% 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.

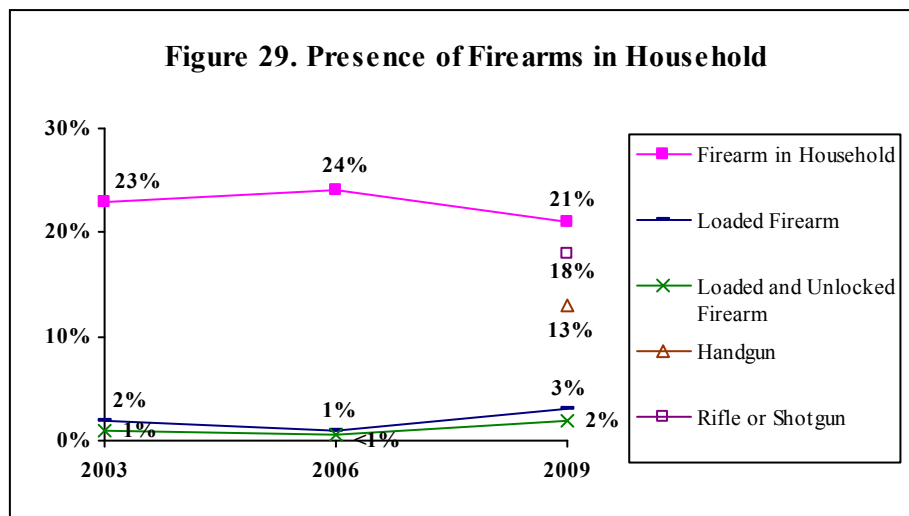
Year Comparisons

- 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 50 & 51)

KEY FINDINGS: In 2009, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were female or with some post high school education 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 8% reported at least one of these two situations; respondents with some post high school education were more likely to report this.

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

Afraid for Personal Safety

2009 Findings

- Six percent of respondents reported someone made them afraid for their personal safety in the past year.
- Female respondents were more likely to report feeling afraid for their safety in the past year (9%) compared to male respondents (3%).
- Eleven percent of respondents with some post high school education reported feeling afraid for their safety in the past year compared to 6% of those with a college education or 3% of respondents with a high school education or less.
 - Sixteen respondents reported a stranger made them afraid for their safety followed by 3 respondents who reported an acquaintance. Two respondents each reported ex-spouse, boyfriend/girlfriend or friend.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2009, female respondents were more likely to report being afraid for their personal safety. In all other study years, gender was not a significant variable.
- In 2003 and 2006, respondents 18 to 34 years old were more likely to report being afraid for their personal safety. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 35 to 44 years old reporting they were afraid for their personal safety.
- In 2003 and 2009, respondents with some post high school education were more likely to report being afraid for their personal safety. In 2006, respondents with a college education were more likely to report being afraid for their personal safety.
- In 2006, respondents in the top 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.

Table 50. Afraid for Personal Safety by Demographic Variables for Each Survey Year^①

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

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

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

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

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

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

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.
 - Four respondents reported a boyfriend/girlfriend while three respondents reported a stranger. Two respondents each reported brother/sister or a friend.

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 8% of all respondents reported at least one of the two issues.
- Thirteen percent of respondents with some post high school education reported at least one of the two issues compared to 6% of those with a college education or 5% of respondents with a high school education or less.

Year Comparisons

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

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

| | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|
| TOTAL | 7% | 9% | 8% |
| Gender ² | | | |
| Male | 6 | 13 | 6 |
| Female | 7 | 6 | 9 |
| Age ^{1,2} | | | |
| 18 to 34 | 17 | 16 | 9 |
| 35 to 44 | 3 | 10 | 9 |
| 45 to 54 | 5 | 8 | 7 |
| 55 to 64 | 7 | 2 | 5 |
| 65 and Older | 2 | 1 | 8 |
| Education ^{1,2,3} | | | |
| High School or Less | 3 | 7 | 5 |
| Some Post High School | 13 | 7 | 13 |
| College Graduate | 6 | 15 | 6 |
| Household Income ² | | | |
| Bottom 40 Percent Bracket | 5 | 8 | 8 |
| Middle 20 Percent Bracket | 8 | 3 | 8 |
| Top 40 Percent Bracket | 7 | 16 | 5 |
| Marital Status ^{1,2} | | | |
| Married | 5 | 5 | 5 |
| Not Married | 10 | 13 | 10 |

^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

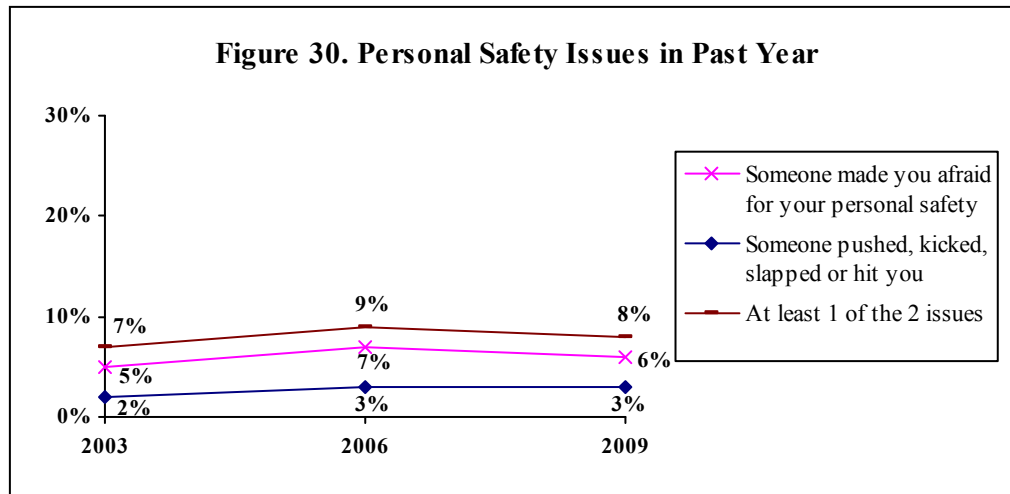
³demographic difference at p≤0.05 in 2009

^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.

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

KEY FINDINGS: In 2009, 26% of respondents reported someone in their family had taken steps to prepare for a natural or man-made disaster; respondents who were in the middle 20 percent household income bracket or with children in the household were more likely to report this.

2009 Findings

- Twenty-six percent of respondents reported they or someone in their family had taken steps to prepare for a natural or man-made disaster.
- Thirty-three percent of respondents in the middle 20 percent household income bracket reported someone in their family had taken steps to prepare for a natural or man-made disaster compared to 28% of those in the bottom 40 percent income bracket or 16% of respondents in the top 40 percent household income bracket.
- Respondents in households with children were more likely to report someone in their family had taken steps to prepare for a natural or man-made disaster (35%) compared to respondents in households without children (22%).

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

| | 2009 |
|------------------------------------|------|
| TOTAL | 26% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 28 |
| Middle 20 Percent Bracket | 33 |
| Top 40 Percent Bracket | 16 |
| Marital Status | |
| Married | 26 |
| Not Married | 25 |
| Children in Household ¹ | |
| Yes | 35 |
| No | 22 |

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

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

Community Health Issues (Figure 31; Tables 53 - 58)

KEY FINDINGS: In 2009, out of six health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or poor nutrition (60%), alcohol abuse (57%) and smoking (49%). Respondents who were female or with some post high school education were more likely to report obesity, lack of exercise or poor nutrition. Respondents in the middle 20 percent household income bracket were more likely to report alcohol abuse. Respondents who were male, with a college education or in the top 60 percent household income bracket were more likely to report smoking. Respondents who were female, 55 and older or with some post high school education were more likely to report illegal drug use. Female respondents were more likely to report mental health.

From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported obesity/lack of exercise/poor nutrition, smoking, infectious diseases or mental health. From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported alcohol abuse. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported illegal drug use.

Obesity, Lack of Exercise or Poor Nutrition

2009 Findings

- Sixty percent of respondents reported obesity, lack of exercise or poor nutrition as one of the top three community health issues.
- Female respondents were more likely to report obesity, lack of exercise or poor nutrition (66%) compared to male respondents (54%).
- Seventy-two percent of respondents with some post high school education reported obesity, lack of exercise or poor nutrition compared to 60% of those with a college education or 53% 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 reporting obesity, lack of exercise or poor nutrition as a community health issue.
- In 2009, female respondents were more likely to report obesity, lack of exercise or poor nutrition, with a noted increase since 2006. In 2006, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report obesity, lack of exercise or poor nutrition. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old and a noted increase in the percent of respondents 65 and older reporting obesity, lack of exercise or poor nutrition.
- In 2009, respondents with some post high school education were more likely to report obesity, lack of exercise or poor nutrition, with a noted increase since 2006. In 2006, education was not a significant variable.

- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of unmarried respondents reporting obesity, lack of exercise or poor nutrition.

Table 53. Obesity, Lack of Exercise or Poor Nutrition by Demographic Variables for Each Survey Year^⓪

| | 2006 | 2009 |
|------------------------------------|------|------|
| TOTAL | 56% | 60% |
| Gender ² | | |
| Male | 59 | 54 |
| Female ^a | 52 | 66 |
| Age ¹ | | |
| 18 to 34 | 61 | 67 |
| 35 to 44 ^a | 66 | 51 |
| 45 to 54 | 55 | 58 |
| 55 to 64 | 63 | 56 |
| 65 and Older ^a | 37 | 63 |
| Education ² | | |
| High School or Less | 52 | 53 |
| Some Post High School ^a | 55 | 72 |
| College Graduate | 66 | 60 |
| Household Income | | |
| Bottom 40 Percent Bracket | 57 | 61 |
| Middle 20 Percent Bracket | 60 | 69 |
| Top 40 Percent Bracket | 57 | 53 |
| Marital Status | | |
| Married | 58 | 58 |
| Not Married ^a | 53 | 63 |

^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

Alcohol Abuse

2009 Findings

- Fifty-seven percent of respondents reported alcohol abuse as one of the three top community health issues.
- Eighty percent of respondents in the middle 20 percent household income bracket reported alcohol abuse compared to 55% of those in the bottom 40 percent income bracket or 52% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting alcohol abuse as a community health issue.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of female respondents reporting alcohol abuse.
- In 2006, respondents 35 to 54 years old were more likely to report alcohol abuse. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting alcohol abuse.
- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting alcohol abuse.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report alcohol abuse, with a noted increase since 2006. In 2006, household income was not a significant variable.
- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of married respondents reporting alcohol abuse.

Table 54. Alcohol Abuse by Demographic Variables for Each Survey Year^⓪

| | 2006 | 2009 |
|--|------|------|
| TOTAL ^a | 49% | 57% |
| Gender | | |
| Male | 53 | 53 |
| Female ^a | 45 | 61 |
| Age ¹ | | |
| 18 to 34 ^a | 42 | 64 |
| 35 to 44 | 59 | 60 |
| 45 to 54 | 58 | 57 |
| 55 to 64 | 56 | 51 |
| 65 and Older | 38 | 48 |
| Education | | |
| High School or Less | 49 | 53 |
| Some Post High School ^a | 47 | 61 |
| College Graduate | 53 | 59 |
| Household Income ² | | |
| Bottom 40 Percent Bracket | 52 | 55 |
| Middle 20 Percent Bracket ^a | 56 | 80 |
| Top 40 Percent Bracket | 47 | 52 |
| Marital Status | | |
| Married ^a | 44 | 58 |
| Not Married | 54 | 57 |

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Smoking

2009 Findings

- Forty-nine percent of respondents reported tobacco usage and exposure to smoke as one of the three top community health issues.
- Male respondents were more likely to report smoking (54%) compared to female respondents (44%).
- Fifty-six percent of respondents with a college education reported smoking compared to 53% of those with some post high school education or 42% of respondents with a high school education or less.
- Fifty-nine percent of respondents in the middle 20 percent household income bracket and 57% of those in the top 40 percent income bracket reported smoking compared to 41% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting smoking as a community health issue.
- In both study years, male respondents were more likely to report smoking.
- In 2006, respondents 35 to 44 years old were more likely to report smoking. In 2009, age was not a significant variable.
- In 2009, respondents with a college education were more likely to report smoking, with a noted increase since 2006. In 2006, education was not a significant variable.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report smoking. In 2009, respondents in the top 60 percent household income bracket were more likely to report smoking.
- In 2006, married respondents were more likely to report smoking. In 2009, marital status was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of unmarried respondents reporting smoking.

Table 55. Smoking by Demographic Variables for Each Survey Year[Ⓞ]

| | 2006 | 2009 |
|---------------------------------|------|------|
| TOTAL | 44% | 49% |
| Gender ^{1,2} | | |
| Male | 52 | 54 |
| Female | 36 | 44 |
| Age ¹ | | |
| 18 to 34 | 50 | 57 |
| 35 to 44 | 53 | 52 |
| 45 to 54 | 38 | 43 |
| 55 to 64 | 50 | 49 |
| 65 and Older | 30 | 43 |
| Education ² | | |
| High School or Less | 45 | 42 |
| Some Post High School | 45 | 53 |
| College Graduate ^a | 42 | 56 |
| Household Income ^{1,2} | | |
| Bottom 40 Percent Bracket | 41 | 41 |
| Middle 20 Percent Bracket | 61 | 59 |
| Top 40 Percent Bracket | 45 | 57 |
| Marital Status ¹ | | |
| Married | 51 | 48 |
| Not Married ^a | 37 | 51 |

[Ⓞ]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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Illegal Drug Use

2009 Findings

- Thirty percent of respondents reported illegal drug use as one of the three top community health issues.
- Female respondents were more likely to report illegal drug use (36%) compared to male respondents (24%).
- Forty-two percent of respondents 65 and older and 40% of those 55 to 64 years old reported illegal drug use compared to 17% of respondents 35 to 44 years old.
- Respondents with some post high school education were more likely to report illegal drug use (41%) compared to those with a high school education or less (30%) or respondents with a college education (18%).

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting illegal drug use as a community health issue.
- In 2009, female respondents were more likely to report illegal drug use. In 2006, gender was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of male respondents reporting illegal drug use.
- In 2009, respondents 55 and older were more likely to report illegal drug use. In 2006, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 35 to 54 years old reporting illegal drug use.
- In 2006, respondents with a high school education or less were more likely to report illegal drug use. In 2009, respondents with some post high school education were more likely to report illegal drug use. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting illegal drug use.
- Household income was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting illegal drug use.
- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents reporting illegal drug use.

Table 56. Illegal Drug Use by Demographic Variables for Each Survey Year^①

| | 2006 | 2009 |
|-------------------------------------|------|------|
| TOTAL ^a | 39% | 30% |
| Gender ² | | |
| Male ^a | 41 | 24 |
| Female | 37 | 36 |
| Age ² | | |
| 18 to 34 | 37 | 35 |
| 35 to 44 ^a | 38 | 17 |
| 45 to 54 ^a | 49 | 21 |
| 55 to 64 | 48 | 40 |
| 65 and Older | 28 | 42 |
| Education ^{1,2} | | |
| High School or Less ^a | 46 | 30 |
| Some Post High School | 37 | 41 |
| College Graduate | 28 | 18 |
| Household Income | | |
| Bottom 40 Percent Bracket | 34 | 32 |
| Middle 20 Percent Bracket | 44 | 39 |
| Top 40 Percent Bracket ^a | 39 | 22 |
| Marital Status | | |
| Married ^a | 41 | 31 |
| Not Married | 36 | 29 |

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Infectious Diseases

2009 Findings

- Seventeen percent of respondents reported infectious diseases as one of the three top community health issues.
- There were no statistically significant differences between demographic variables and responses of infectious diseases as a community health issue.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting infectious diseases as a community health issue.

- In 2006, respondents 18 to 34 years old were more likely to report infectious diseases. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 45 to 54 years old reporting infectious diseases.
- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents with a college education reporting infectious diseases.
- In 2006, unmarried respondents were more likely to report infectious diseases. In 2009, marital status was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of married respondents and a noted decrease in the percent of unmarried respondents reporting infectious diseases.

Table 57. Infectious Diseases by Demographic Variables for Each Survey Year[Ⓞ]

| | 2006 | 2009 |
|-------------------------------|------|------|
| TOTAL | 15% | 17% |
| Gender | | |
| Male | 13 | 18 |
| Female | 17 | 15 |
| Age ¹ | | |
| 18 to 34 ^a | 25 | 13 |
| 35 to 44 | 19 | 14 |
| 45 to 54 ^a | 7 | 19 |
| 55 to 64 | 12 | 20 |
| 65 and Older | 8 | 17 |
| Education | | |
| High School or Less | 13 | 15 |
| Some Post High School | 19 | 13 |
| College Graduate ^a | 12 | 23 |
| Household Income | | |
| Bottom 40 Percent Bracket | 19 | 17 |
| Middle 20 Percent Bracket | 8 | 19 |
| Top 40 Percent Bracket | 12 | 19 |
| Marital Status ¹ | | |
| Married ^a | 8 | 19 |
| Not Married ^a | 21 | 13 |

[Ⓞ]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 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

Mental Health

2009 Findings

- Fourteen percent of respondents reported mental health as one of the three top community health issues.
- Female respondents were more likely to report mental health (18%) compared to male respondents (9%).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting mental health as a community health issue.
- In 2009, female respondents were more likely to report mental health. In 2006, gender was not a significant variable.
- Age was not a significant variable in either study year. From 2006 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting mental health.

Table 58. Mental Health by Demographic Variables for Each Survey Year^⓪

| | 2006 | 2009 |
|---------------------------|------|------|
| TOTAL | 13% | 14% |
| Gender ² | | |
| Male | 12 | 9 |
| Female | 13 | 18 |
| Age | | |
| 18 to 34 ^a | 9 | 19 |
| 35 to 44 | 16 | 8 |
| 45 to 54 | 14 | 17 |
| 55 to 64 | 17 | 12 |
| 65 and Older | 9 | 12 |
| Education | | |
| High School or Less | 10 | 13 |
| Some Post High School | 14 | 17 |
| College Graduate | 16 | 13 |
| Household Income | | |
| Bottom 40 Percent Bracket | 12 | 18 |
| Middle 20 Percent Bracket | 18 | 9 |
| Top 40 Percent Bracket | 13 | 14 |
| Marital Status | | |
| Married | 12 | 14 |
| Not Married | 13 | 14 |

^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

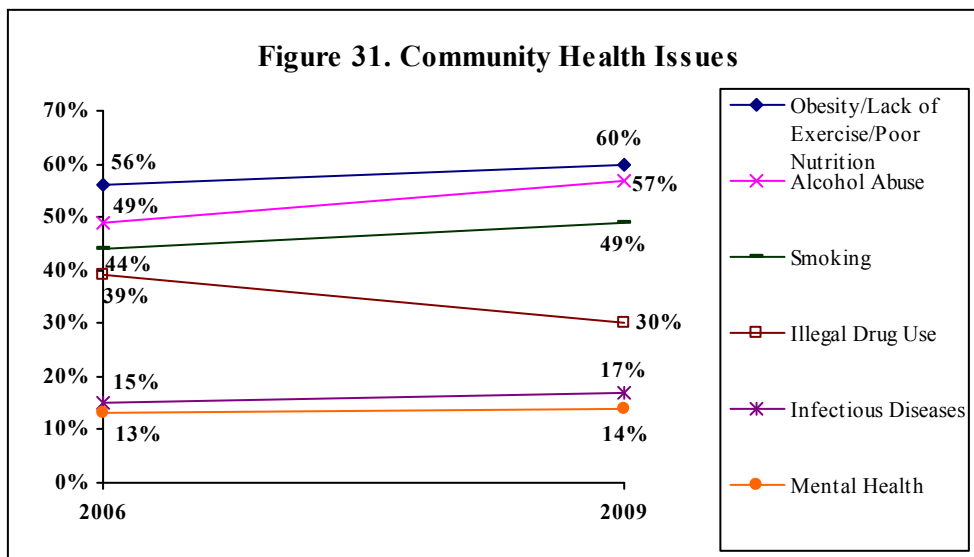
²demographic difference at $p \leq 0.05$ in 2009

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

Community Health Issues Overall

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported obesity/lack of exercise/poor nutrition, smoking, infectious diseases or mental health. From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported alcohol abuse. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported illegal drug use.



Health Problems (Tables 59 & 60)

KEY FINDINGS: In 2009, 24% of respondents reported they are limited in activities because of physical, mental or emotional problems; respondents who were 65 and older, in the bottom 60 percent household income bracket or unmarried were more likely to report this. Twelve percent of respondents reported they have a health problem that requires them to use special equipment, such as a cane, a wheelchair, a special bed or a special telephone; respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report this.

Activities Limited Due to Physical, Mental or Emotional Problems

In 2005, 17% of Wisconsin respondents and 19% of U.S. respondents were limited in any activities because of physical, mental or emotional problems. Twenty-seven percent of Wisconsin respondents and 30% of U.S. respondents 65 and older were limited. (2005 Behavioral Risk Factor Surveillance)

2009 Findings

- Twenty-four percent of respondents reported they are limited in activities because of physical, mental or emotional problems.

- Thirty-nine percent of respondents 65 and older reported they are limited in activities because of physical, mental or emotional problems compared to 17% of those 35 to 44 years old or 15% of respondents 18 to 34 years old.
- Thirty-two percent of respondents in the bottom 60 percent household income bracket reported they are limited in activities because of physical, mental or emotional problems compared to 5% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they are limited in activities because of physical, mental or emotional problems compared to married respondents (30% and 20%, respectively).

Table 59. Limited Activities by Demographic Variables for 2009^⓪

| | 2009 |
|-------------------------------|------|
| TOTAL | 24% |
| Gender | |
| Male | 21 |
| Female | 27 |
| Age ¹ | |
| 18 to 34 | 15 |
| 35 to 44 | 17 |
| 45 to 54 | 21 |
| 55 to 64 | 33 |
| 65 and Older | 39 |
| Education | |
| High School or Less | 26 |
| Some Post High School | 26 |
| College Graduate | 20 |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 32 |
| Middle 20 Percent Bracket | 32 |
| Top 40 Percent Bracket | 5 |
| Marital Status ¹ | |
| Married | 20 |
| Not Married | 30 |

^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

Health Problem Requires Special Equipment

In 2005, 6% of Wisconsin respondents and 6% of U.S. respondents had a health problem that requires the use of special equipment. Twenty percent of Wisconsin respondents and 17% of U.S. respondents 65 and older had a health problem that requires special equipment. (2005 Behavioral Risk Factor Surveillance)

2009 Findings

- Twelve percent of respondents reported they have a health problem that requires them to use special equipment, such as a cane, a wheelchair, a special bed or a special telephone.
- Thirty percent of respondents 65 and older reported they have a health problem that requires them to use special equipment compared to 5% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Eighteen percent of respondents in the bottom 40 percent household income bracket reported they have a health problem that requires them to use special equipment compared to 8% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they have a health problem that requires them to use special equipment compared to married respondents (16% and 7%, respectively).

Table 60. Health Problem Requires Special Equipment by Demographic Variables for 2009^⓪

| | 2009 |
|-------------------------------|------|
| TOTAL | 12% |
| Gender | |
| Male | 9 |
| Female | 14 |
| Age ¹ | |
| 18 to 34 | 0 |
| 35 to 44 | 5 |
| 45 to 54 | 8 |
| 55 to 64 | 20 |
| 65 and Older | 30 |
| Education | |
| High School or Less | 13 |
| Some Post High School | 13 |
| College Graduate | 8 |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 18 |
| Middle 20 Percent Bracket | 8 |
| Top 40 Percent Bracket | 3 |
| Marital Status ¹ | |
| Married | 7 |
| Not Married | 16 |

^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

ST. FRANCIS
COMMUNITY HEALTH SURVEY

Conducted: October 1, 2009 through January 28, 2010

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

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

| | |
|----------------|----|
| Poor | 3% |
| Fair | 12 |
| Good..... | 32 |
| Very good..... | 39 |
| Excellent..... | 14 |
| Not sure | 0 |

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

| | |
|---|----|
| No health care coverage | 5% |
| An employer sponsored insurance plan | 62 |
| Private insurance bought directly from an insurance agent or insurance company..... | 5 |
| Medicaid including medical assistance, Title 19 or Badger Care..... | 6 |
| Medicare..... | 20 |
| Or something else..... | <1 |
| Not sure | 2 |

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

| | |
|----------------|-----|
| All..... | 86% |
| Part | 9 |
| None | 4 |
| Not sure | <1 |

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

| | |
|----------------|-----|
| All..... | 84% |
| Part | 12 |
| 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 80%
 Public health clinic or community health center 5
 Hospital outpatient department 1
 Hospital emergency room 2
 Urgent care center 5
 Some other kind of place..... 3
 No usual place..... 6
 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 39%
 No..... 59
 Not sure 2

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

| | Less than a Year Ago | 1 to 2 Years Ago | 3 to 4 Years Ago | 5 or More Years Ago | Never | Not Sure |
|--|-------------------------|---------------------|---------------------|------------------------|-------|----------|
| 7. A routine checkup | 59% | 19% | 8% | 10% | 3% | <1% |
| 8. Cholesterol testing | 50 | 21 | 5 | 4 | 14 | 6 |
| 9. Visit to a dentist or dental clinic . | 68 | 18 | 5 | 7 | 1 | <1 |
| 10. Eye exam..... | 44 | 31 | 8 | 14 | 2 | <1 |

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

Yes 45%
 No..... 55
 Not sure 0

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

18 to 34 years old 28%
 35 to 44 years old 22
 45 to 54 years old 18
 55 to 64 years old 10
 65 and older..... 22

13. Have you ever had a pneumonia or pneumococcal shot? [90 Respondents 65 and Older]

Yes 74%
 No..... 20
 Not sure 7

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

| | Yes | No | Not Sure |
|--|------------------------------------|---------------|----------|
| 14. You have high blood pressure? | 28% | 72% | 0% |
| 15. Your blood cholesterol is high? | 24 | 73 | 3 |
| 16. You had a stroke?..... | 2 | 98 | 0 |
| 17. You have heart disease or a heart condition?... | 10 | 90 | <1 |
| 18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression? | 13 | 87 | 0 |
| 19. You have cancer?..... | 4 | 96 | <1 |
| 20. ...(if yes) [15 Respondents]: What type of cancer? | Melanoma/skin | 7 respondents | |
| | Breast..... | 3 respondents | |
| | Colon | 3 respondents | |
| | Prostate | 2 respondents | |
| | Lymphoma..... | 2 respondents | |
| | All others (1 response each) | 1 respondent | |
| 21. You have diabetes (men) You have diabetes not associated with a pregnancy (women)..... | 10 | 90 | 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?” [39 Respondents]

| | | |
|-------------------|----|--------------------|
| Zero | 0% | →GO TO Q25 |
| 1 time..... | 15 | →CONTINUE WITH Q23 |
| 2 to 3 times..... | 38 | →CONTINUE WITH Q23 |
| 4 or more | 35 | →CONTINUE WITH Q23 |
| Not sure | 13 | →GO TO Q25 |

23. At your last appointment, what was your “A one C” level? [35 Respondents]

| | |
|-------------------|-----|
| Less than 7 | 26% |
| 7 or higher | 43 |
| Not sure | 31 |

24. At your last appointment, what was your LDL level? [34 Respondents]

| | |
|---------------------|-----|
| Less than 100 | 15% |
| 100 or higher | 12 |
| Not sure | 74 |

| | Yes | No | Not Sure |
|--|-----|-----|----------|
| 25. Do you currently have asthma? | 11% | 89% | 0% |
| 26. ...(if yes), do you have a written asthma action plan? [44 Respondents]..... | 27 | 73 | 0 |

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

| | |
|-----------------------------|-----|
| One or fewer servings | 39% |
| Two servings | 29 |
| Three or more servings..... | 32 |
| Not sure | 0 |

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

| | |
|-----------------------------|-----|
| One or fewer servings | 42% |
| Two servings | 38 |
| Three or more servings..... | 20 |
| 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..... | 15 |
| Not sure | 0 |

30. How many days per week do you do these moderate activities for at least 10 minutes at a time?

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

| | |
|--|-----|
| No moderate activity | 15% |
| Less than 5 times/week for 30 minutes or less than 30 minutes each time..... | 54 |
| 5 times/week for 30 minutes or more..... | 30 |
| Not sure | 2 |

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 | 34% |
| No..... | 66 |
| 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 | 66% |
| Less than 3 times/week for 20 minutes or less than 20 minutes each time | 19 |
| 3 times/week for 20 minutes or more..... | 15 |
| Not sure | 0 |

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? [135 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 54% |
| Within the past 2 years (1 year, but less than 2 years ago) | 20 |
| Within the past 3 years (2 years, but less than 3 years ago) | 7 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 6 |
| 5 or more years ago | 6 |
| Never..... | 7 |
| 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? [55 Respondents 65 and Older]

| | |
|----------------|-----|
| Yes | 75% |
| No..... | 24 |
| Not sure | 2 |

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? [141 Respondents 18 to 65 years old]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 57% |
| Within the past 2 years (1 year, but less than 2 years ago) | 29 |
| Within the past 3 years (2 years, but less than 3 years ago) | 4 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 1 |
| 5 or more years ago | 7 |
| Never..... | <1 |
| 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? [111 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 41% |
| Within the past 2 years (1 year, but less than 2 years ago) | 12 |
| Within the past 3 years (2 years, but less than 3 years ago) | 4 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 2 |
| 5 or more years ago | 3 |
| Never..... | 36 |
| Not sure..... | 4 |

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? [112 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 28% |
| Within the past 2 years (1 year, but less than 2 years ago) | 12 |
| Within the past 3 years (2 years, but less than 3 years ago) | 5 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 4 |
| 5 or more years ago | 15 |
| Never..... | 32 |
| Not sure..... | 4 |

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... [161 Respondents 50 and Older]

| | |
|--------------------|----|
| Sigmoidoscopy..... | 2% |
| Colonoscopy | 53 |
| Both..... | 15 |
| Or neither | 29 |
| Not sure..... | 2 |

41. How long has it been since you had your last sigmoidoscopy? [161 Respondents 50 and Older]

| | |
|---|----|
| Within the past year (anytime less than 12 months ago)..... | 2% |
| Within the past 2 years (1 year, but less than 2 years ago) | 3 |
| Within the past 5 years (2 years, but less than 5 years ago)..... | 5 |
| Within the past 10 years (5 years but less than 10 years ago)... | 2 |
| 10 years ago or more | 4 |
| Never..... | 81 |
| Not sure..... | 2 |

42. How long has it been since you had your last colonoscopy? [161 Respondents 50 and Older]

| | |
|---|-----|
| Within the past year (anytime less than 12 months ago)..... | 16% |
| Within the past 2 years (1 year, but less than 2 years ago) | 19 |
| Within the past 5 years (2 years, but less than 5 years ago)..... | 20 |
| Within the past 10 years (5 years but less than 10 years ago)... | 11 |
| 10 years ago or more | 2 |
| Never..... | 30 |
| Not sure | 2 |

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

Do not ride bike, use in-line skates or use scooters..... 58%

Frequency of those who bicycle, use in-line roller skates or use scooters [170 Respondents]

| | |
|--------------------|-----|
| Never | 63% |
| Seldom | 2 |
| Sometimes..... | 4 |
| Nearly always..... | 4 |
| Always | 27 |
| Not sure | 0 |

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

| | |
|--------------------|----|
| Never | 3% |
| Seldom | <1 |
| Sometimes..... | 3 |
| Nearly always..... | 8 |
| Always | 85 |
| Not sure | 0 |

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

| | |
|--------------------|-----|
| Never..... | 35% |
| Seldom | 30 |
| Sometimes..... | 30 |
| Nearly always..... | 3 |
| Always | 3 |
| Not sure | 0 |

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

| | |
|--------------------|-----|
| Never..... | <1% |
| Seldom | 4 |
| Sometimes..... | 24 |
| Nearly always..... | 32 |
| Always | 38 |
| Not sure | 2 |

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

| | |
|----------------|----|
| Yes | 3% |
| No..... | 96 |
| Not sure | <1 |

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 | 34% |
| One to two days..... | 18 |
| Three to four days | 13 |
| Five or more days..... | 35 |
| Not sure | 0 |

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

| | |
|--------------------------|-----|
| None | 34% |
| One drink..... | 26 |
| Two drinks | 19 |
| Three drinks | 11 |
| Four or more drinks..... | 10 |
| Not sure | 0 |

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

| | |
|-------------------------|-----|
| None | 80% |
| One time | 5 |
| Two or more times | 14 |
| Not sure | <1 |

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

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

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

| | |
|----------------|----|
| Yes | 2% |
| No..... | 98 |
| Not sure | 0 |

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

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

| | | |
|-----------------|-----|------------|
| Every day | 19% | |
| Some days | 2 | |
| Not at all..... | 79 | →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? [85 Respondents]

| | |
|----------------|-----|
| Yes | 45% |
| No..... | 55 |
| Not sure | 0 |

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [85 Respondents]

| | | |
|----------------|-----|--------------------|
| Yes | 79% | →CONTINUE WITH Q56 |
| No..... | 21 | →GO TO Q57 |
| Not sure | 0 | →GO TO Q57 |

56. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [67 Respondents]

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

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

| | |
|--|-----|
| Smoking is not allowed anywhere inside your home.. | 71% |
| Smoking is allowed in some places or at some times . | 12 |
| Smoking is allowed anywhere inside your home or ... | 2 |
| There are no rules about smoking inside your home .. | 15 |
| Not sure | <1 |

58. Which of the following best describes your place of work's official indoor smoking policy? [280 Respondents Who Work]

| | |
|------------------------------|-----|
| Not allowed in any area..... | 81% |
| Allowed in some areas | 13 |
| Allowed in all areas..... | 2 |
| No official policy | 3 |
| Not sure | <1 |

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [315 Nonsmokers]

0 days 70%
 1 to 3 days 23
 4 to 6 days 4
 All 7 days 2
 Not sure 0

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

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

Yes 21%
 No 79
 Not sure 0

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

| | Yes | No | Not sure | No firearms in HH/NA |
|-----------------------------|-----|----|----------|----------------------|
| 61. Handguns | 13% | 7% | 0% | 80% |
| 62. Rifles or shotguns..... | 18 | 3 | 0 | 80 |

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

Yes 3%
 No 18
 Not sure <1
 No firearms in the household/no answer 80

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 2%
 No <1
 Not sure 0
 No firearms in the household/not loaded/no answer 98

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

| | Yes | No | Not Sure |
|--|-----|-----|----------|
| 65. Going to a chiropractor | 11% | 90% | 0% |
| 66. Having acupuncture | 3 | 97 | <1 |
| 67. Massage therapy..... | 20 | 80 | <1 |
| 68. Aroma therapy using essential oils | 7 | 93 | 0 |

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

69. Gender [DERIVED, NOT ASKED]

| | |
|-------------|-----|
| Male | 49% |
| Female..... | 52 |

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

| | |
|---------------------|-----|
| Not overweight..... | 36% |
| Overweight..... | 35 |
| Obese..... | 29 |

72. Are you Hispanic or Latino?

| | |
|----------------|----|
| Yes | 6% |
| No..... | 95 |
| Not sure | 0 |

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

| | |
|---|-----|
| White..... | 91% |
| Black, African American | 5 |
| Asian | 0 |
| Native Hawaiian or other Pacific Islander | <1 |
| American Indian or Alaska Native..... | <1 |
| Another race..... | <1 |
| Multiple race | 2 |
| Not sure | 0 |

74. What is your current marital status?

| | |
|--------------------------------------|-----|
| Single and never married | 25% |
| A member of an unmarried couple..... | 4 |
| Married..... | 47 |
| Separated..... | 2 |
| Divorced..... | 11 |
| Widowed | 11 |
| Not sure | 0 |

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

| | |
|---------------------------------------|-----|
| 8th grade or less | <1% |
| Some high school | 6 |
| High school graduate or GED | 36 |
| Some college | 23 |
| Technical school graduate..... | 7 |
| College graduate | 20 |
| Advanced or professional degree | 7 |
| Not sure | 0 |

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

| | |
|---------------|-----|
| Yes | 31% |
| No..... | 69 |
| Not sure..... | 0 |

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

| | |
|----------------|------|
| Milwaukee..... | 100% |
|----------------|------|

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

| | |
|------------------|------|
| St. Francis..... | 100% |
|------------------|------|

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

| | |
|------------------------------|-----|
| 53235..... | 99% |
| 53207..... | <1 |
| All others (3% or less)..... | 0 |
| No answer | 0 |

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

| | |
|---------------|----|
| Yes | 2% |
| No..... | 98 |
| Not sure..... | 0 |

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

| | |
|------------------|-----|
| One | 99% |
| Two or more..... | <1 |

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

| | |
|---------------|-----|
| Yes | 73% |
| No..... | 27 |
| Not sure..... | 0 |

83. What is your annual household income before taxes?

| | |
|-----------------------------|----|
| Less than \$10,000 | 6% |
| \$10,000 to \$20,000..... | 10 |
| \$20,001 to \$30,000..... | 10 |
| \$30,001 to \$40,000..... | 10 |
| \$40,001 to \$50,000..... | 10 |
| \$50,001 to \$60,000..... | 9 |
| \$60,001 to \$75,000..... | 6 |
| \$75,001 to \$90,000..... | 6 |
| \$90,001 to \$105,000..... | 5 |
| \$105,001 to \$120,000..... | 3 |
| \$120,001 to \$135,000..... | 1 |
| Over \$135,000..... | 4 |
| Not sure | 11 |
| No answer | 10 |

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 | 0 |
| Not sure | <1 |
| No answer | 2 |

The next series of questions deal with personal safety issues.

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

| | | |
|----------------|----|--------------------|
| Yes | 6% | →CONTINUE WITH Q86 |
| No..... | 94 | →GO TO Q87 |
| Not sure | <1 | →GO TO Q87 |

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [24 Respondents; More than 1 response accepted]

| | |
|-------------------------------|--------------|
| Stranger | 16 responses |
| Acquaintance..... | 3 responses |
| Ex-spouse | 2 responses |
| Boyfriend or girlfriend | 2 responses |
| Friend | 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?
 [12 Respondents; More than 1 response accepted]

| | |
|-------------------------------|-------------|
| Boyfriend or girlfriend | 4 responses |
| Stranger | 3 responses |
| Brother or sister..... | 2 responses |
| Friend | 2 responses |
| Acquaintance..... | 1 response |

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

| | |
|--------------------------------|-----|
| Smoke detector..... | 97% |
| Carbon monoxide detector | 60 |
| Neither..... | 3 |
| Not sure | <1 |

Households that have both detectors..... 60%

ADDITIONAL QUESTIONS FOR ST. FRANCIS

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

A1. Have you or someone in your family taken steps to prepare for a natural or man-made disaster? For example, have you stored extra food or water, have a list of important names and numbers, prepared an emergency kit or designated a meeting place?

| | |
|----------------|-----|
| Yes | 26% |
| No..... | 74 |
| Not sure | <1 |

A2. Now I will read you a list of health issues that some communities may face. Please tell me the three largest health concerns in St. Francis?

| | |
|---|-----|
| Obesity, lack of exercise or poor nutrition..... | 60% |
| Alcohol abuse..... | 57 |
| Smoking | 49 |
| Illegal drug use..... | 30 |
| Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases.... | 17 |
| Mental health..... | 14 |

A3. The following questions are about health problems or impairments you may have. Are you limited in any way in any activities because of physical, mental or emotional problems?

| | |
|----------------|-----|
| Yes | 24% |
| No..... | 76 |
| Not sure | 0 |

A4. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? [Include occasional use or use in certain circumstances]

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

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 St. Francis Community Health Survey was conducted from October 1, 2009 through January 28, 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=394). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=6). 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 St. Francis Community Health Survey was conducted from March 14 through July 22, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 St. Francis Community Health Survey was conducted from February 21 through March 31, 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.