

**Wauwatosa**  
**Community Health Survey Report**  
2009

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Wauwatosa 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 Wauwatosa 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 Wauwatosa 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 Wauwatosa 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=370). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=30). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between October 2, 2009 and January 5, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Wauwatosa. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

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

## Demographic Profile of Wauwatosa Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	45%
Female	55
Age	
18 to 34	26%
35 to 44	22
45 to 54	19
55 to 64	10
65 and Older	24
Education	
High School Graduate or Less	14%
Some Post High School	20
College Graduate	65
Household Income	
Bottom 40 Percent Bracket	24%
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	44
Not Sure/No Answer	19
Married	60%

## What do the percentages mean?

Results of the Wauwatosa Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 36,126 adult residents in the area, a decrease of 0.36% 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 360 adults. So, when 7% of respondents reported their health was fair or poor, this roughly equates to 2,520 residents  $\pm$ 1,800 individuals. Therefore, from 720 to 4,320 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 Wauwatosa is 20,301, a decrease of 0.43% 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 200 households. For example, 13% 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 2,600.

## Definitions

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

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

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

## Summary

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

<b>Overall Health</b>				<b>Health Conditions in Past 3 Years</b>			
Wauwatosa	2003	2006	2009	Wauwatosa	2003	2006	2009
Excellent	26%	25%	29%	High Blood Pressure	20%	20%	27%
Very Good	46%	42%	44%	High Blood Cholesterol	21%	19%	25%
Fair or Poor	6%	11%	7%	Mental Health Condition	2%	4%	12%
<i>Other Research: (2008)</i>				Heart Disease/Condition	7%	7%	8%
<i>Fair or Poor</i>				Asthma (Current)	9%	6%	8%
		<i>WI</i>	<i>U.S.</i>	Diabetes	3%	6%	4%
		12%	14%	Cancer			4%
				Stroke	<1%	1%	2%
<b>Health Care Coverage</b>				<b>Physical Health</b>			
Wauwatosa	2003	2006	2009	Wauwatosa	2003	2006	2009
Not Covered				Physical Activity/Week			
Personally (currently)	4%	4%	6%	Moderate Activity (5 times/30 min)	31%	37%	36%
Personally (past 12 months)			10%	Vigorous Activity (3 times/20 min)		32%	28%
Household Member (past 12 months)	12%	17%	13%	Recommended Moderate or Vigorous		55%	51%
Advance Care Plan	32%	39%	41%	Overweight	47%	51%	55%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	77%	75%	71%
Doctor/nurse practitioner's office		86%	90%	Vegetable Intake (3+ servings/day)	35%	33%	31%
Urgent care center		3%	4%	<i>Other Research:</i>			
Hospital outpatient department		3%	2%	<i>Overweight (2008)</i>			
<i>Other Research: (2008)</i>				<i>Recommended Mod. or Vig. Activity (2007)</i>			
<i>Personally Not Covered (currently)</i>				<i>WI</i>			
		<i>WI</i>	<i>U.S.</i>	<i>U.S.</i>			
		10%	15%	64% 64%			
				55% 50%			
<b>Routine Procedures</b>				<b>Women's Health</b>			
Wauwatosa	2003	2006	2009	Wauwatosa	2003	2006	2009
Routine Checkup (2 years or less)	87%	81%	87%	Mammogram (40+; within past 2 years)	84%	80%	77%
Cholesterol Test (4 years or less)	76%	77%	81%	Bone Density Scan (65+)		84%	82%
Dental Checkup (past year)	83%	83%	79%	Pap Smear (18 - 65; within past 3 years)	95%	92%	96%
Eye Exam (past year)	50%	51%	51%	<i>Other Research: (2008)</i>			
<i>Other Research:</i>				<i>WI</i>			
<i>Routine Checkup (≤2 years; 2000)</i>				<i>U.S.</i>			
<i>Cholesterol Test (≤5 years; 2007)</i>				76% 76%			
<i>Dental Checkup (past year; 2008)</i>				83% 83%			
		<i>WI</i>	<i>U.S.</i>	<i>Men's Health</i>			
		79%	84%	Wauwatosa	2003	2006	2009
		77%	75%	PSA Test (40+; within past 2 years)		57%	69%
		73%	71%	Digital Rectal Exam (40+; within past year)	34%	36%	47%
				<i>Other Research: (2008)</i>			
				<i>PSA Test (40+; within past 2 years)</i>			
				<i>WI</i>			
				<i>U.S.</i>			
				52% 55%			
<b>Vaccinations</b>				<b>Other Tests</b>			
Wauwatosa	2003	2006	2009	Wauwatosa	2003	2006	2009
Flu Vaccination (past year—65+)	75%	76%	72%	Sigmoidoscopy (50+; within past 5 years)			8%
Pneumonia (ever—65 and older)	52%	73%	71%	Colonoscopy (50+; within past 10 years)			63%
<i>Other Research: (2008)</i>				Sig./Colonoscopy (50+; lifetime)	56%	61%	73%
<i>Flu Vaccination (past year—65+)</i>				<i>Other Research: (2008)</i>			
<i>Pneumonia (ever—65 and older)</i>				<i>WI</i>			
		<i>WI</i>	<i>U.S.</i>	<i>U.S.</i>			
		73%	71%	67% 62%			
		70%	67%	<i>Sig./Colonoscopy (50+; lifetime)</i>			
<b>Complementary/Alternative Treatments in Past 3 Years</b>							
Wauwatosa	2003	2006	2009				
Massage Therapy	19%	20%	30%				
Chiropractic Care	13%	12%	16%				
Aroma Therapy	6%	6%	9%				
Acupuncture	2%	3%	5%				

<b>Safety</b>				<b>Mental Health Status</b>			
Wauwatosa	2003	2006	2009	Wauwatosa	2003	2006	2009
Seat Belt (always/nearly always)	93%	95%	96%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	3%	4%	4%
In-Line Skate (always/nearly always)	44%	48%	57%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	4%	4%	5%
Smoke Detector	97%	95%	95%	Considered Suicide (past year)	2%	3%	3%
Carbon Monoxide Detector	47%	48%	61%				
Both Detectors	46%	48%	61%	<b>Alcohol Use</b>			
Neither Detector	3%	5%	4%	Wauwatosa	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	5%	3%	8%
				Binge Drinker	15%	17%	22%
<b>Cigarette Use</b>				Driver/Passenger in Vehicle When Driver			
Wauwatosa	2003	2006	2009	Perhaps Had Too Much to Drink	3%	3%	5%
Current Smokers	12%	10%	13%	HH Problem Associated with Alcohol		3%	4%
Of Current Smokers...				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Quit Smoking 1 Day or More in Past				Heavy Drinker		8%	5%
Year Because Trying to Quit	38%	39%	46%	Binge Drinker		23%	16%
Saw a Health Care Professional Past Yr.							
...Advised to Quit Smoking		73%	87%	<b>Personal Safety in Past Year</b>			
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Wauwatosa	2003	2006	2009
Current Smokers (2008)		20%	18%	Afraid for Their Safety	7%	6%	5%
Tried to Quit (2005)		49%	56%	Pushed, Kicked, Slapped, or Hit	2%	1%	2%
				At Least One of the Safety Issues	8%	7%	7%
<b>Smoking Policies</b>				<b>Firearms in Household</b>			
Wauwatosa			2009	Wauwatosa	2003	2006	2009
Smoking Policy at Home				Of all Households...			
Not allowed anywhere			80%	Have a Firearm	17%	19%	18%
Allowed in some places or at some times			9%	Handgun			6%
Allowed anywhere			1%	Rifle or shotgun			16%
No rules inside home			10%	Have a Loaded Firearm	2%	<1%	1%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm Unlocked	<1%	<1%	<1%
Not allowed anywhere			91%	<i>Other Research: (2002)</i>			
Allowed in some areas			7%	Of all Households...		<u>WI</u>	<u>U.S.</u>
Allowed in all areas			1%	Have a Firearm		44%	33%
No official policy			<1%	Have a Loaded Firearm		3%	8%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm Unlocked		2%	4%
Seven Days of Nonsmokers							
0 days			80%	<b>Additional Questions</b>			
1 to 3 days			19%	Wauwatosa	2003	2006	2009
4 to 7 days			<1%	English Preferred Language in Household	98%	99%	100%
<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/Nutrition			63%
Smoke-Free Policy at Indoor Worksite		75%	75%	Alcohol Use			51%
				Infectious Diseases			48%
				Eat Low Nutrient Foods on Average Day			
				None			23%
				Once			55%
				Two or More Times			21%
				Internet Access at Home or On Cell Phone			84%
				Use Internet to Access Health Information			
				(Of Those with Internet)			83%

## **Overall Health and Health Care Key Findings**

In 2009, 73% of respondents reported their health as excellent or very good; 7% reported fair or poor. Respondents who were 65 and older, unmarried, inactive or smokers were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 6% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, in the bottom 60 percent household income bracket or unmarried were more likely to report this. Ten 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 female, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Thirteen percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Forty-one percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2009, 87% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-nine percent of respondents reported a visit to the dentist in the past year while 51% reported an eye exam in the past year. Respondents 55 to 64 years old were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, with a college education, who were in the top 40 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were 45 to 54 years old or in the top 60 percent household income bracket were more likely to report a dental checkup in the past year. Respondents who were female, with a high school education or less or with a college education were more likely to report an eye exam in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2009, 52% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. Seventy-one percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

## **Health Risk Factors Key Findings**

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 25%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report high blood pressure. Respondents 55 and older were more likely to report high blood cholesterol. Respondents

who were male, 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight, inactive or smokers were more likely to report heart disease/condition. Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report a mental health condition. Respondents who were 55 and older or overweight were more likely to report diabetes. Respondents who were female, with a college education or in the middle 20 percent household income bracket were more likely to report current asthma. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, heart disease condition, diabetes, current asthma or stroke.*

In 2009, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 35 to 44 years old or unmarried were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.*

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

In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (30%). Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report chiropractic care. Respondents who were female, 18 to 34 years old or with a college education were more likely to report massage therapy. Respondents who were female, 18 to 44 years old, with a college education or in the bottom 40 percent household income bracket were more likely to report aroma therapy. Female respondents were more likely to report they used acupuncture. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care or aroma therapy. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy or acupuncture.*

In 2009, 36% of respondents did moderate physical activity five times a week for 30 minutes while 28% did vigorous activity three times a week for 20 minutes. Combined, 51% met the recommended amount of physical activity; respondents who were male, 35 to 44 years old or in the middle 20 percent household income bracket were more likely to report this. Fifty-five percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket or inactive were more likely to be classified as overweight. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 2003 to 2009, there was a statistical increase in the overall percent of respondents being overweight.*

In 2009, 71% of respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, in the top 60 percent household income bracket, who were not overweight or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report at least three servings of vegetables a day. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.*

In 2009, 77% of female respondents 40 and older reported a mammogram within the past two years. Eighty-two percent of female respondents 65 and older had a bone density scan. Ninety-six percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education, who were in the top 60 percent household income bracket or married were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2009, 69% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-seven percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2009, 8% of respondents 50 and older reported a sigmoidoscopy within the past five years while 63% reported a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2009, 96% of respondents wore seat belts always or nearly always; respondents with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 57% reported they always or nearly always wore a helmet; respondents who were 35 and older, with a college education, who were in the top 40 percent household income bracket or married were more likely to report this. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 13% of respondents were current smokers. Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to be a smoker. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 87% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 80% of respondents reported smoking is not allowed anywhere inside the home while 91% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 18 to 34 years old or with a college education were more likely to report smoking is not allowed in any area at work. Less than one percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

In 2009, 82% of respondents had an alcoholic drink in the past 30 days. In the past month, 8% were heavy drinkers while 22% were binge drinkers. Respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past

month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents who were unmarried or in households without children were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2009, 95% of households had a working smoke detector while 61% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 18% of households had a firearm in or around the home. Of all households, 6% had a handgun in their home while 16% had a rifle or shotgun. Respondents who were in the top 40 percent household income bracket or married were more likely to report a handgun. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; female respondents were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

### **Additional Questions Key Findings**

In 2009, 100% of respondents reported the preferred language spoken in their household was English. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting English as the preferred language spoken in their household.*

In 2009, out of seven health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or nutrition (63%), alcohol use (51%) and infectious diseases (48%). Respondents who were male, 35 to 44 years old, with a college education, who were in the middle 20 percent household income bracket or married were more likely to report obesity/lack of exercise/nutrition. Respondents who were 35 to 44 years old or in the top 40 percent household income bracket were more likely to report infectious diseases. Respondents who were 18 to 34 years old, with a high school education or less or who were married were more likely to report smoking or tobacco use. Respondents 55 to 64 years old were more likely to report illegal drug or prescription use. Respondents in the bottom 40 percent household income bracket were more likely to report environmental hazards. Respondents 35 to 44 years old were more likely to report mental health.

In 2009, 21% of respondents reported they eat low nutrient foods at least two times on an average day. Fifty-five percent of respondents reported they eat low nutrient foods once a day while 23% reported they do not eat low nutrient foods on an average day. Respondents who were female or in the top 60 percent household income bracket were more likely to report they eat low nutrient foods two or more times on an average day.

In 2009, 84% of respondents reported they have internet access at home or on their cell phone; respondents who were 18 to 64 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report this. Eighty-three percent of respondents reported they use the internet to access health information; respondents who were 35 to 44 years old, with at least some post high school education or who were married were more likely to report this.

## Key Findings

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

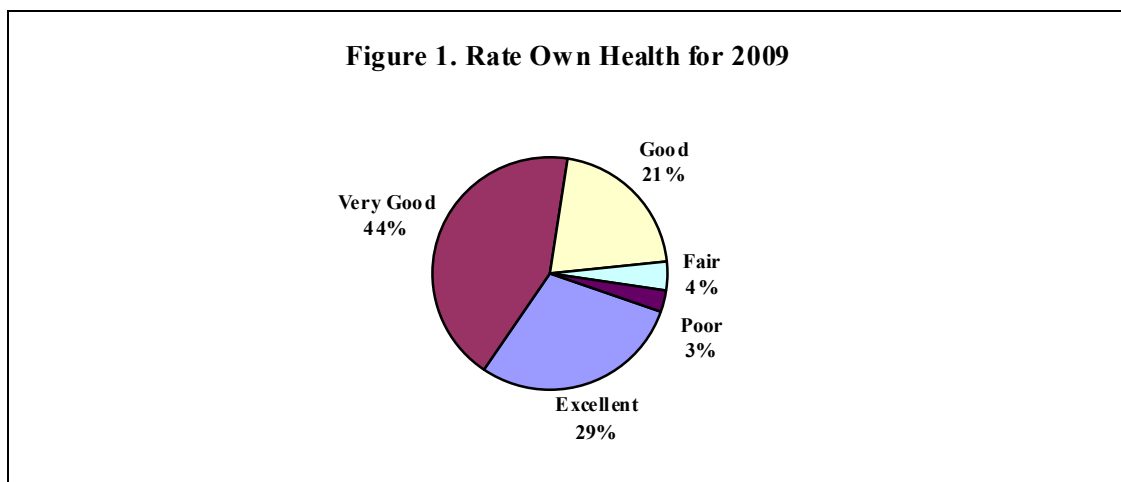
**KEY FINDINGS:** In 2009, 73% of respondents reported their health as excellent or very good; 7% reported fair or poor. Respondents who were 65 and older, unmarried, inactive or smokers were more likely to report fair or poor conditions.

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

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

#### 2009 Findings

- Seventy-three percent of respondents said their own health, generally speaking, was either excellent (29%) or very good (44%). A total of 7% reported their health was fair or poor.



- Thirteen percent of respondents 65 and older reported their health was fair or poor compared to 4% of those 45 to 54 years old or 2% of respondents 18 to 34 years old.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (10% and 5%, respectively).
- Seventeen percent of inactive respondents reported their health was fair or poor compared to 7% of those who met the recommended amount of physical activity or 4% of respondents who did an insufficient amount of physical activity.
- Smokers were more likely to report their health was fair or poor (14%) compared to nonsmokers (6%).

### Year Comparisons

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

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

	2003	2006	2009
TOTAL	6%	11%	7%
Gender			
Male	4	8	8
Female	8	13	6
Age <sup>1,2,3</sup>			
18 to 34	1	7	2
35 to 44	3	6	9
45 to 54	5	5	4
55 to 64	8	5	8
65 and Older	16	26	13
Education <sup>1</sup>			
High School or Less	12	13	4
Some Post High School	9	13	9
College Graduate	3	9	7
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	16	18	7
Middle 20 Percent Bracket	3	8	9
Top 40 Percent Bracket	2	8	4
Marital Status <sup>1,3</sup>			
Married	4	9	5
Not Married	11	13	10
Overweight Status			
Not Overweight	5	11	4
Overweight	9	11	8
Physical Activity <sup>2,3</sup>			
Inactive	--	25	17
Insufficient	--	9	4
Recommended	--	9	7
Smoking Status <sup>2,3</sup>			
Nonsmoker	6	9	6
Smoker	10	24	14

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

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

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

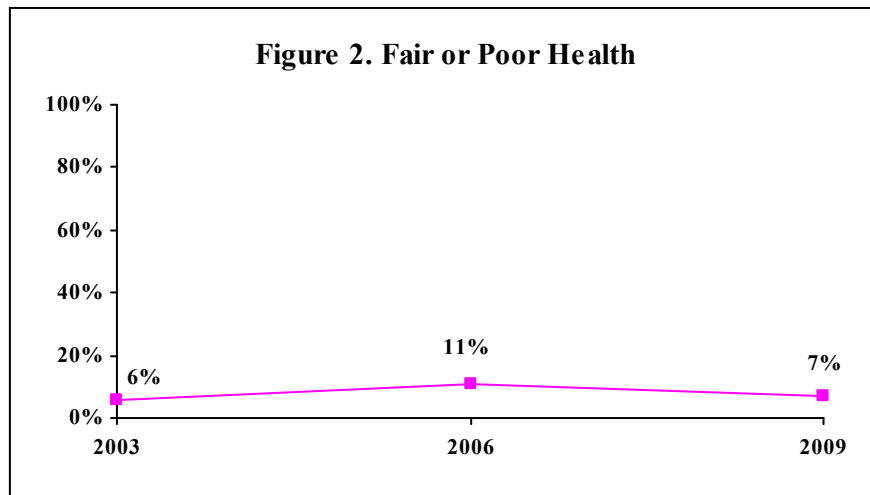
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

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

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

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

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



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

**KEY FINDINGS:** In 2009, 6% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, in the bottom 60 percent household income bracket or unmarried were more likely to report this. Ten 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 female, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Thirteen percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Forty-one percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

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

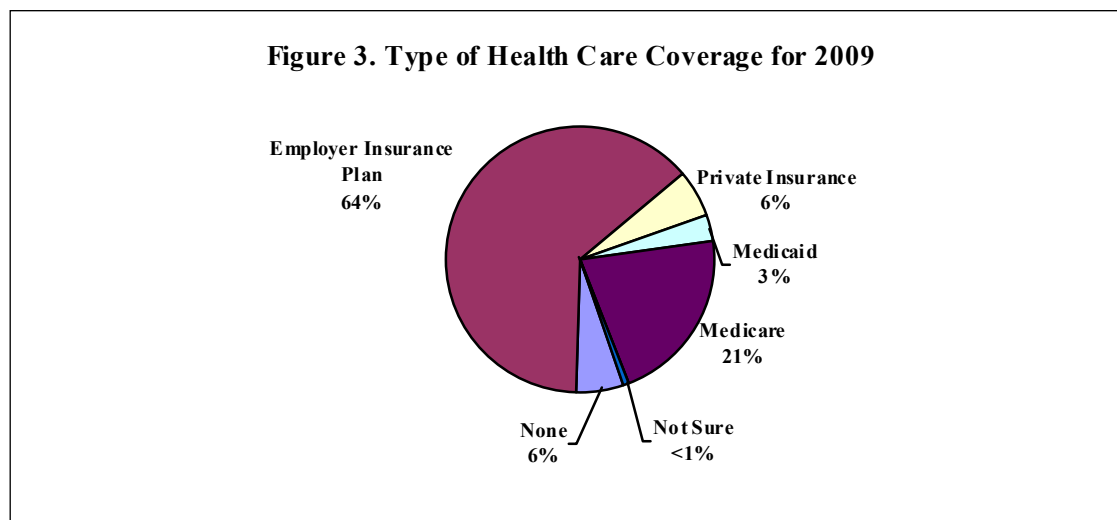
## Personally Not Covered Currently

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

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

### 2009 Findings

- Six percent of respondents reported they were not currently covered by any health care insurance. Sixty-four percent reported they were covered by an employer sponsored insurance plan. Six percent reported private insurance bought directly from an insurance agent/company. Three percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 21% reported Medicare.



- Eleven percent of respondents 18 to 34 years old reported no current personal health care insurance compared to 4% of those 45 to 54 years old or 0% of respondents 65 and older.
- Eleven percent of respondents in the bottom 60 percent household income bracket reported no personal health insurance compared to less than one percent of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no personal health care insurance compared to married respondents (9% and 3%, respectively).

### 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 2003, male respondents were more likely to report no health insurance. 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 no health insurance.
- In all study years, respondents 18 to 34 years old were more likely to report no health insurance.
- In 2006, respondents with some post high school education or less were more likely to report no health insurance. 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 no health insurance.
- In 2003 and 2009, respondents in the bottom 60 percent household income bracket were more likely to report no health insurance. In 2006, household income was not a significant variable.
- In all study years, unmarried respondents were more likely to report no health insurance. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting no health insurance.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year<sup>⓪</sup>

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

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

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

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

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

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

## Personally Not Covered in the Past 12 Months

### 2009 Findings

- Ten percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Female respondents were more likely to report they were not covered (13%) compared to male respondents (7%).
- Twenty percent of respondents 18 to 34 years old reported they were not covered compared to 4% of those 45 to 54 years old or 1% of respondents 65 and older.

- Respondents in the bottom 40 percent household income bracket were more likely to report no coverage (26%) compared to those in the middle 20 percent income bracket (11%) or respondents in the top 40 percent household income bracket (less than one percent).
- Unmarried respondents were more likely to report no coverage compared to married respondents (21% and 3%, respectively).

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

	2009
TOTAL	10%
Gender <sup>1</sup>	
Male	7
Female	13
Age <sup>1</sup>	
18 to 34	20
35 to 44	16
45 to 54	4
55 to 64	5
65 and Older	1
Education	
High School or Less	7
Some Post High School	15
College Graduate	9
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	26
Middle 20 Percent Bracket	11
Top 40 Percent Bracket	<1
Marital Status <sup>1</sup>	
Married	3
Not Married	21

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

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

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

### 2009 Findings

- Thirteen 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.
- Thirty-one percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past 12 months compared to 15% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (24% and 6%, respectively).

### Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2006, respondents in the middle 20 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent income bracket reporting someone in their household was not covered in the past 12 months.
- In all study years, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months.

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

	2003	2006	2009
TOTAL	12%	17%	13%
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	23	19	31
Middle 20 Percent Bracket	16	25	15
Top 40 Percent Bracket <sup>a</sup>	7	12	2
Marital Status <sup>1,2,3</sup>			
Married	8	9	6
Not Married	20	28	24

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

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

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

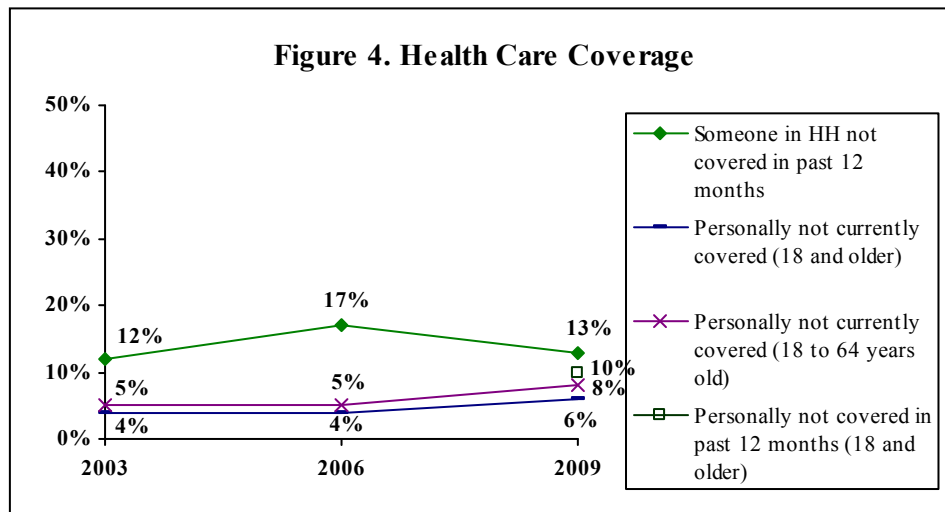
<sup>3</sup>demographic difference at p≤0.05 in 2009

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

## 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

- Ninety percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Four percent reported urgent care center while 2% reported hospital outpatient department.
- Ninety-five percent of respondents in the top 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 88% of those in the bottom 40 percent income bracket or 77% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (96% and 81%, respectively).

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office.
- In 2006, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2009, gender was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of male respondents reporting a doctor's or nurse practitioner's office.

- In 2006, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting a doctor's or nurse practitioner's office.
- 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 a doctor's or nurse practitioner's office.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2006. In 2006, household income was not a significant variable.
- In both study years, married respondents were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2009, there was a noted increase 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<sup>⓪</sup>

	2006	2009
TOTAL	86%	90%
Gender <sup>1</sup>		
Male <sup>a</sup>	78	88
Female	91	92
Age <sup>1</sup>		
18 to 34	76	84
35 to 44	88	93
45 to 54 <sup>a</sup>	84	95
55 to 64	90	92
65 and Older	91	88
Education		
High School or Less	84	88
Some Post High School	90	88
College Graduate <sup>a</sup>	84	91
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket	82	88
Middle 20 Percent Bracket	82	77
Top 40 Percent Bracket <sup>a</sup>	87	95
Marital Status <sup>1,2</sup>		
Married <sup>a</sup>	89	96
Not Married	81	81

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2009

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

## **Advance Care Plan**

### 2009 Findings

- Forty-one percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Seventy-five percent of respondents 65 and older reported they had an advance care plan compared to 26% of those 18 to 34 years old or 18% of respondents 35 to 44 years old.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents having an advance care plan.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of 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 who were 45 to 54 years old or 65 and older reporting an advance care plan.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less or with a college education reporting an advance care plan.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In all other study years, household income was not a significant variable.
- Marital status was not a significant variable in any study years. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting an advance care plan.

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

	2003	2006	2009
TOTAL <sup>a</sup>	32%	39%	41%
Gender			
Male	28	37	37
Female <sup>a</sup>	35	41	45
Age <sup>1,2,3</sup>			
18 to 34	17	8	26
35 to 44	25	23	18
45 to 54 <sup>a</sup>	27	43	44
55 to 64	39	58	46
65 and Older <sup>a</sup>	53	79	75
Education			
High School or Less <sup>a</sup>	22	43	42
Some Post High School	34	44	35
College Graduate <sup>a</sup>	34	36	43
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	40	53	42
Middle 20 Percent Bracket	24	21	40
Top 40 Percent Bracket	30	36	38
Marital Status			
Married <sup>a</sup>	31	43	41
Not Married	33	34	41

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

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

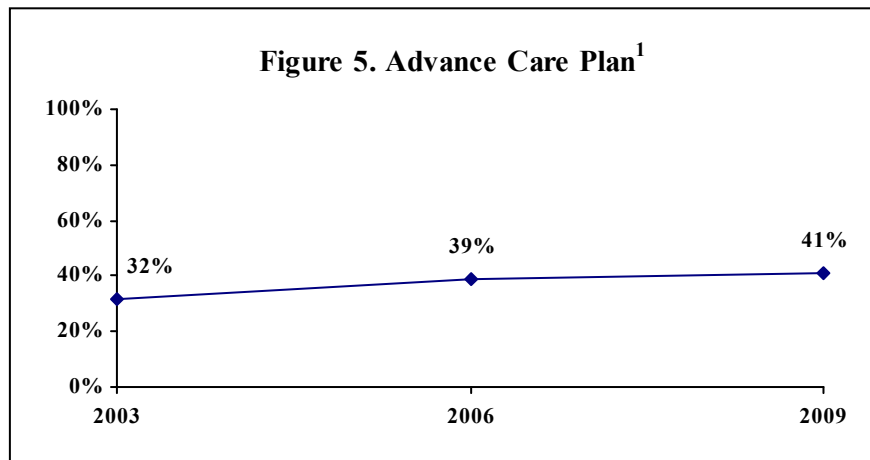
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

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

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

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

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



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

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

**KEY FINDINGS:** In 2009, 87% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-nine percent of respondents reported a visit to the dentist in the past year while 51% reported an eye exam in the past year. Respondents 55 to 64 years old were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, with a college education, who were in the top 40 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were 45 to 54 years old or in the top 60 percent household income bracket were more likely to report a dental checkup in the past year. Respondents who were female, with a high school education or less or with a college education were more likely to report an eye exam in the past year.

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

## Routine Checkup

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

## 2009 Findings

- Eighty-seven percent of respondents reported they had a routine checkup in the past two years.
- Respondents 55 to 64 years old were more likely to report a routine checkup in the past two years (95%) compared to those 35 to 44 years old (83%) or respondents 18 to 34 years old (78%).

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2006, female respondents were more likely to report a routine checkup two years ago or less. In all other study years, gender was not a significant variable.
- In 2003, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2006, respondents 55 and older were more likely to report a routine checkup two years ago or less. In 2009, respondents 55 to 64 years old 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 and a noted increase in the percent of respondents 45 to 54 years old reporting a routine checkup two years ago or less.
- In 2003, respondents with some post high school education were more likely to report a routine checkup two years ago or less. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting a routine checkup two years ago or less.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In all other study years, household income was not a significant variable.
- In 2006, married respondents were more likely to report a routine checkup two years ago or less. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	87%	81%	87%
Gender <sup>2</sup>			
Male	85	71	84
Female	88	88	89
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	90	70	78
35 to 44	78	76	83
45 to 54 <sup>a</sup>	80	82	92
55 to 64	92	90	95
65 and Older	95	91	91
Education <sup>1</sup>			
High School or Less	83	84	91
Some Post High School <sup>a</sup>	94	86	84
College Graduate	85	78	86
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	85	80	86
Middle 20 Percent Bracket	85	69	89
Top 40 Percent Bracket	86	85	86
Marital Status <sup>2</sup>			
Married	86	86	87
Not Married	89	74	86

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

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

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

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

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

## Cholesterol Test

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

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

## 2009 Findings

- Eighty-one percent of respondents reported having their cholesterol tested four years ago or less. Two percent reported five or more years ago while 13% reported never having their cholesterol tested.

- Ninety-six percent of respondents 65 and older reported a cholesterol test four years ago or less compared to 85% of those 35 to 44 years old or 53% of respondents 18 to 34 years old.
- Eighty-six percent of respondents with a college education reported a cholesterol test four years ago or less compared to 78% of those with some post high school education or 63% of respondents with a high school education or less.
- Eighty-five percent of respondents in the top 40 percent household income bracket reported a cholesterol test four years ago or less compared to 75% of those in the middle 20 percent income bracket or 72% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (86% and 74%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2003, female respondents were more likely to report a cholesterol test four years ago or less. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a cholesterol test four years ago or less.
- In 2003 and 2006, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2009, respondents 65 and older were more likely to report a cholesterol test four years ago or less. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 54 years old reporting a cholesterol test four years ago or less.
- In 2009, respondents with a college education were more likely to report a cholesterol test four years ago or less, with a noted increase since 2003. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a cholesterol test four years ago or less.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report a cholesterol test four years ago or less. In 2009, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less, with a noted increase since 2003. In 2003, household income was not a significant variable.
- In 2009, married respondents were more likely to report a cholesterol test four years ago or less, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	76%	77%	81%
Gender <sup>1</sup>			
Male <sup>a</sup>	70	78	80
Female	80	76	82
Age <sup>1,2,3</sup>			
18 to 34	61	58	53
35 to 44 <sup>a</sup>	67	75	85
45 to 54 <sup>a</sup>	77	81	92
55 to 64	97	97	92
65 and Older	88	86	96
Education <sup>3</sup>			
High School or Less <sup>a</sup>	81	82	63
Some Post High School	72	82	78
College Graduate <sup>a</sup>	75	73	86
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	81	79	72
Middle 20 Percent Bracket	75	83	75
Top 40 Percent Bracket <sup>a</sup>	74	68	85
Marital Status <sup>3</sup>			
Married <sup>a</sup>	77	77	86
Not Married	74	76	74

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

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

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

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

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

## Dental Checkup

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

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

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

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

## 2009 Findings

- Seventy-nine percent of respondents reported a dental visit in the past year. An additional 11% had a visit in the past one to two years.
- Ninety-two percent of respondents 45 to 54 years old reported a dental checkup in the past year compared to 76% of those 35 to 44 years old or 72% of respondents 18 to 34 years old.
- Eighty-six percent of respondents in the top 40 percent household income bracket and 83% of those in the middle 20 percent income bracket reported a dental checkup in the past year compared to 57% 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 2006, female respondents were more likely to report a dental checkup. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of female respondents reporting a dental checkup.
- In 2006, respondents 18 to 34 years old were more likely to report a dental checkup. In 2009, respondents 45 to 54 years old were more likely to report a dental checkup. In 2003, age was not a significant variable.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. In 2009, respondents in the top 60 percent household income bracket were more likely to report a dental checkup. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a dental checkup in the past year.
- In 2003, 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<sup>⓪</sup>

	2003	2006	2009
TOTAL	83%	83%	79%
Gender <sup>2</sup>			
Male	81	79	81
Female <sup>a</sup>	84	86	77
Age <sup>2,3</sup>			
18 to 34	83	94	72
35 to 44	82	82	76
45 to 54	89	70	92
55 to 64	92	88	78
65 and Older	77	80	80
Education			
High School or Less	81	79	72
Some Post High School	86	82	75
College Graduate	82	84	81
Household Income <sup>1,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	75	79	57
Middle 20 Percent Bracket	72	84	83
Top 40 Percent Bracket	89	86	86
Marital Status <sup>1</sup>			
Married	88	80	82
Not Married	73	86	74

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

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

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

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

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

## Eye Exam

### 2009 Findings

- Fifty-one percent of respondents had an eye exam in the past year while 27% reported one to two years ago.
- Female respondents were more likely to report an eye exam in the past year (56%) compared to male respondents (44%).
- Fifty-five percent of respondents with a college education and 54% of those with a high school education or less reported an eye exam in the past year compared to 36% of respondents with some post high school education.

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2006 and 2009, female respondents were more likely to report an eye exam less than a year ago. In 2003, gender was not a significant variable.
- In 2006, respondents 65 and older were more likely to report an eye exam less than a year ago. In all other study years, age was not a significant variable.
- In 2009, respondents with a high school education or less or with a college education were more likely to report an eye exam less than a year ago. In all other study years, education was not a significant variable.

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

	2003	2006	2009
TOTAL	50%	51%	51%
Gender <sup>2,3</sup>			
Male	45	44	44
Female	54	56	56
Age <sup>2</sup>			
18 to 34	52	49	53
35 to 44	40	51	43
45 to 54	49	36	49
55 to 64	56	50	51
65 and Older	57	66	59
Education <sup>3</sup>			
High School or Less	54	43	54
Some Post High School	44	58	36
College Graduate	52	50	55
Household Income			
Bottom 40 Percent Bracket	55	51	46
Middle 20 Percent Bracket	51	49	51
Top 40 Percent Bracket	48	52	50
Marital Status			
Married	47	48	51
Not Married	56	53	51

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

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

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

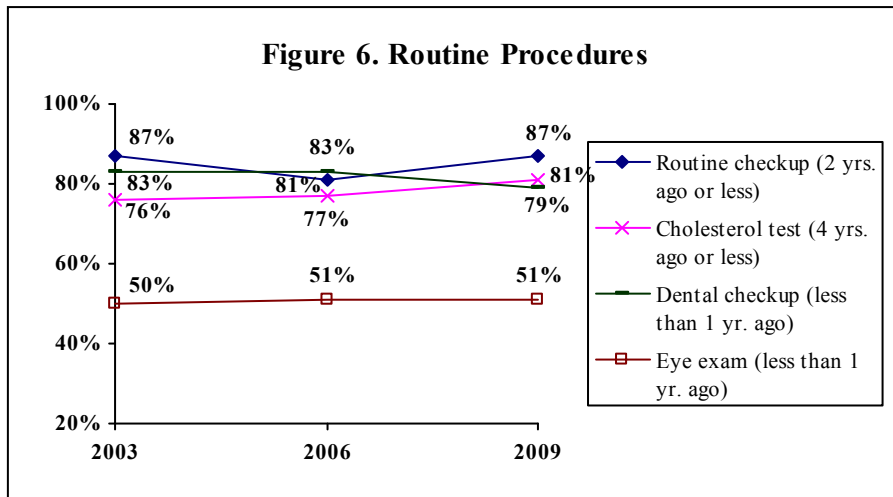
<sup>3</sup>demographic difference at p≤0.05 in 2009

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

## Routine Procedures Overall

### Year Comparisons

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



## Vaccinations (Figure 7; Table 12)

**KEY FINDINGS:** In 2009, 52% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. Seventy-one percent of respondents 65 and older had a pneumonia vaccination.

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

### Flu Vaccination

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

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

## 2009 Findings

- Fifty-two percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Seventy-two percent of respondents 65 and older reported receiving a flu vaccination compared to 43% of those 45 to 54 years old or 31% of respondents 35 to 44 years old.
- Married respondents were more likely to report receiving a flu vaccination compared to unmarried respondents (57% and 45%, respectively).

## Year Comparisons

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

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

	2003	2006	2009
TOTAL <sup>a</sup>	40%	39%	52%
Gender <sup>1</sup>			
Male <sup>a</sup>	29	35	48
Female	48	42	55
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	20	20	54
35 to 44	20	24	31
45 to 54	29	32	43
55 to 64	64	45	56
65 and Older	75	76	72
Education <sup>1,2</sup>			
High School or Less	46	50	51
Some Post High School	47	49	43
College Graduate <sup>a</sup>	33	32	54
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	51	43	48
Middle 20 Percent Bracket <sup>a</sup>	35	37	53
Top 40 Percent Bracket <sup>a</sup>	34	31	55
Marital Status <sup>1,2,3</sup>			
Married <sup>a</sup>	35	34	57
Not Married	51	45	45

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

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

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

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

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

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

## Pneumonia Vaccination

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

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

### 2009 Findings

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

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

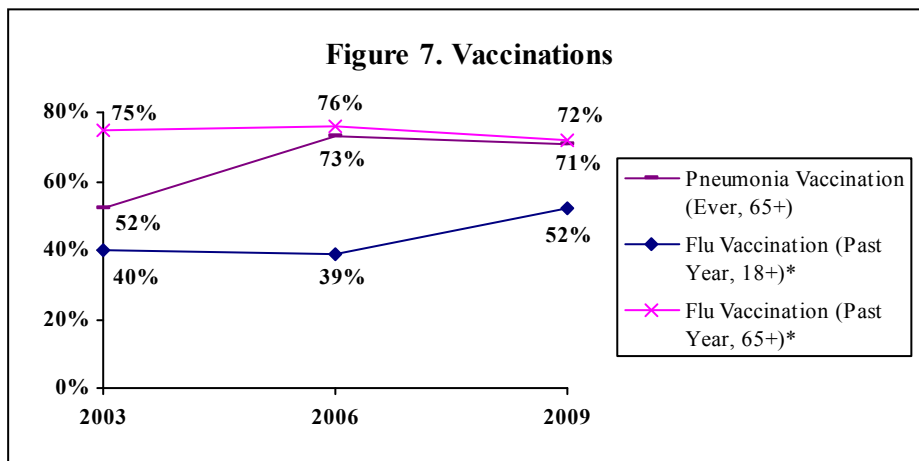
### Year Comparisons

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

### **Vaccinations Overall**

#### Year Comparisons

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



\*In 2006, “nasal spray” was added.

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

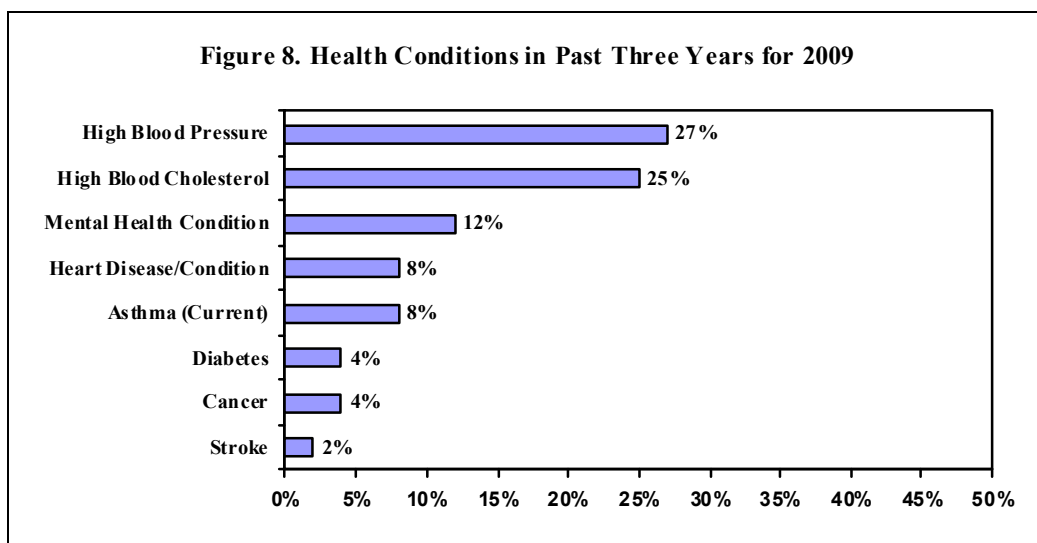
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

**KEY FINDINGS:** In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (27% and 25%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report high blood pressure. Respondents 55 and older were more likely to report high blood cholesterol. Respondents who were male, 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight, inactive or smokers were more likely to report heart disease/condition. Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report a mental health condition. Respondents who were 55 and older or overweight were more likely to report diabetes. Respondents who were female, with a college education or in the middle 20 percent household income bracket were more likely to report current asthma.

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

### 2009 Findings

- Respondents were more likely to report high blood pressure (27%), high blood cholesterol (25%) or a mental health condition (12%) in the past three years.



## High Blood Pressure

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

### 2009 Findings

- Twenty-seven percent of respondents reported high blood pressure in the past three years.
- Sixty-one percent of respondents 65 and older reported high blood pressure in the past three years compared to 13% of those 35 to 44 years old or 5% of respondents 18 to 34 years old.
- Forty-four percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 22% 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 22%, respectively).
- Overweight respondents were more likely to report high blood pressure (36%) compared to respondents who were not overweight (16%).
- Fifty-seven percent of inactive respondents reported high blood pressure compared to 26% of those who did an insufficient amount of physical activity or 22% of respondents who met the recommended amount of physical activity.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure.
- In 2006, 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 35 to 54 years old reporting high blood pressure.
- In 2003 and 2006, respondents with a high school education or less were more likely to report high blood pressure. In 2009, 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 high blood pressure.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2003 and 2009, unmarried respondents were more likely to report high blood pressure. In 2006, marital status was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood pressure. From 2003 to 2009, there was a noted increase in the percent of overweight respondents reporting high blood pressure.

- In 2006 and 2009, inactive respondents were more likely to report high blood pressure.

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

	2003	2006	2009
TOTAL <sup>a</sup>	20%	20%	27%
Gender <sup>2</sup>			
Male <sup>a</sup>	17	14	29
Female	23	24	26
Age <sup>1,2,3</sup>			
18 to 34	3	3	5
35 to 44 <sup>a</sup>	3	2	13
45 to 54 <sup>a</sup>	13	16	29
55 to 64	30	35	36
65 and Older	57	48	61
Education <sup>1,2</sup>			
High School or Less	33	41	32
Some Post High School <sup>a</sup>	21	23	36
College Graduate <sup>a</sup>	15	14	24
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	43	38	44
Middle 20 Percent Bracket	13	14	22
Top 40 Percent Bracket	13	12	13
Marital Status <sup>1,3</sup>			
Married	16	21	22
Not Married	29	18	35
Overweight Status <sup>1,2,3</sup>			
Not Overweight	15	13	16
Overweight <sup>a</sup>	26	26	36
Physical Activity <sup>2,3</sup>			
Inactive	--	40	57
Insufficient	--	20	26
Recommended	--	17	22
Smoking Status			
Nonsmoker	21	20	27
Smoker	12	16	26

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

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

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

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

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

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

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

## 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-five percent of respondents reported high blood cholesterol in the past three years.
- Forty-five percent of respondents 55 to 64 years old and 44% of those 65 and older reported high blood cholesterol in the past three years compared to 9% of respondents 18 to 34 years old.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2003, male respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable.
- In 2003 and 2006, respondents 65 and older were more likely to report high blood cholesterol. In 2009, respondents 55 and older were more likely to report high blood cholesterol.
- In 2006, respondents with some post high school education were more likely to report high blood cholesterol. In all other study years, education was not a significant variable.
- In 2006, 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.
- In 2006, unmarried respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable.
- In 2003 and 2006, overweight respondents were more likely to report high blood cholesterol. In 2009, overweight status was not a significant variable.
- Physical activity was not a significant variable in any study year. From 2006 to 2009, there was a noted increase in the percent of respondents who did an insufficient amount of physical activity reporting high blood cholesterol.

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

	2003	2006	2009
TOTAL	21%	19%	25%
Gender <sup>1</sup>			
Male	26	16	28
Female	17	20	23
Age <sup>1,2,3</sup>			
18 to 34	3	10	9
35 to 44	20	3	12
45 to 54	25	16	32
55 to 64	25	28	45
65 and Older	35	39	44
Education <sup>2</sup>			
High School or Less	20	20	26
Some Post High School	25	36	32
College Graduate	20	12	23
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	30	26	27
Middle 20 Percent Bracket	16	9	28
Top 40 Percent Bracket	20	15	24
Marital Status <sup>2</sup>			
Married	22	14	26
Not Married	19	24	25
Overweight Status <sup>1,2</sup>			
Not Overweight	16	13	21
Overweight	29	24	28
Physical Activity			
Inactive	--	31	23
Insufficient <sup>b</sup>	--	17	28
Recommended	--	17	24
Smoking Status			
Nonsmoker	22	19	26
Smoker	14	18	20

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

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

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

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

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

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

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

## Heart Disease/Condition

### 2009 Findings

- Eight percent of respondents reported heart disease or condition in the past three years.
- Male respondents were more likely to report heart disease/condition (12%) compared to female respondents (5%).
- Respondents 65 and older were more likely to report heart disease/condition (23%) compared to those 35 to 44 years old (7%) or respondents who were 18 to 34 years old or 45 to 54 years old (0% each).
- Eleven percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 8% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report heart disease/condition compared to married respondents (12% and 5%, respectively).
- Overweight respondents were more likely to report heart disease/condition (11%) compared to respondents who were not overweight (5%).
- Twenty-three percent of inactive respondents reported heart disease/condition compared to 7% of those who met the recommended amount of physical activity or 4% of respondents who did an insufficient amount of physical activity.
- Sixteen percent of smokers reported heart disease/condition compared to 7% of nonsmokers.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2009, male respondents were more likely to report heart disease/condition, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In 2003, respondents 55 to 64 years old were more likely to report heart disease/condition. In 2006 and 2009, respondents 65 and older were more likely to report heart disease/condition. From 2003 to 2009, there was a noted decrease in the percent of respondents 55 to 64 years old reporting heart disease/condition.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2006, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report heart disease/condition. In 2006, marital status was not a significant variable.
- In 2009, overweight respondents were more likely to report heart disease/condition. In all other study years, overweight status was not a significant variable.

- In 2009, inactive respondents were more likely to report heart disease/condition. In 2006, physical activity was not a significant variable.
- In 2009, smokers were more likely to report heart disease/condition. In all other study years, smoking status was not a significant variable.

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

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

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

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

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

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

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

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

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

## **Mental Health Condition**

### 2009 Findings

- Twelve 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.
- Nineteen percent of respondents in the middle 20 percent household income bracket reported a mental health condition compared to 12% of those in the top 40 percent income bracket or 5% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to report a mental health condition compared to married respondents (18% and 8%, respectively).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report a mental health condition. In 2006, household income was not a significant variable.
- In 2006 and 2009, married respondents were more likely to report a mental health condition.

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

	2003 <sup>③</sup>	2006	2009
TOTAL <sup>a</sup>	2%	4%	12%
Gender			
Male	--	3	13
Female	--	5	10
Age			
18 to 34	--	3	11
35 to 44	--	2	17
45 to 54	--	5	15
55 to 64	--	10	15
65 and Older	--	5	4
Education			
High School or Less	--	0	7
Some Post High School	--	6	12
College Graduate	--	5	13
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	--	8	5
Middle 20 Percent Bracket	--	2	19
Top 40 Percent Bracket	--	3	12
Marital Status <sup>2,3</sup>			
Married	--	2	8
Not Married	--	8	18

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

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

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

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

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

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

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

## Diabetes

### 2009 Findings

- Four percent of respondents reported diabetes in the past three years.
- Ten percent of respondents 55 to 64 years old and 9% of those 65 and older reported diabetes in the past three years compared to 0% of respondents 18 to 34 years old.
- Six percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2006, male respondents were more likely to report diabetes. In 2009, gender was not a significant variable.
- In 2006, respondents 65 and older were more likely to report diabetes. In 2009, respondents 55 and older were more likely to report diabetes.
- In 2006, respondents with some post high school education were more likely to report diabetes. In 2009, education was not a significant variable.
- In 2006, unmarried respondents were more likely to report diabetes. In 2009, marital status was not a significant variable.
- In 2006 and 2009, overweight respondents were more likely to report diabetes.
- Physical activity was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting diabetes.

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

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

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

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

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

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

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

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

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

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

## **A1C Test**

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

### 2009 Findings

- Sixty-seven percent of the 15 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Twenty-nine percent reported one time while 0% reported zero times in the past year.
- Fifty-seven percent of the 14 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Fourteen percent reported a level of seven or higher while 29% were not sure.
- Twenty-one percent of the 14 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Twenty-one percent reported a level of 100 or higher while 57% were not sure.
- No demographic comparisons were conducted as a result of the low number of respondents answering the questions.

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting an A1C test two or more times in the past 12 months (78% and 67%, 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 (29% and 57%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (15% and 21%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

## **Current Asthma**

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

### 2009 Findings

- Eight percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma (11%) compared to male respondents (4%).
- Ten percent of college respondents reported current asthma compared to 7% of those with some post high school education or 0% of respondents with a high school education or less.
- Seventeen percent of respondents in the middle 20 percent household income bracket reported current asthma compared to 11% of those in the top 40 percent income bracket or 2% 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 current asthma.
- In all study years, female respondents were more likely to report current asthma.
- In 2009, respondents with a college education were more likely to report current asthma. 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 current asthma.
- In 2009, respondents in the middle 20 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 decrease in the percent of respondents in the bottom 40 percent household income bracket reporting current asthma.
- In 2003, unmarried respondents were more likely to report current asthma. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting current asthma.

Table 18. Current Asthma by Demographic Variables for Each Survey Year<sup>①</sup>

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

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

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

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

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

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

## Written Asthma Action Plan

### 2009 Findings

- Of the 33 respondents who currently had asthma, 39% 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 (30% and 39%, 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 (6 responses) followed by breast cancer (4 responses). Three respondents reported lung cancer while two respondents reported tongue cancer.

### **Stroke**

#### 2009 Findings

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

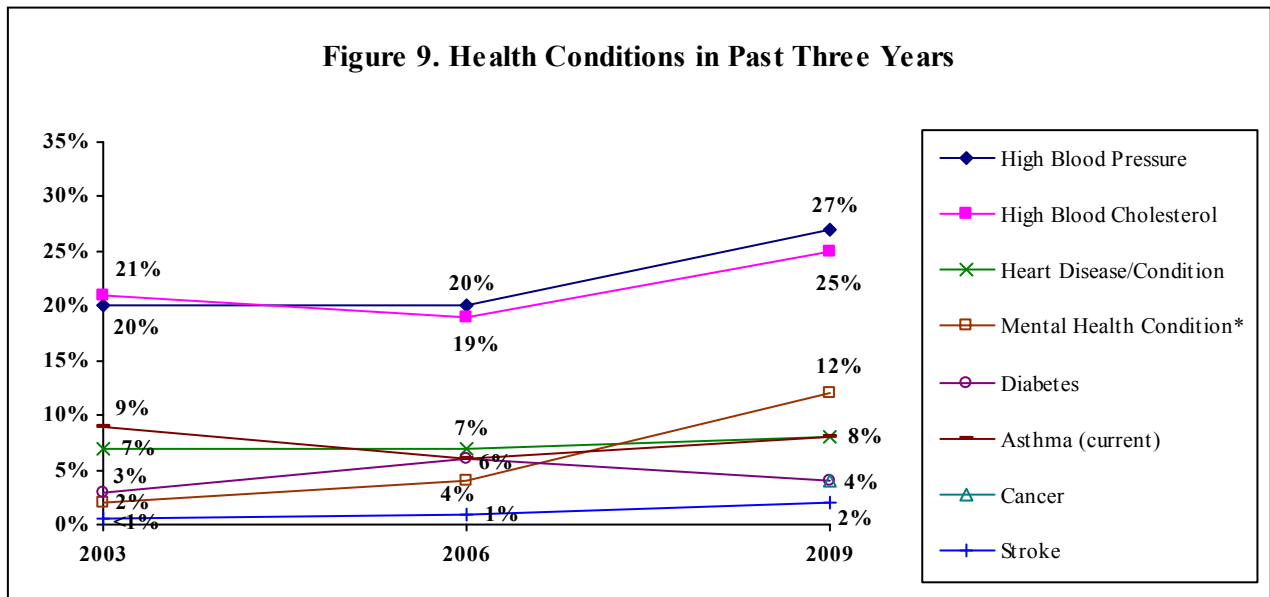
### Year Comparisons

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

## Health Conditions Overall

### Year Comparisons

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



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

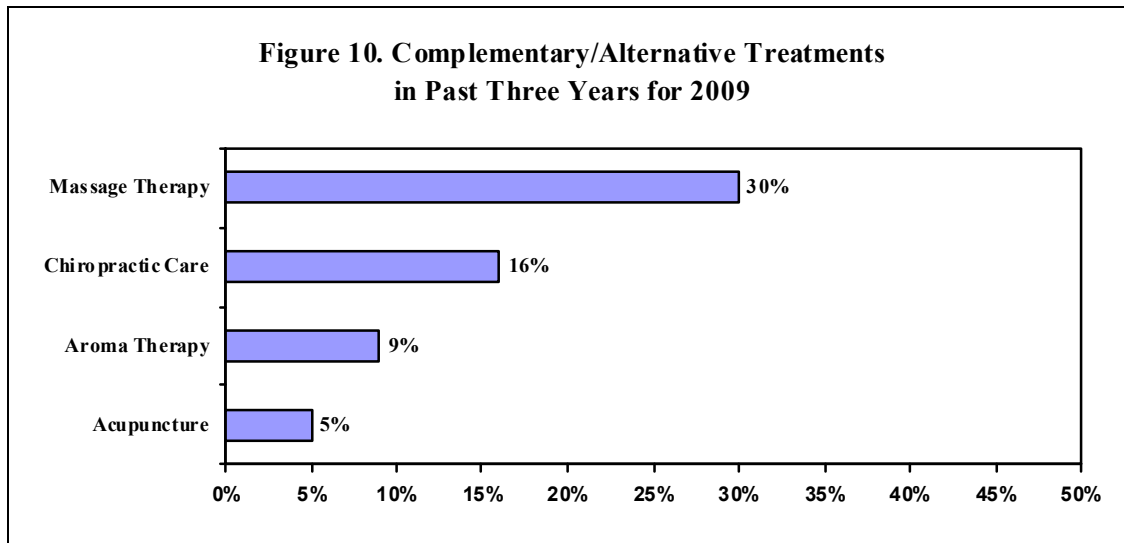
## Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 22)

**KEY FINDINGS:** In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (30%). Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report chiropractic care. Respondents who were female, 18 to 34 years old or with a college education were more likely to report massage therapy. Respondents who were female, 18 to 44 years old, with a college education or in the bottom 40 percent household income bracket were more likely to report aroma therapy. Female respondents were more likely to report they used acupuncture.

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

## 2009 Findings

- Respondents were more likely to have used massage therapy (30%) or chiropractic care (16%) in the past three years.



## **Chiropractic Care**

### 2009 Findings

- Sixteen percent of respondents reported chiropractic care in the past three years.
- Twenty-four percent of respondents in the middle 20 percent household income bracket reported chiropractic care in the past three years compared to 13% of those in the bottom 40 percent income bracket or 10% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report chiropractic care compared to married respondents (21% and 13%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report chiropractic care. In 2009, respondents in the middle 20 percent household income bracket were more likely to report chiropractic care. In 2003, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	13%	12%	16%
Gender			
Male	14	10	15
Female	12	13	17
Age			
18 to 34	19	5	22
35 to 44	13	14	18
45 to 54	14	15	14
55 to 64	19	10	10
65 and Older	5	13	13
Education			
High School or Less	13	14	9
Some Post High School	10	8	14
College Graduate	14	12	19
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	10	18	13
Middle 20 Percent Bracket	13	4	24
Top 40 Percent Bracket	15	12	10
Marital Status <sup>3</sup>			
Married	13	12	13
Not Married	14	11	21

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

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

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

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

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

## Massage Therapy

### 2009 Findings

- Thirty percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years (42%) compared to male respondents (16%).
- Forty-four percent of respondents 18 to 34 years old reported massage therapy compared to 21% of those 55 to 64 years old or 16% of respondents 65 and older.
- Thirty-nine percent of respondents with a college education reported massage therapy compared to 16% of those with some post high school education or 11% of respondents with a high school education or less.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In all study years, female respondents were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2003, respondents 18 to 44 years old were more likely to report massage therapy. In 2006, respondents 35 to 44 years old were more likely to report massage therapy. In 2009, respondents 18 to 34 years old were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting massage therapy.
- In 2006 and 2009, respondents with a college education were more likely to report massage therapy. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting massage therapy.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting massage therapy.
- In 2003, unmarried respondents were more likely to report massage therapy. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting massage therapy.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	19%	20%	30%
Gender <sup>1,2,3</sup>			
Male	13	10	16
Female <sup>a</sup>	24	28	42
Age <sup>1,2,3</sup>			
18 to 34	30	15	44
35 to 44	27	34	38
45 to 54	15	22	25
55 to 64	14	28	21
65 and Older <sup>a</sup>	7	10	16
Education <sup>2,3</sup>			
High School or Less	11	11	11
Some Post High School	23	10	16
College Graduate <sup>a</sup>	20	26	39
Household Income			
Bottom 40 Percent Bracket	19	15	28
Middle 20 Percent Bracket <sup>a</sup>	17	21	35
Top 40 Percent Bracket	21	24	26
Marital Status <sup>1</sup>			
Married <sup>a</sup>	16	22	32
Not Married	25	17	29

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

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

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

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

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

## Aroma Therapy

### 2009 Findings

- Nine percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years (15%) compared to male respondents (2%).
- Sixteen percent of respondents 18 to 34 years old and 15% of those 35 to 44 years old reported aroma therapy compared to (1%) of respondents 65 and older.
- Eleven percent of respondents with a college education reported aroma therapy compared to 6% of those with some post high school education or 2% of respondents with a high school education or less.

- Fifteen percent of respondents in the bottom 40 percent household income bracket reported aroma therapy compared to 11% of those in the middle 20 percent income bracket or 5% of respondents in the top 40 percent household income bracket.

### Year Comparisons

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

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

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

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

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

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

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

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

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

## Acupuncture

### 2009 Findings

- Five percent of respondents reported they used acupuncture in the past three years.
- Female respondents were more likely to report they used acupuncture in the past three years (8%) compared to male respondents (2%).

### Year Comparisons

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

- In 2009, female respondents were more likely to report they used acupuncture.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they used acupuncture in 2003 and 2006.

Table 22. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year<sup>⓪</sup>

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

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

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

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

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

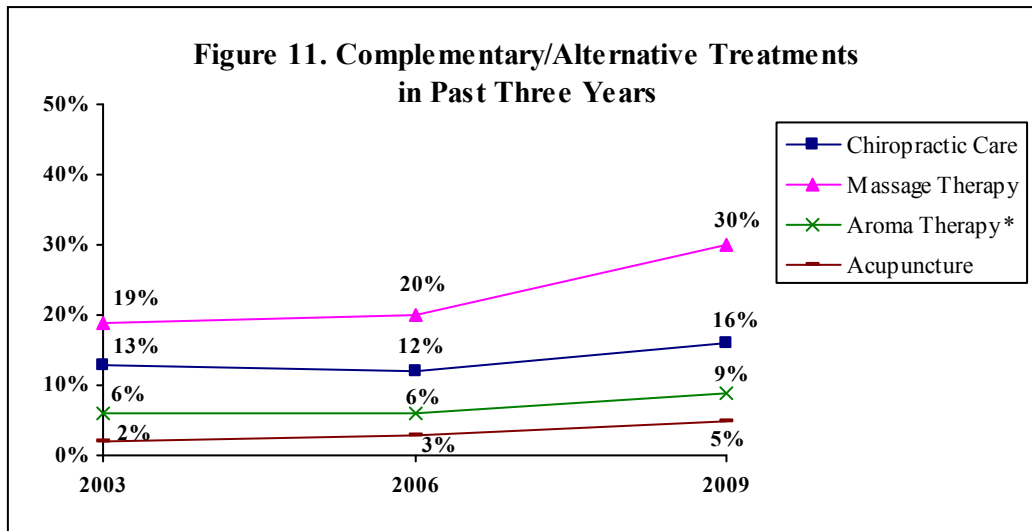
<sup>ⓕ</sup>demographic difference at p≤0.05 in 2009

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

## Complementary/Alternative Treatments Overall

### Year Comparisons

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



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

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

**KEY FINDINGS:** In 2009, 36% of respondents did moderate physical activity five times a week for 30 minutes while 28% did vigorous activity three times a week for 20 minutes. Combined, 51% met the recommended amount of physical activity; respondents who were male, 35 to 44 years old or in the middle 20 percent household income bracket were more likely to report this. Fifty-five percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket or inactive were more likely to be classified as overweight.

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

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

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

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

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

### 2009 Findings

- Thirty-six percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-one percent did some activity, but not to the extent of the recommendation, while 13% were classified as inactive.
- There were no statistically significant differences between demographic variables and responses of meeting the recommended amount of moderate physical activity.

### 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 2006, female respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old meeting the recommended amount of moderate physical activity.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of moderate physical activity.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2003, married respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of moderate physical activity.

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

	2003	2006	2009
TOTAL	31%	37%	36%
Gender <sup>2</sup>			
Male	31	31	37
Female	31	42	34
Age			
18 to 34	34	43	38
35 to 44	33	34	28
45 to 54 <sup>a</sup>	24	40	46
55 to 64	33	28	40
65 and Older	31	36	32
Education			
High School or Less <sup>a</sup>	27	36	47
Some Post High School	30	42	37
College Graduate	33	36	33
Household Income			
Bottom 40 Percent Bracket	23	33	31
Middle 20 Percent Bracket <sup>a</sup>	27	33	50
Top 40 Percent Bracket	35	41	39
Marital Status <sup>1</sup>			
Married	36	40	36
Not Married <sup>a</sup>	19	34	35
Overweight Status			
Not Overweight	34	36	38
Overweight	27	39	34

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

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

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

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

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

<sup>a</sup>year difference at p≤05 from 2003 to 2009

### Vigorous Physical Activity in Usual Week

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

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

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

### 2009 Findings

- Twenty-eight percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Thirty percent did some vigorous physical activity while 42% did not do any vigorous physical activity.
- Male respondents were more likely to report vigorous physical activity (36%) compared to female respondents (21%).
- Forty-eight percent of respondents 35 to 44 years old reported vigorous physical activity compared to 23% of those 45 to 54 years old or 12% of respondents 65 and older.
- Forty percent of respondents in the middle 20 percent household income bracket and 36% of those in the top 40 percent income bracket reported vigorous physical activity compared to 7% 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 who did the recommended amount of vigorous physical activity in a week.
- In 2009, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2006, gender was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of female respondents meeting the recommended amount of vigorous physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 35 to 44 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 2006, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. In 2009, education was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, marital status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of vigorous physical activity.

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

	2006	2009
TOTAL	32%	28%
Gender <sup>2</sup>		
Male	36	36
Female <sup>a</sup>	29	21
Age <sup>1,2</sup>		
18 to 34 <sup>a</sup>	46	30
35 to 44	38	48
45 to 54	33	23
55 to 64	25	23
65 and Older	16	12
Education <sup>1</sup>		
High School or Less	16	21
Some Post High School	31	26
College Graduate	36	30
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	11	7
Middle 20 Percent Bracket <sup>a</sup>	19	40
Top 40 Percent Bracket <sup>a</sup>	49	36
Marital Status <sup>1</sup>		
Married <sup>a</sup>	36	27
Not Married	27	29
Overweight Status		
Not Overweight	34	30
Overweight	31	26

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

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

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

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

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

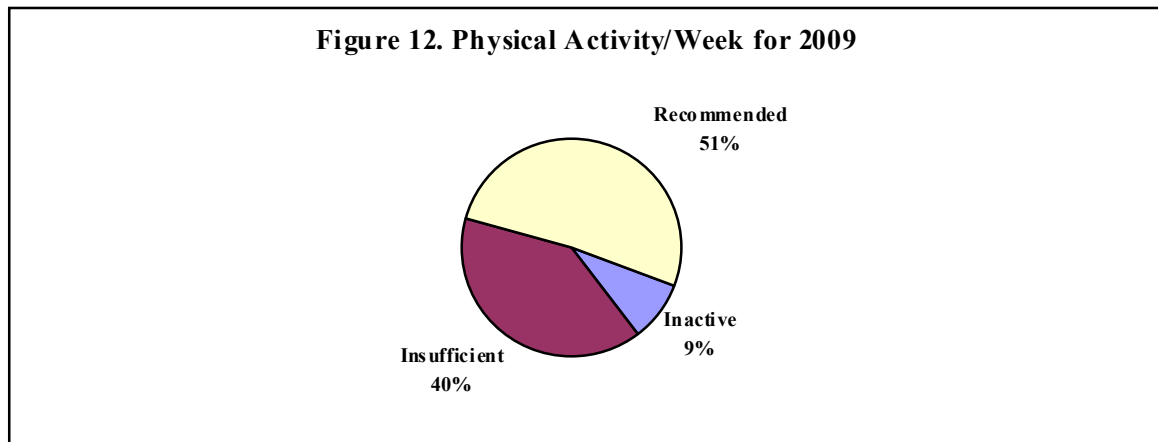
### Combined Recommended Amount of Physical Activity in Typical Week

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

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

### 2009 Findings

- Fifty-one 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 percent did an insufficient amount of physical activity while 9% did no physical activity in a typical week.



- Male respondents were more likely to meet the recommended amount of physical activity (57%) compared to female respondents (47%).
- Sixty-one percent of respondents 35 to 44 years old met the recommended amount of physical activity compared to 50% of those 18 to 34 years old or 38% of respondents 65 and older.
- Sixty-five percent of respondents in the middle 20 percent household income bracket met the recommended amount of physical activity compared to 59% of those in the top 40 percent income bracket or 33% 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 who met the recommended amount of physical activity in a week.
- In 2009, male respondents were more likely to meet the recommended amount of physical activity. In 2006, gender was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of female respondents meeting the recommended amount of physical activity.
- In 2009, respondents 35 to 44 years old were more likely to meet the recommended amount of physical activity. In 2006, age was not a significant variable.

- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2009, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of physical activity, with a noted increase since 2006.

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

	2006	2009
TOTAL	55%	51%
Gender <sup>2</sup>		
Male	53	57
Female <sup>a</sup>	56	47
Age <sup>2</sup>		
18 to 34	61	50
35 to 44	60	61
45 to 54	59	57
55 to 64	43	51
65 and Older	45	38
Education		
High School or Less	41	53
Some Post High School	57	53
College Graduate	57	51
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	38	33
Middle 20 Percent Bracket <sup>a</sup>	47	65
Top 40 Percent Bracket	66	59
Marital Status		
Married	58	51
Not Married	51	51
Overweight Status		
Not Overweight	55	56
Overweight	56	48

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

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

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

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

<sup>a</sup>year difference at p≤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/meter<sup>2</sup>. Throughout the report, the category "overweight" includes both overweight and obese respondents.*

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

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

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

### 2009 Findings

- According to the definition, 55% of respondents were overweight (39% overweight and 16% obese).
- Male respondents were more likely to be overweight (69%) compared to female respondents (43%).
- Seventy-six percent of respondents 55 to 64 years old were overweight compared to 51% of those 18 to 34 years old or 42% of respondents 45 to 54 years old.
- Sixty-one percent of respondents in the top 40 percent household income bracket were overweight compared to 57% of those in the bottom 40 percent income bracket or 34% of respondents in the middle 20 percent household income bracket.
- Seventy-four percent of inactive respondents were overweight compared to 56% of those who did an insufficient amount of physical activity or 51% of respondents who met the recommended amount of physical activity.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2003 and 2009, respondents 55 to 64 years old were more likely to be overweight. In 2006, respondents 45 to 54 years old were more likely to be overweight. From 2003 to 2009, there was a noted increase in the percent of respondents who were 18 to 34 years old or 65 and older being overweight.
- In 2006, respondents with a high school education or less were more likely to be overweight. In all other study years, education was not a significant variable.
- In 2009, respondents in the top 40 percent household income bracket were more likely to be overweight, with a noted increase since 2003. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket being overweight.

- In 2003, married respondents were more likely to be overweight. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents being overweight.
- In 2006 and 2009, respondents who were inactive were more likely to be overweight.

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

	2003	2006	2009
TOTAL <sup>a</sup>	47%	51%	55%
Gender <sup>1,2,3</sup>			
Male	59	58	69
Female	37	45	43
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	36	36	51
35 to 44	50	48	55
45 to 54	57	71	42
55 to 64	64	61	76
65 and Older <sup>a</sup>	42	49	59
Education <sup>2</sup>			
High School or Less	46	61	58
Some Post High School	51	58	65
College Graduate	46	46	51
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	48	49	57
Middle 20 Percent Bracket <sup>a</sup>	54	43	34
Top 40 Percent Bracket <sup>a</sup>	46	53	61
Marital Status <sup>1</sup>			
Married	53	52	55
Not Married <sup>a</sup>	35	50	53
Physical Activity <sup>2,3</sup>			
Inactive	--	70	74
Insufficient	--	46	56
Recommended	--	51	51

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

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

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

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

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

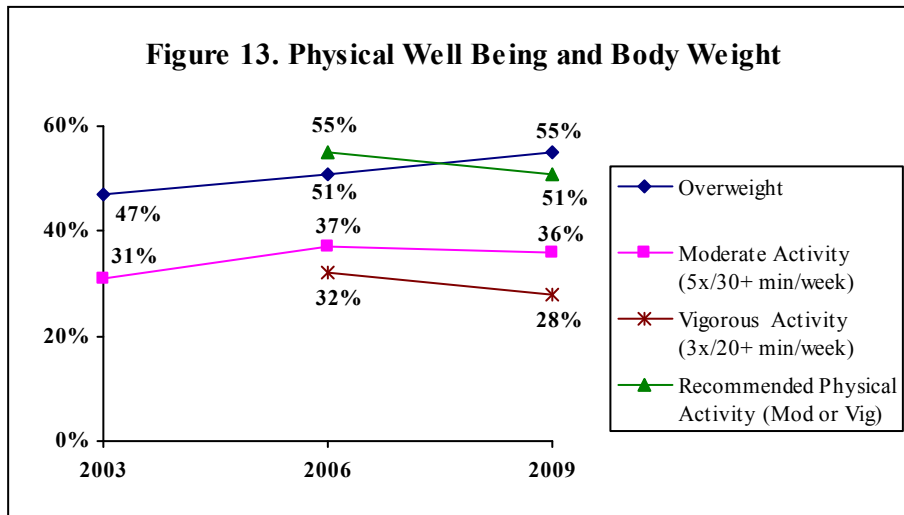
<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

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

## Physical Well Being and Body Weight Overall

### Year Comparisons

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



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

**KEY FINDINGS:** In 2009, 71% of respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, in the top 60 percent household income bracket, who were not overweight or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report at least three servings of vegetables a day.

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

### **Fruit Intake**

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

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

## 2009 Findings

- Seventy-one percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report two or more servings of fruit a day (76%) compared to male respondents (66%).
- Respondents with a college education were more likely to report two or more servings of fruit a day (76%) compared to those with a high school education or less (69%) or respondents with some post high school education (58%).
- Seventy-four percent of respondents in the top 40 percent household income bracket and 72% of those in the middle 20 percent income bracket reported two or more servings of fruit a day compared to 57% of respondents in the bottom 40 percent household income bracket.
- Seventy-seven percent of respondents who were not overweight reported two or more servings of fruit a day compared to 66% of overweight respondents.
- Respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit a day (80%) compared to those who did an insufficient amount of physical activity (66%) or inactive respondents (52%).

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report two or more servings of fruit per day.
- In 2006 and 2009, respondents with a college education were more likely to report eating fruit. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting two or more servings of fruit.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. In 2009, respondents in the top 60 percent household income bracket were more likely to report two or more servings of fruit per day. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting two or more servings of fruit.
- In 2006, married respondents were more likely to report two or more servings of fruit. In all other study years, marital status was not a significant variable.
- In 2009, respondents who were not overweight were more likely to report two or more servings of fruit per day. In all other study years, overweight status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of overweight respondents reporting two or more servings of fruit per day.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit.

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

	2003	2006	2009
TOTAL	77%	75%	71%
Gender <sup>1,2,3</sup>			
Male	70	65	66
Female	83	82	76
Age			
18 to 34	79	81	69
35 to 44	80	67	74
45 to 54	71	74	73
55 to 64	72	74	72
65 and Older	79	74	72
Education <sup>2,3</sup>			
High School or Less	80	51	69
Some Post High School <sup>a</sup>	74	76	58
College Graduate	78	80	76
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	73	62	57
Middle 20 Percent Bracket	78	75	72
Top 40 Percent Bracket	78	79	74
Marital Status <sup>2</sup>			
Married	77	80	75
Not Married	76	67	67
Overweight Status <sup>3</sup>			
Not Overweight	77	77	77
Overweight <sup>a</sup>	75	72	66
Physical Activity <sup>2,3</sup>			
Inactive	--	69	52
Insufficient	--	64	66
Recommended	--	82	80

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

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

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

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

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

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

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

## Vegetable Intake

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

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

### 2009 Findings

- Thirty-one percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report three or more servings of vegetables a day (37%) compared to male respondents (23%).
- Forty-three percent of respondents in the bottom 40 percent household income bracket reported three or more servings of vegetables a day compared to 39% of those in the middle 20 percent income bracket or 22% of respondents in the top 40 percent household income bracket.

### Year Comparisons

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

Table 28. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	35%	33%	31%
Gender <sup>1,2,3</sup>			
Male	27	18	23
Female	41	44	37
Age			
18 to 34	35	33	34
35 to 44	38	33	34
45 to 54	30	33	22
55 to 64	49	40	33
65 and Older	32	28	28
Education <sup>2</sup>			
High School or Less	34	18	21
Some Post High School	35	23	26
College Graduate	35	39	34
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	31	33	43
Middle 20 Percent Bracket	41	27	39
Top 40 Percent Bracket <sup>a</sup>	36	33	22
Marital Status <sup>2</sup>			
Married <sup>a</sup>	38	40	29
Not Married	29	23	34
Overweight Status			
Not Overweight	33	34	35
Overweight <sup>a</sup>	37	31	27
Physical Activity <sup>2</sup>			
Inactive	--	31	17
Insufficient	--	19	29
Recommended	--	41	34

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

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

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

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

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

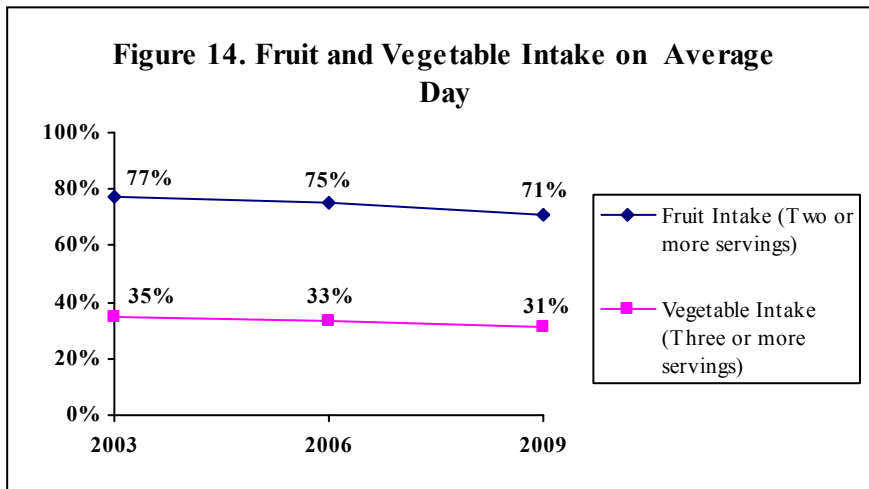
<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

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

## Fruit and Vegetable Intake Overall

### Year Comparisons

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



## Women's Health (Figure 15; Table 29)

**KEY FINDINGS:** In 2009, 77% of female respondents 40 and older reported a mammogram within the past two years. Eighty-two percent of female respondents 65 and older had a bone density scan. Ninety-six percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education, who were in the top 60 percent household income bracket or married were more likely to report this.

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

## **Mammogram**

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

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

*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-seven 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 no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

## **Bone Density Scan**

### 2009 Findings

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

### Year Comparisons

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

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

## Pap Smear

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

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

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

### 2009 Findings

- A total of 96% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-eight percent of respondents with a college education reported a pap smear within the past three years compared to 90% of respondents with some post high school education or less.
- One hundred percent of respondents in the middle 20 percent household income bracket and 99% of those in the top 40 percent income bracket reported a pap smear within the past three years compared to 86% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a pap smear within the past three years compared to unmarried respondents (99% and 91%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2006 and 2009, respondents with a college education were more likely to report a pap smear within the past three years. In 2003, education was not a significant variable.
- In 2003 and 2009, respondents in the top 60 percent household income bracket were more likely to report a pap smear within the past three years. In 2006, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report a pap smear within the past three years.
- In 2009, 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.

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

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

	2003	2006	2009
TOTAL	95%	92%	96%
Age			
18 to 34	90	89	98
35 to 44	96	98	98
45 and Older	97	92	95
Education <sup>2,3</sup>			
Some Post High School or Less	95	85	90
College Graduate	95	95	98
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	81	93	86
Middle 20 Percent Bracket	97	77	100
Top 40 Percent Bracket	97	96	99
Marital Status <sup>3</sup>			
Married	96	93	99
Not Married	92	91	91

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

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

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

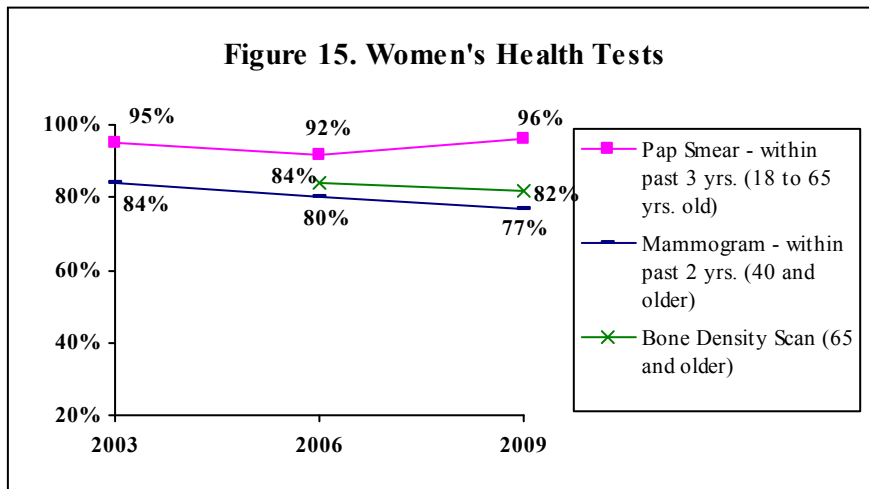
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

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

## Women's Health Tests Overall

### Year Comparisons

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



## Men's Health (Figure 16)

**KEY FINDINGS:** In 2009, 69% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-seven percent of male respondents 40 and older had a digital rectal exam in the past year.

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

### Prostate-Specific Antigen Test

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

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

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

### 2009 Findings

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

### Year Comparisons

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

### **Digital Rectal Exam**

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

### 2009 Findings

- Forty-seven percent of male respondents 40 and older had a digital rectal exam in the past year while 20% reported within the past two years (one year but less than two years). Fifteen percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

### Year Comparisons

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

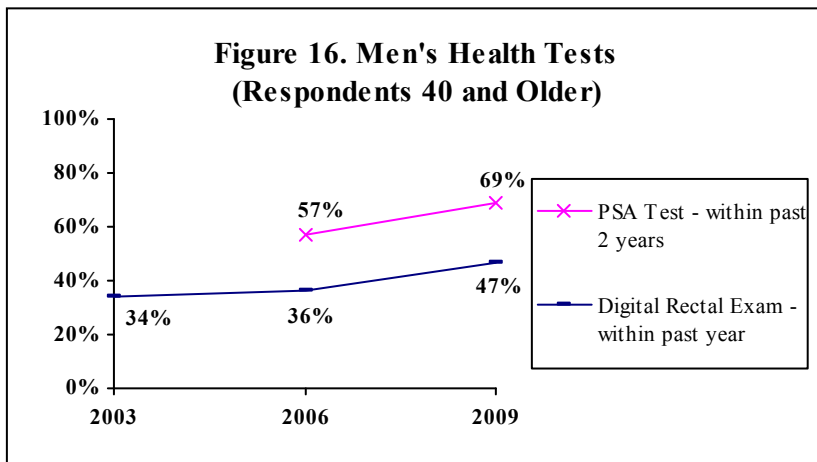
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<sup>5</sup>“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

## Men's Health Tests Overall

### Year Comparisons

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



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

**KEY FINDINGS:** In 2009, 8% of respondents 50 and older reported a sigmoidoscopy within the past five years while 63% reported a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

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

### **Sigmoidoscopy**

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

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

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

## 2009 Findings

- Eight 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)<sup>⓪</sup>

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

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

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

## **Colonoscopy**

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

## 2009 Findings

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

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

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

	2009
TOTAL	63%
Gender	
Male	70
Female	58
Education	
High School or Less	53
Some Post High School	65
College Graduate	66
Household Income	
Bottom 40 Percent Bracket	63
Middle 20 Percent Bracket	71
Top 40 Percent Bracket	60
Marital Status	
Married	64
Not Married	62

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

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

### Sigmoidoscopy or Colonoscopy Exam in Lifetime

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

#### 2009 Findings

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

#### Year Comparisons

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

- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting a sigmoidoscopy or colonoscopy in their lifetime.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a sigmoidoscopy or colonoscopy in their lifetime.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

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

	2003	2006	2009
TOTAL <sup>a</sup>	56%	61%	73%
Gender			
Male <sup>a</sup>	53	57	76
Female	58	63	71
Education			
High School or Less	57	67	68
Some Post High School	56	63	73
College Graduate <sup>a</sup>	56	58	75
Household Income			
Bottom 40 Percent Bracket <sup>a</sup>	45	65	75
Middle 20 Percent Bracket	56	54	71
Top 40 Percent Bracket	60	55	67
Marital Status			
Married	60	61	70
Not Married <sup>a</sup>	50	61	74

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

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

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

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

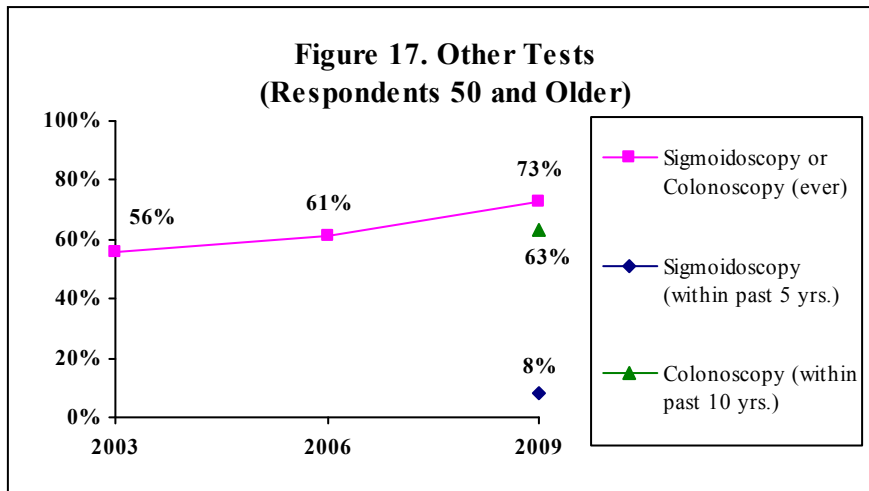
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

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

## Other Tests Overall

### Year Comparisons

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



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

**KEY FINDINGS:** In 2009, 96% of respondents wore seat belts always or nearly always; respondents with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 57% reported they always or nearly always wore a helmet; respondents who were 35 and older, with a college education, who were in the top 40 percent household income bracket or married were more likely to report this.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.*

### Seat Belt Usage

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

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

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

### 2009 Findings

- Ninety-six percent of respondents reported they wore seat belts always or nearly always.
- Respondents with a college education were more likely to report always or nearly always (98%) compared to respondents with some post high school education or less (93%).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2006, female respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, gender was not a significant variable.
- In 2003, respondents 45 to 54 years old were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting always or nearly always.
- In 2006 and 2009, respondents with a college education were more likely to report always or nearly always. In 2003, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a college education reporting always or nearly always.
- In 2003, married respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting always or nearly always.

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

	2003	2006	2009
TOTAL <sup>a</sup>	93%	95%	96%
Gender <sup>2</sup>			
Male	91	92	96
Female	94	98	97
Age <sup>1</sup>			
18 to 34 <sup>a</sup>	87	100	97
35 to 44	91	94	94
45 to 54	100	92	97
55 to 64	89	95	97
65 and Older	96	93	97
Education <sup>2,3</sup>			
High School or Less	88	88	93
Some Post High School	95	93	93
College Graduate <sup>a</sup>	94	98	98
Household Income			
Bottom 40 Percent Bracket	93	95	95
Middle 20 Percent Bracket	90	93	96
Top 40 Percent Bracket	93	96	97
Marital Status <sup>1</sup>			
Married	94	97	97
Not Married <sup>a</sup>	89	93	96

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

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

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

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

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

## Helmet Usage

### 2009 Findings

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

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

- Fifty-seven percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Thirty-three percent reported never.
- Seventy-one percent of respondents 35 to 44 years old and 67% of those 45 and older reported always or nearly always compared to 37% of respondents 18 to 34 years old.

- Sixty-three percent of respondents with a college education reported always or nearly always compared to 43% of those with some post high school education or 33% of respondents with a high school education or less.
- Respondents in the top 40 percent household income bracket were more likely to report always or nearly always (65%) compared to respondents in the bottom 60 percent household income bracket (42%).
- Married respondents were more likely to report always or nearly always wearing a helmet compared to unmarried respondents (64% and 41%, respectively).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2006, female respondents were more likely to report they always or nearly always wore a helmet. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting always or nearly always.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 2006 and 2009, respondents 35 and older were more likely to report always or nearly always. 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.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In 2003, household income was not a significant variable. 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.
- In all study years, married respondents were more likely to report they always or nearly always wore a helmet. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting always or nearly always.

Table 34. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)<sup>⓪</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	44%	48%	57%
Gender <sup>2</sup>			
Male <sup>a</sup>	42	38	60
Female	45	58	54
Age <sup>1,2,3</sup>			
18 to 34	38	32	37
35 to 44	66	53	71
45 and Older <sup>a</sup>	34	55	67
Education <sup>2,3</sup>			
High School or Less	38	33	33
Some Post High School	40	13	43
College Graduate <sup>a</sup>	47	59	63
Household Income <sup>2,3</sup>			
Bottom 60 Percent Bracket	37	36	42
Top 40 Percent Bracket <sup>a</sup>	47	54	65
Marital Status <sup>1,2,3</sup>			
Married <sup>a</sup>	49	58	64
Not Married	30	30	41

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

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

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

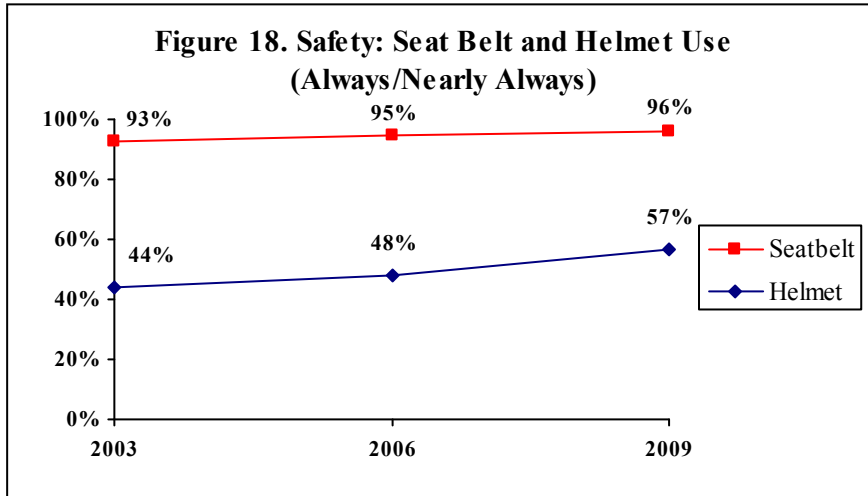
<sup>3</sup>demographic difference at p≤0.05 in 2009

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

## Safety: Seat Belt and Helmet Use Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt or who reported they always or nearly always wore a helmet.



## Cigarette Use (Figures 19 & 20; Table 35)

**KEY FINDINGS:** In 2009, 13% of respondents were current smokers. Respondents who were in the middle 20 percent household income bracket or unmarried were more likely to be a smoker. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 87% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

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

## **Current Smokers**

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

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

### 2009 Findings

- Thirteen percent of respondents were current smokers (7% every day and 6% some days).
- Twenty-six percent of respondents in the middle 20 percent household income bracket were current smokers compared to 8% of those in the top 40 percent income bracket or 7% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (24% and 5%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2006, respondents 45 to 54 years old were more likely to report they were a current smoker. In all other study years, age was not a significant variable.
- In 2003, respondents with some post high school education or less were more likely to report they were a current smoker. In all other study years, education was not a significant variable.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report they were a current smoker, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report being a current smoker. In 2006, marital status was not a significant variable.

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

	2003	2006	2009
TOTAL	12%	10%	13%
Gender			
Male	11	11	16
Female	13	8	10
Age <sup>2</sup>			
18 to 34	19	0	16
35 to 44	13	13	15
45 to 54	11	16	15
55 to 64	17	13	10
65 and Older	5	10	6
Education <sup>1</sup>			
High School or Less	18	14	18
Some Post High School	20	13	16
College Graduate	7	7	10
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	15	15	7
Middle 20 Percent Bracket <sup>a</sup>	12	6	26
Top 40 Percent Bracket	11	10	8
Marital Status <sup>1,3</sup>			
Married	7	10	5
Not Married	23	8	24

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

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

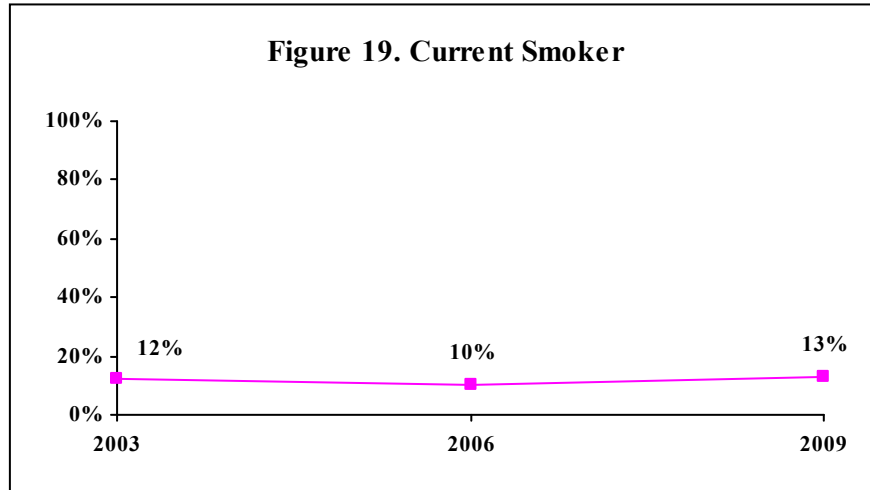
<sup>2</sup>demographic difference at p≤0.05 in 2006

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

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

### Year Comparisons

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



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

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

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

### 2009 Findings

*Of current smokers...*

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

### Year Comparisons

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

## Doctor, Nurse or Other Health Professional Advised Respondent to Quit

### 2009 Findings

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

- Eighty-seven percent of the 45 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

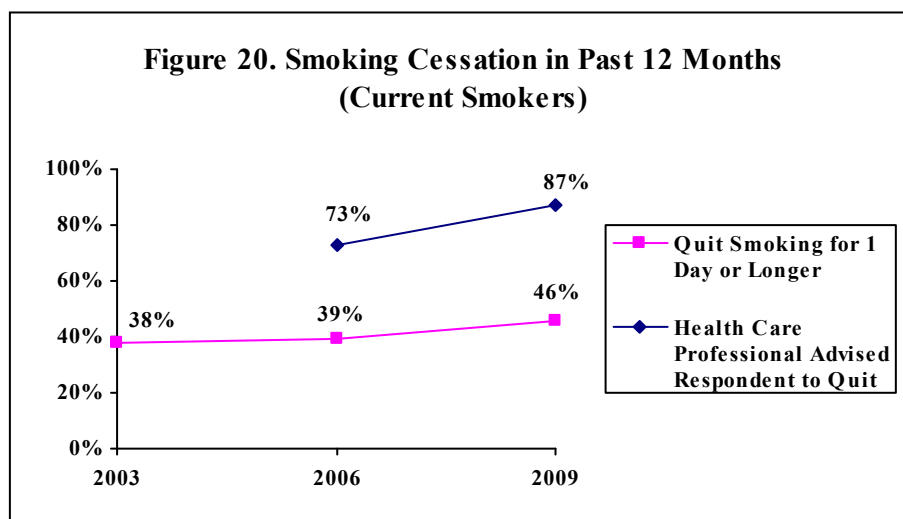
### Year Comparisons

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

## Smoking Cessation Overall

### Year Comparisons

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



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

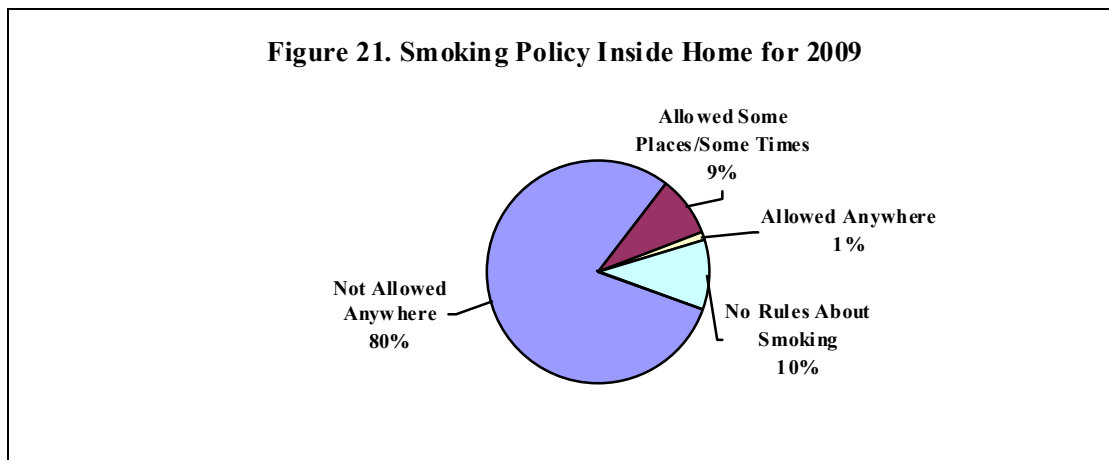
**KEY FINDINGS:** In 2009, 80% of respondents reported smoking is not allowed anywhere inside the home while 91% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 18 to 34 years old or with a college education were more likely to report smoking is not allowed in any area at work. Less than one percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

### Smoking Policy Inside Home

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

#### 2009 Findings

- Eighty percent of respondents reported smoking is not allowed anywhere inside the home while 9% reported smoking is allowed in some places or at some times. One percent reported smoking is allowed anywhere inside the home. Ten percent of respondents reported there are no rules about smoking inside the home.



- Eighty-eight percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 83% of those in the middle 20 percent income bracket or 71% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (86% and 71%, respectively).
- Eighty-five percent of nonsmokers reported smoking is not allowed in the home compared to 46% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (88%) compared to respondents in households without children (75%).

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

	2009
TOTAL	80%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	71
Middle 20 Percent Bracket	83
Top 40 Percent Bracket	88
Marital Status <sup>1</sup>	
Married	86
Not Married	71
Smoking Status <sup>1</sup>	
Nonsmoker	85
Smoker	46
Children in Household <sup>1</sup>	
Yes	88
No	75

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

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

### Smoking Policy at Work

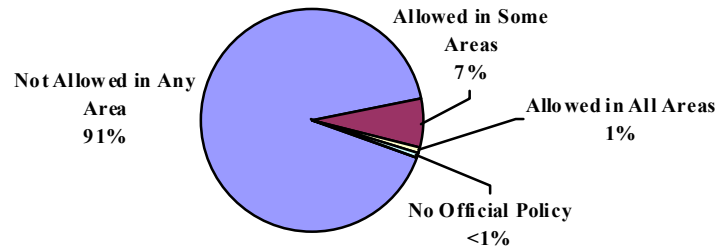
*The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)*

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

### 2009 Findings

- Ninety-one percent of respondents reported smoking is not allowed in any area at work while 7% reported smoking is allowed in some areas. One percent reported smoking is allowed in all areas at work. Less than one percent of respondents reported there is no official policy about smoking at work.

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



- One hundred percent of respondents 18 to 34 years old reported smoking is not allowed in any area at work compared to 84% of those 55 to 64 years old or 73% of respondents 65 and older.
- Ninety-four percent of respondents with a college education reported smoking is not allowed in any area at work compared to 87% of those with some post high school education or 81% of respondents with a high school education or less.

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

	2009
TOTAL	91%
Gender	
Male	89
Female	93
Age <sup>1</sup>	
18 to 34	100
35 to 44	86
45 to 54	92
55 to 64	84
65 and older	73
Education <sup>1</sup>	
High School or Less	81
Some Post High School	87
College Graduate	94
Household Income	
Bottom 40 Percent Bracket	88
Middle 20 Percent Bracket	90
Top 40 Percent Bracket	92
Marital Status	
Married	92
Not Married	91
Smoking Status	
Nonsmoker	91
Smoker	91

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

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

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

#### 2009 Findings

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

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

**KEY FINDINGS:** In 2009, 82% of respondents had an alcoholic drink in the past 30 days. In the past month, 8% were heavy drinkers while 22% were binge drinkers. Respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year; respondents who were unmarried or in households without children were more likely to report this.

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

### Heavy Drinking in the Past Month

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

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

### 2009 Findings

- Eighty-two percent of respondents had a drink in the past 30 days. Fifty percent reported they drank on at least five days, while 15% reported three to four days and 17% 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 10% reported three, 26% reported two and 36% reported one drink on average on the days they drank. Nineteen percent reported having no drinks in the past month.
- Combined, 8% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Seventeen percent of respondents 18 to 34 years old reported heavy drinking in the past month compared to 5% of those who were 35 to 44 years old or 55 to 64 years old or 3% of respondents 65 and older.
- Twenty percent of respondents in the middle 20 percent household income bracket reported heavy drinking in the past month compared to 9% of those in the bottom 40 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report heavy drinking in the past month compared to married respondents (14% and 4%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2009, respondents 18 to 34 years old were more likely to report heavy drinking, with a noted increase since 2003. In 2003, age was not a significant variable.
- Education was not a significant variable in 2003 or 2009. From 2003 to 2009, there was a noted increase in the percent of college respondents reporting heavy drinking in the past month.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report heavy drinking, with a noted increase since 2003. In 2003, household income was not a significant variable.
- In 2003 and 2009, unmarried respondents were more likely to report heavy drinking.

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

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

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

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

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

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

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

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

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

## **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, Wauwatosa 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-two percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (32%) compared to female respondents (14%).
- Forty-seven percent of respondents 18 to 34 years old binged in the past month compared to 9% of those 45 to 54 years old or 3% of respondents 65 and older.

### Year Comparisons

*In 2003, the Wauwatosa 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 a statistical increase in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting binge drinking.
- In all study years, respondents 18 to 34 years old were more likely to have binged.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting binge drinking.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting binge drinking.
- In 2003, unmarried respondents were more likely to have binged. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting binge drinking.

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

	2003	2006	2009
TOTAL <sup>a</sup>	15%	17%	22%
Gender <sup>1,2,3</sup>			
Male <sup>a</sup>	22	29	32
Female	10	7	14
Age <sup>1,2,3</sup>			
18 to 34	35	30	47
35 to 44	18	22	22
45 to 54	8	13	9
55 to 64	11	15	21
65 and Older	3	2	3
Education			
High School or Less	16	13	16
Some Post High School <sup>a</sup>	12	16	23
College Graduate	16	18	23
Household Income			
Bottom 40 Percent Bracket <sup>a</sup>	9	16	24
Middle 20 Percent Bracket	22	19	26
Top 40 Percent Bracket <sup>a</sup>	16	19	26
Marital Status <sup>1</sup>			
Married <sup>a</sup>	13	14	22
Not Married	21	20	23

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

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

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

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

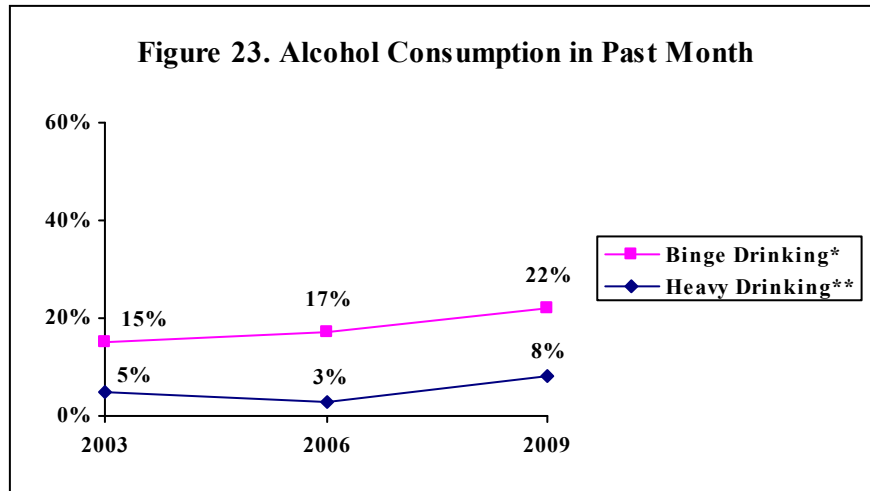
<sup>3</sup>demographic difference at p≤0.05 in 2009

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

## Alcohol Consumption Overall

### Year Comparisons

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



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

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

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

### 2009 Findings

- Five percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- Thirteen percent of respondents 18 to 34 years old reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink compared to 2% of those 65 and older or 0% of respondents 45 to 64 years old.
- Twenty percent of respondents in the middle 20 percent household income bracket reported they were a driver or passenger when the driver perhaps had too much to drink compared to 4% of those in the bottom 40 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Twelve percent of unmarried respondents reported they were a driver or passenger when the driver perhaps had too much to drink compared to less than one percent of married respondents.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.
- In 2009, respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report they were a driver or passenger when the driver perhaps had too much to drink.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in 2003 and 2006.

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

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

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

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

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

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

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

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

## Household Problem Associated with Alcohol in Past Year

### 2009 Findings

- Four 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.
- Nine percent of unmarried respondents reported they, or someone in their household, experienced some kind of problem in connection with drinking in the past year compared to less than one percent of married respondents.

- 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 (6%) compared to respondents in households with children (1%).

### 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 2009, respondents who were unmarried or 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 2006.

Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year<sup>①</sup>

	2006 <sup>②</sup>	2009
TOTAL	3%	4%
Household Income		
Bottom 40 Percent Bracket	--	4
Middle 20 Percent Bracket	--	2
Top 40 Percent Bracket	--	1
Marital Status <sup>2</sup>		
Married	--	<1
Not Married	--	9
Children in Household <sup>2</sup>		
Yes	--	1
No	--	6

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

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2006

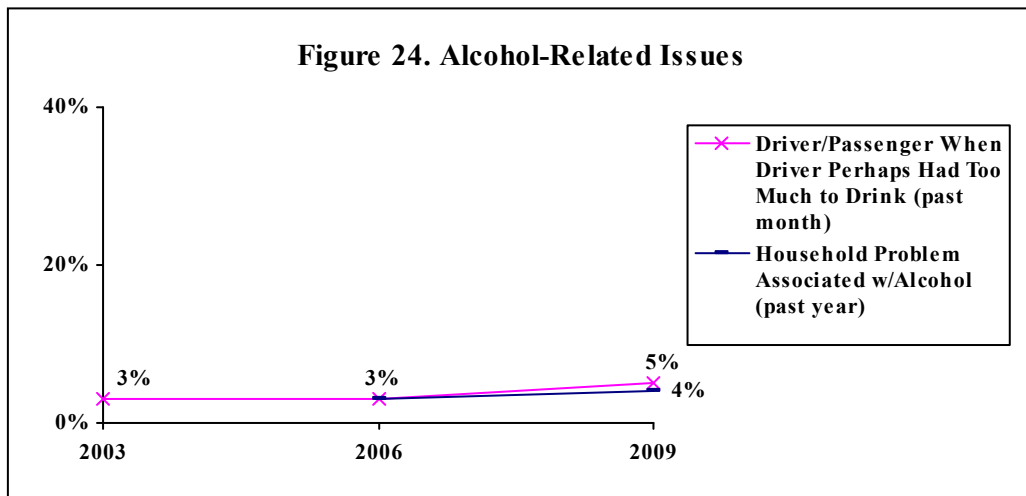
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>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 42 & 43)

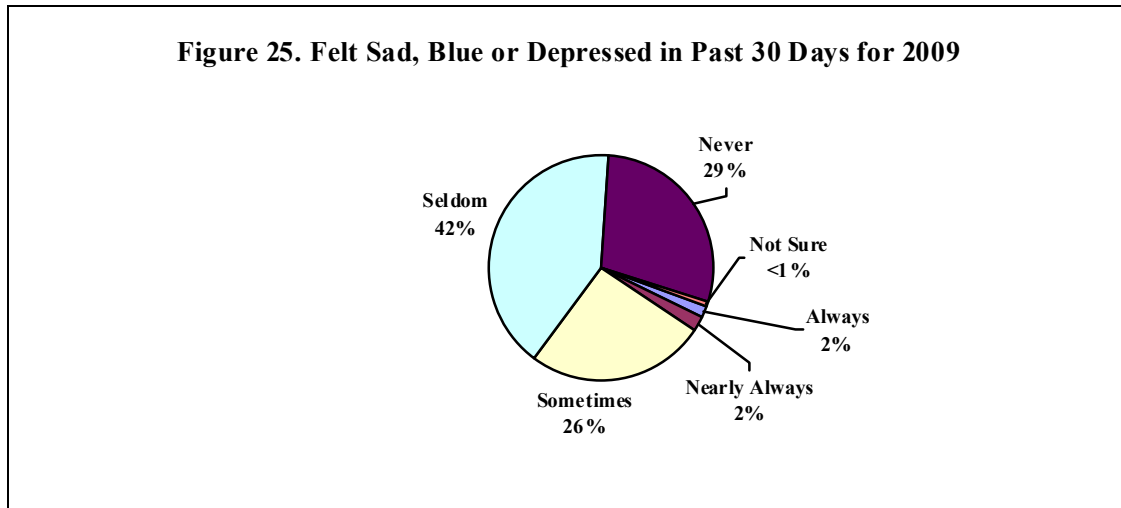
**KEY FINDINGS:** In 2009, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 35 to 44 years old or unmarried were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report this.

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

## Felt Sad, Blue or Depressed

### 2009 Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 3,240 residents. Twenty-six percent reported sometimes and the remaining 71% reported seldom or never.



- Nine percent of respondents 35 to 44 years old reported always or nearly always compared to 2% of those 18 to 34 years old or 1% of respondents 65 and older.
- Unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days compared to married respondents (6% and 2%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2009, respondents 35 to 44 years old were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, age was not a significant variable.
- In 2006, respondents with some post high school education were more likely to report they always or nearly always felt sad, blue or depressed. In 2009, education was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed.

Table 42. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year<sup>①</sup>

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

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

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

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

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

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

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

## Considered Suicide

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

### 2009 Findings

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it represents up to 2,880 residents who may have considered suicide in the past year.

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

#### Year Comparisons

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

### **Find Meaning and Purpose in Daily Life**

#### 2009 Findings

- A total of 5% of respondents reported they seldom or never find meaning and purpose in daily life. Forty-five percent of respondents reported they always find meaning and purpose while an additional 35% reported nearly always.
- Respondents in the middle 20 percent household income bracket were more likely to report seldom or never (13%) compared to those in the bottom 40 percent income bracket (5%) or respondents in the top 40 percent household income bracket (less than one percent).
- Unmarried respondents were more likely to report seldom or never compared to married respondents (11% and 2%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2003, respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life. 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 they seldom/never find meaning and purpose in daily life. In 2009, respondents in the middle 20 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life.
- In 2003 and 2009, unmarried respondents were more likely to report they seldom/never find meaning and purpose in daily life. In 2006, marital status was not a significant variable.

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

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

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

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

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

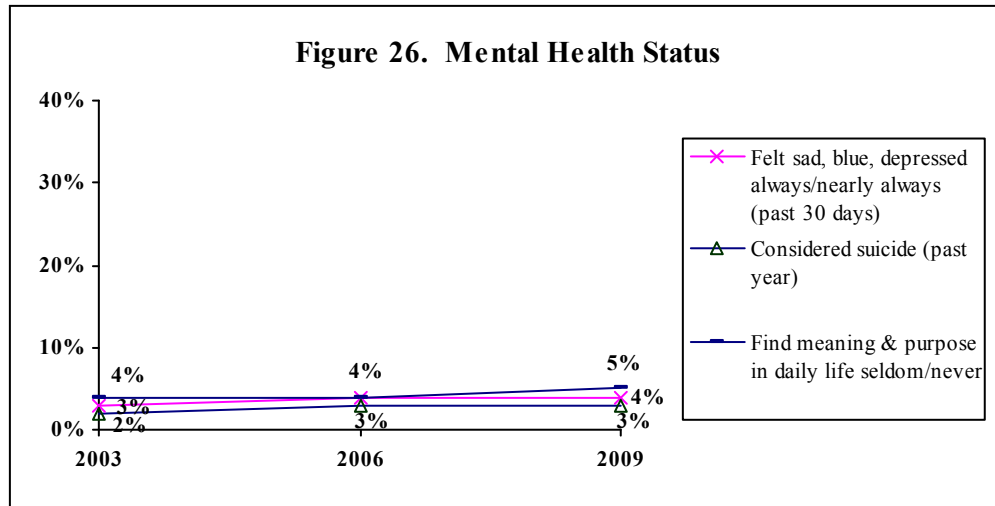
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

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

## Mental Health Status Overall

### Year Comparisons

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



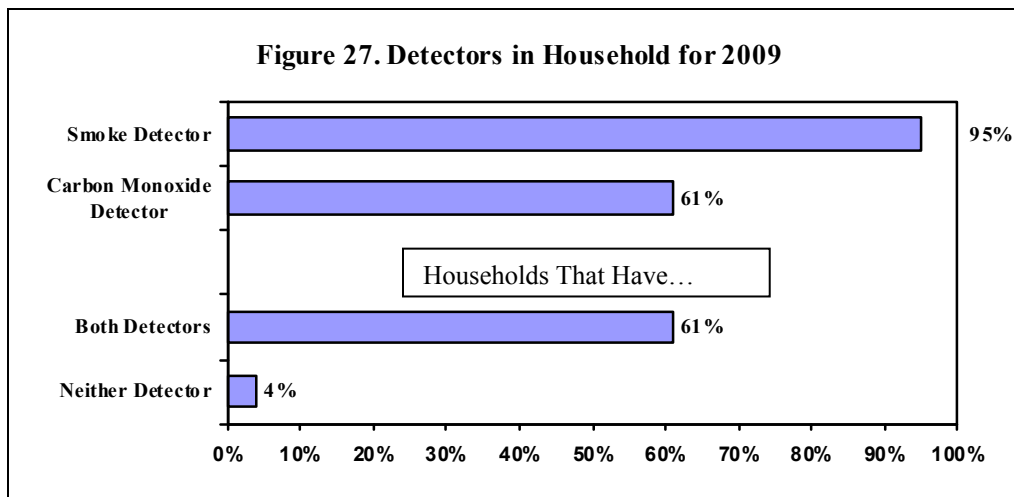
## Detectors in Household (Figures 27 & 28; Table 44)

**KEY FINDINGS:** In 2009, 95% of households had a working smoke detector while 61% had a working carbon monoxide detector. Sixty-one percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors.

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

### 2009 Findings

- Ninety-five percent of respondents reported a working smoke detector while 61% reported a working carbon monoxide detector in their home. Sixty-one percent had both detectors. Four percent had neither.



- Sixty-nine percent of respondents in the top 40 percent household income bracket reported both detectors compared to 61% of those in the middle 20 percent income bracket or 39% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (67% and 51%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2003 and 2009, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2006, respondents in the top 60 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In all study years, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

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

	2003	2006	2009
TOTAL <sup>a</sup>	46%	48%	61%
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	39	34	39
Middle 20 Percent Bracket <sup>a</sup>	36	52	61
Top 40 Percent Bracket <sup>a</sup>	51	53	69
Marital Status <sup>1,2,3</sup>			
Married <sup>a</sup>	54	60	67
Not Married <sup>a</sup>	29	31	51

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

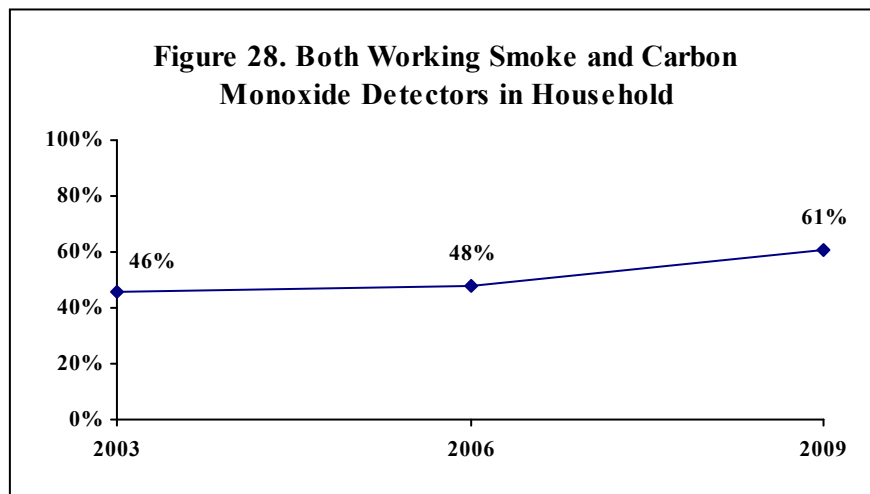
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

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

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

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

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



## **Presence of Firearms in Household (Figure 29; Tables 45 - 47)**

**KEY FINDINGS:** In 2009, 18% of households had a firearm in or around the home. Of all households, 6% had a handgun in their home while 16% had a rifle or shotgun. Respondents who were in the top 40 percent household income bracket or married were more likely to report a handgun. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

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

### **Firearm in Household**

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

#### 2009 Findings

- At the time of the survey administration, 18% of households had at least one firearm.
- There were no statistically significant differences between demographic variables and responses of reporting a firearm in or around their home.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2006, married respondents were more likely to report having a firearm. In all other study years, marital status was not a significant variable.
- The presence of children in households was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in households with children reporting a firearm.

Table 45. Firearm in Household by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	17%	19%	18%
Household Income			
Bottom 40 Percent Bracket	21	25	11
Middle 20 Percent Bracket	14	15	15
Top 40 Percent Bracket	18	19	22
Marital Status <sup>2</sup>			
Married	19	24	21
Not Married	12	13	15
Children in Household			
Yes <sup>a</sup>	13	19	21
No	20	19	16

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

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

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

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

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

## Handgun in Household

### 2009 Findings

- At the time of the survey administration, 6% of respondents reported handguns in their home.
- Ten percent of respondents in the top 40 percent household income bracket reported a handgun in their home compared to 4% of those in the middle 20 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a handgun in their home compared to unmarried respondents (8% and 3%, respectively).

Table 46. Handgun in Household by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	6%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	2
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	10
Marital Status <sup>1</sup>	
Married	8
Not Married	3
Children in Household	
Yes	6
No	6

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

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

### Rifle or Shotgun in Household

#### 2009 Findings

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

Table 47. Rifle or Shotgun in Household by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	16%
Household Income	
Bottom 40 Percent Bracket	11
Middle 20 Percent Bracket	15
Top 40 Percent Bracket	19
Marital Status	
Married	16
Not Married	15
Children in Household	
Yes	16
No	15

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

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

## **Loaded Firearm**

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

### 2009 Findings

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

### Year Comparisons

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

## **Loaded Firearm Also Unlocked**

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

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

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

### 2009 Findings

- Less than one percent of all households had a loaded firearm also unlocked. This relates to 4% of households with a firearm having at least one loaded firearm which is also unlocked.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household.

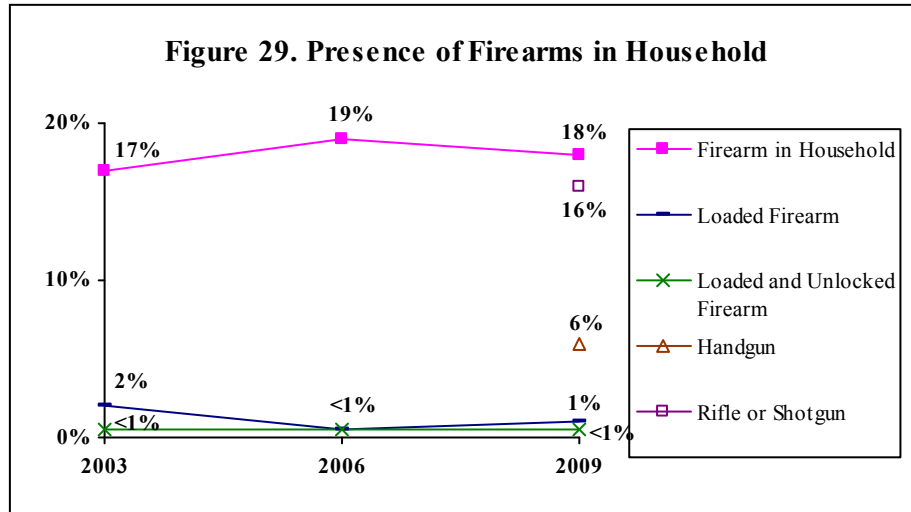
### Year Comparisons

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

## Presence of Firearms in Household Overall

### Year Comparisons

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



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

**KEY FINDINGS:** In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; female respondents were more likely to report this.

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

### Afraid for Personal Safety

#### 2009 Findings

- Five percent of respondents reported someone made them afraid for their personal safety in the past year.
- Female respondents were more likely to report feeling afraid for their safety in the past year (9%) compared to male respondents (1%).

- Ten respondents reported a stranger followed by 5 respondents who reported an ex-spouse. Four respondents reported an acquaintance while two respondents reported boyfriend/girlfriend.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006 and 2009, female respondents were more likely to report being afraid for their personal safety. In 2003, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents reporting they were afraid for their personal safety.
- In 2003, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report being afraid for their personal safety. In 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 reporting they were afraid for their personal safety.
- In 2003, respondents with some post high school education were more likely to report being afraid for their personal safety. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting they were afraid for their personal safety.
- In 2003, 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. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they were afraid for their personal safety.

Table 48. Afraid for Personal Safety by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	7%	6%	5%
Gender <sup>2,3</sup>			
Male <sup>a</sup>	8	2	1
Female	7	9	9
Age <sup>1,2</sup>			
18 to 34 <sup>a</sup>	16	13	4
35 to 44	4	5	8
45 to 54	14	3	8
55 to 64	3	3	5
65 and Older	0	3	2
Education <sup>1</sup>			
High School or Less	2	0	2
Some Post High School <sup>a</sup>	19	6	6
College Graduate	4	7	6
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	4	5	8
Middle 20 Percent Bracket	3	9	6
Top 40 Percent Bracket <sup>a</sup>	11	4	4
Marital Status			
Married	7	6	5
Not Married	8	5	6

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

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

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

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

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

## Pushed, Kicked, Slapped or Hit

### 2009 Findings

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in the past year.
  - Five respondents reported a stranger followed by two respondents each reporting a friend or an acquaintance.

### Year Comparisons

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

### **Combined Personal Safety Issues**

#### 2009 Findings

- A total of 7% of all respondents reported at least one of the two issues.
- Female respondents were more likely to report at least one of the two issues (9%) compared to male respondents (4%).

#### 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 and 2009, female respondents were more likely to report at least one of the personal safety issues. In 2003, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old or 45 to 54 years old were more likely to report at least one of the personal safety issues. In 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. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting at least one of the two issues.
- In 2003, respondents with some post high school education were more likely to report at least one of the personal safety issues. In all other study years, education was not a significant variable.
- In 2003, 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. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least one of the two issues.

Table 49. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year<sup>Ⓞ</sup>

	2003	2006	2009
TOTAL	8%	7%	7%
Gender <sup>2,3</sup>			
Male	9	4	4
Female	7	9	9
Age <sup>1,2</sup>			
18 to 34 <sup>a</sup>	17	13	7
35 to 44	4	7	10
45 to 54	14	4	8
55 to 64	3	5	8
65 and Older	0	3	2
Education <sup>1</sup>			
High School or Less	4	0	7
Some Post High School	19	6	9
College Graduate	4	9	6
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	4	6	11
Middle 20 Percent Bracket	5	10	8
Top 40 Percent Bracket <sup>a</sup>	11	4	4
Marital Status			
Married	7	8	5
Not Married	9	6	9

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

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

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

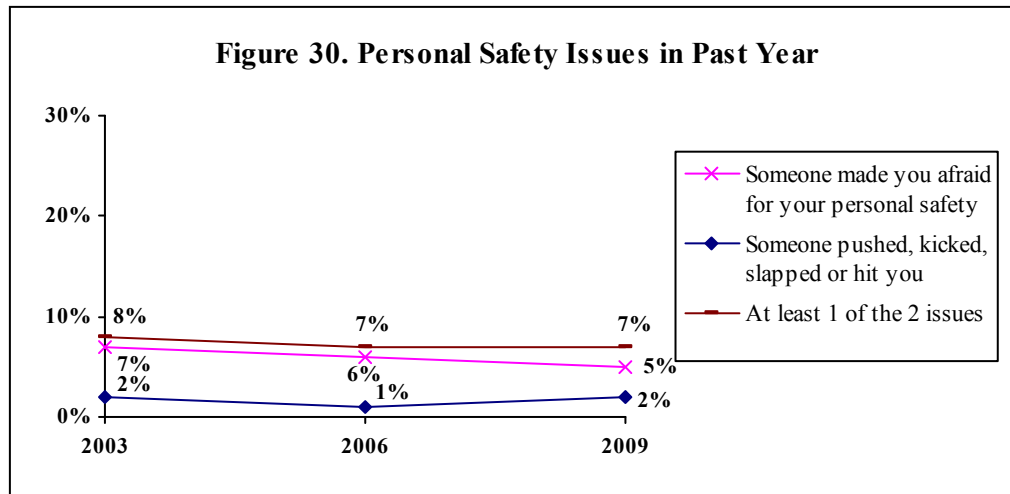
<sup>3</sup>demographic difference at p≤0.05 in 2009

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

## Personal Safety Issues Overall

### Year Comparisons

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



**APPENDIX A: ADDITIONAL QUESTIONS**

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

### Preferred Language Spoken in Household (Figure 31)

**KEY FINDINGS:** In 2009, 100% of respondents reported the preferred language spoken in their household was English.

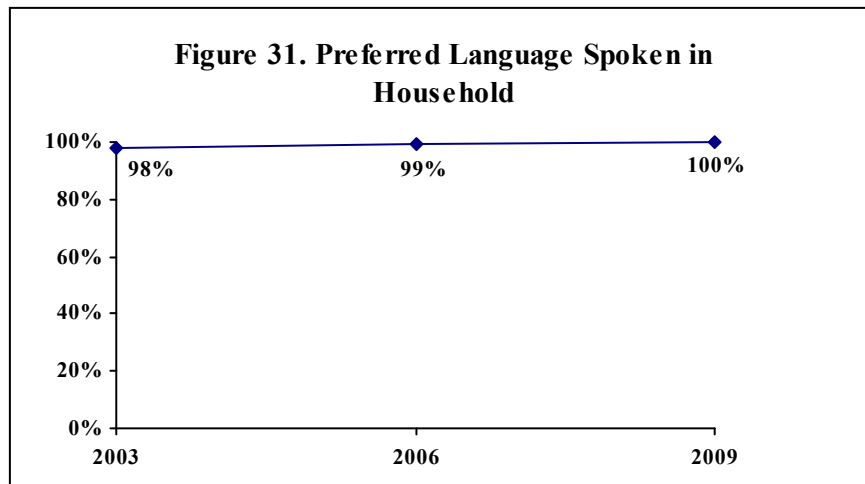
*From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting English as the preferred language spoken in their household.*

#### 2009 Findings

- One hundred percent of respondents reported that English was the preferred language spoken in their household.
- No demographic comparisons were conducted as a result of the high percent of respondents reporting English as the preferred language in their household.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting English as the preferred language spoken in their household.
- No demographic comparisons were conducted between years as a result of the high percent of respondents reporting English as the preferred language spoken in their household in all study years.



## Community Health Issues (Table 50)

**KEY FINDINGS:** In 2009, out of seven health issues, the three most often selected as the largest health concerns were the following: obesity, lack of exercise or nutrition (63%), alcohol use (51%) and infectious diseases (48%). Respondents who were male, 35 to 44 years old, with a college education, who were in the middle 20 percent household income bracket or married were more likely to report obesity/lack of exercise/nutrition. Respondents who were 35 to 44 years old or in the top 40 percent household income bracket were more likely to report infectious diseases. Respondents who were 18 to 34 years old, with a high school education or less or who were married were more likely to report smoking or tobacco use. Respondents 55 to 64 years old were more likely to report illegal drug or prescription use. Respondents in the bottom 40 percent household income bracket were more likely to report environmental hazards. Respondents 35 to 44 years old were more likely to report mental health.

### 2009 Findings

- Respondents were given a list of seven health issues that some communities face and were asked to select the three largest in Wauwatosa. Respondents were more likely to report obesity, lack of exercise or nutrition (63%), alcohol use (51%) or infectious diseases such as flu, diarrheal illnesses or sexually transmitted diseases (48%). Forty-six percent reported smoking or tobacco use while 30% reported illegal or prescription drug use. Environmental hazards and mental health were selected to a lesser extent (15% and 13%, respectively).
- Male respondents were more likely to report obesity/lack of exercise/nutrition as one of the top three health issues (71%) compared to female respondents (56%).
- Respondents 18 to 34 years old were more likely to report smoking or tobacco use while respondents 35 to 44 years old were more likely to report obesity/lack of exercise/nutrition, infectious diseases or mental health. Respondents 55 to 64 years old were more likely to select illegal drug or prescription use compared to their counterparts.
- Respondents with a high school education or less were more likely to report smoking or tobacco use as one of the top three while respondents with a college education were more likely to report obesity/lack of exercise/nutrition compared to their counterparts.
- Respondents in the bottom 40 percent household income bracket were more likely to report environmental hazards while respondents in the middle 20 percent household income bracket were more likely to report obesity/lack of exercise/nutrition as one of the top three health issues. Respondents in the top 40 percent household income bracket were more likely to report infectious diseases compared to their counterparts.
- Married respondents were more likely to report obesity/lack of exercise/nutrition or smoking/tobacco use compared to unmarried respondents.

Table 50. Community Health Issues by Demographic Variables for 2009<sup>①</sup>

	Obesity, Exer. & Nutr	Alcohol Use	Infectious Diseases	Smoking or Tob. Use	Illeg./Pres. Drug Use	Environ. Hazards	Mental Health
TOTAL	63%	51%	48%	46%	30%	15%	13%
Gender							
Male	71 <sup>1</sup>	51	48	43	30	12	13
Female	56 <sup>1</sup>	51	48	49	30	16	13
Age							
18 to 34	65 <sup>1</sup>	57	57 <sup>1</sup>	71 <sup>1</sup>	22 <sup>1</sup>	12	14 <sup>1</sup>
35 to 44	79 <sup>1</sup>	49	63 <sup>1</sup>	23 <sup>1</sup>	31 <sup>1</sup>	22	22 <sup>1</sup>
45 to 54	66 <sup>1</sup>	57	47 <sup>1</sup>	55 <sup>1</sup>	24 <sup>1</sup>	11	12 <sup>1</sup>
55 to 64	64 <sup>1</sup>	41	40 <sup>1</sup>	51 <sup>1</sup>	46 <sup>1</sup>	15	8 <sup>1</sup>
65 and older	43 <sup>1</sup>	46	29 <sup>1</sup>	30 <sup>1</sup>	35 <sup>1</sup>	15	7 <sup>1</sup>
Education							
High School or Less	47 <sup>1</sup>	56	46	53 <sup>1</sup>	35	12	11
Some Post High School	47 <sup>1</sup>	48	43	32 <sup>1</sup>	35	18	13
College Graduate	72 <sup>1</sup>	51	50	49 <sup>1</sup>	27	14	14
Household Income							
Bottom 40 Percent Bracket	45 <sup>1</sup>	53	38 <sup>1</sup>	42	26	24 <sup>1</sup>	9
Middle 20 Percent Bracket	80 <sup>1</sup>	51	41 <sup>1</sup>	54	24	9 <sup>1</sup>	8
Top 40 Percent Bracket	68 <sup>1</sup>	50	64 <sup>1</sup>	51	31	13 <sup>1</sup>	10
Marital Status							
Married	70 <sup>1</sup>	51	52	52 <sup>1</sup>	33	14	11
Not Married	52 <sup>1</sup>	50	43	37 <sup>1</sup>	24	15	16

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

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

### Low Nutrient Foods on an Average Day (Table 51)

**KEY FINDINGS:** In 2009, 21% of respondents reported they eat low nutrient foods at least two times on an average day. Fifty-five percent of respondents reported they eat low nutrient foods once a day while 23% reported they do not eat low nutrient foods on an average day. Respondents who were female or in the top 60 percent household income bracket were more likely to report they eat low nutrient foods two or more times on an average day.

## 2009 Findings

- Twenty-three percent of respondents reported they eat no low nutrient foods, such as pastries, fried food, chips, baked goods, candy, non-diet soda or energy drinks on an average day. Fifty-five percent of respondents reported they eat low nutrient foods once a day while 21% of respondents reported two or more times a day.
- Female respondents were more likely to report they eat low nutrient foods at least two times a day (26%) compared to male respondents (16%).
- Twenty-seven percent of respondents in the top 40 percent household income bracket and 26% of those in the middle 20 percent income bracket reported they eat low nutrient foods at least two times on an average day compared to 14% of respondents in the bottom 40 percent household income bracket.

Table 51. Eat Low Nutrient Foods on an Average Day by Demographic Variables for 2009

	None	Once	Two or More Times
TOTAL	23%	55%	21%
Gender <sup>1</sup>			
Male	20	63	16
Female	26	48	26
Age			
18 to 34	10	60	30
35 to 44	21	59	21
45 to 54	35	45	20
55 to 64	32	50	18
65 and older	28	57	15
Education			
High School or Less	25	42	33
Some Post High School	26	56	19
College Graduate	22	58	20
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket	28	58	14
Middle 20 Percent Bracket	11	62	26
Top 40 Percent Bracket	19	53	27
Marital Status			
Married	20	57	23
Not Married	28	53	19

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

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

## **Internet Access (Tables 52 & 53)**

**KEY FINDINGS:** In 2009, 84% of respondents reported they have internet access at home or on their cell phone; respondents who were 18 to 64 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report this. Eighty-three percent of respondents reported they use the internet to access health information; respondents who were 35 to 44 years old, with at least some post high school education or who were married were more likely to report this.

### **Internet Access at Home or On Cell Phone**

#### 2009 Findings

- Eighty-four percent of respondents reported they have internet access at home or on their cell phone.

#### *Of respondents with internet access...*

- Respondents 18 to 64 years old were more likely to report they have internet access at home or on their cell phone (ranging from 92% to 98%) compared to respondents 65 and older (50%).
- Ninety-three percent of respondents with a college education reported they have internet access at home or on their cell phone compared to 71% of those with some post high school education or 61% of respondents with a high school education or less.
- Ninety-nine percent of respondents in the top 40 percent household income bracket reported they have internet access at home or on their cell phone compared to 89% of those in the middle 20 percent income bracket or 64% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report they have internet access at home or on their cell phone compared to unmarried respondents (93% and 72%, respectively).

Table 52. Internet Access at Home or on Cell Phone by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	84%
Gender	
Male	86
Female	83
Age <sup>1</sup>	
18 to 34	98
35 to 44	97
45 to 54	92
55 to 64	92
65 and Older	50
Education <sup>1</sup>	
High School or Less	61
Some Post High School	71
College Graduate	93
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	64
Middle 20 Percent Bracket	89
Top 40 Percent Bracket	99
Marital Status <sup>1</sup>	
Married	93
Not Married	72

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

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

## Use Internet to Access Health Information

### 2009 Findings

*Of respondents with internet access...*

- Eighty-three percent of respondents reported they use the internet to access health information.
- Ninety-six percent of respondents 35 to 44 years old reported they use the internet to access health information compared to 74% of those 55 to 64 years old or 57% of respondents 65 and older.
- Eighty-six percent of respondents with a college education and 83% of those with some post high school education reported they use the internet to access health information compared to 58% of respondents with a high school education or less.
- Married respondents were more likely to report they use the internet to access health information compared to unmarried respondents (87% and 74%, respectively).

- Ninety-seven percent of respondents who access the internet for health information reported they use websites for the information. Twelve percent reported they use e-mail while 7% reported they use social networking sites like Facebook, My Space or Twitter to access health information.

Table 53. Use Internet to Access Health Information by Demographic Variables for 2009 (Of Respondents with Internet)<sup>①</sup>

	2009
TOTAL	83%
Gender	
Male	79
Female	86
Age <sup>1</sup>	
18 to 34	87
35 to 44	96
45 to 54	82
55 to 64	74
65 and Older	57
Education <sup>1</sup>	
High School or Less	58
Some Post High School	83
College Graduate	86
Household Income	
Bottom 40 Percent Bracket	80
Middle 20 Percent Bracket	73
Top 40 Percent Bracket	86
Marital Status <sup>1</sup>	
Married	87
Not Married	74

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

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

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

WAUWATOSA  
COMMUNITY HEALTH SURVEY

Conducted: October 2, 2009 through January 5, 2010

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

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

Poor .....	3%
Fair .....	4
Good.....	21
Very good.....	44
Excellent.....	29
Not sure .....	0

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

No health care coverage .....	6%
An employer sponsored insurance plan .....	64
Private insurance bought directly from an insurance agent or insurance company.....	6
Medicaid including medical assistance, Title 19 or Badger Care.....	3
Medicare.....	21
Or something else.....	0
Not sure .....	<1

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

All.....	90%
Part .....	4
None .....	6
Not sure .....	0

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

All.....	87%
Part .....	10
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 ..... 90%
- Public health clinic or community health center ..... <1
- Hospital outpatient department ..... 2
- Hospital emergency room ..... <1
- Urgent care center ..... 4
- Some other kind of place..... 1
- No usual place..... 3
- 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 ..... 41%
- No..... 57
- 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 .....	69%	18%	5%	7%	1%	0%
8. Cholesterol testing .....	55	20	7	2	13	3
9. Visit to a dentist or dental clinic .	79	11	6	5	0	0
10. Eye exam.....	51	27	12	9	<1	<1

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

- Yes ..... 52%
- No..... 48
- Not sure ..... <1

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

- 18 to 34 years old ..... 26%
- 35 to 44 years old ..... 22
- 45 to 54 years old ..... 19
- 55 to 64 years old ..... 10
- 65 and older..... 24

13. Have you ever had a pneumonia or pneumococcal shot? [96 Respondents 65 and Older]

- Yes ..... 71%
- No..... 23
- Not sure ..... 7

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

	Yes	No	Not Sure
14. You have high blood pressure? .....	27%	72%	<1%
15. Your blood cholesterol is high? .....	25	73	1
16. You had a stroke?.....	2	99	0
17. You have heart disease or a heart condition?...	8	92	<1
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression? .....	12	88	<1
19. You have cancer?.....	4	96	0
20. ...(if yes) [17 Respondents]: What type of cancer? .....	Melanoma/skin .....	6 respondents	
	Breast.....	4 respondents	
	Lung .....	3 respondents	
	Tongue.....	2 respondents	
	All others (1 response each) .....	4 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	96	<1

22. [IF DIABETES] A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C?” [15 Respondents]

Zero .....	0%	→GO TO Q25
1 time.....	29	→CONTINUE WITH Q23
2 or more times .....	67	→CONTINUE WITH Q23
Not sure .....	0	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [14 Respondents]

Less than 7 .....	57%
7 or higher .....	14
Not sure .....	29

24. At your last appointment, what was your LDL level? [14 Respondents]

Less than 100 .....	21%
100 or higher .....	21
Not sure .....	57

	Yes	No	Not Sure
25. Do you currently have asthma? .....	8%	92%	0%
26. ...(if yes), do you have a written asthma action plan? [33 Respondents].....	39	59	<1

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 ..... 29%  
 Two servings ..... 35  
 Three or more servings..... 37  
 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 ..... 34%  
 Two servings ..... 36  
 Three or more servings..... 31  
 Not sure ..... 0

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

Yes ..... 87%  
 No..... 13  
 Not sure ..... <1

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

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

No moderate activity .....13%  
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....51  
 5 times/week for 30 minutes or more.....36  
 Not sure ..... 1

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

Yes ..... 57%  
 No..... 42  
 Not sure ..... <1

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

No vigorous activity .....	42%
Less than 3 times/week for 20 minutes or less than 20 minutes each time .....	30
3 times/week for 20 minutes or more.....	28
Not sure .....	<1

**Q35 THROUGH Q37 FEMALES ONLY**

Now I have some questions about women’s health.

35. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [138 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	64%
Within the past 2 years (1 year, but less than 2 years ago) .....	13
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).....	6
5 or more years ago .....	4
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? [60 Respondents 65 and Older]

Yes .....	82%
No.....	16
Not sure .....	3

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [155 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	79%
Within the past 2 years (1 year, but less than 2 years ago) .....	14
Within the past 3 years (2 years, but less than 3 years ago) .....	3
Within the past 5 years (3 years, but less than 5 years ago).....	1
5 or more years ago .....	1
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? [105 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	48%
Within the past 2 years (1 year, but less than 2 years ago) .....	22
Within the past 3 years (2 years, but less than 3 years ago) .....	0
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago .....	2
Never.....	22
Not sure.....	5

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? [104 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	47%
Within the past 2 years (1 year, but less than 2 years ago) .....	20
Within the past 3 years (2 years, but less than 3 years ago) .....	3
Within the past 5 years (3 years, but less than 5 years ago).....	6
5 or more years ago .....	8
Never.....	15
Not sure.....	<1

**MALE & FEMALE RESPONDENTS 50 AND OLDER**

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [166 Respondents 50 and Older]

Sigmoidoscopy.....	5%
Colonoscopy .....	54
Both.....	14
Or neither .....	26
Not sure.....	1

41. How long has it been since you had your last sigmoidoscopy? [165 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	1%
Within the past 2 years (1 year, but less than 2 years ago) .....	1
Within the past 5 years (2 years, but less than 5 years ago).....	6
Within the past 10 years (5 years but less than 10 years ago)...	4
10 years ago or more .....	6
Never.....	81
Not sure.....	1

42. How long has it been since you had your last colonoscopy? [167 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	15%
Within the past 2 years (1 year, but less than 2 years ago) .....	18
Within the past 5 years (2 years, but less than 5 years ago).....	22
Within the past 10 years (5 years but less than 10 years ago)...	8
10 years ago or more .....	5
Never.....	31
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 ride scooters ..... 51%

Frequency of those who bicycle, use in-line roller skates or scooters [195 Respondents]

Never .....	33%
Seldom .....	4
Sometimes.....	5
Nearly always.....	7
Always .....	50
Not sure .....	0

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

Never .....	1%
Seldom .....	2
Sometimes.....	1
Nearly always.....	9
Always .....	88
Not sure .....	0

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

Never.....	29%
Seldom .....	42
Sometimes.....	26
Nearly always.....	2
Always .....	2
Not sure .....	<1

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

Never.....	<1%
Seldom .....	4
Sometimes.....	14
Nearly always.....	35
Always .....	45
Not sure .....	<1

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

Yes .....	3%
No.....	98
Not sure.....	0

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.

48. During the past 30 days, on how many days did you drink any alcoholic beverages?

None.....	19%
One to two days.....	17
Three to four days .....	15
Five or more days.....	50
Not sure.....	0

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

None.....	19%
One drink.....	36
Two drinks .....	26
Three drinks .....	10
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.....	77%
One time.....	9
Two or more times.....	13
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 .....	5%
No.....	95
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 .....	4%
No.....	96
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 .....	7%	
Some days .....	6	
Not at all.....	87	→GO TO Q57
Not sure .....	<1	→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? [50 Respondents]

Yes .....	46%
No.....	51
Not sure .....	4

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [50 Respondents]

Yes .....	90%	→CONTINUE WITH Q56
No.....	10	→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? [45 Respondents]

Yes .....	87%
No.....	13
Not sure .....	0

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

Smoking is not allowed anywhere inside your home..	80%
Smoking is allowed in some places or at some times .	9
Smoking is allowed anywhere inside your home or ...	1
There are no rules about smoking inside your home ..	10
Not sure .....	0

58. Which of the following best describes your place of work's official indoor smoking policy? [278 Respondents Who Work]

Not allowed in any area.....	91%
Allowed in some areas .....	7
Allowed in all areas.....	1
No official policy .....	<1
Not sure .....	0

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [349 Nonsmokers]

0 days ..... 80%  
 1 to 3 days ..... 19  
 4 to 6 days ..... <1  
 All 7 days ..... <1  
 Not sure ..... <1

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

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

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

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns .....	6%	11%	1%	82%
62. Rifles or shotguns.....	16	1	1	82

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

Yes ..... 1%  
 No ..... 17  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 82

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

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

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

	Yes	No	Not Sure
65. Going to a chiropractor .....	16%	84%	<1%
66. Having acupuncture .....	5	95	0
67. Massage therapy.....	30	70	0
68. Aroma therapy using essential oils .....	9	91	0

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

69. Gender [DERIVED, NOT ASKED]

Male .....	45%
Female.....	55

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	45%
Overweight.....	39
Obese.....	16

72. Are you Hispanic or Latino?

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

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

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

74. What is your current marital status?

Single and never married .....	20%
A member of an unmarried couple.....	<1
Married.....	59
Separated.....	<1
Divorced.....	9
Widowed .....	11
Not sure .....	<1

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

8th grade or less .....	0%
Some high school .....	1
High school graduate or GED .....	13
Some college .....	17
Technical school graduate.....	3
College graduate .....	44
Advanced or professional degree .....	22
Not sure .....	0

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

Yes .....	38%
No.....	62
Not sure.....	0

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

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

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

Wauwatosa.....	100%
----------------	------

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

53213.....	52%
53226.....	35
53222.....	8
53225.....	5
All others (3% or less).....	<1
No answer .....	0

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

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

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

One.....	98%
Two or more.....	2
Not sure.....	<1

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

Yes .....	78%
No.....	22
Not sure.....	<1

83. What is your annual household income before taxes?

Less than \$10,000 .....	1%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	8
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	7
\$50,001 to \$60,000.....	7
\$60,001 to \$75,000.....	8
\$75,001 to \$90,000.....	9
\$90,001 to \$105,000.....	10
\$105,001 to \$120,000.....	4
\$120,001 to \$135,000.....	4
Over \$135,000.....	11
Not sure .....	7
No answer .....	11

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	97%
Gay or lesbian where you are attracted to people of the same sex.....	<1
Or bisexual where you are attracted to people of both sexes .....	<1
Not sure .....	0
No answer .....	2

The next series of questions deal with personal safety issues.

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

Yes .....	5%	→CONTINUE WITH Q86
No.....	95	→GO TO Q87
Not sure .....	0	→GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [21 Respondents; More than 1 response accepted]

Stranger .....	10 responses
Ex-spouse .....	5 responses
Acquaintance.....	4 responses
Boyfriend or girlfriend .....	2 responses
Someone else.....	1 response

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

Yes .....	2%	→CONTINUE WITH Q88
No.....	98	→GO TO Q89
Not sure .....	0	→GO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else?  
 [8 Respondents; More than 1 response accepted]

Stranger .....	5 responses
Friend .....	2 responses
Acquaintance.....	2 responses
Someone else.....	1 response

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

Smoke detector.....	95%
Carbon monoxide detector .....	61
Neither.....	4
Not sure .....	<1
 Households that have both detectors.....	 61%

### ADDITIONAL QUESTIONS FOR WAUWATOSA

[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. What is the preferred language spoken in your household?

English .....	100%
Spanish .....	0
Hmong.....	0
Other.....	<1
Not sure .....	0

A2. Now I will read you a list of health issues that some communities may face. Please tell me the 3 largest health concerns in Wauwatosa.

Obesity, lack of exercise or nutrition .....	63%
Alcohol use .....	51
Infectious diseases such as flu, diarrheal illnesses or sexually transmitted diseases.....	48
Smoking or tobacco use .....	46
Illegal or prescription drug use .....	30
Environmental hazards.....	15
Mental health.....	13

A3. On an average day, how often do you eat low nutrient foods, such as pastries, fried foods, chips, baked goods, candy, non-diet soda or energy drinks?

None .....	23%
Once .....	55
Twice.....	13
Three or more times .....	8
Not sure .....	1

A4. Do you have internet access at home or on your cell phone?

Yes .....	84%	→CONTINUE WITH A5
No.....	16	→END
Not sure .....	0	→END

A5. Do you use the internet to access health information? [335 Respondents]

Yes .....	83%	→CONTINUE WITH A6
No.....	17	→END
Not sure .....	0	→END

A6. How do you use the internet to access health information? Through... [278 Respondents; More than 1 response accepted]

Websites .....	97%
Email .....	12
Social networking sites like Facebook, My Space, Twitter ...	7
Not sure .....	2

## **APPENDIX C: SURVEY METHODOLOGY**

## SURVEY METHODOLOGY

### 2009 Community Health Survey

The 2009 Wauwatosa Community Health Survey was conducted from October 2, 2009 through January 5, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=370). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=30). 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 Wauwatosa Community Health Survey was conducted from March 14 through June 28, 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 Wauwatosa 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.