

**West Allis/West Milwaukee
Community Health Survey Report
2009**

Commissioned by:
Aurora Health Care

In Partnership with:
**West Allis/West Milwaukee 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 West Allis/West Milwaukee 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 West Allis/West Milwaukee 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 West Allis/West Milwaukee 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 where the respondent within each household was randomly selected by computer based on the number of adults in the household (n=350). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=50). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between September 30, 2009 through January 7, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in West Allis/West Milwaukee. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

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

Demographic Profile of West Allis/West Milwaukee Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

| | Survey Results |
|------------------------------|----------------|
| TOTAL | 100% |
| Gender | |
| Male | 48% |
| Female | 53 |
| Age | |
| 18 to 34 | 30% |
| 35 to 44 | 22 |
| 45 to 54 | 16 |
| 55 to 64 | 10 |
| 65 and Older | 22 |
| Education | |
| High School Graduate or Less | 40% |
| Some Post High School | 34 |
| College Graduate | 26 |
| Household Income | |
| Bottom 40 Percent Bracket | 43% |
| Middle 20 Percent Bracket | 20 |
| Top 40 Percent Bracket | 23 |
| Not Sure/No Answer | 14 |
| Married | 50% |

What do the percentages mean?

Results of the West Allis/West Milwaukee Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 52,204 adult residents in the area, an increase of 1.54% 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 520 adults. So, when 16% of respondents reported their health was fair or poor, this roughly equates to 8,320 residents \pm 2,600 individuals. Therefore, from 5,720 to 10,920 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 West Allis/West Milwaukee is 29,943, an increase of 0.94% 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 300 households. For example, 17% 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 5,100.

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 2002, the bottom 40% income bracket included survey categories less than \$35,000, the middle 20% income bracket was \$35,000 to \$49,999 and the top 40% bracket was at least \$50,000. In 2003, the bottom 40% income bracket included survey categories less than \$30,001, the middle 20% income bracket was \$30,001 to \$50,000 and the top 40% bracket was at least \$50,001. In 2006 and 2009, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% bracket was at least \$60,001.

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

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

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

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

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the West Allis/West Milwaukee 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 West Allis/West Milwaukee residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

| Overall Health | | | | | Health Conditions in Past 3 Years | | | | |
|---|------|------|-----------|-------------|---|------|------|------|------|
| West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 | West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 |
| Excellent | 12% | 20% | 16% | 14% | High Blood Pressure | 28% | 25% | 30% | 31% |
| Very Good | 36% | 42% | 43% | 40% | High Blood Cholesterol | 22% | 19% | 21% | 26% |
| Fair or Poor | 16% | 12% | 13% | 16% | Mental Health Condition | 6% | 2% | 6% | 15% |
| <i>Other Research: (2008)</i> | | | | | <i>Heart Disease/Condition</i> | | | | |
| | | | <i>WI</i> | <i>U.S.</i> | Diabetes | | | | |
| <i>Fair or Poor</i> | | | 12% | 14% | Asthma (Current) | | | | |
| Health Care Coverage | | | | | Cancer | | | | |
| West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 | Stroke | | | | |
| Not Covered | | | | | Physical Health | | | | |
| Personally (currently) | 9% | 6% | 9% | 11% | West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 |
| Personally (past 12 months) | | | | 15% | Physical Activity/Week | | | | |
| Household Member (past 12 months) | | 18% | 18% | 17% | Moderate Activity (5 times/30 min) | | | | |
| Advance Care Plan | | 33% | 35% | 33% | Vigorous Activity (3 times/20 min) | | | | |
| Primary Source of Health Advice | | | | | Recommended Moderate or Vigorous | | | | |
| Doctor/nurse practitioner's office | | | 81% | 81% | Overweight | | | | |
| Urgent care center | | | 4% | 9% | Fruit Intake (2+ servings/day) | | | | |
| Hospital outpatient department | | | 3% | 3% | Vegetable Intake (3+ servings/day) | | | | |
| <i>Other Research: (2008)</i> | | | | | <i>Other Research:</i> | | | | |
| <i>Personally Not Covered (currently)</i> | | | 10% | 15% | <i>Overweight (2008)</i> | | | | |
| Routine Procedures | | | | | <i>Recommended Mod. or Vig. Activity (2007)</i> | | | | |
| West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 | <i>WI</i> | | | | |
| Routine Checkup (2 years or less) | 87% | 89% | 79% | 80% | <i>U.S.</i> | | | | |
| Cholesterol Test (4 years or less) | | 79% | 72% | 78% | 55% | | | | |
| Dental Checkup (past year) | 61% | 66% | 60% | 72% | 50% | | | | |
| Eye Exam (past year) | | 49% | 43% | 47% | Women's Health | | | | |
| <i>Other Research:</i> | | | | | West Allis/West Milwaukee | | | | |
| <i>Routine Checkup (≤2 years; 2000)</i> | | | 79% | 84% | 2002 | | | | |
| <i>Cholesterol Test (≤5 years; 2007)</i> | | | 77% | 75% | 2003 | | | | |
| <i>Dental Checkup (past year; 2008)</i> | | | 73% | 71% | 2006 | | | | |
| Vaccinations | | | | | 2009 | | | | |
| West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 | Mammogram (40+; within past 2 years) | | | | |
| Flu Vaccination (past year—65+) | 76% | 82% | 72% | 66% | 84% | | | | |
| Pneumonia (ever—65 and older) | 74% | 67% | 80% | 73% | 74% | | | | |
| <i>Other Research: (2008)</i> | | | | | 72% | | | | |
| <i>Flu Vaccination (past year—65+)</i> | | | 73% | 71% | 75% | | | | |
| <i>Pneumonia (ever—65 and older)</i> | | | 70% | 67% | 79% | | | | |
| Complementary/Alternative Treatments in Past 3 Years | | | | | Pap Smear (18 - 65; within past 3 years) | | | | |
| West Allis/West Milwaukee | 2002 | 2003 | 2006 | 2009 | 84% | | | | |
| Massage Therapy | 12% | 14% | 17% | 15% | 94% | | | | |
| Chiropractic Care | 16% | 13% | 16% | 14% | 88% | | | | |
| Aroma Therapy | 1% | 4% | 4% | 4% | 88% | | | | |
| Acupuncture | 1% | 1% | 3% | 2% | 78% | | | | |
| Men's Health | | | | | <i>Other Research: (2008)</i> | | | | |
| <i>Flu Vaccination (past year—65+)</i> | | | | | <i>Mammogram (40+; within past 2 years)</i> | | | | |
| <i>Pneumonia (ever—65 and older)</i> | | | | | <i>Pap Smear (18+, within past 3 years)</i> | | | | |
| 73% | | | | | 76% | | | | |
| 70% | | | | | 83% | | | | |
| Other Tests | | | | | <i>PSA Test (40+; within past 2 years)</i> | | | | |
| West Allis/West Milwaukee | | | | | 2002 | | | | |
| 2003 | | | | | 2006 | | | | |
| 2009 | | | | | 2009 | | | | |
| Sigmoidoscopy (50+; within past 5 years) | | | | | 46% | | | | |
| Colonoscopy (50+; within past 10 years) | | | | | 51% | | | | |
| Sig./Colonoscopy (50+; lifetime) | | | | | 33% | | | | |
| <i>Other Research: (2008)</i> | | | | | <i>PSA Test (40+; within past 2 years)</i> | | | | |
| Sig./Colonoscopy (50+; lifetime) | | | | | 52% | | | | |
| 67% | | | | | 55% | | | | |
| 62% | | | | | | | | | |

| Safety | | | | | Mental Health Status | | | | |
|--|-------------|-------------|-------------|-------------|---|-------------|-------------|-------------|-------------|
| West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> | West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> |
| Seat Belt (always/nearly always) | 78% | 89% | 90% | 92% | Felt Sad, Blue or Depressed | | | | |
| Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always) | 23% | 27% | 28% | 25% | Always/Nearly Always | 10% | 7% | 5% | 8% |
| Detectors in Household | | | | | Find Meaning and Purpose in Daily Life | | | | |
| Smoke Detector | 96% | 97% | 99% | 98% | Seldom/Never | | 6% | 5% | 8% |
| Carbon Monoxide Detector | 32% | 38% | 48% | 52% | Considered Suicide (past year) | 7% | 2% | 5% | 4% |
| Both Detectors | 31% | 38% | 48% | 51% | Alcohol Use | | | | |
| Neither Detector | 3% | 2% | 2% | 1% | West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> |
| <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 | 10% | 6% | 7% | 8% |
| Cigarette Use | | | | | Binge Drinker | 22% | 18% | 21% | 24% |
| West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> | Driver/Passenger in Vehicle When Driver | | | | |
| Current Smokers | 23% | 30% | 28% | 28% | Perhaps Had Too Much to Drink | 11% | 3% | 2% | <1% |
| Of Current Smokers... | | | | | HH Problem Associated with Alcohol | | | 4% | 3% |
| Quit Smoking 1 Day or More in Past | | | | | <i>Other Research: (2008)</i> | | | <u>WI</u> | <u>U.S.</u> |
| Year Because Trying to Quit | 46% | 47% | 43% | 47% | Heavy Drinker | | | 8% | 5% |
| Saw a Health Care Professional Past Yr. | | | | | Binge Drinker | | | 23% | 16% |
| ...Advised to Quit Smoking | | | 61% | 65% | Personal Safety in Past Year | | | | |
| <i>Other Research:</i> | | | <u>WI</u> | <u>U.S.</u> | West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> |
| Current Smokers (2008) | | | 20% | 18% | Afraid for Their Safety | 14% | 6% | 8% | 7% |
| Tried to Quit (2005) | | | 49% | 56% | Pushed, Kicked, Slapped, or Hit | 5% | 2% | 2% | 5% |
| Smoking Policies | | | | | At Least One of the Safety Issues | 16% | 7% | 9% | 9% |
| West Allis/West Milwaukee | | | <u>2009</u> | | Firearms in Household | | | | |
| Smoking Policy at Home | | | | | West Allis/West Milwaukee | <u>2002</u> | <u>2003</u> | <u>2006</u> | <u>2009</u> |
| Not allowed anywhere | | | 68% | | Of all Households... | | | | |
| Allowed in some places or at some times | | | 12% | | Have a Firearm | 27% | 19% | 25% | 26% |
| Allowed anywhere | | | 3% | | Handgun | | | | 15% |
| No rules inside home | | | 17% | | Rifle or shotgun | | | | 21% |
| Work's Official Indoor Smoking Policy | | | | | Have a Loaded Firearm | 3% | 2% | 3% | 2% |
| Not allowed anywhere | | | 77% | | Have a Loaded Firearm Unlocked | | 1% | 3% | 1% |
| Allowed in some areas | | | 18% | | <i>Other Research: (2002)</i> | | | | |
| Allowed in all areas | | | 3% | | Of all Households... | | | <u>WI</u> | <u>U.S.</u> |
| No official policy | | | 1% | | Have a Firearm | | | 44% | 33% |
| Second-Hand Smoke Exposure in Past | | | | | Have a Loaded Firearm | | | 3% | 8% |
| Seven Days (Of Nonsmokers) | | | | | Have a Loaded Firearm Unlocked | | | 2% | 4% |
| 0 days | | | 72% | | Additional Questions | | | | |
| 1 to 3 days | | | 23% | | West Allis/West Milwaukee | | | <u>2006</u> | <u>2009</u> |
| 4 to 6 days | | | 3% | | Believe in Mental Illness Management | | | 88% | 90% |
| All 7 days | | | 2% | | Did Not Receive Mental Health Care Needed (past year) | | | | 3% |
| <i>Other Research: (WI: 2003; US: 2006-2007)</i> | | | <u>WI</u> | <u>U.S.</u> | Of Respondents with Asthma... | | | | |
| Smoking Prohibited at Home | | | 75% | 79% | Symptoms More Than 2x/Week | | | | 47% |
| Smoke-Free Policy at Indoor Worksite | | | 75% | 75% | Unable to do Usual Activities at Least | | | | |
| | | | | | Once/Month in Past Year | | | | 13% |

Overall Health and Health Care Key Findings

In 2009, 54% of respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents who were female, 55 and older, in the bottom 40 percent household income bracket, who were unmarried, inactive or smokers were more likely to report fair or poor conditions. *From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 11% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Fifteen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seventeen percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-one percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or in the middle 20 percent household income bracket were more likely to report this. Thirty-three percent of respondents had an advance care plan; respondents who were 65 and older, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. *From 2002 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 no statistical change in the overall percent of respondents having an advance care plan.*

In 2009, 80% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy-two percent of respondents reported a visit to the dentist in the past year while 47% reported an eye exam in the past year. Respondents 55 and older were more likely to report a routine checkup two years ago or less or report a cholesterol test four years ago or less. Respondents who were 18 to 34 years old, with a college education, in the top 60 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who were 35 to 44 years old, 65 and older, in the top 40 percent household income bracket or married were more likely to report an eye exam in the past year. *From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less while there was a noted increase in the overall percent of respondents who reported a dental checkup in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less or an eye exam in the past year.*

In 2009, 43% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination. *From 2002 to 2009, there was no statistical change in the overall percent of respondents 18 and older or respondents 65 and older who reported a flu vaccination in the past 12 months. From 2002 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (31% and 26%, respectively). Respondents who were 65 and older, in

the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were 65 and older, in the bottom 40 percent household income bracket or overweight were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report heart disease/condition. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report diabetes. *From 2002 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 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported current asthma. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes or stroke.*

In 2009, 8% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were female or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were female or in the bottom 40 percent household income bracket were more likely to report this. Eight percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less were more likely to report this. *From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (15% and 14%, respectively). Respondents who were female, 55 to 64 years old or with a college education were more likely to report chiropractic care. Respondents who were female or with a college education were more likely to report massage therapy. Respondents who were female or in the top 40 percent household income bracket were more likely to report aroma therapy. *From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2002 to 2009, there was a statistical increase in the overall percent of respondents reporting aroma therapy.*

In 2009, 30% of respondents did moderate physical activity five times a week for 30 minutes while 15% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents in the top 40 percent household income bracket were more likely to report this. Sixty-eight percent of respondents were classified as overweight. Respondents who were male, 35 to 44 years old, 55 to 64 years old or who did an insufficient amount of physical activity were more likely to be classified as overweight. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease 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 2002 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 54% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female or with a college education were more likely to report at least two servings of fruit. Respondents in the top 40 percent household income bracket or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

From 2002 to 2009, there was a statistical increase 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, 72% of female respondents 40 and older reported a mammogram within the past two years. Seventy-nine percent of female respondents 65 and older had a bone density scan. Seventy-eight percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents who were 35 to 44 years old or with a high school education or less were more likely to report this. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2002 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, 51% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-three 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 2002 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 56% reported a colonoscopy within the past ten years. Sixty-six percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.*

In 2009, 92% of respondents wore seat belts always or nearly always; married respondents were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 25% reported they always or nearly always wore a helmet; female respondents were more likely to report this. *From 2002 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 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2009, 28% of respondents were current smokers. Respondents who were 35 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 65% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2002 to 2009, there was a statistical increase in the overall percent of respondents who were current smokers. From 2002 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, 68% of respondents reported smoking is not allowed anywhere inside the home while 77% reported smoking is not allowed in any area at work. Respondents who were in the top 60 percent household income bracket or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, 45 to 54 years old, with a college education or nonsmokers were more likely to report smoking is not allowed in any area at work. Five percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents 45 to 54 years old were more likely to report this.

In 2009, 69% of respondents had an alcoholic drink in the past 30 days. In the past month, 8% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 35 to 44 years old, with a high school

education or less, who were in the top 40 percent household income bracket or married were more likely to have binged at least once in the past month. Less than one percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2009, 98% of households had a working smoke detector while 52% had a working carbon monoxide detector. Fifty-one percent of households had both detectors. Respondents who were in the middle 20 percent household income bracket or married were more likely to report both detectors. *From 2002 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, 26% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 15% had a handgun in their home while 21% had a rifle or shotgun. Respondents in the top 40 percent household income bracket or with children in the household were more likely to report a handgun in their home. Respondents who were in the top 40 percent household income bracket or married were more likely to report a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked. *From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. 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.*

In 2009, 7% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were female, 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. A total of 9% reported at least one of these two situations; female respondents were more likely to report this. *From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, 90% of respondents reported they believe that mental illness is a health condition that can be managed with treatment like counseling and medications; respondents 35 to 44 years old were more likely to report this. Three percent reported they did not receive the mental health care needed. *From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported they believe mental illness can be managed with treatment like counseling and medications.*

In 2009, 47% of respondents with asthma reported they had symptoms such as wheezing, shortness of breath, chest tightness and phlegm production when they don't have a cold or respiratory infection more than two times a week in the past month. In the past 12 months, 13% reported they were unable to work or carry out usual activities because of their asthma at least once a month.

Key Findings

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

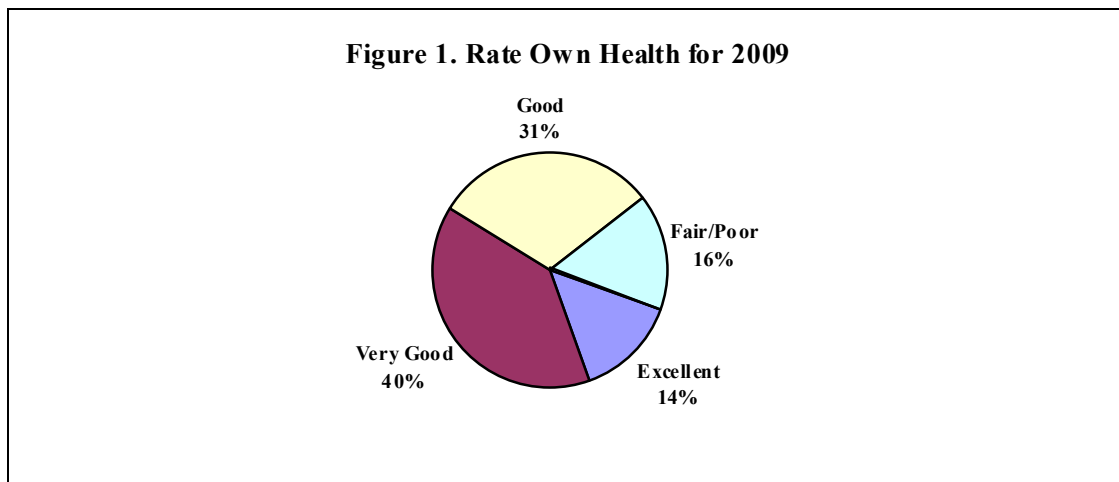
KEY FINDINGS: In 2009, 54% of respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents who were female, 55 and older, in the bottom 40 percent household income bracket, who were unmarried, inactive or smokers were more likely to report fair or poor conditions.

From 2002 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

- Fifty-four percent of respondents said their own health, generally speaking, was either excellent (14%) or very good (40%). A total of 16% reported their health was fair or poor.



- Female respondents were more likely to report fair or poor health (21%) compared to male respondents (11%).
- Twenty-five percent of respondents 65 and older and 23% of those 55 to 64 years old reported their health was fair or poor compared to 8% of respondents 18 to 34 years old.
- Twenty-six percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 7% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report fair or poor health compared to married respondents (22% and 10%, respectively).

- Thirty-seven percent of inactive respondents reported their health was fair or poor compared to 14% of those who did an insufficient amount of physical activity or 12% of respondents who met the recommended amount of physical activity.
- Smokers were more likely to report fair or poor health compared to nonsmokers (22% and 14%, respectively).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 2009, female respondents were more likely to report fair or poor health. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting fair or poor health.
- In 2002, 2003 and 2006, respondents 65 and older were more likely to report fair or poor conditions. In 2009, respondents 55 and older were more likely to report fair or poor health.
- In 2002 and 2003, respondents with a high school education or less were more likely to report fair or poor health. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with a college education reporting fair or poor conditions.
- In 2002 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In all other study years, household income was not a significant variable.
- In 2009, unmarried respondents were more likely to report fair or poor conditions. In all other study years, marital status was not a significant variable.
- In 2002 and 2003, overweight respondents were more likely to report fair or poor health. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.
- In 2006 and 2009, smokers were more likely to report fair or poor health. In all other study years, smoking status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|----------------------------------|------|------|------|------|
| TOTAL | 16% | 12% | 13% | 16% |
| Gender ⁴ | | | | |
| Male ^a | 17 | 12 | 15 | 11 |
| Female | 16 | 11 | 11 | 21 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 11 | 1 | 8 | 8 |
| 35 to 44 | 12 | 7 | 8 | 13 |
| 45 to 54 | 17 | 17 | 15 | 20 |
| 55 to 64 | 19 | 10 | 13 | 23 |
| 65 and Older | 27 | 23 | 21 | 25 |
| Education ^{1,2} | | | | |
| High School or Less | 22 | 17 | 12 | 15 |
| Some Post High School | 16 | 7 | 18 | 15 |
| College Graduate ^a | 7 | 5 | 9 | 19 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 26 | 16 | 14 | 26 |
| Middle 20 Percent Bracket | 15 | 10 | 16 | 7 |
| Top 40 Percent Bracket | 7 | 7 | 8 | 4 |
| Marital Status ⁴ | | | | |
| Married | 15 | 9 | 11 | 10 |
| Not Married | 17 | 14 | 14 | 22 |
| Overweight ^{1,2} | | | | |
| Not Overweight | 12 | 7 | 17 | 11 |
| Overweight | 18 | 14 | 11 | 19 |
| Physical Activity ^{3,4} | | | | |
| Inactive | -- | -- | 35 | 37 |
| Insufficient | -- | -- | 9 | 14 |
| Recommended | -- | -- | 8 | 12 |
| Smoking Status ^{3,4} | | | | |
| Nonsmoker | 15 | 11 | 9 | 14 |
| Smoker | 19 | 12 | 22 | 22 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

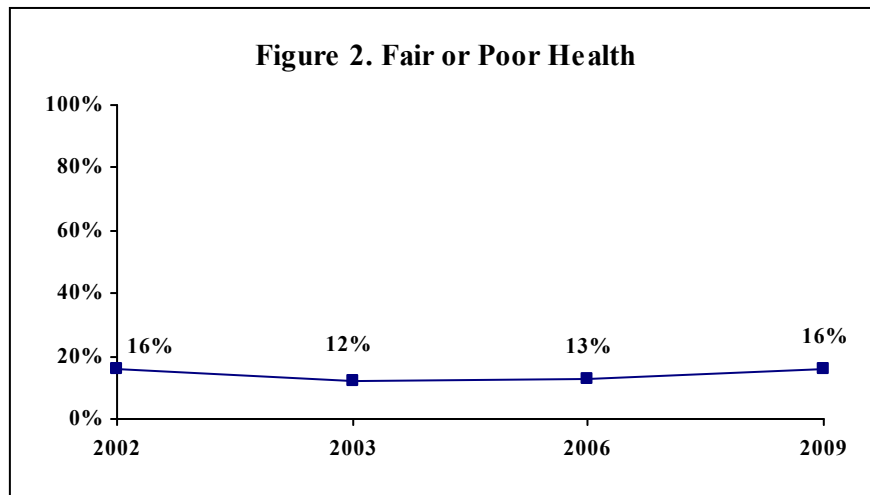
³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

^byear difference at p≤0.05 from 2006 to 2009

- From 2002 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, 11% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Fifteen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seventeen percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-one percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older or in the middle 20 percent household income bracket were more likely to report this. Thirty-three percent of respondents had an advance care plan; respondents who were 65 and older, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this.

From 2002 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 no statistical change in the overall percent of respondents having an advance care plan.

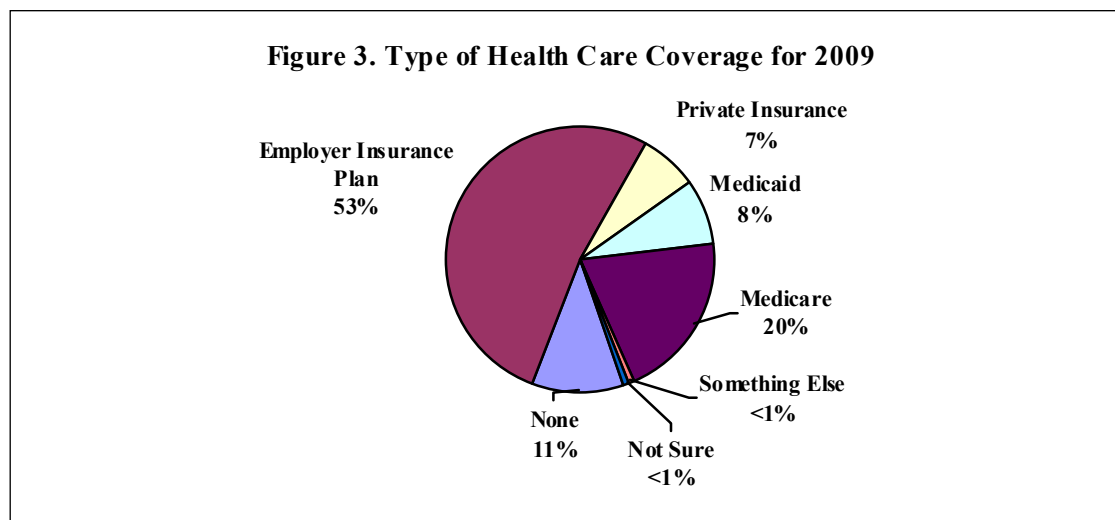
Personally Not Covered Currently

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

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

2009 Findings

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



- Twenty percent of respondents 18 to 34 years old reported no health insurance compared to 8% of those 35 to 54 years old or 0% of respondents 65 and older.
- Respondents in the bottom 40 percent household income bracket were more likely to report no health coverage (20%) compared to those in the middle 20 percent income bracket (4%) or respondents in the top 40 percent household income bracket (0%).
- Unmarried respondents were more likely to report no health insurance compared to married respondents (17% and 5%, respectively).

Year Comparisons

- From 2002 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 2002, 2003 and 2006, male respondents were more likely to report no health insurance. In 2009, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of female respondents reporting no personal health care coverage.
- In 2002 and 2009, respondents 18 to 34 years old were more likely to report no health insurance. In 2006, respondents who were 18 to 54 years old were more likely to report no personal health care coverage. In 2003, age was not a significant variable.
- In 2002 and 2006, respondents with a high school education or less were more likely to report no health insurance. In all other study years, education was not a significant variable.
- In 2002 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting no health insurance.
- In all study years, unmarried respondents were more likely to report no health insurance.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL | | | | |
| All Respondents | 9% | 6% | 9% | 11% |
| Respondents 18 to 64 Years Old | 11 | 6 | 11 | 13 |
| Gender ^{1,2,3} | | | | |
| Male | 13 | 10 | 14 | 12 |
| Female ^a | 5 | 3 | 4 | 10 |
| Age ^{1,3,4} | | | | |
| 18 to 34 | 14 | 5 | 12 | 20 |
| 35 to 44 | 9 | 5 | 10 | 8 |
| 45 to 54 | 9 | 7 | 14 | 8 |
| 55 to 64 | 10 | 12 | 5 | 13 |
| 65 and Older | <1 | 1 | 0 | 0 |
| Education ^{1,3} | | | | |
| High School or Less | 11 | 6 | 12 | 13 |
| Some Post High School | 8 | 6 | 8 | 9 |
| College Graduate | 5 | 5 | 3 | 10 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket ^a | 13 | 10 | 9 | 20 |
| Middle 20 Percent Bracket | 6 | 7 | 9 | 4 |
| Top 40 Percent Bracket | 4 | 4 | 4 | 0 |
| Marital Status ^{1,2,3,4} | | | | |
| Married | 3 | 3 | 4 | 5 |
| Not Married | 13 | 10 | 13 | 17 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Personally Not Covered in the Past 12 Months

2009 Findings

- Fifteen percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 18 to 34 years old were more likely to report they were not covered (31%) compared to those 35 to 44 years old (8%) or respondents 65 and older (1%).

- Twenty-six percent of respondents in the bottom 40 percent household income bracket reported no coverage compared to 5% of those in the middle 20 percent income bracket or 1% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no coverage compared to married respondents (25% and 7%, respectively).

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

| | 2009 |
|-------------------------------|------|
| TOTAL | 15% |
| Gender | |
| Male | 16 |
| Female | 14 |
| Age ¹ | |
| 18 to 34 | 31 |
| 35 to 44 | 8 |
| 45 to 54 | 15 |
| 55 to 64 | 13 |
| 65 and Older | 1 |
| Education | |
| High School or Less | 21 |
| Some Post High School | 13 |
| College Graduate | 11 |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 26 |
| Middle 20 Percent Bracket | 5 |
| Top 40 Percent Bracket | 1 |
| Marital Status ¹ | |
| Married | 7 |
| Not Married | 25 |

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

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

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.
- Twenty-seven 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 6% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (22% and 12%, 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 all study years, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 60 percent 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^⓪

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL | 18% | 18% | 17% |
| Household Income ^{1,2,3} | | | |
| Bottom 40 Percent Bracket | 26 | 23 | 27 |
| Middle 20 Percent Bracket ^a | 18 | 20 | 6 |
| Top 40 Percent Bracket ^a | 11 | 9 | 3 |
| Marital Status ^{1,2,3} | | | |
| Married | 13 | 12 | 12 |
| Not Married | 25 | 23 | 22 |

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

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

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

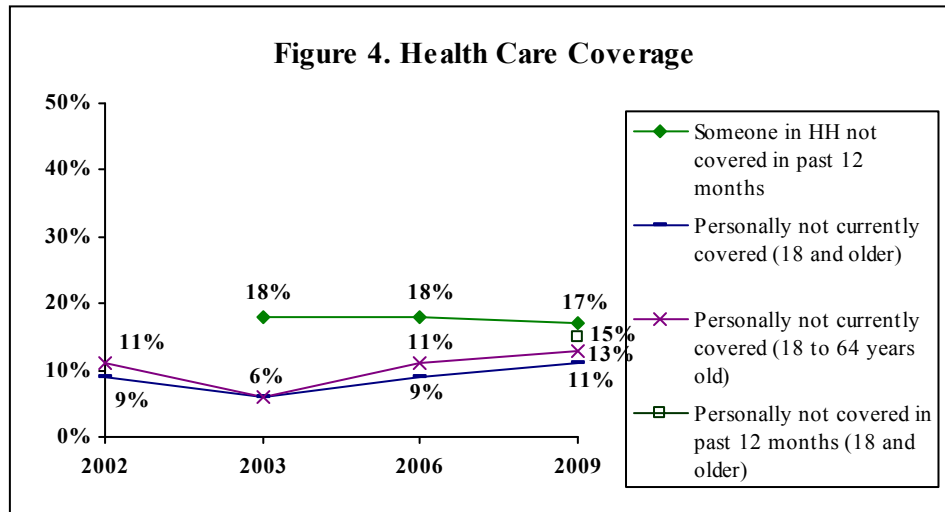
³demographic difference at $p \leq 0.05$ in 2009

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

Health Care Coverage Overall

Year Comparisons

- From 2002 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.



Primary Health Care Services

2009 Findings

- Eighty-one percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Nine percent reported urgent care center while 3% reported hospital outpatient department. One percent of respondents each reported public health clinic/community health center or hospital emergency room.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (89%) compared to male respondents (72%).
- Respondents 65 and older were more likely to report a doctor's or nurse practitioner's office (93%) compared to those 35 to 44 years old (82%) or respondents 18 to 34 years old (68%).
- Ninety percent of respondents in the middle 20 percent household income bracket reported a doctor's or nurse practitioner's office compared to 80% of those in the top 40 percent income bracket or 74% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

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

- In 2006, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. In 2009, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2006, household income was not a significant variable.
- In 2006, married respondents were more likely to report a doctor's or nurse practitioner's office. In 2009, marital status was not a significant variable.

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

| | 2006 | 2009 |
|-------------------------------|------|------|
| TOTAL | 81% | 81% |
| Gender ^{1,2} | | |
| Male | 71 | 72 |
| Female | 89 | 89 |
| Age ^{1,2} | | |
| 18 to 34 | 72 | 68 |
| 35 to 44 | 77 | 82 |
| 45 to 54 | 83 | 85 |
| 55 to 64 | 90 | 85 |
| 65 and Older | 89 | 93 |
| Education | | |
| High School or Less | 78 | 82 |
| Some Post High School | 80 | 78 |
| College Graduate | 85 | 84 |
| Household Income ² | | |
| Bottom 40 Percent Bracket | 80 | 74 |
| Middle 20 Percent Bracket | 82 | 90 |
| Top 40 Percent Bracket | 74 | 80 |
| Marital Status ¹ | | |
| Married | 84 | 83 |
| Not Married | 76 | 79 |

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

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

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

³year difference at $p \leq 0.05$ from 2006 to 2009

Advance Care Plan

2009 Findings

- Thirty-three percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Sixty-nine percent of respondents 65 and older reported they had an advance care plan compared to 27% of those 45 to 54 years old or 14% of respondents 18 to 34 years old.
- Thirty-six percent of respondents in the bottom 40 percent household income bracket and 34% of those in the top 40 percent income bracket reported they had an advance care plan compared to 20% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.
- In 2006, female respondents were more likely to report having an advance care plan. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 65 and older reporting an advance care plan.
- In 2006, respondents with at least some post high school education were more likely to report having an advance care plan. In all other study years, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket or in the top 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.

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

| | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|
| TOTAL | 33% | 35% | 33% |
| Gender ² | | | |
| Male | 31 | 27 | 32 |
| Female | 34 | 41 | 34 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 20 | 17 | 14 |
| 35 to 44 | 27 | 15 | 29 |
| 45 to 54 | 26 | 33 | 27 |
| 55 to 64 | 40 | 41 | 33 |
| 65 and Older ^a | 53 | 77 | 69 |
| Education ² | | | |
| High School or Less | 34 | 27 | 36 |
| Some Post High School | 32 | 40 | 30 |
| College Graduate | 31 | 41 | 34 |
| Household Income ³ | | | |
| Bottom 40 Percent Bracket | 36 | 34 | 36 |
| Middle 20 Percent Bracket | 27 | 33 | 20 |
| Top 40 Percent Bracket | 34 | 31 | 34 |
| Marital Status | | | |
| Married | 31 | 34 | 29 |
| Not Married | 34 | 35 | 38 |

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

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

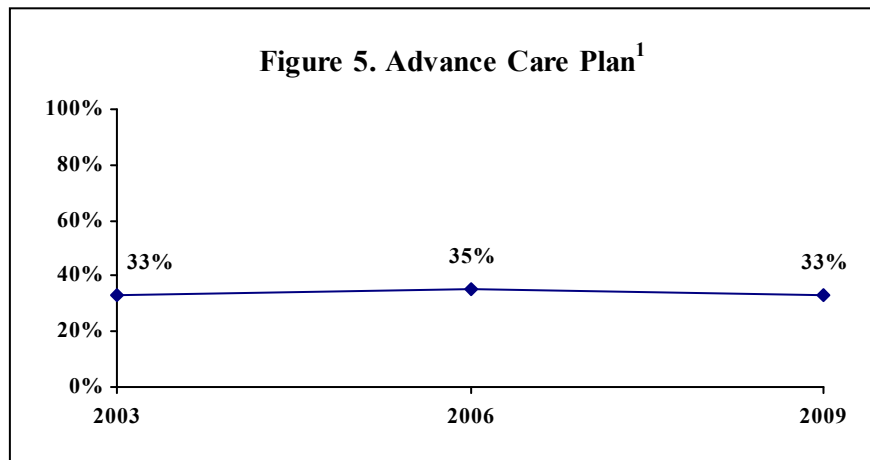
¹demographic difference at $p \leq 0.05$ in 2003

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

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

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

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



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

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2009, 80% of respondents reported a routine medical checkup two years ago or less while 78% reported a cholesterol test four years ago or less. Seventy-two percent of respondents reported a visit to the dentist in the past year while 47% reported an eye exam in the past year. Respondents 55 and older were more likely to report a routine checkup two years ago or less or report a cholesterol test four years ago or less. Respondents who were 18 to 34 years old, with a college education, in the top 60 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who 35 to 44 years old, 65 and older, in the top 40 percent household income bracket or married were more likely to report an eye exam in the past year.

From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less while there was a noted increase in the overall percent of respondents who reported a dental checkup in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less 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 percent of respondents reported they had a routine checkup in the past two years.

- Ninety-one percent of respondents 65 and older and 90% of those 55 to 64 years old reported a routine checkup in the past two years compared to 74% of respondents 18 to 44 years old.

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2002, 2003 and 2006, female respondents were more likely to report a routine checkup two years ago or less. In 2009, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of female respondents reporting a routine checkup two years ago or less.
- In 2002 and 2006, respondents 65 and older were more likely to report a routine checkup two years ago or less. In all other study years, respondents 55 and older were more likely to report a routine checkup two years ago or less. From 2002 to 2009, there was a noted decrease in the percent of respondents 65 and older reporting a routine checkup two years ago or less.
- In 2006, 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 2002 to 2009, there was a noted decrease in the percent of respondents with some post high school education or less reporting a routine checkup two years ago or less.
- Household income was not a significant variable in any study year. From 2002 to 2009, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting a routine checkup two years ago or less.
- 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. From 2002 to 2009, there was a noted decrease in the percent of married respondents reporting a routine checkup two years ago or less.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 87% | 89% | 79% | 80% |
| Gender ^{1,2,3} | | | | |
| Male | 80 | 84 | 70 | 78 |
| Female ^a | 93 | 92 | 88 | 81 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 81 | 86 | 82 | 74 |
| 35 to 44 | 82 | 78 | 64 | 74 |
| 45 to 54 | 87 | 91 | 77 | 78 |
| 55 to 64 | 91 | 93 | 85 | 90 |
| 65 and Older ^a | 97 | 95 | 90 | 91 |
| Education ³ | | | | |
| High School or Less ^a | 87 | 88 | 72 | 80 |
| Some Post High School ^a | 86 | 85 | 86 | 79 |
| College Graduate | 85 | 93 | 83 | 81 |
| Household Income | | | | |
| Bottom 40 Percent Bracket | 85 | 88 | 78 | 81 |
| Middle 20 Percent Bracket ^a | 85 | 88 | 75 | 73 |
| Top 40 Percent Bracket ^a | 88 | 89 | 82 | 79 |
| Marital Status ³ | | | | |
| Married ^a | 88 | 91 | 83 | 76 |
| Not Married | 85 | 86 | 75 | 83 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Cholesterol Test

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

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

2009 Findings

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

- Ninety-two percent of respondents 55 to 64 years old and 91% of those 65 and older reported a cholesterol test four years ago or less compared to 61% 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 a cholesterol test four years ago or less.
- In 2006, female respondents were more likely to report a cholesterol test four years ago or less. In all other study years, gender was not a significant variable.
- In all study years, respondents 55 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 44 years old reporting a cholesterol test four years ago or less.
- In 2002 and 2006, married respondents were more likely to report a cholesterol test four years ago or less. In 2009, marital status was not a significant variable.

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

| | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|
| TOTAL | 79% | 72% | 78% |
| Gender ² | | | |
| Male | 79 | 64 | 80 |
| Female | 78 | 80 | 75 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 68 | 58 | 61 |
| 35 to 44 ^a | 63 | 57 | 81 |
| 45 to 54 | 87 | 80 | 77 |
| 55 to 64 | 90 | 93 | 92 |
| 65 and Older | 92 | 93 | 91 |
| Education | | | |
| High School or Less | 77 | 68 | 77 |
| Some Post High School | 78 | 77 | 74 |
| College Graduate | 83 | 75 | 84 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 76 | 72 | 76 |
| Middle 20 Percent Bracket | 80 | 76 | 73 |
| Top 40 Percent Bracket | 80 | 69 | 82 |
| Marital Status ^{1,2} | | | |
| Married | 84 | 80 | 78 |
| Not Married | 73 | 65 | 78 |

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Dental Checkup

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

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

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

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

2009 Findings

- Seventy-two percent of respondents reported a dental visit in the past year. An additional 13% had a visit in the past one to two years.
- Eighty-six percent of respondents 18 to 34 years old reported a dental checkup in the past year compared to 69% of those 45 to 54 years old or 58% of respondents 65 and older.
- Respondents with a college education were more likely to report a dental checkup in the past year (82%) compared to respondents with some post high school education or less (69%).
- Eighty-three percent of respondents in the top 40 percent household income bracket and 81% of those in the middle 20 percent income bracket reported a dental checkup in the past year compared to 60% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (82% and 62%, respectively).

Year Comparisons

- From 2002 to 2009, there was a statistical increase 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 2002 to 2009, there was a noted increase in the percent of male respondents reporting a dental checkup in the past year.
- In 2002, respondents 35 to 64 years old were more likely to report a dental checkup. In 2006, respondents 45 to 64 years old were more likely to report a dental checkup. In 2009, respondents 18 to 34 years old were more likely to report a dental checkup, with a noted increase since 2002. In 2003, age was not a significant variable.
- In 2002, 2006 and 2009, respondents with a college education were more likely to report a dental checkup. In 2003, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting a dental checkup in the past year.
- In 2002 and 2006, 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, with a noted increase since 2002. In 2003, household income was not a significant variable.
- In all study years, married respondents were more likely to report a dental checkup. From 2002 to 2009, there was a noted increase in the percent of married respondents reporting a dental checkup in the past year.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 61% | 66% | 60% | 72% |
| Gender ³ | | | | |
| Male ^a | 60 | 65 | 55 | 77 |
| Female | 63 | 67 | 65 | 68 |
| Age ^{1,3,4} | | | | |
| 18 to 34 ^a | 55 | 60 | 48 | 86 |
| 35 to 44 | 65 | 67 | 57 | 70 |
| 45 to 54 | 67 | 73 | 77 | 69 |
| 55 to 64 | 64 | 67 | 77 | 74 |
| 65 and Older | 60 | 66 | 62 | 58 |
| Education ^{1,3,4} | | | | |
| High School or Less ^a | 53 | 64 | 49 | 69 |
| Some Post High School | 61 | 66 | 60 | 69 |
| College Graduate | 74 | 70 | 79 | 82 |
| Household Income ^{1,3,4} | | | | |
| Bottom 40 Percent Bracket | 52 | 60 | 52 | 60 |
| Middle 20 Percent Bracket ^a | 62 | 67 | 56 | 81 |
| Top 40 Percent Bracket ^a | 72 | 71 | 77 | 83 |
| Marital Status ^{1,2,3,4} | | | | |
| Married ^a | 67 | 71 | 65 | 82 |
| Not Married | 56 | 60 | 55 | 62 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Eye Exam

2009 Findings

- Forty-seven percent of respondents had an eye exam in the past year while 31% reported one to two years ago. Four percent reported never.
- Sixty-six percent of respondents 65 and older and 64% of those 35 to 44 years old reported an eye exam in the past year compared to 27% of respondents 18 to 34 years old.
- Sixty percent of respondents in the top 40 percent household income bracket reported an eye exam in the past year compared to 45% of those in the bottom 40 percent income bracket or 35% of respondents in the middle 20 percent household income bracket.

- Married respondents were more likely to report an eye exam in the past year compared to unmarried respondents (55% and 40%, respectively).

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2006, female respondents were more likely to report an eye exam less than a year ago. In all other study years, gender was not a significant variable.
- In 2003 and 2006, respondents 65 and older were more likely to report an eye exam less than a year ago. In 2009, respondents who were 35 to 44 years old or 65 and older were more likely to report an eye exam less than a year ago. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting an eye exam less than a year ago.
- In 2006, respondents 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.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report an eye exam less than a year ago. In 2003, household income was not a significant variable.
- In 2009, married respondents were more likely to report an eye exam less than a year ago. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting an eye exam less than a year ago.

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

| | 2003 | 2006 | 2009 |
|---------------------------------|------|------|------|
| TOTAL | 49% | 43% | 47% |
| Gender ² | | | |
| Male | 45 | 36 | 43 |
| Female | 51 | 49 | 50 |
| Age ^{1,2,3} | | | |
| 18 to 34 | 34 | 37 | 27 |
| 35 to 44 ^a | 44 | 34 | 64 |
| 45 to 54 | 51 | 39 | 38 |
| 55 to 64 | 36 | 43 | 44 |
| 65 and Older | 72 | 60 | 66 |
| Education ² | | | |
| High School or Less | 53 | 37 | 45 |
| Some Post High School | 47 | 34 | 43 |
| College Graduate | 42 | 62 | 55 |
| Household Income ^{2,3} | | | |
| Bottom 40 Percent Bracket | 47 | 47 | 45 |
| Middle 20 Percent Bracket | 42 | 33 | 35 |
| Top 40 Percent Bracket | 54 | 50 | 60 |
| Marital Status ³ | | | |
| Married | 46 | 43 | 55 |
| Not Married ^a | 52 | 42 | 40 |

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

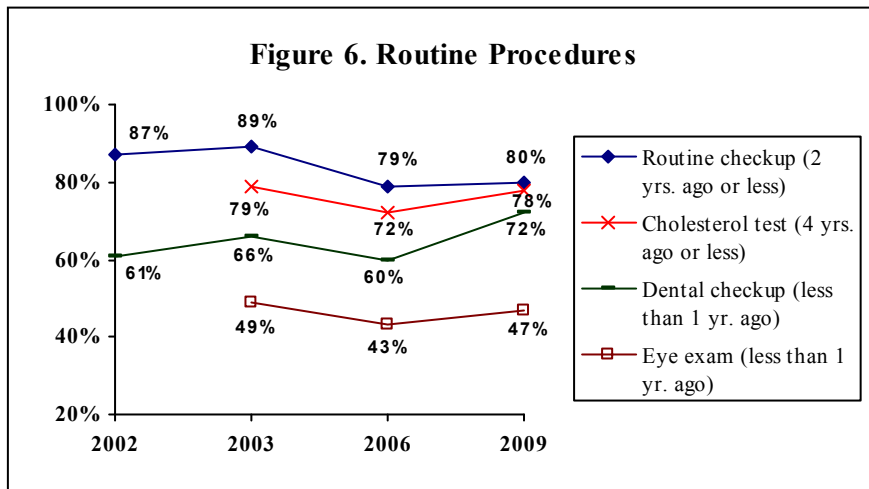
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Routine Procedures Overall

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less while there was a noted increase in the overall percent of respondents who reported a dental checkup in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less or an eye exam in the past year.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 43% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination.

From 2002 to 2009, there was no statistical change in the overall percent of respondents 18 and older or respondents 65 and older who reported a flu vaccination in the past 12 months. From 2002 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.

Flu Vaccination

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

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

2009 Findings

- Forty-three percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Female respondents were more likely to report receiving a flu vaccination (48%) compared to male respondents (38%).
- Sixty-six percent of respondents 65 and older reported receiving a flu vaccination compared to 34% of those 45 to 54 years old or 31% of respondents 35 to 44 years old.
- Fifty percent of respondents in the bottom 40 percent household income bracket reported receiving a flu vaccination compared to 37% of those in the top 40 percent income bracket or 36% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents 18 and older or for respondents 65 and older who reported a flu vaccination in the past 12 months.
- In 2002, 2006 and 2009, female respondents were more likely to report a flu vaccination. In 2003, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2002 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting a flu vaccination.
- In 2003, respondents with a high school education or less were more likely to report a flu vaccination. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with a college education reporting a flu vaccination.
- In 2002, 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2006, household income was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|-----------------------------------|------|------|------|------|
| TOTAL | 38% | 44% | 30% | 43% |
| Gender ^{1,3,4} | | | | |
| Male | 34 | 43 | 24 | 38 |
| Female | 42 | 45 | 36 | 48 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 ^a | 15 | 34 | 7 | 40 |
| 35 to 44 | 24 | 28 | 19 | 31 |
| 45 to 54 | 36 | 29 | 28 | 34 |
| 55 to 64 | 56 | 47 | 38 | 45 |
| 65 and Older | 76 | 82 | 72 | 66 |
| Education ² | | | | |
| High School or Less | 40 | 51 | 31 | 42 |
| Some Post High School | 35 | 37 | 30 | 39 |
| College Graduate ^a | 39 | 40 | 27 | 51 |
| Household Income ^{1,2,4} | | | | |
| Bottom 40 Percent Bracket | 44 | 53 | 32 | 50 |
| Middle 20 Percent Bracket | 36 | 42 | 24 | 36 |
| Top 40 Percent Bracket | 31 | 37 | 28 | 37 |
| Marital Status | | | | |
| Married | 37 | 45 | 28 | 41 |
| Not Married | 39 | 44 | 32 | 46 |

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

^②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Pneumonia Vaccination

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

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

2009 Findings

- Seventy-three percent of respondents 65 and older reported they received a pneumonia vaccination.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

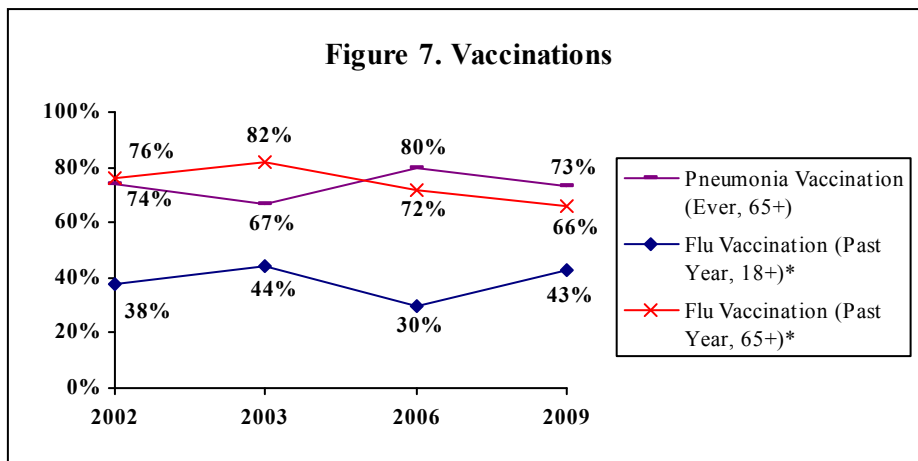
Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who had a pneumonia vaccination.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents 18 and older or for respondents 65 and older who reported a flu vaccination in the past 12 months. From 2002 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*In 2006, "nasal spray" was added.

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

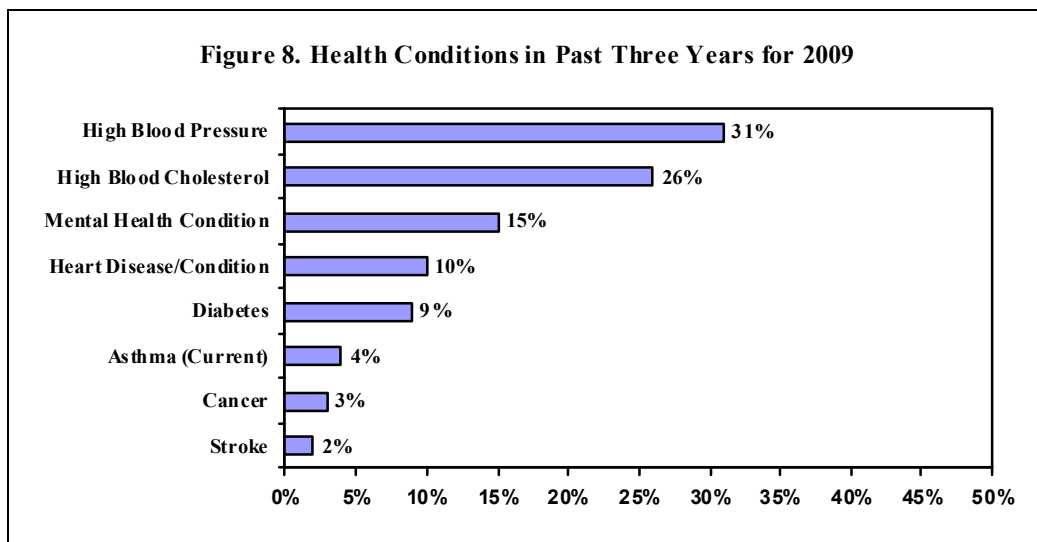
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (31% and 26%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, unmarried or overweight were more likely to report high blood pressure. Respondents who were 65 and older, in the bottom 40 percent household income bracket or overweight were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report heart disease/condition. Respondents who were female or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report diabetes.

From 2002 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 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported current asthma. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes or stroke.

2009 Findings

- Respondents were more likely to report high blood pressure (31%), high blood cholesterol (26%) or a mental health condition (15%) 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

- Thirty-one percent of respondents reported high blood pressure in the past three years.
- Sixty-five 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 12% 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 16% of those in the top 40 percent income bracket or 15% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (39% and 22%, respectively).
- Thirty-eight percent of overweight respondents reported high blood pressure in the past three years compared to 19% of respondents who were not overweight.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2003, female respondents were more likely to report high blood pressure. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report high blood pressure.
- In 2002, 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.
- In 2002, 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. In 2006, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure. From 2002 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting high blood pressure.
- In 2006 and 2009, unmarried respondents were more likely to report high blood pressure. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of unmarried respondents reporting high blood pressure.
- In 2002, 2003 and 2009, overweight respondents were more likely to report high blood pressure. In 2006, overweight status was not a significant variable.
- In 2006, inactive respondents were more likely to report high blood pressure. In 2009, physical activity was not a significant variable.
- In 2002 and 2003, nonsmokers were more likely to report high blood pressure. In all other study years, smoking status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL | 28% | 25% | 30% | 31% |
| Gender ² | | | | |
| Male | 27 | 16 | 30 | 30 |
| Female | 29 | 32 | 30 | 31 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 10 | 2 | 11 | 12 |
| 35 to 44 | 14 | 9 | 14 | 13 |
| 45 to 54 | 31 | 14 | 35 | 33 |
| 55 to 64 | 46 | 33 | 50 | 50 |
| 65 and Older | 57 | 68 | 59 | 65 |
| Education ^{1,2,3} | | | | |
| High School or Less | 39 | 36 | 35 | 32 |
| Some Post High School | 24 | 20 | 29 | 32 |
| College Graduate | 18 | 9 | 21 | 27 |
| Household Income ^{1,2,3,4} | | | | |
| Bottom 40 Percent Bracket | 38 | 34 | 35 | 44 |
| Middle 20 Percent Bracket ^a | 26 | 25 | 33 | 15 |
| Top 40 Percent Bracket | 18 | 14 | 15 | 16 |
| Marital Status ^{3,4} | | | | |
| Married | 27 | 23 | 22 | 22 |
| Not Married ^a | 30 | 26 | 38 | 39 |
| Overweight ^{1,2,4} | | | | |
| Not Overweight | 18 | 18 | 26 | 19 |
| Overweight | 32 | 28 | 32 | 38 |
| Physical Activity ³ | | | | |
| Inactive | -- | -- | 47 | 35 |
| Insufficient | -- | -- | 34 | 33 |
| Recommended | -- | -- | 20 | 28 |
| Smoking Status ^{1,2} | | | | |
| Nonsmoker | 30 | 30 | 29 | 33 |
| Smoker | 24 | 13 | 31 | 26 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

^byear difference at p≤0.05 from 2006 to 2009

High Blood Cholesterol

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

2009 Findings

- Twenty-six percent of respondents reported high blood cholesterol in the past three years.
- Forty-nine percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 20% of those 45 to 54 years old or 7% of respondents 18 to 34 years old.
- Thirty-two percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 20% of those in the top 40 percent income bracket or 19% of respondents in the middle 20 percent household income bracket.
- Overweight respondents were more likely to report high blood cholesterol (33%) compared to respondents who were not overweight (13%).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2002, 2003 and 2009, respondents 65 and older were more likely to report high blood cholesterol. In 2006, respondents 55 to 64 years old were more likely to report high blood cholesterol.
- In 2002, respondents with a high school education or less were more likely to report high blood cholesterol. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents with a high school education or less and a noted increase in the percent of respondents with at least some post high school education reporting high blood cholesterol.
- In 2002, respondents in the bottom 60 percent household income bracket were more likely to report high blood cholesterol. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In all other study years, household income was not a significant variable.
- In 2002, married respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of unmarried respondents reporting high blood cholesterol.
- In all study years, overweight respondents were more likely to report high blood cholesterol. From 2002 to 2009, there was a noted increase in the percent of overweight respondents reporting high blood cholesterol.
- In 2003 and 2006, nonsmokers were more likely to report high blood cholesterol. In all other study years, smoking status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|------------------------------------|------|------|------|------|
| TOTAL | 22% | 19% | 21% | 26% |
| Gender | | | | |
| Male | 22 | 16 | 23 | 23 |
| Female | 22 | 21 | 19 | 28 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 6 | 7 | <1 | 7 |
| 35 to 44 | 16 | 7 | 13 | 22 |
| 45 to 54 | 24 | 23 | 32 | 20 |
| 55 to 64 | 36 | 31 | 51 | 45 |
| 65 and Older | 41 | 35 | 34 | 49 |
| Education ¹ | | | | |
| High School or Less ^a | 29 | 22 | 18 | 21 |
| Some Post High School ^a | 19 | 21 | 26 | 26 |
| College Graduate ^a | 17 | 12 | 20 | 32 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 25 | 24 | 20 | 32 |
| Middle 20 Percent Bracket | 24 | 18 | 21 | 19 |
| Top 40 Percent Bracket | 16 | 13 | 23 | 20 |
| Marital Status ¹ | | | | |
| Married | 26 | 21 | 19 | 21 |
| Not Married ^a | 19 | 16 | 24 | 30 |
| Overweight ^{1,2,3,4} | | | | |
| Not Overweight | 16 | 12 | 14 | 13 |
| Overweight ^a | 25 | 24 | 25 | 33 |
| Physical Activity | | | | |
| Inactive | -- | -- | 25 | 30 |
| Insufficient | -- | -- | 25 | 24 |
| Recommended | -- | -- | 16 | 22 |
| Smoking Status ^{2,3} | | | | |
| Nonsmoker | 22 | 22 | 24 | 28 |
| Smoker | 21 | 12 | 13 | 20 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Heart Disease/Condition

2009 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (28%) compared to those 18 to 34 years old (4%) or respondents 45 to 54 years old (0%).
- Eighteen percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 4% of those in the top 40 percent household income bracket or 1% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report heart/disease condition compared to married respondents (15% and 6%, respectively).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In all study years, respondents 65 and older were more likely to report heart disease/condition. From 2002 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting heart disease/condition.
- In 2002, respondents with a high school education or less were more likely to report heart disease/condition. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with a college education reporting heart disease/condition.
- In 2002 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting heart disease/condition.
- In 2009, unmarried respondents were more likely to report heart disease/condition, with a noted increase since 2002. In all other study years, marital status was not a significant variable.
- In 2006, inactive respondents were more likely to report heart disease/condition. In 2009, physical activity was not a significant variable.
- In 2003, nonsmokers were more likely to report heart disease/condition. In all other study years, smoking status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL | 10% | 9% | 7% | 10% |
| Gender | | | | |
| Male | 11 | 8 | 6 | 8 |
| Female | 8 | 9 | 8 | 12 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 ^a | <1 | 0 | 0 | 4 |
| 35 to 44 | 4 | 7 | 1 | 7 |
| 45 to 54 ^a | 9 | 8 | 8 | 0 |
| 55 to 64 | 15 | 5 | 3 | 13 |
| 65 and Older | 25 | 22 | 24 | 28 |
| Education ¹ | | | | |
| High School or Less | 15 | 11 | 11 | 9 |
| Some Post High School | 8 | 10 | 5 | 9 |
| College Graduate ^a | 5 | 4 | 4 | 13 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 14 | 10 | 7 | 18 |
| Middle 20 Percent Bracket ^a | 10 | 7 | 6 | 1 |
| Top 40 Percent Bracket | 4 | 8 | 4 | 4 |
| Marital Status ⁴ | | | | |
| Married | 10 | 7 | 6 | 6 |
| Not Married ^a | 9 | 10 | 8 | 15 |
| Overweight | | | | |
| Not Overweight | 10 | 9 | 7 | 9 |
| Overweight | 10 | 8 | 7 | 11 |
| Physical Activity ³ | | | | |
| Inactive | -- | -- | 16 | 9 |
| Insufficient | -- | -- | 6 | 11 |
| Recommended | -- | -- | 5 | 10 |
| Smoking Status ² | | | | |
| Nonsmoker | 10 | 12 | 8 | 10 |
| Smoker | 7 | <1 | 6 | 10 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Mental Health Condition

2009 Findings

- Fifteen percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Female respondents were more likely to report a mental health condition (21%) compared to male respondents (7%).
- Twenty-three percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 9% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2002 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2006 and 2009, female respondents were more likely to report a mental health condition. In 2002, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of female respondents reporting a mental health condition.
- In 2002, respondents 35 to 54 years old were more likely to report a mental health condition. In 2006 and 2009, age was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents who were 35 to 54 years old or 65 and older reporting a mental health condition.
- In 2006, respondents with a college education were more likely to report a mental health condition. In 2002 and 2009, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across education reporting a mental health condition.
- In 2002, respondents in the bottom 60 percent household income bracket were more likely to report a mental health condition. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2006, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a mental health condition.
- In 2002, unmarried respondents were more likely to report a mental health condition. In 2006 and 2009, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across marital status reporting a mental health condition.

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

| | 2002 | 2003 ^③ | 2006 | 2009 |
|--|------|-------------------|------|------|
| TOTAL ^a | 6% | 2% | 6% | 15% |
| Gender ^{3,4} | | | | |
| Male | 6 | -- | 3 | 7 |
| Female ^a | 6 | -- | 8 | 21 |
| Age ¹ | | | | |
| 18 to 34 | 5 | -- | 8 | 10 |
| 35 to 44 ^a | 9 | -- | 3 | 19 |
| 45 to 54 ^a | 8 | -- | 9 | 19 |
| 55 to 64 | 6 | -- | 3 | 15 |
| 65 and Older ^a | <1 | -- | 3 | 13 |
| Education ³ | | | | |
| High School or Less ^a | 5 | -- | 3 | 13 |
| Some Post High School ^a | 6 | -- | 4 | 13 |
| College Graduate ^a | 6 | -- | 11 | 19 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket ^a | 9 | -- | 7 | 23 |
| Middle 20 Percent Bracket | 7 | -- | 6 | 9 |
| Top 40 Percent Bracket | 3 | -- | 5 | 3 |
| Marital Status ¹ | | | | |
| Married ^a | 3 | -- | 4 | 12 |
| Not Married ^a | 8 | -- | 7 | 17 |

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

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

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Diabetes

2009 Findings

- Nine percent of respondents reported diabetes in the past three years.
- Female respondents were more likely to report diabetes in the past three years (11%) compared to male respondents (5%).

- Respondents 65 and older were more likely to report diabetes in the past three years (22%) compared to those 35 to 44 years old (2%) or respondents 18 to 34 years old (0%).
- Fifteen percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 4% of those in the middle 20 percent income bracket or 1% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report diabetes compared to married respondents (13% and 5%, respectively).
- Eleven percent of overweight respondents reported diabetes compared to 4% of respondents who were not overweight.
- Respondents who were inactive were more likely to report diabetes in the past three years (20%) compared to those who did an insufficient amount of physical activity (7%) or respondents who met the recommended amount of physical activity (6%).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2009, female respondents were more likely to report diabetes, with a noted increase since 2002. In all other study years, gender was not a significant variable.
- In 2002 and 2003, respondents 55 and older were more likely to report diabetes. In all other study years, respondents 65 and older were more likely to report diabetes.
- In 2002, respondents with a high school education or less were more likely to report diabetes. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting diabetes.
- In 2002 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting diabetes.
- In 2009, unmarried respondents were more likely to report diabetes, with a noted increase since 2002. In all other study years, marital status was not a significant variable.
- In 2002 and 2009, overweight respondents were more likely to report diabetes. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report diabetes.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL | 7% | 6% | 7% | 9% |
| Gender ⁴ | | | | |
| Male | 6 | 6 | 6 | 5 |
| Female ^a | 7 | 6 | 8 | 11 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | <1 | 0 | 2 | 0 |
| 35 to 44 | 3 | 0 | 2 | 2 |
| 45 to 54 | 7 | 7 | 6 | 11 |
| 55 to 64 | 13 | 12 | 13 | 15 |
| 65 and Older | 14 | 15 | 17 | 22 |
| Education ¹ | | | | |
| High School or Less | 10 | 9 | 8 | 9 |
| Some Post High School ^a | 6 | 4 | 8 | 11 |
| College Graduate | 3 | 3 | 5 | 4 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket ^a | 10 | 7 | 9 | 15 |
| Middle 20 Percent Bracket | 2 | 7 | 6 | 4 |
| Top 40 Percent Bracket | 5 | 1 | 4 | 1 |
| Marital Status ⁴ | | | | |
| Married | 8 | 7 | 6 | 5 |
| Not Married ^a | 6 | 5 | 8 | 13 |
| Overweight ^{1,4} | | | | |
| Not Overweight | 4 | 3 | 4 | 4 |
| Overweight | 8 | 7 | 8 | 11 |
| Physical Activity ^{3,4} | | | | |
| Inactive | -- | -- | 18 | 20 |
| Insufficient | -- | -- | 9 | 7 |
| Recommended | -- | -- | 2 | 6 |
| Smoking Status | | | | |
| Nonsmoker | 6 | 7 | 8 | 8 |
| Smoker | 7 | 2 | 4 | 9 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

^byear difference at p≤0.05 from 2006 to 2009

A1C Test

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

2009 Findings

- Sixty-nine percent of the 32 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Twenty-two percent reported one time while 9% reported zero times in the past year.
- Thirty-nine percent of the 28 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Thirty-nine percent reported a level of seven or higher while 21% were not sure.
- Fourteen percent of the 28 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Fourteen percent reported a level of 100 or higher while 71% 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 (57% and 69%, 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 (32% and 39%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (19% and 14%, 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

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

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported current asthma.

- In 2002 and 2006, female respondents were more likely to report current asthma. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a statistical decrease in the percent of female respondents reporting current asthma.
- In 2002, respondents 18 to 34 years old were more likely to report current asthma. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents who were 18 to 34 years old or 65 and older reporting current asthma.
- Education was not a significant variable in any study year. From 2002 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting current asthma.
- In 2002, respondents in the bottom 60 percent household income bracket were more likely to report current asthma. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting current asthma.
- In 2002, unmarried respondents were more likely to report current asthma. In all other study years, marital status was not a significant variable. From 2002 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^①

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 9% | 5% | 8% | 4% |
| Gender ^{1,3} | | | | |
| Male | 8 | 3 | 2 | 4 |
| Female ^a | 11 | 7 | 13 | 5 |
| Age ¹ | | | | |
| 18 to 34 ^a | 14 | 7 | 6 | 2 |
| 35 to 44 | 5 | 2 | 9 | 8 |
| 45 to 54 | 10 | 6 | 6 | 6 |
| 55 to 64 | 6 | 0 | 5 | 8 |
| 65 and Older ^a | 9 | 7 | 9 | 2 |
| Education | | | | |
| High School or Less ^a | 10 | 5 | 9 | 2 |
| Some Post High School | 8 | 3 | 7 | 6 |
| College Graduate | 10 | 7 | 6 | 5 |
| Household Income ¹ | | | | |
| Bottom 40 Percent Bracket ^a | 12 | 6 | 5 | 5 |
| Middle 20 Percent Bracket ^a | 11 | 6 | 5 | 0 |
| Top 40 Percent Bracket | 7 | 4 | 10 | 7 |
| Marital Status ¹ | | | | |
| Married | 6 | 4 | 7 | 3 |
| Not Married ^a | 13 | 7 | 9 | 5 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Written Asthma Action Plan

2009 Findings

- Of the 16 respondents who currently had asthma, 44% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the low number of respondents answering this question.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported a written asthma action plan (32% and 44%, 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

- Three percent of respondents reported they had cancer in the past three years.
 - Breast, melanoma/skin or prostate cancer was most often mentioned (3 responses each) followed by lung cancer (2 responses).

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.

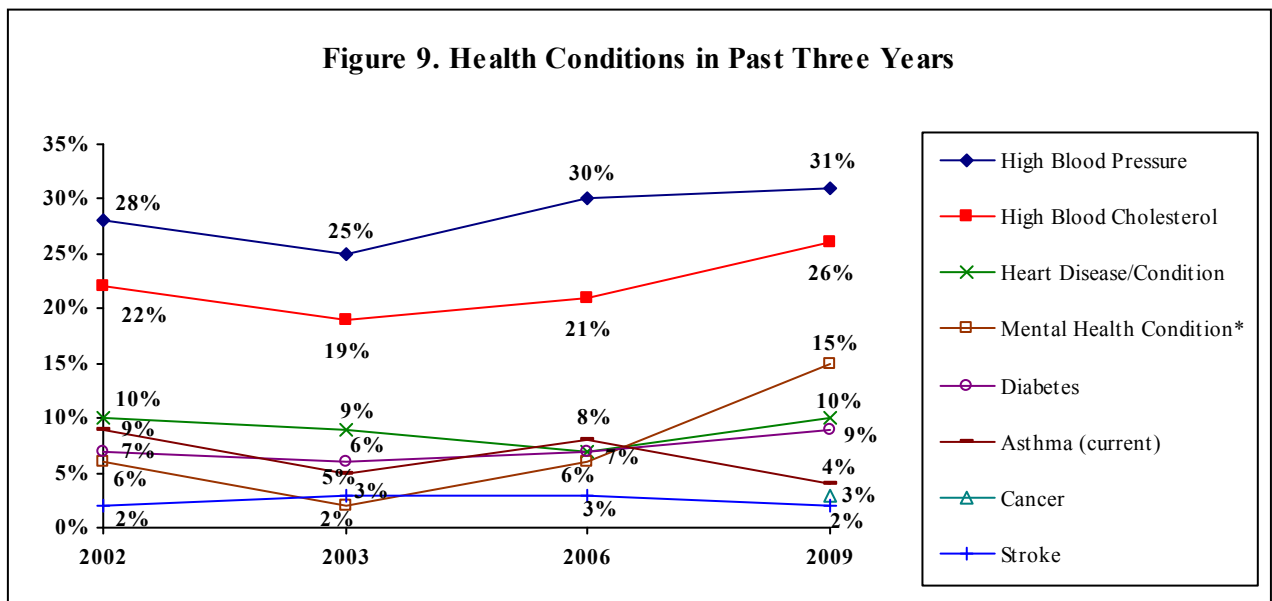
Year Comparisons

- From 2002 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 2002 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 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported current asthma. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes or stroke.



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

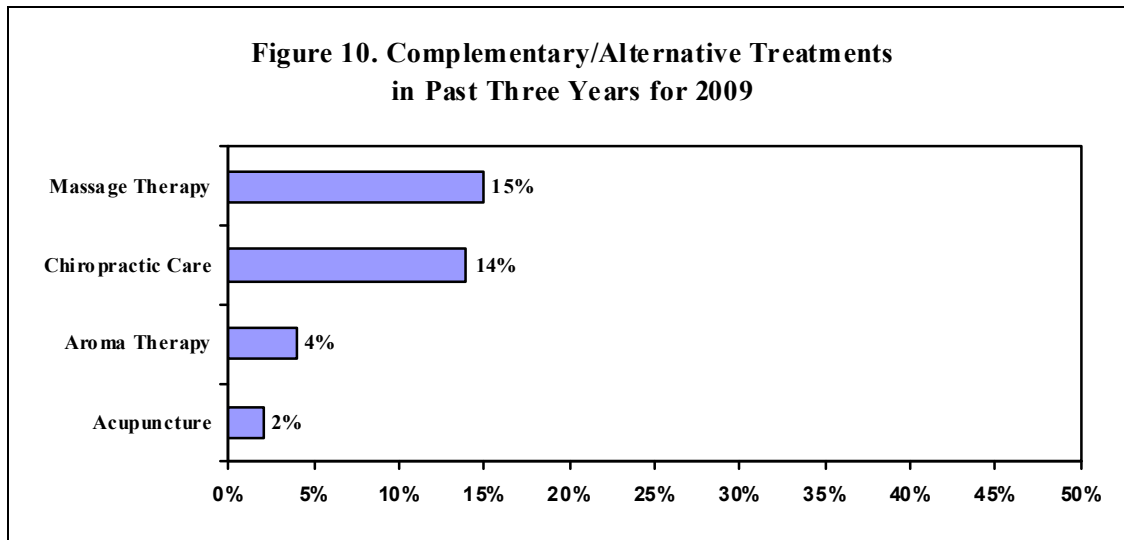
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy or chiropractic care was the most often used in the past three years (15% and 14%, respectively). Respondents who were female, 55 to 64 years old or with a college education were more likely to report chiropractic care. Respondents who were female or with a college education were more likely to report massage therapy. Respondents who were female or in the top 40 percent household income bracket were more likely to report aroma therapy.

From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2002 to 2009, there was a statistical increase in the overall percent of respondents reporting aroma therapy.

2009 Findings

- Respondents were more likely to have used massage therapy (15%) or chiropractic care (14%) in the past three years.



Chiropractic Care

2009 Findings

- Fourteen percent of respondents reported chiropractic care in the past three years.
- Female respondents were more likely to report chiropractic care in the past three years (18%) compared to male respondents (10%).
- Twenty-three percent of respondents 55 to 64 years old reported chiropractic care compared to 10% of those 35 to 44 years old or 6% of respondents 65 and older.
- Twenty-four percent of respondents with a college education reported chiropractic care compared to 12% of those with some post high school education or 10% of respondents with a high school education or less.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006 and 2009, female respondents were more likely to report chiropractic care in the past three years. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a statistical decrease in the percent of male respondents reporting chiropractic care.
- In 2006, respondents 18 to 34 years old were more likely to report chiropractic care. In 2009, respondents 55 to 64 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting chiropractic care.

- In 2002, respondents with at least some post high school education were more likely to report chiropractic care. In 2003, respondents with some post high school education were more likely to report chiropractic care. In 2006 and 2009, respondents with a college education were more likely to report chiropractic care.
- In 2006, married respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable.

Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year^⓪

| | 2002 | 2003 | 2006 | 2009 |
|------------------------------|------|------|------|------|
| TOTAL | 16% | 13% | 16% | 14% |
| Gender ^{3,4} | | | | |
| Male ^a | 16 | 13 | 11 | 10 |
| Female | 16 | 13 | 20 | 18 |
| Age ^{3,4} | | | | |
| 18 to 34 | 16 | 11 | 24 | 17 |
| 35 to 44 ^a | 20 | 19 | 10 | 10 |
| 45 to 54 | 18 | 11 | 8 | 20 |
| 55 to 64 | 13 | 17 | 13 | 23 |
| 65 and Older | 13 | 9 | 15 | 6 |
| Education ^{1,2,3,4} | | | | |
| High School or Less | 13 | 12 | 8 | 10 |
| Some Post High School | 17 | 19 | 19 | 12 |
| College Graduate | 19 | 6 | 25 | 24 |
| Household Income | | | | |
| Bottom 40 Percent Bracket | 14 | 13 | 14 | 14 |
| Middle 20 Percent Bracket | 20 | 14 | 23 | 14 |
| Top 40 Percent Bracket | 18 | 12 | 16 | 19 |
| Marital Status ³ | | | | |
| Married | 18 | 11 | 20 | 16 |
| Not Married | 15 | 15 | 11 | 13 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Massage Therapy

2009 Findings

- Fifteen 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 (22%) compared to male respondents (7%).
- Twenty-three percent of respondents with a college education reported massage therapy compared to 16% of those with some post high school education or 8% of respondents with a high school education or less.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported massage therapy.
- In 2003, 2006 and 2009, female respondents were more likely to report massage therapy. In 2002, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2002, respondents 35 to 44 years old were more likely to report massage therapy. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents 65 and older reporting massage therapy.
- In 2002, 2006 and 2009, respondents with a college education were more likely to report massage therapy. In 2003, respondents with at least some post high school education were more likely to report massage therapy.
- In 2002, respondents in the top 60 percent household income bracket were more likely to report massage therapy. In 2003, respondents in the middle 20 percent household income bracket were more likely to report massage therapy. In 2006, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In 2009, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting massage therapy.
- In 2006, married respondents were more likely to report massage therapy. In all other study years, marital status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL | 12% | 14% | 17% | 15% |
| Gender ^{2,3,4} | | | | |
| Male | 12 | 9 | 12 | 7 |
| Female ^a | 13 | 17 | 21 | 22 |
| Age ¹ | | | | |
| 18 to 34 | 15 | 11 | 16 | 16 |
| 35 to 44 | 18 | 20 | 22 | 22 |
| 45 to 54 | 13 | 21 | 18 | 14 |
| 55 to 64 | 11 | 10 | 13 | 13 |
| 65 and Older ^a | 3 | 8 | 13 | 11 |
| Education ^{1,2,3,4} | | | | |
| High School or Less | 5 | 7 | 11 | 8 |
| Some Post High School | 14 | 18 | 18 | 16 |
| College Graduate | 21 | 18 | 26 | 23 |
| Household Income ^{1,2,3} | | | | |
| Bottom 40 Percent Bracket ^a | 7 | 6 | 10 | 14 |
| Middle 20 Percent Bracket | 18 | 20 | 19 | 14 |
| Top 40 Percent Bracket | 16 | 14 | 28 | 22 |
| Marital Status ³ | | | | |
| Married | 13 | 15 | 20 | 15 |
| Not Married | 12 | 12 | 12 | 15 |

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Aroma Therapy

2009 Findings

- Four percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years compared to male respondents (7% and 0%, respectively).
- Ten percent of respondents in the top 40 percent household income bracket reported aroma therapy compared to 4% of those in the middle 20 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2002 to 2009, there was a statistical increase in the overall percent of respondents who used aroma therapy.
- In 2003, 2006 and 2009, female respondents were more likely to report aroma therapy.
- In 2006, respondents with a college education were more likely to report aroma therapy. In 2003 and 2009, age was not a significant variable.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report aroma therapy. In 2009, respondents in the top 40 percent household income bracket were more likely to report aroma therapy. In 2006, household income was not a significant variable.

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

| | 2002 ^③ | 2003 | 2006 | 2009 |
|---------------------------------|-------------------|------|------|------|
| TOTAL ^a | 1% | 4% | 4% | 4% |
| Gender ^{2,3,4} | | | | |
| Male | -- | 1 | 1 | 0 |
| Female | -- | 5 | 7 | 7 |
| Age | | | | |
| 18 to 34 | -- | 4 | 2 | 2 |
| 35 to 44 | -- | 2 | 6 | 8 |
| 45 to 54 | -- | 7 | 9 | 3 |
| 55 to 64 | -- | 2 | 3 | 3 |
| 65 and Older | -- | 1 | 2 | 2 |
| Education ³ | | | | |
| High School or Less | -- | 2 | 2 | 3 |
| Some Post High School | -- | 5 | 4 | 3 |
| College Graduate | -- | 4 | 9 | 6 |
| Household Income ^{2,4} | | | | |
| Bottom 40 Percent Bracket | -- | 1 | 3 | 2 |
| Middle 20 Percent Bracket | -- | 8 | 3 | 4 |
| Top 40 Percent Bracket | -- | 1 | 9 | 10 |
| Marital Status | | | | |
| Married | -- | 3 | 5 | 6 |
| Not Married | -- | 4 | 4 | 2 |

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

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

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Acupuncture

2009 Findings

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

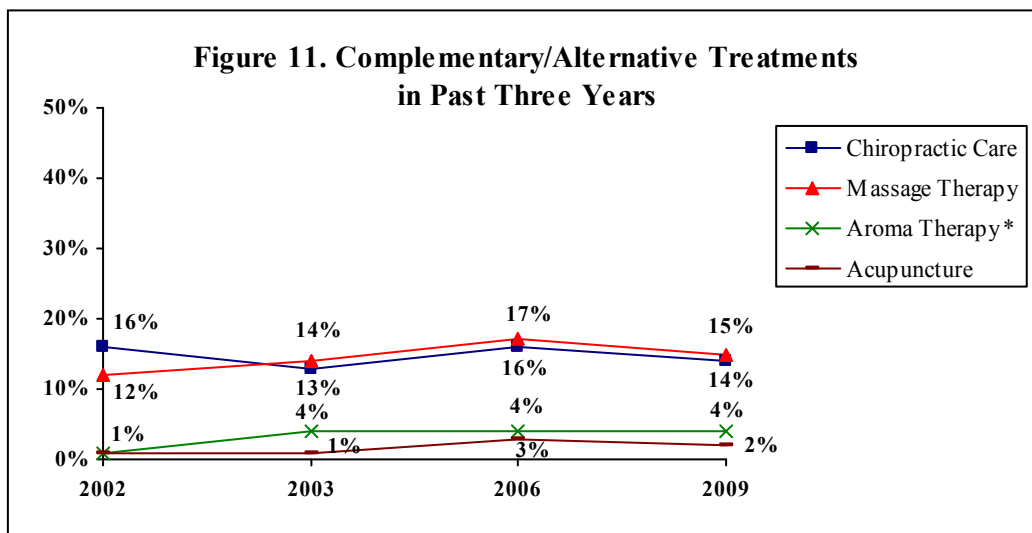
Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported acupuncture.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they used acupuncture in all study years.

Complementary/Alternative Treatments Overall

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2002 to 2009, there was a statistical increase in the overall percent of respondents reporting aroma therapy.



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

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

KEY FINDINGS: In 2009, 30% of respondents did moderate physical activity five times a week for 30 minutes while 15% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents in the top 40 percent household income bracket were more likely to report this. Sixty-eight percent of respondents were classified as overweight. Respondents who were male, 35 to 44 years old, 55 to 64 years old or who did an insufficient amount of physical activity were more likely to be classified as overweight.

From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease 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 2002 to 2009, there was no statistical change in the overall percent of respondents being overweight.

Moderate Physical Activity in Usual Week

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

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

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

2009 Findings

- Thirty percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-four percent did some activity, but not to the extent of the recommendation, while 16% 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 a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2003, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents who were 45 to 54 years old or 65 and older meeting the recommended amount of moderate physical activity.
- In 2006, respondents with at least some post high school education were more likely to meet the recommended amount of moderate physical activity. In all other study years, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of moderate physical activity.

- In 2003, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2006, 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.
- Overweight status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of overweight respondents meeting the recommended amount of moderate physical activity.

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

| | 2003 | 2006 | 2009 |
|--|------|------|------|
| TOTAL ^a | 23% | 36% | 30% |
| Gender | | | |
| Male | 22 | 36 | 28 |
| Female | 23 | 36 | 31 |
| Age ¹ | | | |
| 18 to 34 | 36 | 35 | 24 |
| 35 to 44 | 22 | 44 | 26 |
| 45 to 54 ^a | 13 | 42 | 32 |
| 55 to 64 | 20 | 31 | 38 |
| 65 and Older ^a | 17 | 30 | 35 |
| Education ² | | | |
| High School or Less ^a | 20 | 29 | 30 |
| Some Post High School | 25 | 43 | 27 |
| College Graduate | 24 | 41 | 31 |
| Household Income ^{1,2} | | | |
| Bottom 40 Percent Bracket ^a | 17 | 30 | 29 |
| Middle 20 Percent Bracket | 31 | 35 | 26 |
| Top 40 Percent Bracket | 23 | 54 | 33 |
| Marital Status ² | | | |
| Married | 25 | 44 | 30 |
| Not Married ^a | 20 | 28 | 29 |
| Overweight Status | | | |
| Not Overweight | 25 | 40 | 30 |
| Overweight ^a | 22 | 34 | 31 |

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2003 to 2009

Vigorous Physical Activity in Usual Week

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

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

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

2009 Findings

- Fifteen percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-four percent did some vigorous physical activity while 59% did not do any vigorous physical activity.
- Twenty-two percent of respondents 35 to 44 years old reported vigorous physical activity compared to 15% of those 45 to 54 years old or 5% of respondents 65 and older.
- Thirty-one percent of respondents in the top 40 percent household income bracket reported vigorous physical activity compared to 13% of those in the bottom 40 percent income bracket or 4% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of female respondents meeting the recommended amount of vigorous physical activity.
- In 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 and a noted increase in the percent of respondents 55 to 64 years old meeting the recommended amount of vigorous physical activity.
- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less meeting the recommended amount of vigorous physical activity.
- In both study years, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of vigorous physical activity.
- Marital status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of unmarried respondents meeting the recommended amount of vigorous physical activity.

- Overweight status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of vigorous physical activity.

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

| | 2006 | 2009 |
|--|------|------|
| TOTAL ^a | 21% | 15% |
| Gender | | |
| Male | 19 | 17 |
| Female ^a | 22 | 14 |
| Age ^{1,2} | | |
| 18 to 34 ^a | 37 | 18 |
| 35 to 44 | 20 | 22 |
| 45 to 54 | 18 | 15 |
| 55 to 64 ^a | 3 | 16 |
| 65 and Older | 9 | 5 |
| Education | | |
| High School or Less ^a | 18 | 11 |
| Some Post High School | 22 | 18 |
| College Graduate | 25 | 19 |
| Household Income ^{1,2} | | |
| Bottom 40 Percent Bracket | 22 | 13 |
| Middle 20 Percent Bracket ^a | 14 | 4 |
| Top 40 Percent Bracket | 29 | 31 |
| Marital Status | | |
| Married | 22 | 17 |
| Not Married ^a | 19 | 12 |
| Overweight Status | | |
| Not Overweight ^a | 26 | 15 |
| Overweight | 19 | 14 |

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

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

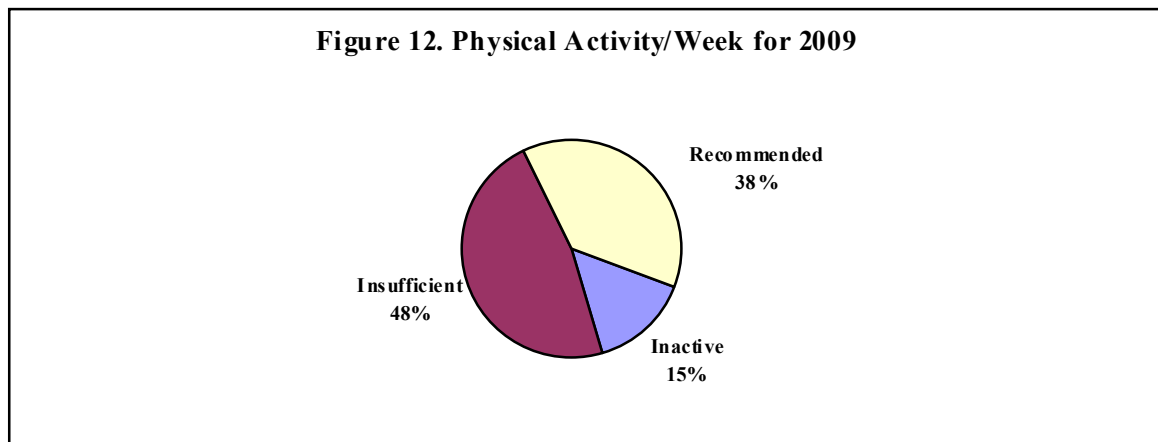
Combined Recommended Amount of Physical Activity in Typical Week

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

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

2009 Findings

- Thirty-eight percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty-eight percent did an insufficient amount of physical activity while 15% did no physical activity in a typical week.



- Fifty-three percent of respondents in the top 40 percent household income bracket met the recommended amount of physical activity compared to 34% of those in the bottom 40 percent income bracket or 31% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity in a week.
- Gender was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of female respondents meeting the recommended amount of physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of physical activity.

- Education was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of physical activity.
- In both study years, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of 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 physical activity.
- Overweight status was not a significant variable in either study year. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of physical activity.

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

| | 2006 | 2009 |
|--|------|------|
| TOTAL ^a | 48% | 38% |
| Gender | | |
| Male | 47 | 38 |
| Female ^a | 49 | 37 |
| Age ¹ | | |
| 18 to 34 ^a | 57 | 35 |
| 35 to 44 | 53 | 40 |
| 45 to 54 | 46 | 40 |
| 55 to 64 | 33 | 41 |
| 65 and Older | 38 | 37 |
| Education | | |
| High School or Less | 42 | 34 |
| Some Post High School ^a | 54 | 36 |
| College Graduate | 51 | 45 |
| Household Income ^{1,2} | | |
| Bottom 40 Percent Bracket ^a | 45 | 34 |
| Middle 20 Percent Bracket | 39 | 31 |
| Top 40 Percent Bracket | 64 | 53 |
| Marital Status ¹ | | |
| Married ^a | 53 | 42 |
| Not Married | 43 | 33 |
| Overweight Status | | |
| Not Overweight ^a | 55 | 37 |
| Overweight | 45 | 38 |

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

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

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

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

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

Body Weight

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

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

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

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

2009 Findings

- According to the definition, 68% of respondents were overweight.
- Male respondents were more likely to be overweight (76%) compared to female respondents (59%).
- Seventy-nine percent of respondents 55 to 64 years old and 77% of those 35 to 44 years old were overweight compared to 58% of respondents 18 to 34 years old.
- Seventy-two percent of respondents who did an insufficient amount of physical activity were overweight compared to 68% of those who met the recommended amount of physical activity or 48% of inactive respondents.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In 2002, 2003 and 2009, male respondents were more likely to be classified as overweight. In 2006, gender was not a significant variable.
- In 2002 and 2003, respondents 55 to 64 years old were more likely to be overweight. In 2009, respondents who were 35 to 44 years old or 55 to 64 years old were more likely to be overweight. In 2006, age was not a significant variable.
- In 2002, 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 2006, respondents in the top 60 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2003 and 2006, married respondents were more likely to be overweight. In all other study years, marital status was not a significant variable.
- In 2009, respondents who did an insufficient amount of physical activity were more likely to be overweight. In 2006, physical activity was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|--------------------------------|------|------|------|------|
| TOTAL | 67% | 63% | 65% | 68% |
| Gender ^{1,2,4} | | | | |
| Male | 73 | 73 | 69 | 76 |
| Female | 62 | 55 | 61 | 59 |
| Age ^{1,2,4} | | | | |
| 18 to 34 | 61 | 52 | 65 | 58 |
| 35 to 44 | 68 | 60 | 72 | 77 |
| 45 to 54 | 74 | 69 | 58 | 68 |
| 55 to 64 | 84 | 76 | 74 | 79 |
| 65 and Older | 63 | 68 | 56 | 67 |
| Education ¹ | | | | |
| High School or Less | 72 | 63 | 59 | 65 |
| Some Post High School | 66 | 64 | 69 | 69 |
| College Graduate | 63 | 62 | 69 | 69 |
| Household Income ³ | | | | |
| Bottom 40 Percent Bracket | 71 | 67 | 54 | 68 |
| Middle 20 Percent Bracket | 66 | 61 | 71 | 75 |
| Top 40 Percent Bracket | 66 | 62 | 73 | 67 |
| Marital Status ^{2,3} | | | | |
| Married | 69 | 68 | 70 | 68 |
| Not Married | 66 | 58 | 59 | 67 |
| Physical Activity ⁴ | | | | |
| Inactive | -- | -- | 62 | 48 |
| Insufficient | -- | -- | 72 | 72 |
| Recommended | -- | -- | 60 | 68 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

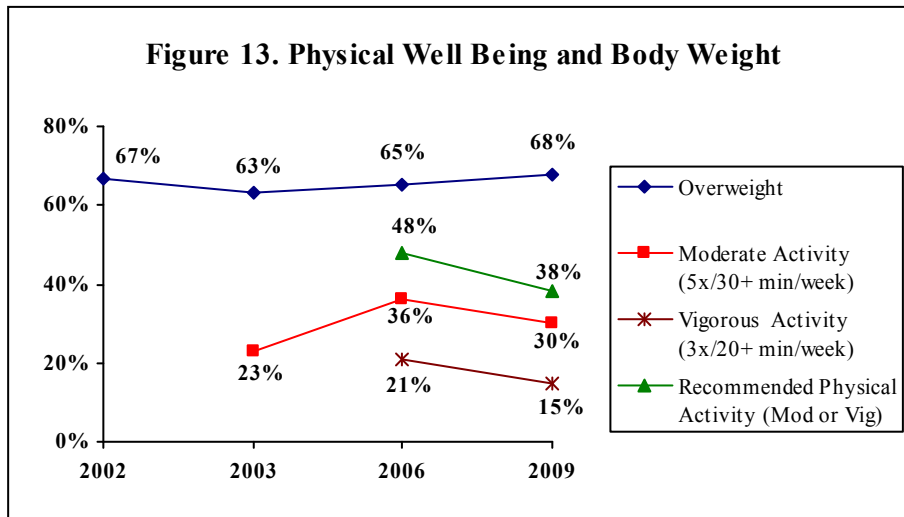
^ayear difference at $p \leq 0.05$ from 2002 to 2009

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

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease 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 2002 to 2009, there was no statistical change in the overall percent of respondents being overweight.



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

KEY FINDINGS: In 2009, 54% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female or with a college education were more likely to report at least two servings of fruit. Respondents in the top 40 percent household income bracket or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

From 2002 to 2009, there was a statistical increase 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

- Fifty-four 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 (63%) compared to male respondents (45%).
- Sixty-eight percent of respondents with a college education reported two or more servings of fruit a day compared to 55% of those with some post high school education or 45% of respondents with a high school education or less.

Year Comparisons

- From 2002 to 2009, there was a statistical increase in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2002, 2006 and 2009, female respondents were more likely to report two or more servings of fruit per day. In 2003, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across gender reporting two or more servings of fruit.
- In 2002, respondents 65 and older were more likely to report two or more servings of fruit. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting two or more servings of fruit.
- In 2002 and 2009, respondents with a college education were more likely to report eating fruit. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with at least some post high school education reporting two or more servings of fruit.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report two or more servings of fruit per day. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting two or more servings of fruit.
- Marital status was not a significant variable in any study year. From 2002 to 2009, there was a noted increase in the percent of unmarried respondents reporting two or more servings of fruit.
- Overweight status was not a significant variable in any study year. From 2002 to 2009, there was a noted increase in the percent of respondents across overweight status reporting two or more servings of fruit.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 44% | 66% | 60% | 54% |
| Gender ^{1,3,4} | | | | |
| Male ^a | 34 | 64 | 47 | 45 |
| Female ^a | 54 | 67 | 72 | 63 |
| Age ¹ | | | | |
| 18 to 34 ^a | 42 | 64 | 60 | 57 |
| 35 to 44 | 38 | 60 | 51 | 45 |
| 45 to 54 | 43 | 62 | 67 | 47 |
| 55 to 64 | 44 | 69 | 67 | 55 |
| 65 and Older | 56 | 70 | 62 | 66 |
| Education ^{1,4} | | | | |
| High School or Less | 42 | 62 | 58 | 45 |
| Some Post High School ^a | 43 | 70 | 58 | 55 |
| College Graduate ^a | 53 | 67 | 65 | 68 |
| Household Income ³ | | | | |
| Bottom 40 Percent Bracket ^a | 46 | 67 | 51 | 55 |
| Middle 20 Percent Bracket | 42 | 64 | 72 | 54 |
| Top 40 Percent Bracket ^a | 43 | 65 | 58 | 57 |
| Marital Status | | | | |
| Married | 44 | 69 | 62 | 51 |
| Not Married ^a | 45 | 62 | 58 | 57 |
| Overweight | | | | |
| Not Overweight ^a | 45 | 63 | 55 | 60 |
| Overweight ^a | 45 | 67 | 62 | 53 |
| Physical Activity | | | | |
| Inactive | -- | -- | 56 | 44 |
| Insufficient | -- | -- | 61 | 56 |
| Recommended | -- | -- | 61 | 61 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

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

Vegetable Intake

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

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

2009 Findings

- Twenty-three percent of respondents reported three or more servings of vegetables on an average day.
- Thirty-one percent of respondents in the top 40 percent household income bracket reported three or more servings of vegetables a day compared to 21% of those in the bottom 40 percent income bracket or 10% of respondents in the middle 20 percent household income bracket.
- Thirty-three percent of respondents who met the recommended amount of physical activity reported three or more servings of vegetables compared to 20% of those who were inactive or 17% of respondents who did an insufficient amount of physical activity.

Year Comparisons

- From 2002 to 2009, there was a statistical increase in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2002, 2003 and 2006, female respondents were more likely to report three or more vegetable servings per day. In 2009, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across gender reporting three or more servings of vegetables a day.
- In 2002, respondents 45 to 54 years old were more likely to report three or more vegetable servings per day. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents who were 18 to 44 years old or 65 and older reporting three or more servings of vegetables a day.
- In 2002, respondents with a college education were more likely to report three or more servings of vegetables. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across education reporting three or more servings of vegetables a day.
- In 2009, respondents in the top 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 2002 to 2009, there was a noted increase in the percent of respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting three or more servings of vegetables a day.
- Marital status was not a significant variable in any study year. From 2002 to 2009, there was a noted increase in the percent of respondents across marital status reporting three or more servings of vegetables a day.
- In 2003, overweight respondents were more likely to report three or more servings of vegetables a day. In all other study years, overweight status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across overweight status reporting three or more servings of vegetables a day.

- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 10% | 30% | 23% | 23% |
| Gender ^{1,2,3} | | | | |
| Male ^a | 7 | 21 | 16 | 19 |
| Female ^a | 12 | 37 | 29 | 27 |
| Age ¹ | | | | |
| 18 to 34 ^a | 8 | 31 | 22 | 29 |
| 35 to 44 ^a | 10 | 26 | 23 | 24 |
| 45 to 54 | 16 | 21 | 23 | 16 |
| 55 to 64 | 10 | 42 | 28 | 16 |
| 65 and Older ^a | 9 | 32 | 22 | 22 |
| Education ¹ | | | | |
| High School or Less ^a | 6 | 27 | 18 | 18 |
| Some Post High School ^a | 10 | 35 | 23 | 23 |
| College Graduate ^a | 16 | 27 | 30 | 31 |
| Household Income ⁴ | | | | |
| Bottom 40 Percent Bracket ^a | 10 | 28 | 20 | 21 |
| Middle 20 Percent Bracket | 8 | 29 | 21 | 10 |
| Top 40 Percent Bracket ^a | 11 | 32 | 25 | 31 |
| Marital Status | | | | |
| Married ^a | 11 | 30 | 22 | 22 |
| Not Married ^a | 9 | 29 | 23 | 23 |
| Overweight ² | | | | |
| Not Overweight ^a | 9 | 24 | 21 | 24 |
| Overweight ^a | 10 | 33 | 24 | 21 |
| Physical Activity ^{3,4} | | | | |
| Inactive | -- | -- | 16 | 20 |
| Insufficient | -- | -- | 18 | 17 |
| Recommended | -- | -- | 28 | 33 |

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

^②Physical activity was defined differently in 2002 and 2003.

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

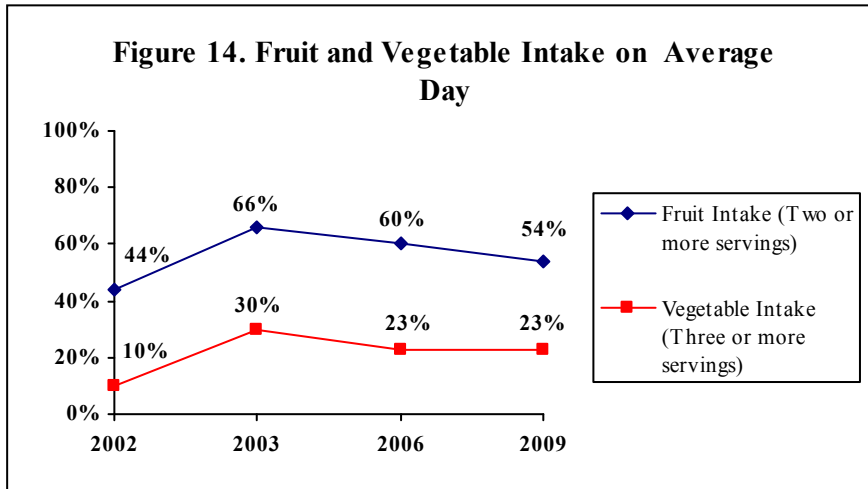
^ayear difference at $p \leq 0.05$ from 2002 to 2009

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

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2002 to 2009, there was a statistical increase 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 28)

KEY FINDINGS: In 2009, 72% of female respondents 40 and older reported a mammogram within the past two years. Seventy-nine percent of female respondents 65 and older had a bone density scan. Seventy-eight percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents who were 35 to 44 years old or with a high school education or less were more likely to report this.

From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2002 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.

Mammogram

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

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

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

Year Comparisons

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

Bone Density Scan

2009 Findings

- Seventy-nine percent of the 53 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.

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

Pap Smear

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

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

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 78% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Respondents 35 to 44 years old were more likely to report a pap smear within the past three years (89%) compared to those 45 and older (80%) or respondents 18 to 34 years old (67%).
- Respondents with a high school education or less were more likely to report a pap smear within the past three years (88%) compared to those with a college education (78%) or respondents with some post high school education (66%).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2002, respondents 18 to 44 years old were more likely to report a pap smear within the past three years. In 2009, respondents 35 to 44 years old were more likely to report a pap smear within the past three years. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a pap smear within the past three years.
- In 2009, respondents with a high school education or less were more likely to report a pap smear within the past three years. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting a pap smear within the past three years.
- In 2002 and 2006, married respondents were more likely to report a pap smear within the past three years. In all other study years, marital status was not a significant variable.

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

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

| | 2002 | 2003 | 2006 | 2009 |
|------------------------------------|------|------|------|------|
| TOTAL | 84% | 94% | 88% | 78% |
| Age ^{1,4} | | | | |
| 18 to 34 ^a | 88 | 98 | 92 | 67 |
| 35 to 44 | 86 | 92 | 80 | 89 |
| 45 and Older | 78 | 93 | 91 | 80 |
| Education ⁴ | | | | |
| High School or Less | 82 | 95 | 89 | 88 |
| Some Post High School ^a | 83 | 88 | 90 | 66 |
| College Graduate | 88 | 98 | 85 | 78 |
| Household Income | | | | |
| Bottom 40 Percent Bracket | 82 | 89 | 82 | 77 |
| Middle 20 Percent Bracket | 84 | 94 | 93 | 74 |
| Top 40 Percent Bracket | 88 | 97 | 90 | 88 |
| Marital Status ^{1,3} | | | | |
| Married | 87 | 96 | 96 | 80 |
| Not Married | 81 | 92 | 76 | 73 |

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

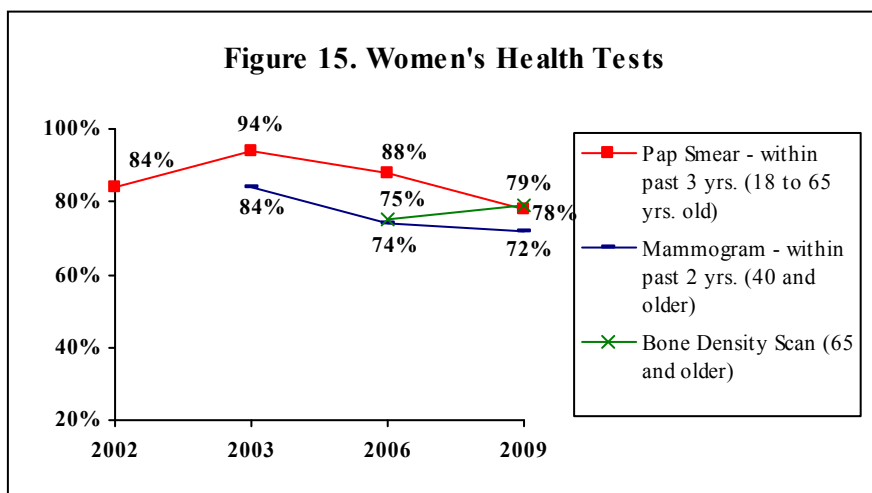
⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2002 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, 51% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-three 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 2002 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.

Prostate-Specific Antigen Test

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

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

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

2009 Findings

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

Year Comparisons

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

Digital Rectal Exam

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

2009 Findings

- Thirty-three percent of male respondents 40 and older had a digital rectal exam in the past year while 22% reported within the past two years (one year but less than two years). Twenty-two percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

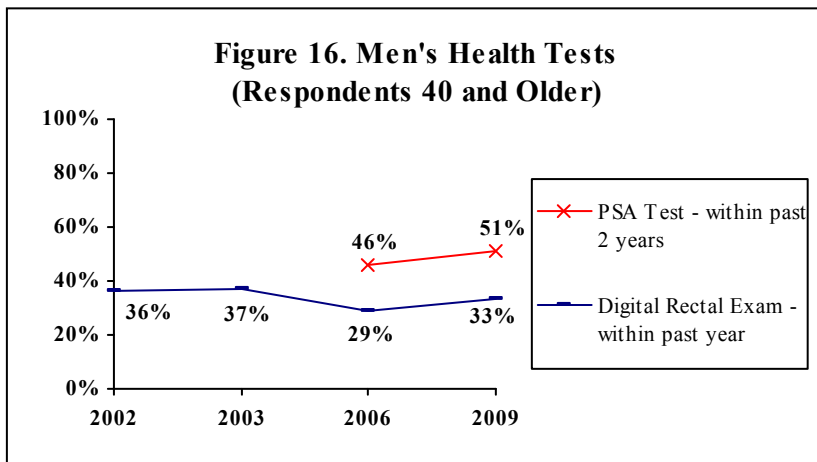
- From 2002 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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

Men's Health Tests Overall

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2002 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.



Other Tests (Figure 17; Tables 29 - 31)

KEY FINDINGS: In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 56% reported a colonoscopy within the past ten years. Sixty-six percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.

Sigmoidoscopy

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

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

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

2009 Findings

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

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

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

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

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

Colonoscopy

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

2009 Findings

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

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

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

| | 2009 |
|---------------------------|------|
| TOTAL | 56% |
| Gender | |
| Male | 65 |
| Female | 50 |
| Education | |
| High School or Less | 52 |
| Some Post High School | 59 |
| College Graduate | 59 |
| Household Income | |
| Bottom 40 Percent Bracket | 53 |
| Middle 20 Percent Bracket | 46 |
| Top 40 Percent Bracket | 63 |
| Marital Status | |
| Married | 58 |
| Not Married | 53 |

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

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

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

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

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.
- 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.

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

| | 2003 | 2006 | 2009 |
|---------------------------|------|------|------|
| TOTAL | 57% | 61% | 66% |
| Gender | | | |
| Male ^a | 53 | 58 | 73 |
| Female | 60 | 63 | 62 |
| Education | | | |
| High School or Less | 56 | 57 | 65 |
| Some Post High School | 58 | 61 | 68 |
| College Graduate | 60 | 70 | 68 |
| Household Income | | | |
| Bottom 40 Percent Bracket | 62 | 58 | 64 |
| Middle 20 Percent Bracket | 50 | 63 | 67 |
| Top 40 Percent Bracket | 56 | 73 | 63 |
| Marital Status | | | |
| Married | 57 | 60 | 68 |
| Not Married | 58 | 61 | 66 |

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

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

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

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

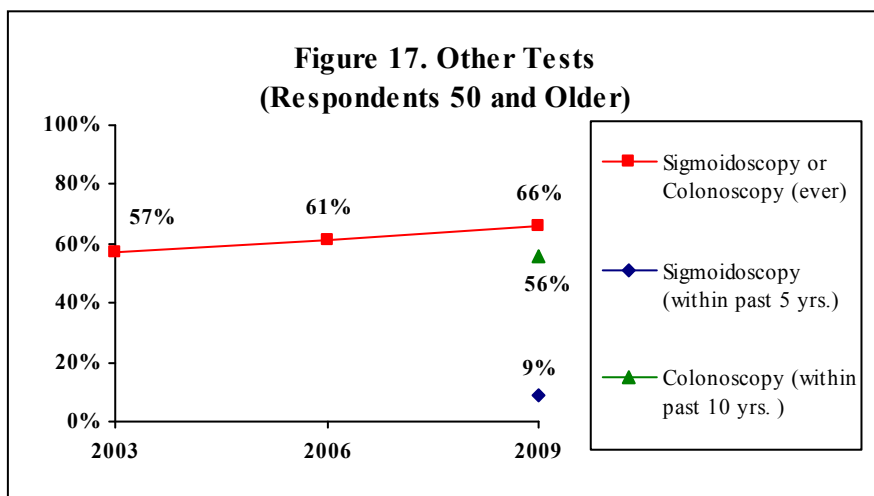
³demographic difference at $p \leq 0.05$ in 2009

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

Other Tests Overall

Year Comparisons

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



Safety: Seat Belt and Helmet Use (Figure 18; Tables 32 & 33)

KEY FINDINGS: In 2009, 92% of respondents wore seat belts always or nearly always; married respondents were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 25% reported they always or nearly always wore a helmet; female respondents were more likely to report this.

From 2002 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 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.

Seat Belt Usage

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

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

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

2009 Findings

- Ninety-two percent of respondents reported they wore seat belts always or nearly always.
- Married respondents were more likely to report always or nearly always compared to unmarried respondents (96% and 88%, respectively).

Year Comparisons

- From 2002 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 2002 and 2006, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across gender reporting always or nearly always.
- In 2002, respondents 65 and older were more likely to report always or nearly always. In 2003, respondents who were 45 to 54 years old or 65 and older were more likely to report they always or nearly always wore a seat belt. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents who were 18 to 54 years old or 65 and older reporting always or nearly always.
- In 2002 and 2003, respondents with a college education were more likely to report always or nearly always. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with some post high school education or less reporting always or nearly always.
- Household income was not a significant variable in any study year. From 2002 to 2009, there was a noted increase in the percent of respondents across household income reporting always or nearly always.
- In 2002, 2003 and 2009, married respondents were more likely to report they always or nearly always wore a seat belt. In 2006, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents across marital status reporting always or nearly always.

Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^⓪

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 78% | 89% | 90% | 92% |
| Gender ^{1,3} | | | | |
| Male ^a | 70 | 88 | 86 | 93 |
| Female ^a | 86 | 90 | 93 | 91 |
| Age ^{1,2} | | | | |
| 18 to 34 ^a | 73 | 91 | 88 | 88 |
| 35 to 44 ^a | 76 | 81 | 87 | 95 |
| 45 to 54 ^a | 75 | 93 | 92 | 91 |
| 55 to 64 | 84 | 90 | 92 | 87 |
| 65 and Older ^a | 89 | 94 | 92 | 98 |
| Education ^{1,2} | | | | |
| High School or Less ^a | 75 | 85 | 88 | 95 |
| Some Post High School ^a | 79 | 88 | 89 | 90 |
| College Graduate | 85 | 96 | 93 | 89 |
| Household Income | | | | |
| Bottom 40 Percent Bracket ^a | 78 | 90 | 85 | 90 |
| Middle 20 Percent Bracket ^a | 78 | 91 | 90 | 94 |
| Top 40 Percent Bracket ^a | 77 | 86 | 95 | 92 |
| Marital Status ^{1,2,4} | | | | |
| Married ^a | 81 | 93 | 91 | 96 |
| Not Married ^a | 76 | 85 | 89 | 88 |

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Helmet Usage

2009 Findings

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

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

- Twenty-five percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Sixty-four percent reported never.
- Female respondents were more likely to report always or nearly always wearing a helmet (36%) compared to male respondents (18%).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2006 and 2009, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In all other study years, age was not a significant variable.
- In 2002, 2003 and 2006, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2009, education was not a significant variable.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable.
- In 2003, married respondents were more likely to report they always or nearly always wore a helmet. In all other study years, marital status was not a significant variable.

Table 33. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)^⓪

| | 2002 | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|------|
| TOTAL | 23% | 27% | 28% | 25% |
| Gender ^{3,4} | | | | |
| Male | 20 | 32 | 20 | 18 |
| Female | 27 | 24 | 39 | 36 |
| Age ² | | | | |
| 18 to 34 | 22 | 33 | 31 | 25 |
| 35 to 44 | 23 | 39 | 22 | 20 |
| 45 and Older | 29 | 15 | 30 | 29 |
| Education ^{1,2,3} | | | | |
| High School or Less | 15 | 18 | 11 | 19 |
| Some Post High School | 23 | 23 | 28 | 30 |
| College Graduate | 32 | 45 | 49 | 23 |
| Household Income ² | | | | |
| Bottom 60 Percent Bracket | 20 | 14 | 24 | 25 |
| Top 40 Percent Bracket | 26 | 45 | 35 | 20 |
| Marital Status ² | | | | |
| Married | 23 | 36 | 29 | 29 |
| Not Married | 24 | 13 | 25 | 20 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

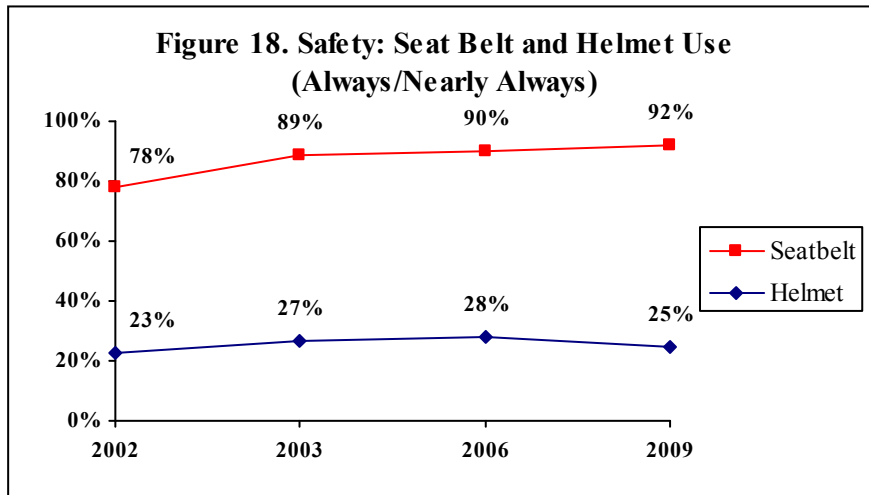
⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

- From 2002 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 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.



Cigarette Use (Figures 19 & 20; Table 34)

KEY FINDINGS: In 2009, 28% of respondents were current smokers. Respondents who were 35 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 65% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 2002 to 2009, there was a statistical increase in the overall percent of respondents who were current smokers. From 2002 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.

Current Smokers

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

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

2009 Findings

- Twenty-eight percent of respondents were current smokers (22% every day and 6% some days).
- Thirty-six percent of respondents 35 to 44 and 35% of those 45 to 54 years old were current smokers compared to 14% of respondents 65 and older.
- Forty percent of respondents with a high school education or less were current smokers compared to 23% of those with some post high school education or 18% of respondents with a college education.
- Thirty-six percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 22% of those in the top 40 percent income bracket or 21% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2002 to 2009, there was a statistical increase in the overall percent of respondents who were current smokers.
- In 2006, male respondents were more likely to report they were a current smoker. In all other years, gender was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of female respondents being a current smoker.
- In 2002, respondents 35 to 44 years old were more likely to report they were a current smoker. In 2003 and 2006, respondents 18 to 34 years old were more likely to report they were a current smoker. In 2009, respondents 35 to 54 years old were more likely to report they were a current smoker.
- In 2002 and 2003, respondents with some post high school education were more likely to report they were a current smoker. In 2006, respondents with some post high school education or less were more likely to be a current smoker. In 2009, respondents with a high school education or less were more likely to be a current smoker. From 2002 to 2009, there was a noted increase in the percent of respondents with a high school education or less being a current smoker.
- In 2003 and 2006, respondents in the middle 20 percent household income bracket were more likely to report being a current smoker. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report being a current smoker. From 2002 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being a current smoker.
- Marital status was not a significant variable in any study year. From 2002 to 2009, there was a noted increase in the percent of unmarried respondents being a current smoker.

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

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 23% | 30% | 28% | 28% |
| Gender ³ | | | | |
| Male | 23 | 33 | 33 | 26 |
| Female ^a | 23 | 29 | 23 | 31 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 24 | 43 | 41 | 30 |
| 35 to 44 | 32 | 39 | 30 | 36 |
| 45 to 54 | 29 | 34 | 33 | 35 |
| 55 to 64 | 21 | 26 | 26 | 28 |
| 65 and Older | 9 | 8 | 6 | 14 |
| Education ^{1,2,3,4} | | | | |
| High School or Less ^a | 24 | 33 | 33 | 40 |
| Some Post High School | 28 | 38 | 33 | 23 |
| College Graduate | 14 | 17 | 13 | 18 |
| Household Income ^{2,3,4} | | | | |
| Bottom 40 Percent Bracket ^a | 25 | 27 | 32 | 36 |
| Middle 20 Percent Bracket | 20 | 41 | 40 | 21 |
| Top 40 Percent Bracket | 23 | 27 | 18 | 22 |
| Marital Status | | | | |
| Married | 22 | 32 | 24 | 25 |
| Not Married ^a | 24 | 29 | 33 | 32 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

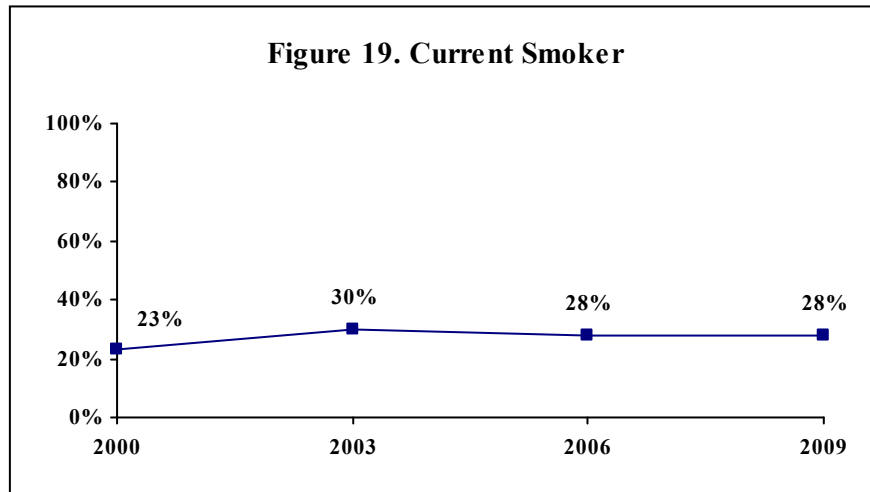
³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Year Comparisons

- From 2002 to 2009, there was a statistical increase 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-seven 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 2002 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...

- Sixty-five percent of the 95 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.

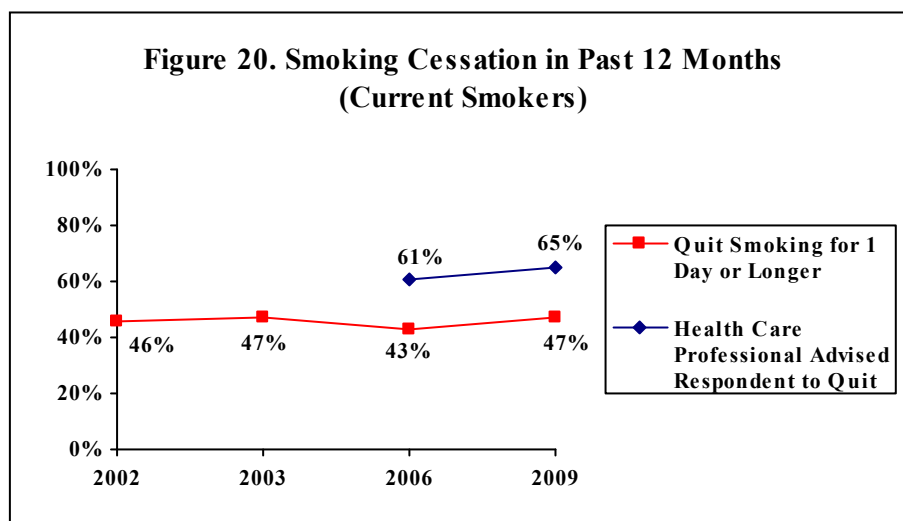
Year Comparisons

- 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 2002 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.



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

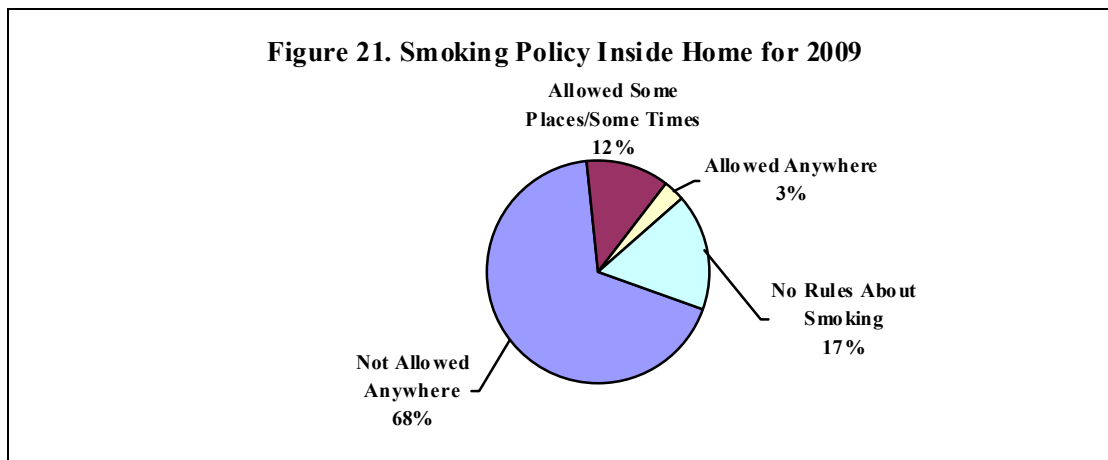
KEY FINDINGS: In 2009, 68% of respondents reported smoking is not allowed anywhere inside the home while 77% reported smoking is not allowed in any area at work. Respondents who were in the top 60 percent household income bracket or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, 45 to 54 years old, with a college education or nonsmokers were more likely to report smoking is not allowed in any area at work. Five percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents 45 to 54 years old were more likely to report this.

Smoking Policy Inside Home

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

2009 Findings

- Sixty-eight percent of respondents reported smoking is not allowed anywhere inside the home while 12% reported smoking is allowed in some places or at some times. Three percent reported smoking is allowed anywhere inside the home. Seventeen percent of respondents reported there are no rules about smoking inside the home.



- Seventy-five percent of respondents in the top 40 percent household income bracket and 74% of those in the middle 20 percent income bracket reported smoking is not allowed in the home compared to 61% of respondents in the bottom 40 percent household income bracket.
- Eighty-two percent of nonsmokers reported smoking is not allowed in the home compared to 34% of smokers.

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

| | 2009 |
|-------------------------------|------|
| TOTAL | 68% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 61 |
| Middle 20 Percent Bracket | 74 |
| Top 40 Percent Bracket | 75 |
| Marital Status | |
| Married | 71 |
| Not Married | 66 |
| Smoking Status ¹ | |
| Nonsmoker | 82 |
| Smoker | 34 |
| Children in Household | |
| Yes | 72 |
| No | 66 |

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

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

Smoking Policy at Work

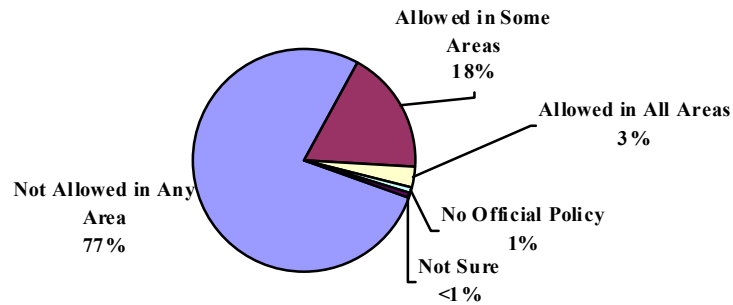
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

2009 Findings

- Seventy-seven percent of respondents reported smoking is not allowed in any area at work while 18% reported smoking is allowed in some areas. Three percent reported smoking is allowed in all areas at work. One percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Female respondents were more likely to report smoking is not allowed in any area at work (89%) compared to male respondents (66%).
- Eighty-eight percent of respondents 45 to 54 years old reported smoking is not allowed in any area at work compared to 76% of those 55 and older or 69% of respondents 18 to 34 years old.
- Ninety percent of respondents with a college education reported smoking is not allowed in any area at work compared to 85% of those with some post high school education or 62% of respondents with a high school education or less.
- Eighty-two percent of nonsmokers reported smoking is not allowed in any area at work compared to 69% of smokers.

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

| | 2009 |
|-----------------------------|------|
| TOTAL | 77% |
| Gender ¹ | |
| Male | 66 |
| Female | 89 |
| Age ¹ | |
| 18 to 34 | 69 |
| 35 to 44 | 83 |
| 45 to 54 | 88 |
| 55 and older | 76 |
| Education ¹ | |
| High School or Less | 62 |
| Some Post High School | 85 |
| College Graduate | 90 |
| Household Income | |
| Bottom 40 Percent Bracket | 83 |
| Middle 20 Percent Bracket | 84 |
| Top 40 Percent Bracket | 70 |
| Marital Status | |
| Married | 79 |
| Not Married | 75 |
| Smoking Status ¹ | |
| Nonsmoker | 82 |
| Smoker | 69 |

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

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

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

2009 Findings

- Seventy-two percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty-three percent of respondents reported they were exposed to second-hand smoke one to three days while 3% reported four to six days. Two percent of nonsmoking respondents reported they were in the same room or rode in a car with someone who was smoking cigarettes all seven days.
- Respondents 45 to 54 years old were more likely to report exposure to second-hand smoke on at least four of the past seven days (19%) compared to those 65 and older (3%) or respondents 35 to 44 years old (0%).

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

| | Percent |
|---------------------------|---------|
| TOTAL | 5% |
| Gender | |
| Male | 8 |
| Female | 3 |
| Age ¹ | |
| 18 to 34 | 5 |
| 35 to 44 | 0 |
| 45 to 54 | 19 |
| 55 to 64 | 7 |
| 65 and older | 3 |
| Education | |
| High School or Less | 6 |
| Some Post High School | 7 |
| College Graduate | 2 |
| Household Income | |
| Bottom 40 Percent Bracket | 7 |
| Middle 20 Percent Bracket | 0 |
| Top 40 Percent Bracket | 4 |
| Marital Status | |
| Married | 5 |
| Not Married | 5 |

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

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

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

KEY FINDINGS: In 2009, 69% of respondents had an alcoholic drink in the past 30 days. In the past month, 8% were heavy drinkers while 24% were binge drinkers. Respondents who were male, 35 to 44 years old, with a high school education or less, who were in the top 40 percent household income bracket or married were more likely to have binged at least once in the past month. Less than one percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.

Heavy Drinking in the Past Month

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

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

2009 Findings

- Sixty-nine percent of respondents had a drink in the past 30 days. Thirty-two percent reported they drank on at least five days, while 15% reported three to four days and 22% reported drinking on one or two days in the past 30 days.
- Thirteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 15% reported three, 19% reported two and 22% reported one drink on average on the days they drank. Thirty-one 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).
- There were no statistically significant differences between demographic variables and responses of heavy drinking in the past month.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2002 and 2006, male respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable.

- In 2002, respondents 35 to 64 years old were more likely to report heavy drinking. In all other study years, age was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting heavy drinking in the past month.
- In 2002, respondents with some post high school education were more likely to report heavy drinking. In 2006, respondents with a high school education or less were more likely to report heavy drinking. 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 heavy drinking. In all other study years, household income was not a significant variable.
- In 2002 and 2003, unmarried respondents were more likely to report heavy drinking. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of unmarried respondents reporting heavy drinking in the past month.

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

| | 2002 | 2003 | 2006 | 2009 |
|-------------------------------|------|------|------|------|
| TOTAL | 10% | 6% | 7% | 8% |
| Gender ^{1,3} | | | | |
| Male | 13 | 9 | 11 | 9 |
| Female | 7 | 4 | 3 | 7 |
| Age ¹ | | | | |
| 18 to 34 | 9 | 3 | 9 | 10 |
| 35 to 44 ^a | 14 | 11 | 7 | 3 |
| 45 to 54 | 12 | 7 | 9 | 11 |
| 55 to 64 | 12 | 5 | 3 | 13 |
| 65 and Older | 4 | 2 | 4 | 6 |
| Education ^{1,3} | | | | |
| High School or Less | 9 | 9 | 10 | 6 |
| Some Post High School | 13 | 5 | 5 | 11 |
| College Graduate | 6 | 3 | 2 | 6 |
| Household Income ² | | | | |
| Bottom 40 Percent Bracket | 10 | 5 | 9 | 6 |
| Middle 20 Percent Bracket | 12 | 2 | 5 | 5 |
| Top 40 Percent Bracket | 10 | 11 | 5 | 12 |
| Marital Status ^{1,2} | | | | |
| Married | 7 | 4 | 8 | 8 |
| Not Married ^a | 13 | 9 | 5 | 8 |

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

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Binge Drinking in Past Month

Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2008, West Allis/West Milwaukee 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-four percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (34%) compared to female respondents (15%).
- Thirty-eight percent of respondents 35 to 44 years old binged in the past month compared to 13% of those 55 to 64 years old or 12% of respondents 65 and older.
- Thirty percent of respondents with a high school education or less binged in the past month compared to 25% of those with some post high school education or 13% of respondents with a college education.
- Forty-one percent of respondents in the top 40 percent household income bracket binged in the past month compared to 30% of those in the middle 20 percent income bracket or 16% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to have binged in the past month compared to unmarried respondents (31% and 17%, respectively).

Year Comparisons

In 2003, the West Allis/West Milwaukee Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males. In all other study years the definition was five or more drinks, regardless of gender.

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged.
- In 2002 and 2006, respondents 18 to 34 years old were more likely to have binged. In 2003, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to have binged. In 2009, respondents 35 to 44 years old were more likely to have binged. From 2002 to 2009, there was a noted increase in the percent of respondents 65 and older reporting binging in the past month.

- In 2002, respondents with some post high school education were more likely to have binged. In 2009, respondents with a high school education or less were more likely to have binged. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents with a high school education or less and a noted decrease in the percent of respondents with a college education reporting binging in the past month.
- In 2002, respondents in the top 60 percent household income bracket were more likely to have binged. In 2009, respondents in the top 40 percent household income bracket were more likely to have binged. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting binging in the past month.
- In 2002, unmarried respondents were more likely to have binged. In 2009, married respondents were more likely to have binged. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of married respondents and a noted decrease in the percent of unmarried respondents reporting binging in the past month.

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

| | 2002 | 2003 | 2006 | 2009 |
|-------------------------------------|------|------|------|------|
| TOTAL | 22% | 18% | 21% | 24% |
| Gender ^{1,2,3,4} | | | | |
| Male | 35 | 24 | 35 | 34 |
| Female | 11 | 13 | 8 | 15 |
| Age ^{1,2,3,4} | | | | |
| 18 to 34 | 36 | 25 | 33 | 29 |
| 35 to 44 | 29 | 20 | 24 | 38 |
| 45 to 54 | 20 | 25 | 20 | 18 |
| 55 to 64 | 12 | 13 | 8 | 13 |
| 65 and Older ^a | 3 | 0 | 6 | 12 |
| Education ^{1,4} | | | | |
| High School or Less ^a | 16 | 15 | 20 | 30 |
| Some Post High School | 28 | 18 | 26 | 25 |
| College Graduate ^a | 22 | 21 | 17 | 13 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 16 | 12 | 23 | 16 |
| Middle 20 Percent Bracket | 28 | 20 | 15 | 30 |
| Top 40 Percent Bracket ^a | 29 | 21 | 28 | 41 |
| Marital Status ^{1,4} | | | | |
| Married ^a | 19 | 17 | 24 | 31 |
| Not Married ^a | 26 | 19 | 17 | 17 |

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

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

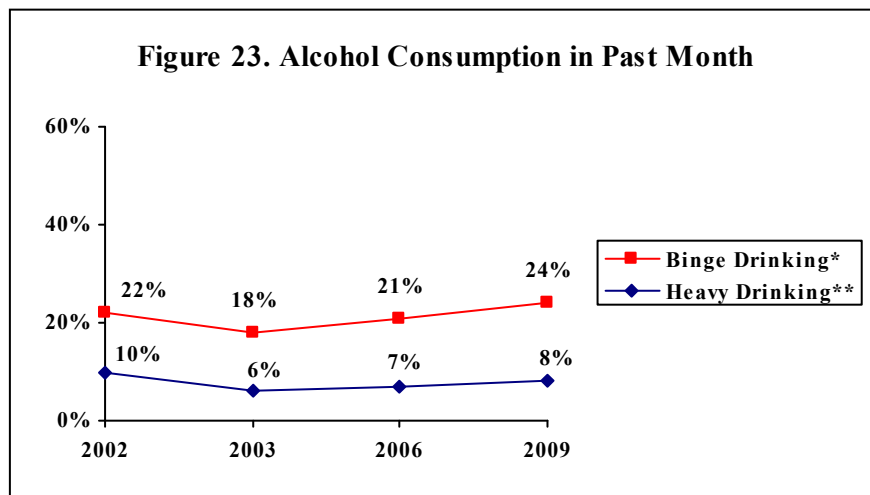
⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Alcohol Consumption Overall

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. Please note: in 2003 the definition of binge drinking was four or more drinks for females and five or more for males on an occasion. All other data years used the definition of five or more drinks regardless of gender.



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

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

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

2009 Findings

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

Year Comparisons

- From 2002 to 2009, there was a statistical decrease 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 2002, respondents who were male, 18 to 34 years old, with at least some post high school education, in the top 60 percent household income bracket or who were unmarried were more likely to report they were a driver or passenger when the driver perhaps had too much to drink.
- No year comparisons were conducted as a result of the low percent of respondents who reported they were a driver or passenger when the driver perhaps had too much to drink in 2009.

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

| | 2002 | 2003 ^② | 2006 ^③ | 2009 ^④ |
|-------------------------------|------|-------------------|-------------------|-------------------|
| TOTAL ^a | 11% | 3% | 2% | <1% |
| Gender ¹ | | | | |
| Male | 16 | -- | -- | -- |
| Female | 6 | -- | -- | -- |
| Age ¹ | | | | |
| 18 to 34 | 25 | -- | -- | -- |
| 35 to 44 | 8 | -- | -- | -- |
| 45 to 54 | 7 | -- | -- | -- |
| 55 to 64 | 2 | -- | -- | -- |
| 65 and Older | <1 | -- | -- | -- |
| Education ¹ | | | | |
| High School or Less | 6 | -- | -- | -- |
| Some Post High School | 13 | -- | -- | -- |
| College Graduate | 13 | -- | -- | -- |
| Household Income ¹ | | | | |
| Bottom 40 Percent Bracket | 6 | -- | -- | -- |
| Middle 20 Percent Bracket | 12 | -- | -- | -- |
| Top 40 Percent Bracket | 13 | -- | -- | -- |
| Marital Status ¹ | | | | |
| Married | 6 | -- | -- | -- |
| Not Married | 15 | -- | -- | -- |

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

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Household Problem Associated with Alcohol in Past Year

2009 Findings

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

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- In 2006, respondents who were married or in households with 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 year comparisons were conducted as a result of the small percent of respondents who reported they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in 2009.

Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year^⓪

| | 2006 | 2009 [ⓑ] |
|------------------------------------|------|-------------------|
| TOTAL | 4% | 3% |
| Household Income | | |
| Bottom 40 Percent Bracket | 2 | -- |
| Middle 20 Percent Bracket | 6 | -- |
| Top 40 Percent Bracket | 2 | -- |
| Marital Status ¹ | | |
| Married | 5 | -- |
| Not Married | 2 | -- |
| Children in Household ¹ | | |
| Yes | 7 | -- |
| No | 1 | -- |

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

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

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

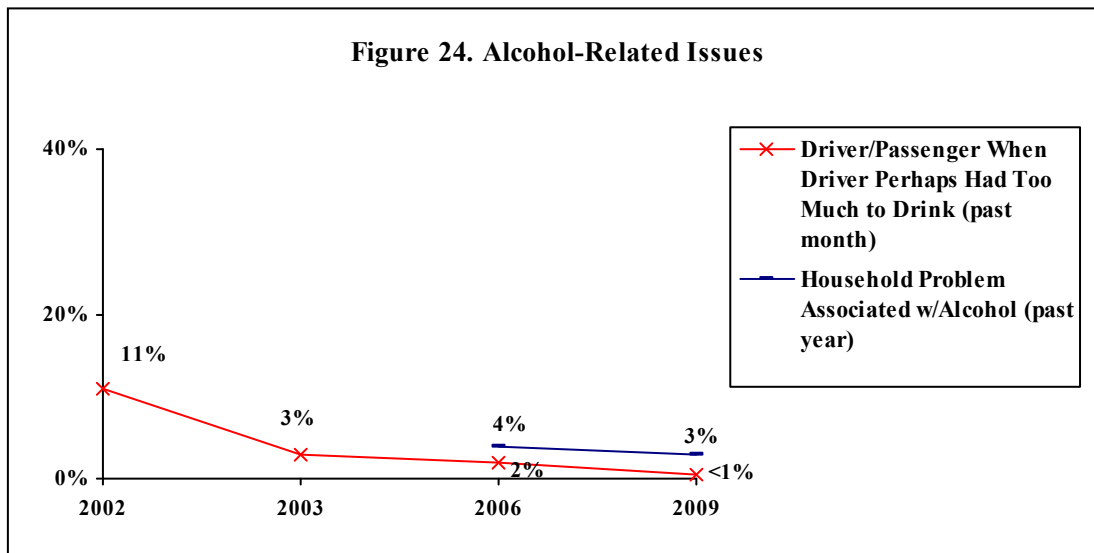
²demographic difference at $p \leq 0.05$ in 2009

³year difference at $p \leq 0.05$ from 2006 to 2009

Alcohol-Related Issues Overall

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



Mental Health Status (Figures 25 & 26; Tables 42 - 44)

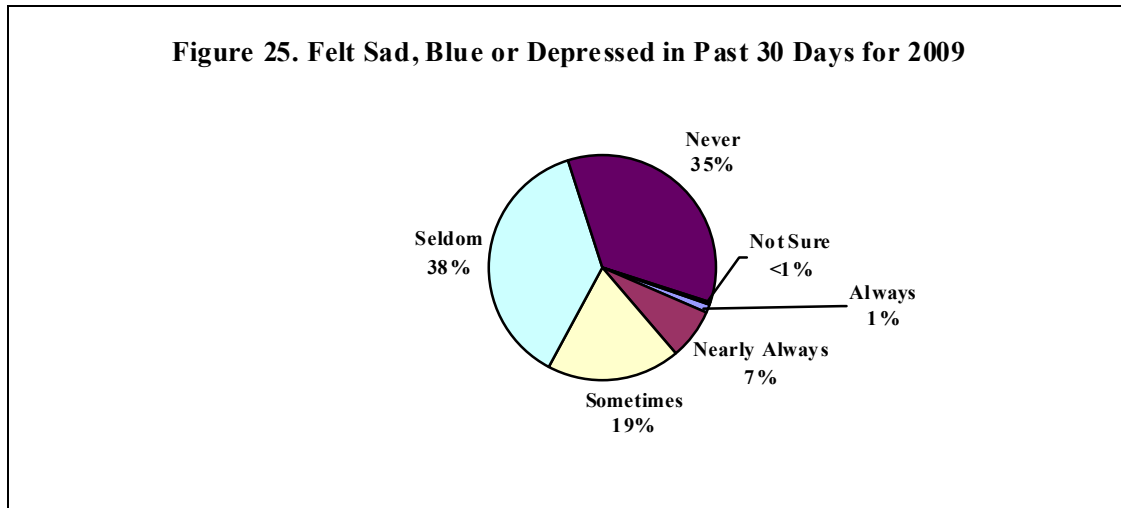
KEY FINDINGS: In 2009, 8% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were female or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were female or in the bottom 40 percent household income bracket were more likely to report this. Eight percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less were more likely to report this.

From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.

Felt Sad, Blue or Depressed

2009 Findings

- Eight percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 6,760 residents. Nineteen percent reported sometimes and the remaining 73% reported seldom or never.



- Female respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (11%) compared to male respondents (4%).
- Twelve percent of respondents in the bottom 40 percent household income bracket reported always or nearly always compared to 4% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2002 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 2002, male respondents were more likely to report they always or nearly always felt sad, blue or depressed. In 2009, female respondents were more likely to report they always/nearly always felt sad, blue or depressed. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting they always or nearly always felt sad, blue or depressed.
- In 2002 and 2003, respondents 45 to 54 years old were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, age was not a significant variable.
- Education was not a significant variable in any study year. From 2002 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting they always or nearly always felt sad, blue or depressed.

- In 2002, 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they always/nearly always felt sad, blue or depressed. In 2006, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they always or nearly always felt sad, blue or depressed.
- In 2002 and 2003, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed. In all other study years, marital status was not a significant variable.

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

| | 2002 | 2003 | 2006 | 2009 |
|-------------------------------------|------|------|------|------|
| TOTAL | 10% | 7% | 5% | 8% |
| Gender ^{1,4} | | | | |
| Male ^a | 12 | 6 | 3 | 4 |
| Female | 8 | 7 | 7 | 11 |
| Age ^{1,2} | | | | |
| 18 to 34 | 10 | 1 | 7 | 7 |
| 35 to 44 | 10 | 5 | 7 | 7 |
| 45 to 54 | 15 | 17 | 2 | 11 |
| 55 to 64 | 11 | 7 | 3 | 13 |
| 65 and Older | 5 | 7 | 3 | 5 |
| Education | | | | |
| High School or Less ^a | 11 | 6 | 7 | 4 |
| Some Post High School | 10 | 9 | 4 | 9 |
| College Graduate | 7 | 5 | 4 | 13 |
| Household Income ^{1,2,4} | | | | |
| Bottom 40 Percent Bracket | 14 | 11 | 7 | 12 |
| Middle 20 Percent Bracket | 7 | 6 | 4 | 4 |
| Top 40 Percent Bracket ^a | 8 | 4 | 2 | 2 |
| Marital Status ^{1,2} | | | | |
| Married | 6 | 4 | 3 | 6 |
| Not Married | 13 | 10 | 7 | 11 |

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 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

- Four 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 4,680 residents who may have considered suicide in the past year.
- Female respondents were more likely to report they considered suicide in the past year (6%) compared to male respondents (2%).
- Eight percent of respondents in the bottom 40 percent household income bracket reported they considered suicide in the past year compared to 1% of respondents in the top 60 percent household income bracket.

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they considered suicide in the past year.
- In 2002, male respondents were more likely to report they considered suicide in the past year. In 2009, female respondents were more likely to report they considered suicide in the past year. In 2006, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting they considered suicide in the past year.
- In 2002, respondents 18 to 44 years old were more likely to report they considered suicide in the past year. In 2006, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report they considered suicide in the past year. In 2009, age was not a significant variable.
- In 2002, respondents with some post high school education were more likely to report they considered suicide in the past year. In 2006, respondents with a college education were more likely to report they considered suicide in the past year. In 2009, education was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting they considered suicide in the past year.
- In 2002, respondents in the bottom 60 percent household income bracket were more likely to report they considered suicide in the past year. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report they considered suicide in the past year. In 2006, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting they considered suicide in the past year.
- In 2002, unmarried respondents were more likely to report they considered suicide in the past year. In 2006 and 2009, marital status was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of unmarried respondents reporting they considered suicide in the past year.

Table 43. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year[Ⓞ]

| | 2002 | 2003 [Ⓜ] | 2006 | 2009 |
|--|------|-------------------|------|------|
| TOTAL ^a | 7% | 2% | 5% | 4% |
| Gender ^{1,4} | | | | |
| Male ^a | 10 | -- | 5 | 2 |
| Female | 5 | -- | 5 | 6 |
| Age ^{1,3} | | | | |
| 18 to 34 | 11 | -- | 9 | 5 |
| 35 to 44 | 12 | -- | 1 | 5 |
| 45 to 54 | 6 | -- | 8 | 3 |
| 55 to 64 | 6 | -- | 3 | 3 |
| 65 and Older | 1 | -- | 1 | 2 |
| Education ^{1,3} | | | | |
| High School or Less | 7 | -- | 2 | 6 |
| Some Post High School ^a | 10 | -- | 6 | 4 |
| College Graduate | 3 | -- | 10 | 3 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 11 | -- | 5 | 8 |
| Middle 20 Percent Bracket ^a | 9 | -- | 6 | 1 |
| Top 40 Percent Bracket | 3 | -- | 4 | 1 |
| Marital Status ¹ | | | | |
| Married | 4 | -- | 5 | 4 |
| Not Married ^a | 10 | -- | 5 | 5 |

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

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 8% reported they seldom or never find meaning and purpose in daily life. Forty-four percent of respondents reported they always find meaning and purpose while an additional 34% reported nearly always.
- Twelve percent of respondents with a high school education or less reported they seldom or never find meaning and purpose in daily life compared to 7% of those with a college education or 3% 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 they seldom or never find meaning and purpose in daily life.
- In 2006, male respondents were more likely to report they seldom/never find meaning and purpose in daily life. In all other study years, gender was not a significant variable.
- In 2003, respondents 45 to 54 years old were more likely to report they seldom/never find meaning and purpose in daily life. 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 they seldom/never find meaning and purpose in daily life.
- In 2009, respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life, with a noted increase since 2003. 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 they seldom/never find meaning and purpose in daily life. In all other study years, household income was not a significant variable.

Table 44. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

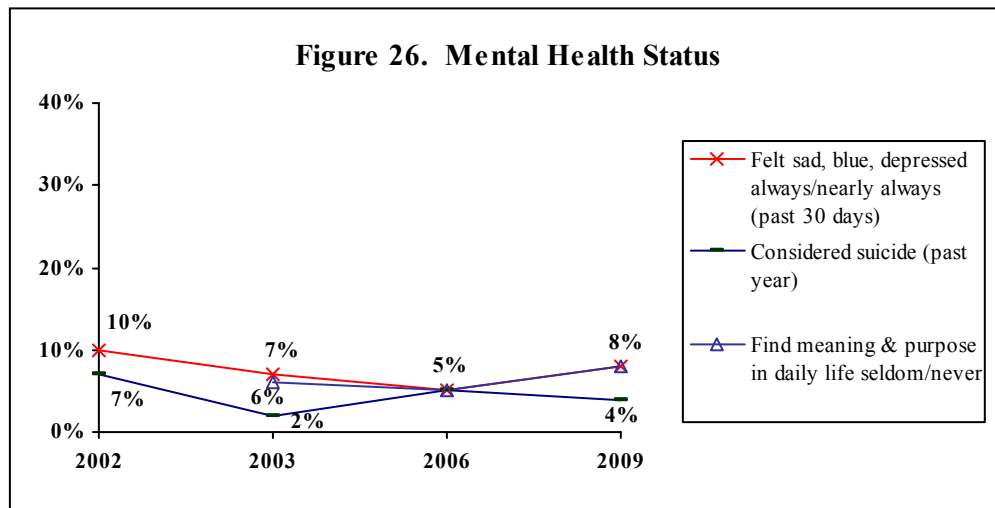
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Mental Health Status Overall

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.



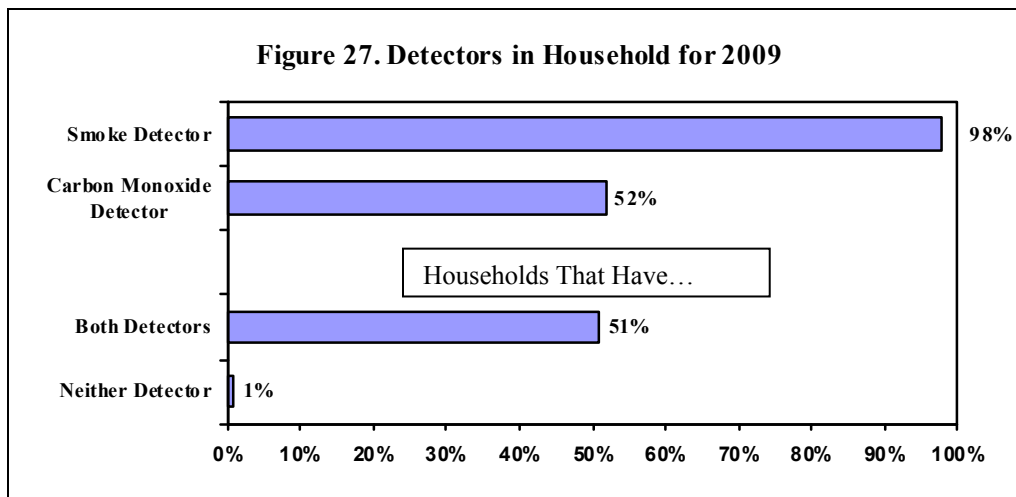
Detectors in Household (Figures 27 & 28; Table 45)

KEY FINDINGS: In 2009, 98% of households had a working smoke detector while 52% had a working carbon monoxide detector. Fifty-one percent of households had both detectors. Respondents who were in the middle 20 percent household income bracket or were married were more likely to report both detectors.

From 2002 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.

2009 Findings

- Ninety-eight percent of respondents reported a working smoke detector while 52% reported a working carbon monoxide detector in their home. Fifty-one percent had both detectors. One percent had neither.



- Sixty-seven percent of respondents in the middle 20 percent household income bracket reported both detectors compared to 58% of those in the top 40 percent income bracket or 42% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (65% and 36%, respectively).

Year Comparisons

- From 2002 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 2002 and 2003, 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 detectors. In 2009, respondents in the middle 20 percent household income bracket were more likely to report both detectors. From 2002 to 2009, there was a noted increase in the percent of respondents across household income reporting both a working smoke detector and carbon monoxide detector.
- In 2002, 2006 and 2009, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. In 2003, marital status was not a significant variable. From 2002 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 45. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^⓪

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 31% | 38% | 48% | 51% |
| Household Income ^{1,2,3,4} | | | | |
| Bottom 40 Percent Bracket ^a | 25 | 29 | 38 | 42 |
| Middle 20 Percent Bracket ^a | 29 | 35 | 54 | 67 |
| Top 40 Percent Bracket ^a | 40 | 49 | 55 | 58 |
| Marital Status ^{1,3,4} | | | | |
| Married ^a | 40 | 42 | 56 | 65 |
| Not Married ^a | 24 | 33 | 40 | 36 |

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

¹demographic difference at $p \leq 0.05$ in 2002

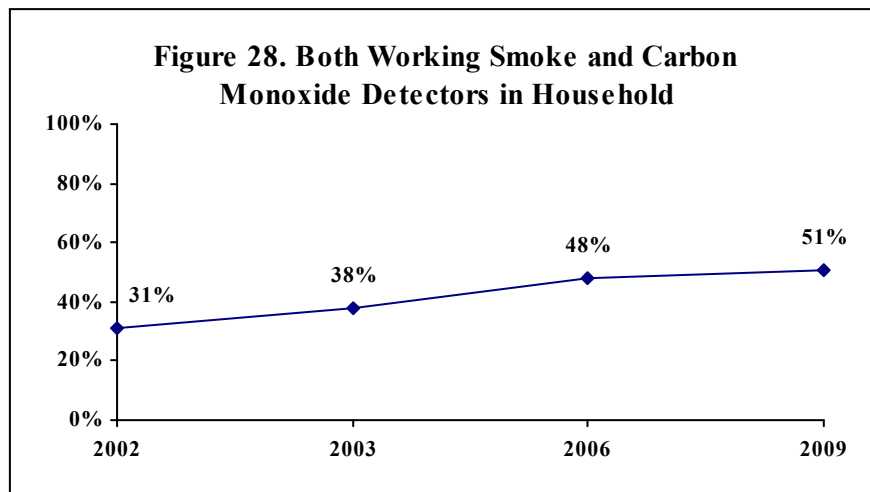
²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

- From 2002 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 46 - 48)

KEY FINDINGS: In 2009, 26% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 15% had a handgun in their home while 21% had a rifle or shotgun. Respondents in the top 40 percent household income bracket or with children in the household were more likely to report a handgun in their home. Respondents who were in the top 40 percent household income bracket or married were more likely to report a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. 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.

Firearm in Household

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

2009 Findings

- At the time of the survey administration, 26% of households had at least one firearm.
- Fifty percent of respondents in the top 40 percent household income bracket reported a firearm compared to 27% of those in the middle 20 percent income bracket or 16% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a firearm (34%) compared to unmarried respondents (20%).

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2002 and 2009, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2003, respondents in the middle 20 percent household income bracket were more likely to report having a firearm. In 2006, household income was not a significant variable.
- In 2002, 2003 and 2009, married respondents were more likely to report having a firearm. In 2006, marital status was not a significant variable.

Table 46. Firearm in Household by Demographic Variables for Each Survey Year^①

| | 2002 | 2003 | 2006 | 2009 |
|-----------------------------------|------|------|------|------|
| TOTAL | 27% | 19% | 25% | 26% |
| Household Income ^{1,2,4} | | | | |
| Bottom 40 Percent Bracket | 16 | 10 | 24 | 16 |
| Middle 20 Percent Bracket | 25 | 27 | 26 | 27 |
| Top 40 Percent Bracket | 41 | 23 | 29 | 50 |
| Marital Status ^{1,2,4} | | | | |
| Married | 36 | 26 | 28 | 34 |
| Not Married | 19 | 11 | 22 | 20 |
| Children in Household | | | | |
| Yes | 30 | 24 | 23 | 31 |
| No | 26 | 17 | 26 | 24 |

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

¹demographic difference at $p \leq 0.05$ in 2002

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2002 to 2009

Handgun in Household

2009 Findings

- At the time of the survey administration, 15% of respondents reported handguns in their home.
- Thirty percent of respondents in the top 40 percent household income bracket reported a handgun in their home compared to 15% of those in the middle 20 percent income bracket or 10% of respondents in the bottom 40 percent household income bracket.
- Respondents with children in the household were more likely to report a handgun in their home compared to respondents without children in the household (24% and 10%, respectively).

Table 47. Handgun in Household by Demographic Variables for 2009^⓪

| | 2009 |
|------------------------------------|------|
| TOTAL | 15% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 10 |
| Middle 20 Percent Bracket | 15 |
| Top 40 Percent Bracket | 30 |
| Marital Status | |
| Married | 17 |
| Not Married | 13 |
| Children in Household ¹ | |
| Yes | 24 |
| No | 10 |

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

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

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 21% of respondents reported a rifle or shotgun in their home.
- Forty-three percent of respondents in the top 40 percent household income bracket reported a rifle or shotgun in their home compared to 25% of those in the middle 20 percent income bracket or 9% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (30% and 12%, respectively).

Table 48. Rifle or Shotgun in Household by Demographic Variables for 2009^⓪

| | 2009 |
|-------------------------------|------|
| TOTAL | 21% |
| Household Income ¹ | |
| Bottom 40 Percent Bracket | 9 |
| Middle 20 Percent Bracket | 25 |
| Top 40 Percent Bracket | 43 |
| Marital Status ¹ | |
| Married | 30 |
| Not Married | 12 |
| Children in Household | |
| Yes | 24 |
| No | 19 |

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

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

Loaded Firearm

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

2009 Findings

- Two 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 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded firearm in the household in all study years.

Loaded Firearm Also Unlocked

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

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

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

2009 Findings

- 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.

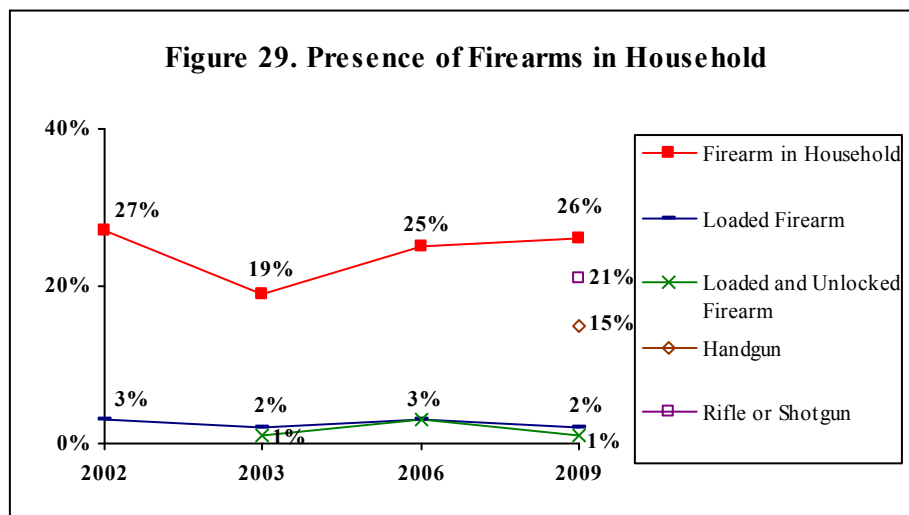
Year Comparisons

- 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 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. 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.



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

KEY FINDINGS: In 2009, 7% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were female, 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. A total of 9% reported at least one of these two situations; female respondents were more likely to report this.

From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting at least one of the two personal safety issues.

Afraid for Personal Safety

2009 Findings

- Seven 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 (10%) compared to male respondents (4%).
 - A stranger was most often mentioned as the perpetrator (12 responses) followed by an acquaintance (5 responses). Four respondents each reported spouse or boyfriend/girlfriend while one respondent reported someone else.

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2009, female respondents were more likely to report being afraid for their personal safety. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting they were afraid for their personal safety.
- In 2002, respondents 18 to 34 years old were more likely to report being afraid for their personal safety. In all other study years, age was not a significant variable. From 2002 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 2002, respondents with some post high school education were more likely to report being afraid for their personal safety. In 2006, respondents with a college education were more likely to report being afraid for their personal safety. In all other study years, education was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents with a high school education or less or with a college education reporting they were afraid for their personal safety.

- In 2002, respondents in the bottom 40 percent household income bracket were more likely to report being afraid for their personal safety. In 2003 and 2006, respondents in the middle 20 percent household income bracket were more likely to report being afraid for their personal safety. In 2009, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting they were afraid for their personal safety.
- In 2002 and 2006, unmarried respondents were more likely to report being afraid for their personal safety. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of unmarried respondents reporting they were afraid for their personal safety.

Table 49. Afraid for Personal Safety by Demographic Variables for Each Survey Year^⓪

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 14% | 6% | 8% | 7% |
| Gender ⁴ | | | | |
| Male ^a | 14 | 4 | 8 | 4 |
| Female | 14 | 8 | 7 | 10 |
| Age ¹ | | | | |
| 18 to 34 ^a | 21 | 9 | 7 | 10 |
| 35 to 44 | 16 | 6 | 10 | 9 |
| 45 to 54 | 14 | 7 | 12 | 6 |
| 55 to 64 | 9 | 12 | 3 | 5 |
| 65 and Older | 3 | 1 | 2 | 2 |
| Education ^{1,3} | | | | |
| High School or Less ^a | 13 | 3 | 3 | 6 |
| Some Post High School | 17 | 9 | 8 | 10 |
| College Graduate ^a | 11 | 8 | 15 | 3 |
| Household Income ^{1,2,3} | | | | |
| Bottom 40 Percent Bracket ^a | 19 | 4 | 9 | 10 |
| Middle 20 Percent Bracket ^a | 12 | 12 | 11 | 2 |
| Top 40 Percent Bracket | 11 | 4 | 2 | 6 |
| Marital Status ^{1,3} | | | | |
| Married | 11 | 5 | 5 | 8 |
| Not Married ^a | 17 | 8 | 10 | 6 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Pushed, Kicked, Slapped or Hit

2009 Findings

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Female respondents were more likely to report they were pushed, kicked, slapped or hit in the past year (7%) compared to male respondents (2%).
- Respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit in the past year (10%) compared to those 35 to 54 years old (3%) or respondents 65 and older (0%).
- Eight percent of respondents in the bottom 40 percent household income bracket reported they were pushed, kicked, slapped or hit in the past year compared to 4% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.
 - Five respondents reported a stranger followed by four respondents each reporting a spouse or boyfriend/girlfriend. Three respondents reported an acquaintance.

Year Comparisons

- From 2002 to 2009, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2009, female respondents were more likely to report they were pushed, kicked, slapped or hit. In 2002, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting they were pushed, kicked, slapped or hit.
- In 2002 and 2009, respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit.
- In 2002, respondents with some post high school education were more likely to report they were pushed, kicked, slapped or hit. In 2009, education was not a significant variable.
- In 2002 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they were pushed, kicked, slapped or hit.
- In 2002, unmarried respondents were more likely to report they were pushed, kicked, slapped or hit. In 2009, marital status was not a significant variable. From 2002 to 2009, there was a noted increase in the percent of married respondents reporting they were pushed, kicked, slapped or hit.

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

| | 2002 | 2003 ^② | 2006 ^③ | 2009 |
|---------------------------------|------|-------------------|-------------------|------|
| TOTAL | 5% | 2% | 2% | 5% |
| Gender ⁴ | | | | |
| Male ^a | 6 | -- | -- | 2 |
| Female | 4 | -- | -- | 7 |
| Age ^{1,4} | | | | |
| 18 to 34 | 9 | -- | -- | 10 |
| 35 to 44 | 6 | -- | -- | 3 |
| 45 to 54 | 4 | -- | -- | 3 |
| 55 to 64 | 2 | -- | -- | 5 |
| 65 and Older | 1 | -- | -- | 0 |
| Education ¹ | | | | |
| High School or Less | 5 | -- | -- | 7 |
| Some Post High School | 7 | -- | -- | 4 |
| College Graduate | 2 | -- | -- | 4 |
| Household Income ^{1,4} | | | | |
| Bottom 40 Percent Bracket | 8 | -- | -- | 8 |
| Middle 20 Percent Bracket | 4 | -- | -- | 0 |
| Top 40 Percent Bracket | 3 | -- | -- | 4 |
| Marital Status ¹ | | | | |
| Married ^a | 2 | -- | -- | 5 |
| Not Married | 8 | -- | -- | 5 |

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

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Combined Personal Safety Issues

2009 Findings

- A total of 9% 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 (12%) compared to male respondents (6%).

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2009, female respondents were more likely to report at least one of the personal safety issues. In all other study years, gender was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of male respondents reporting at least one of the two issues.
- In 2002, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In all other study years, age was not a significant variable. From 2002 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 2002, respondents with some post high school education were more likely to report at least one of the personal safety issues. In 2003, respondents with at least some post high school education were more likely to report at least one of the personal safety issues. In 2006, respondents with a college education were more likely to report at least one of the personal safety issues. In 2009, education was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting at least one of the two issues.
- In 2002, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the personal safety issues. In all other study years, household income was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting at least one of the two issues.
- In 2002 and 2003, unmarried respondents were more likely to report at least one of the personal safety issues. In all other study years, marital status was not a significant variable. From 2002 to 2009, there was a noted decrease in the percent of unmarried respondents reporting at least one of the two issues.

Table 51. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year[ⓐ]

| | 2002 | 2003 | 2006 | 2009 |
|--|------|------|------|------|
| TOTAL ^a | 16% | 7% | 9% | 9% |
| Gender ⁴ | | | | |
| Male ^a | 17 | 7 | 9 | 6 |
| Female | 15 | 8 | 8 | 12 |
| Age ¹ | | | | |
| 18 to 34 ^a | 26 | 12 | 11 | 14 |
| 35 to 44 | 19 | 9 | 10 | 10 |
| 45 to 54 | 14 | 7 | 12 | 8 |
| 55 to 64 | 9 | 12 | 3 | 8 |
| 65 and Older | 4 | 1 | 2 | 2 |
| Education ^{1,2,3} | | | | |
| High School or Less | 14 | 4 | 4 | 8 |
| Some Post High School ^a | 20 | 10 | 8 | 12 |
| College Graduate | 12 | 10 | 17 | 6 |
| Household Income ¹ | | | | |
| Bottom 40 Percent Bracket ^a | 20 | 6 | 9 | 13 |
| Middle 20 Percent Bracket ^a | 14 | 13 | 13 | 4 |
| Top 40 Percent Bracket | 13 | 6 | 4 | 9 |
| Marital Status ^{1,2} | | | | |
| Married | 13 | 5 | 6 | 8 |
| Not Married ^a | 19 | 10 | 11 | 10 |

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

¹demographic difference at p≤0.05 in 2002

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

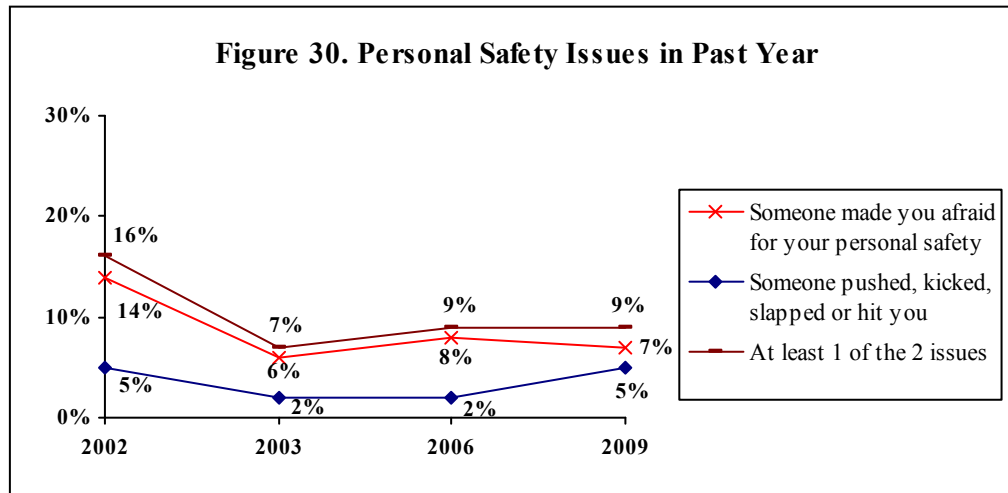
⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2002 to 2009

Personal Safety Issues Overall

Year Comparisons

- From 2002 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2002 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2002 to 2009, there was a statistical decrease 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.

Mental Illness (Figure 31; Table 52)

KEY FINDINGS: In 2009, 90% of respondents reported they believe that mental illness is a health condition that can be managed with treatment like counseling and medications; respondents 35 to 44 years old were more likely to report this. Three percent reported they did not receive the mental health care needed.

From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported they believe mental illness can be managed with treatment like counseling and medications.

Mental Illness Management

2009 Findings

- Ninety percent of respondents reported they believe that mental illness is a health condition that can be managed with treatment like counseling and medications. Four percent of respondents believe that mental illness cannot be managed with treatment while 6% were not sure.
- Ninety-eight percent of respondents 35 to 44 years old reported they believe mental illness can be managed compared to 83% of respondents who were 45 to 54 years old or 65 and older.

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported they believe mental illness can be managed with treatment like counseling and medications.
- In 2006, female respondents were more likely to report they believe mental illness can be managed. In 2009, gender was not a significant variable.
- In both study years, respondents 35 to 44 years old were more likely to report they believe mental illness can be managed. From 2006 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting they believe mental illness can be managed.
- In 2006, respondents with a college education were more likely to report they believe mental illness can be managed. In 2009, education was not a significant variable.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report they believe mental illness can be managed. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting they believe mental illness can be managed.

Table 52. Believe in Mental Illness Management by Demographic Variables for 2009^①

| | 2006 | 2009 |
|--|------|------|
| TOTAL | 88% | 90% |
| Gender ¹ | | |
| Male | 83 | 90 |
| Female | 92 | 91 |
| Age ^{1,2} | | |
| 18 to 34 ^a | 81 | 95 |
| 35 to 44 | 98 | 98 |
| 45 to 54 | 88 | 83 |
| 55 to 64 | 90 | 89 |
| 65 and Older | 86 | 83 |
| Education ¹ | | |
| High School or Less | 83 | 88 |
| Some Post High School | 90 | 93 |
| College Graduate | 94 | 90 |
| Household Income ¹ | | |
| Bottom 40 Percent Bracket | 87 | 90 |
| Middle 20 Percent Bracket ^a | 81 | 91 |
| Top 40 Percent Bracket | 98 | 93 |
| Marital Status | | |
| Married | 89 | 92 |
| Not Married | 87 | 88 |

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

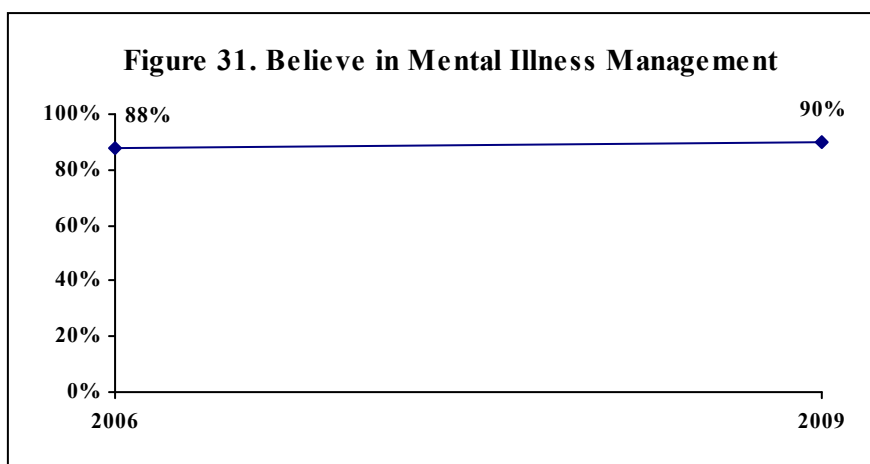
¹demographic difference at $p \leq 0.05$ in 2006

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

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

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported they believe mental illness can be managed with treatment like counseling and medications.



Did Not Receive Mental Health Care Needed

2009 Findings

- Three percent of respondents felt they did not receive the mental health care needed in the past year.
 - Of the 12 respondents who reported they did not receive the care they needed, the most often cited reasons included: uninsured (5 responses), provider did not help with problem or poor medical care (3 responses each) and not enough time (2 responses).

Current Asthma Symptoms and Days Unable to Perform Usual Activities

KEY FINDINGS: In 2009, 47% of respondents with asthma reported they had symptoms such as wheezing, shortness of breath, chest tightness and phlegm production when they don't have a cold or respiratory infection more than two times a week in the past month. In the past 12 months, 13% reported they were unable to work or carry out usual activities because of their asthma at least once a month.

2009 Findings

- Four percent of respondents reported they currently have asthma.
 - Forty-seven percent of respondents reported symptoms of asthma more than two times a week in the past 30 days. Twenty percent reported symptoms once or twice a week while 20% reported less than once a week and 13% reported no symptoms.
 - Thirteen percent of respondents reported in the past 12 months they were unable to work or carry out their usual activities because of their asthma at least once a month. Thirty-eight percent of respondents reported less than once a month. Fifty percent of respondents reported zero days.

APPENDIX B: QUESTIONNAIRE FREQUENCIES

WEST ALLIS/WEST MILWAUKEE
COMMUNITY HEALTH SURVEY

Conducted: September 30, 2009 through January 7, 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..... | 6% |
| Fair..... | 10 |
| Good..... | 31 |
| Very good..... | 40 |
| Excellent..... | 14 |
| Not sure..... | 0 |

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

| | |
|--|-----|
| No health care coverage..... | 11% |
| An employer sponsored insurance plan..... | 53 |
| Private insurance bought directly from an insurance agent or insurance company..... | 7 |
| Medicaid including medical assistance, Title 19 or Badger Care..... | 8 |
| Medicare..... | 20 |
| Or something else..... | <1 |
| Not sure..... | <1 |

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

| | |
|---------------|-----|
| All..... | 85% |
| Part..... | 6 |
| None..... | 10 |
| Not sure..... | 0 |

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

| | |
|---------------|-----|
| All..... | 82% |
| Part..... | 10 |
| None..... | 7 |
| Not sure..... | 2 |

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

Doctor's or nurse practitioner's office 81%
 Public health clinic or community health center 1
 Hospital outpatient department 3
 Hospital emergency room 1
 Urgent care center 9
 Some other kind of place..... <1
 No usual place 5
 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 33%
 No..... 66
 Not sure 1

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

| | Less than a Year Ago | 1 to 2 Years Ago | 3 to 4 Years Ago | 5 or More Years Ago | Never | Not Sure |
|--|-------------------------|---------------------|---------------------|------------------------|-------|----------|
| 7. A routine checkup | 63% | 17% | 11% | 8% | 1% | <1% |
| 8. Cholesterol testing | 50 | 17 | 11 | 3 | 14 | 6 |
| 9. Visit to a dentist or dental clinic . | 72 | 13 | 5 | 8 | 2 | <1 |
| 10. Eye exam..... | 47 | 31 | 7 | 12 | 4 | <1 |

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

Yes 43%
 No..... 57
 Not sure <1

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

18 to 34 years old 30%
 35 to 44 years old 22
 45 to 54 years old 16
 55 to 64 years old 10
 65 and older..... 22

13. Have you ever had a pneumonia or pneumococcal shot? [86 Respondents 65 and Older]

Yes 73%
 No..... 21
 Not sure 6

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

| | Yes | No | Not Sure |
|--|---------------------|-----|---------------|
| 14. You have high blood pressure? | 31% | 69% | <1% |
| 15. Your blood cholesterol is high? | 26 | 71 | 3 |
| 16. You had a stroke?..... | 2 | 98 | <1 |
| 17. You have heart disease or a heart condition?... | 10 | 90 | 0 |
| 18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression? | 15 | 86 | 0 |
| 19. You have cancer?..... | 3 | 97 | 0 |
| 20. ... (if yes) [12 Respondents]: What type of cancer? | Breast..... | | 3 respondents |
| | Melanoma/skin | | 3 respondents |
| | Prostate | | 3 respondents |
| | Lung | | 2 respondents |
| 21. You have diabetes (men) You have diabetes not associated with a pregnancy (women)..... | 9 | 92 | 0 |

22. [IF DIABETES] A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C?” [32 Respondents]

| | | |
|-------------------|----|--------------------|
| Zero | 9% | →GO TO Q25 |
| 1 time..... | 22 | →CONTINUE WITH Q23 |
| 2 to 3 times..... | 50 | →CONTINUE WITH Q23 |
| 4 or more | 19 | →CONTINUE WITH Q23 |
| Not sure | 0 | →GO TO Q25 |

23. At your last appointment, what was your “A one C” level? [28 Respondents]

| | |
|-------------------|-----|
| Less than 7 | 39% |
| 7 or higher | 39 |
| Not sure | 21 |

24. At your last appointment, what was your LDL level? [28 Respondents]

| | |
|---------------------|-----|
| Less than 100 | 14% |
| 100 or higher | 14 |
| Not sure | 71 |

| | Yes | No | Not Sure |
|--|-----|-----|----------|
| 25. Do you currently have asthma? | 4% | 96% | 0% |
| 26. ...(if yes), do you have a written asthma action plan? [16 Respondents]..... | 44 | 50 | 6 |

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 46%
 Two servings 30
 Three or more servings..... 24
 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 48%
 Two servings 29
 Three or more servings..... 23
 Not sure 0

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

Yes 85%
 No..... 16
 Not sure 0

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

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

No moderate activity16%
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....54
 5 times/week for 30 minutes or more.....30
 Not sure 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 40%
 No..... 59
 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 | 59% |
| Less than 3 times/week for 20 minutes or less than 20 minutes each time | 24 |
| 3 times/week for 20 minutes or more..... | 15 |
| Not sure | 3 |

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? [128 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 52% |
| 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) | 5 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 2 |
| 5 or more years ago | 9 |
| Never..... | 11 |
| 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? [53 Respondents 65 and Older]

| | |
|----------------|-----|
| Yes | 79% |
| No..... | 17 |
| Not sure | 4 |

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

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 54% |
| Within the past 2 years (1 year, but less than 2 years ago) | 21 |
| Within the past 3 years (2 years, but less than 3 years ago) | 4 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 6 |
| 5 or more years ago | 13 |
| Never..... | 2 |
| Not sure | 0 |

Q38 and Q39 MALES 40 AND OLDER ONLY

38. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test? [101 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 36% |
| Within the past 2 years (1 year, but less than 2 years ago) | 16 |
| Within the past 3 years (2 years, but less than 3 years ago) | 4 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 2 |
| 5 or more years ago | 4 |
| Never..... | 28 |
| Not sure | 11 |

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? [101 Respondents 40 and Older]

| | |
|--|-----|
| Within the past year (anytime less than 12 months ago)..... | 33% |
| 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) | 8 |
| Within the past 5 years (3 years, but less than 5 years ago)..... | 6 |
| 5 or more years ago | 8 |
| Never..... | 22 |
| 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... [155 Respondents 50 and Older]

| | |
|--------------------|----|
| Sigmoidoscopy..... | 5% |
| Colonoscopy | 46 |
| Both..... | 15 |
| Or neither | 33 |
| Not sure | <1 |

41. How long has it been since you had your last sigmoidoscopy? [155 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) | 2 |
| Within the past 5 years (2 years, but less than 5 years ago)..... | 6 |
| Within the past 10 years (5 years but less than 10 years ago)... | 5 |
| 10 years ago or more | 5 |
| Never..... | 79 |
| Not sure | 1 |

42. How long has it been since you had your last colonoscopy? [152 Respondents 50 and Older]

| | |
|---|-----|
| Within the past year (anytime less than 12 months ago)..... | 14% |
| Within the past 2 years (1 year, but less than 2 years ago) | 15 |
| Within the past 5 years (2 years, but less than 5 years ago)..... | 20 |
| Within the past 10 years (5 years but less than 10 years ago)... | 6 |
| 10 years ago or more | 5 |
| Never..... | 38 |
| Not sure | <1 |

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

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

Frequency of those who bicycle, use in-line roller skates or a scooter [178 Respondents]

| | |
|--------------------|-----|
| Never | 64% |
| Seldom | 10 |
| Sometimes..... | 2 |
| Nearly always..... | 3 |
| Always | 21 |
| Not sure | 0 |

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

| | |
|--------------------|----|
| Never | 2% |
| Seldom | 2 |
| Sometimes..... | 4 |
| Nearly always..... | 6 |
| Always | 87 |
| Not sure | 0 |

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

| | |
|--------------------|-----|
| Never..... | 35% |
| Seldom | 38 |
| Sometimes..... | 19 |
| Nearly always..... | 7 |
| Always | 1 |
| Not sure | <1 |

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

| | |
|--------------------|----|
| Never..... | 1% |
| Seldom | 7 |
| Sometimes..... | 14 |
| Nearly always..... | 34 |
| Always | 44 |
| Not sure | 1 |

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

| | |
|----------------|----|
| Yes | 4% |
| No..... | 96 |
| 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 | 31% |
| One to two days..... | 22 |
| Three to four days | 15 |
| Five or more days..... | 32 |
| Not sure | <1 |

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

| | |
|--------------------------|-----|
| None | 31% |
| One drink..... | 22 |
| Two drinks | 19 |
| Three drinks | 15 |
| Four or more drinks..... | 13 |
| 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 | 76% |
| One time | 6 |
| Two or more times | 18 |
| 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 | <1% |
| No..... | 99 |
| Not sure | <1 |

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

| | |
|----------------|----|
| Yes | 3% |
| No..... | 97 |
| 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 | 22% | |
| Some days | 6 | |
| Not at all..... | 72 | →GO TO Q57 |
| Not sure | 0 | →GO TO Q57 |

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [113 Respondents]

| | |
|----------------|-----|
| Yes | 47% |
| No..... | 53 |
| Not sure | 0 |

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [114 Respondents]

| | | |
|----------------|-----|--------------------|
| Yes | 84% | →CONTINUE WITH Q56 |
| No..... | 16 | →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? [95 Respondents]

| | |
|----------------|-----|
| Yes | 65% |
| No..... | 35 |
| Not sure | 0 |

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

| | |
|--|-----|
| Smoking is not allowed anywhere inside your home.. | 68% |
| Smoking is allowed in some places or at some times . | 12 |
| Smoking is allowed anywhere inside your home or ... | 3 |
| There are no rules about smoking inside your home .. | 17 |
| Not sure | 0 |

58. Which of the following best describes your place of work's official indoor smoking policy? [264 Respondents Who Work]

| | |
|------------------------------|-----|
| Not allowed in any area..... | 77% |
| Allowed in some areas | 18 |
| Allowed in all areas..... | 3 |
| No official policy | 1 |
| Not sure | <1 |

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [285 Nonsmokers]

0 days 72%
 1 to 3 days 23
 4 to 6 days 3
 All 7 days 2
 Not sure 0

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

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

Yes 26%
 No 73
 Not sure <1

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

| | Yes | No | Not sure | No firearms in HH/NA |
|-----------------------------|-----|-----|----------|----------------------|
| 61. Handguns | 15% | 11% | 0% | 74% |
| 62. Rifles or shotguns..... | 21 | 5 | 0 | 74 |

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

Yes 2%
 No 24
 Not sure 0
 No firearms in the household/no answer 74

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 98

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

| | Yes | No | Not Sure |
|--|-----|-----|----------|
| 65. Going to a chiropractor | 14% | 86% | 0% |
| 66. Having acupuncture | 2 | 98 | 0 |
| 67. Massage therapy..... | 15 | 85 | 0 |
| 68. Aroma therapy using essential oils | 4 | 96 | 0 |

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

69. Gender [DERIVED, NOT ASKED]

| | |
|-------------|-----|
| Male | 48% |
| Female..... | 53 |

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

| | |
|---------------------|-----|
| Not overweight..... | 33% |
| Overweight..... | 37 |
| Obese..... | 30 |

72. Are you Hispanic or Latino?

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

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

| | |
|---|-----|
| White..... | 86% |
| Black, African American | 10 |
| Asian | 0 |
| Native Hawaiian or other Pacific Islander | <1 |
| American Indian or Alaska Native..... | <1 |
| Another race..... | 0 |
| Multiple race | 2 |
| Not sure | 0 |

74. What is your current marital status?

| | |
|--------------------------------------|-----|
| Single and never married | 26% |
| A member of an unmarried couple..... | 2 |
| Married..... | 47 |
| Separated..... | <1 |
| Divorced..... | 15 |
| Widowed | 9 |
| Not sure | 0 |

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

| | |
|---------------------------------------|----|
| 8th grade or less | 1% |
| Some high school | 1 |
| High school graduate or GED | 38 |
| Some college | 27 |
| Technical school graduate..... | 8 |
| College graduate | 20 |
| Advanced or professional degree | 6 |
| Not sure | 0 |

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

| | |
|---------------|-----|
| Yes | 36% |
| No..... | 64 |
| 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]

| | |
|------------------------------|-----|
| West Allis..... | 95% |
| West Milwaukee | 6 |
| All others (3% or less)..... | 0 |

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

| | |
|------------------------------|-----|
| 53214..... | 40% |
| 53227..... | 34 |
| 53219..... | 26 |
| 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 | 2% |
| No..... | 98 |
| Not sure..... | 0 |

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

| | |
|------------------|-----|
| One..... | 99% |
| Two or more..... | 2 |

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

| | |
|---------------|-----|
| Yes | 71% |
| No..... | 29 |
| Not sure..... | 0 |

83. What is your annual household income before taxes?

| | |
|-----------------------------|----|
| Less than \$10,000 | 9% |
| \$10,000 to \$20,000..... | 12 |
| \$20,001 to \$30,000..... | 10 |
| \$30,001 to \$40,000..... | 12 |
| \$40,001 to \$50,000..... | 11 |
| \$50,001 to \$60,000..... | 9 |
| \$60,001 to \$75,000..... | 12 |
| \$75,001 to \$90,000..... | 5 |
| \$90,001 to \$105,000..... | 3 |
| \$105,001 to \$120,000..... | 1 |
| \$120,001 to \$135,000..... | 1 |
| Over \$135,000..... | <1 |
| Not sure | 5 |
| No answer | 9 |

84. Which of the following best describes you?

| | |
|---|-----|
| Heterosexual where you are attracted to people of the opposite sex... | 95% |
| Gay or lesbian where you are attracted to people of the same sex..... | <1 |
| Or bisexual where you are attracted to people of both sexes | <1 |
| Not sure | <1 |
| No answer | 3 |

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 | 7% | →CONTINUE WITH Q86 |
| No..... | 93 | →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. [27 Respondents; More than 1 response accepted]

| | |
|-------------------------------|--------------|
| Stranger | 12 responses |
| Acquaintance..... | 5 responses |
| Spouse | 4 responses |
| Boyfriend or girlfriend | 4 responses |
| Someone else..... | 1 response |

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

| | | |
|----------------|----|--------------------|
| Yes | 5% | →CONTINUE WITH Q88 |
| No..... | 95 | →GO TO Q89 |
| Not sure | <1 | →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?
 [19 Respondents; More than 1 response accepted]

| | |
|-------------------------------|-------------|
| Stranger | 5 responses |
| Spouse | 4 responses |
| Boyfriend or girlfriend | 4 responses |
| Acquaintance..... | 3 responses |
| Parent | 1 response |
| Someone else..... | 1 response |

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

| | |
|--|-----|
| Smoke detector..... | 98% |
| Carbon monoxide detector | 52 |
| Neither..... | 1 |
| Not sure | <1 |
| Households that have both detectors..... | 51% |

ADDITIONAL QUESTIONS FOR WEST ALLIS/WEST MILWAUKEE

[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. Some people believe that mental illness is a health condition that can be managed with treatment like counseling and medications while others believe that mental illness is a health condition that cannot be managed with treatment. Which do you believe?

Mental illness CAN be managed with treatment90%
 Mental illness CANNOT be managed with treatment 4
 Not sure 6

A2. Was there a time in the last 12 months that you felt you did not get the mental health care you felt you needed?

Yes 3%
 No..... 96
 Not sure 1

A3. Why did you not receive the care you thought you needed? [12 Respondents; More than 1 response accepted]

Uninsured5 responses
 Provider did not help with problem3 responses
 Poor medical care.....3 responses
 Not enough time2 responses
 Specialty physician not in area..... 1 response
 Don't know where to go..... 1 response
 Inconvenient hours 1 response
 Cannot afford to pay..... 1 response
 Insurance did not cover it..... 1 response
 Unable to get appointment 1 response
 Co-payments too high 1 response

A4. Symptoms of asthma include cough, wheezing, shortness of breath, chest tightness and phlegm production when you don't have a cold or respiratory infection. During the past 30 days, how often did you have any symptoms of asthma? Would you say... [15 Respondents]

Not at any time 13%
 Less than once a week.....20
 Once or twice a week20
 More than two times a week, but not every day..... 27
 Every day, but not all the time 20
 Every day, all the time 0
 Not sure 0

A5. During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma? [16 Respondents]

No days 50%
 1 to 11 days 38
 12 or more days..... 13

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 West Allis/West Milwaukee Community Health Survey was conducted from September 30, 2009 through January 7, 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 where the respondent within each household was randomly selected by computer based on the number of adults in the household (n=350). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=50). 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 West Allis/West Milwaukee Community Health Survey was conducted from March 14 through July 5, 2006. A total of 400 random adults 18 and older within the communities were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 West Allis/West Milwaukee Community Health Survey was conducted from February 22 through April 5, 2003. A total of 400 random adults 18 and older within the communities 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.

2002 Community Health Survey

The 2002 West Allis/West Milwaukee Community Health Survey was a self-administered mail survey in May 2002. Three separate mailings including 1) a pre-notification letter, 2) a survey questionnaire packet containing a postage-paid envelope and 3) a follow-up postcard reminder were sent one week apart. A total of 1,448 completed surveys out of 3,000 household addresses were returned. 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 1,448, the margin of error is $\pm 3\%$. The margin of error for smaller subgroups is larger.