

**Manitowoc County
Community Health Survey Report
2010**

Commissioned by:
Aurora Health Care

In Partnership with:
**Manitowoc County Health Department
Center for Urban Population Health**

Prepared by:
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Purpose

The purpose of this project is to provide Manitowoc County 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 Manitowoc County 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 Manitowoc County 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 and unlisted numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=320). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=80). 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 July 15, 2010 and July 28, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Manitowoc County. 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 Manitowoc County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2010

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 34	26%
35 to 44	22
45 to 54	19
55 to 64	12
65 and Older	21
Education	
High School Graduate or Less	48%
Some Post High School	33
College Graduate	19
Household Income	
Bottom 40 Percent Bracket	48%
Middle 20 Percent Bracket	18
Top 40 Percent Bracket	23
Not Sure/No Answer	10
Married	51%

What do the percentages mean?

Results of the Manitowoc County Community Health Survey can be generalized to the adult population with telephones. In 2010, the Wisconsin Department of Administration estimated 65,191 adult residents in the area, an increase of 5.50% 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 650 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equals 9,100 residents \pm 3,250 individuals. Therefore, from 5,850 to 12,350 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 Manitowoc County is 37,043, an increase of 6.90% 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 370 households. For example, 23% 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 8,510.

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 classifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In 2003, the bottom 40% income bracket included survey categories less than \$30,001, the middle 20% income bracket was \$30,001 to \$50,000 and the top 40% income bracket was at least \$50,001. In 2007 and 2010, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% income bracket was at least \$60,001.

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more 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 Manitowoc County Health Survey defined 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. 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 Manitowoc County residents. The following data are highlights of the comprehensive study.

Overall Health				Health Conditions in Past 3 Years			
Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>	Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>
Excellent	23%	16%	16%	High Blood Cholesterol	16%	28%	29%
Very Good	37%	35%	40%	High Blood Pressure	19%	28%	26%
Fair or Poor	10%	18%	14%	Mental Health Condition		9%	12%
<i>Other Research: (2009)</i>		<u>WI</u>	<u>U.S.</u>	Heart Disease/Condition	6%	11%	9%
<i>Fair or Poor</i>		12%	15%	Asthma (Current)	5%	12%	7%
				Diabetes	6%	9%	6%
				Cancer			6%
				Stroke	2%	1%	2%
Health Care Coverage				Physical Health			
Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>	Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>
Not Covered				Physical Activity/Week			
Personally (currently)	7%	7%	15%	Moderate Activity (5 times/30 min)	31%	38%	42%
Personally (past 12 months)			22%	Vigorous Activity (3 times/20 min)		24%	23%
Household Member (past 12 months)	20%	19%	23%	Recommended Moderate or Vigorous		48%	49%
Advance Care Plan	34%	37%	33%	Overweight	66%	63%	66%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	68%	63%	65%
Doctor/nurse practitioner's office		72%	77%	Vegetable Intake (3+ servings/day)	28%	24%	23%
Public hlth clinic/comm. hlth center		11%	8%	<i>Other Research: (2009)</i>		<u>WI</u>	<u>U.S.</u>
Urgent care center		10%	3%	<i>Overweight</i>		65%	63%
<i>Other Research: (2009)</i>		<u>WI</u>	<u>U.S.</u>	<i>Recommended Mod. or Vig. Activity</i>		53%	51%
<i>Personally Not Covered (currently)</i>		10%	14%				
Routine Procedures				Women's Health			
Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>	Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>
Routine Checkup (2 years ago or less)	82%	80%	77%	Mammogram (40+; within past 2 years)	79%	74%	81%
Cholesterol Test (4 years ago or less)	73%	78%	73%	Bone Density Scan (65+)		59%	78%
Dental Checkup (past year)	73%	71%	65%	Pap Smear (18 - 65; within past 3 years)	92%	80%	81%
Eye Exam (past year)	49%	48%	45%	<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	<i>Mammogram (40+; within past 2 years)</i>		76%	76%
<i>Routine Checkup (≤2 years; 2000)</i>		79%	84%	<i>Pap Smear (18+; within past 3 years)</i>		83%	83%
<i>Cholesterol Test (≤5 years; 2007)</i>		77%	75%				
<i>Dental Checkup (past year; 2008)</i>		73%	71%	Men's Health			
				Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>
Vaccinations				PSA Test (40+; within past 2 years)		52%	50%
Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>	Digital Rectal Exam (40+; within past year)	32%	37%	39%
Flu Vaccination (past year—65+)	60%	67%	58%	<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Pneumonia (ever—65 and older)	50%	65%	65%	<i>PSA Test (40+; within past 2 years)</i>		52%	55%
<i>Other Research: (2009)</i>		<u>WI</u>	<u>U.S.</u>				
<i>Flu Vaccination (past year—65+)</i>		72%	70%	Other Tests			
<i>Pneumonia (ever—65 and older)</i>		70%	69%	Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>
Complementary/Alternative Treatments in Past 3 Years				Sigmoidoscopy (50+; within past 5 years)			7%
Manitowoc County	<u>2003</u>	<u>2007</u>	<u>2010</u>	Colonoscopy (50+; within past 10 years)			70%
Chiropractic Care	16%	25%	20%	Sig./Colonoscopy (50+; lifetime)	59%	65%	73%
Massage Therapy	11%	17%	15%	<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Aroma Therapy	3%	3%	4%	<i>Sig./Colonoscopy (50+; lifetime)</i>		67%	62%
Acupuncture	1%	2%	1%				

Safety				Mental Health Status			
Manitowoc County	2003	2007	2010	Manitowoc County	2003	2007	2010
Seat Belt (always/nearly always)	82%	85%	91%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/				Always/Nearly Always	6%	4%	4%
In-Line Skate (always/nearly always)	21%	28%	27%	Find Meaning and Purpose in Daily Life			
Detectors in Household				Seldom/Never	5%	3%	5%
Smoke Detector	98%	95%	96%	Considered Suicide (past year)	4%	3%	4%
Carbon Monoxide Detector	57%	56%	63%				
Both Detectors	57%	54%	63%	Alcohol Use			
Neither Detector	2%	4%	3%	Manitowoc County	2003	2007	2010
<i>Other Research: (2002)</i>		<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...			
Seat Belt (always/nearly always)		82%	88%	Heavy Drinker	5%	6%	9%
				Binge Drinker	19%	28%	23%
Cigarette Use				Driver/Passenger in Vehicle When Driver			
Manitowoc County	2003	2007	2010	Perhaps Had Too Much to Drink	4%	4%	2%
Current Smokers	28%	20%	25%	HH Problem Associated with Alcohol		3%	3%
Of Current Smokers...				<i>Other Research: (2009)</i>		<u>WI</u>	<u>U.S.</u>
Quit Smoking 1 Day or More in Past				Heavy Drinker		8%	5%
Year Because Trying to Quit	40%	32%	37%	Binge Drinker		24%	16%
Saw a Health Care Professional Past Yr.							
...Advised to Quit Smoking		67%	80%	Personal Safety in Past Year			
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Manitowoc County	2003	2007	2010
Current Smokers (2009)		19%	18%	Afraid for Their Safety	5%	5%	3%
Tried to Quit (2005)		49%	56%	Pushed, Kicked, Slapped, or Hit	4%	2%	2%
				At Least One of the Safety Issues	7%	5%	4%
Smoking Policies							
Manitowoc County			2010	Firearms in Household			
Smoking Policy at Home				Manitowoc County	2003	2007	2010
Not allowed anywhere		70%		Of all Households...			
Allowed in some places or at some times		7%		Have a Firearm	41%	50%	44%
Allowed anywhere		4%		Handgun			18%
No rules inside home		19%		Rifle or shotgun			41%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm	3%	4%	4%
Not allowed anywhere		86%		Have a Loaded Firearm Unlocked	2%	4%	2%
Allowed in some areas		7%		<i>Other Research: (2002)</i>			
Allowed in all areas		<1%		Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy		5%		Have a Firearm		44%	33%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm		3%	8%
Seven Days of Nonsmokers				Have a Loaded Firearm Unlocked		2%	4%
0 days		88%					
1 to 3 days		9%		Additional Questions			
4 to 7 days		4%		Manitowoc County	2003	2007	2010
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Community Health Issues (Major/Moderate Problem)			
Smoking Prohibited at Home		75%	79%	Obesity			76%
Smoke-Free Policy at Indoor Worksite		75%	75%	Alcohol Abuse			61%
				Smoking			48%
				Prescription Drug Abuse			33%
				Unintentional Injury			17%

Overall Health and Health Care Key Findings

In 2010, 56% of respondents reported their health as excellent or very good; 14% reported fair or poor. Respondents who were 55 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report fair or poor conditions. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2010, 15% of respondents reported they were not currently covered by health care insurance; respondents who were male, 45 to 54 years old, with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twenty-two percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 18 to 34 years old, with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twenty-three percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seventy-seven 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, with a college education, who were in the top 60 percent household income bracket or married were more likely to report this. Thirty-three percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 2003 to 2010, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2010, 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 2007 to 2010, 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 2010, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2010, 77% of respondents reported a routine medical checkup two years ago or less while 73% reported a cholesterol test four years ago or less. Sixty-five percent of respondents reported a visit to the dentist in the past year while 45% reported an eye exam in the past year. Respondents who were 65 and older, with a college education or married respondents were more likely to report a routine checkup two years ago or less. Respondents who were female, 65 and older, with a college education, who were in the top 60 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were female, with a college education, who were in the middle 20 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported a dental checkup in the past year.*

In 2010, 42% of respondents had a flu vaccination in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Sixty-five percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2010, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination in their lifetime.*

Health Risk Factors Key Findings

In 2010, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (29% and 26%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older, married or overweight were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents who were 18 to 34 years old, 45 to 64 years old or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 to 64 years old, married or overweight were more likely to report diabetes. Female respondents were more likely to report current asthma. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported heart/disease condition, diabetes, current asthma or stroke. From 2007 to 2010, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported high blood pressure or high blood cholesterol.*

In 2010, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents 45 to 64 years old were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were male, 45 to 54 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report this. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2010, out of four complementary/alternative treatments listed, chiropractic care was the most often used in the past three years (20%). Respondents who were female, with some post high school education or married respondents were more likely to report massage therapy. Respondents who were female or with a college education were more likely to report aroma therapy. *From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy, aroma therapy or acupuncture.*

In 2010, 42% of respondents did moderate physical activity five times a week for 30 minutes while 23% did vigorous activity three times a week for 20 minutes. Combined, 49% met the recommended amount of physical activity; respondents with a college education or who were not overweight were more likely to report this. Sixty-six percent of respondents were classified as overweight. Respondents who were male, 35 and older or inactive were more likely to be classified as overweight. *From 2003 to 2010, 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 2007 to 2010, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met the recommended amount of physical activity. From 2003 to 2010, there was no statistical change in the overall percent of respondents being overweight.*

In 2010, 65% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, in the middle 20 percent household income bracket, not overweight or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.

In 2010, 81% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight percent of female respondents 65 and older had a bone density scan. Eighty-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or married respondents were more likely to report this. *From 2003 to 2010, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2007 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2010, there was a statistical decrease in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2010, 50% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-nine percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2007 to 2010, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2010, 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 2010, 7% of respondents 50 and older reported a sigmoidoscopy within the past five years while 70% reported a colonoscopy within the past ten years. Married respondents were more likely to report a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime; married respondents were more likely to report this. *From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2010, 91% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of respondents who rode a bike, used in-line skates or rode a scooter, 27% reported they always or nearly always wore a helmet; respondents with a college education, who were in the top 40 percent household income bracket or married were more likely to report this. *From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.*

In 2010, 25% of respondents were current smokers. Respondents who were male, 35 to 44 years old, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. In the past 12 months, 37% of current smokers quit smoking for one day or longer because they were trying to quit. Eighty percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2010, 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 2007 to 2010, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2010, 70% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents in the middle 20 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents with at least some post high school education, who were in the top 40 percent household income bracket or nonsmokers were more likely to report smoking is not allowed in any area at work. Four 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 2010, 65% of respondents had an alcoholic drink in the past 30 days. In the past month, 9% were heavy drinkers while 23% were binge drinkers. Respondents with a high school education or less were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Two 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 2003 to 2010, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2007 to 2010, 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 2010, 96% of households had a working smoke detector while 63% had a working carbon monoxide detector. Sixty-three percent of households had both detectors. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2010, 44% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or with children in the household were more likely to report this. Of all households, 18% had a handgun while 41% had a rifle or shotgun. Respondents in the top 40 percent household income bracket, who were married or with children in the household were more likely to report a rifle/shotgun. Of all households, 4% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Two percent of all households had a firearm loaded and unlocked. *From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2010, 3% of respondents reported someone made them afraid for their personal safety in the past year. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 4% reported at least one of these two situations. *From 2003 to 2010, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2010, out of five community health issues that communities may face, the most often cited major or moderate problem was obesity (76%) followed by alcohol abuse (61%). Respondents with a college education, who were in the top 40 percent household income bracket or married were more likely to report obesity as a major or moderate problem. Respondents who were female or with a college education were more likely to report alcohol abuse as a major or moderate problem. Respondents who were female, 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to report smoking as a major or moderate problem. Female respondents were more likely to report prescription drug abuse as a major or moderate problem. Respondents with some post high school education were more likely to report unintentional injury as a major or moderate health problem in their community.

Key Findings

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

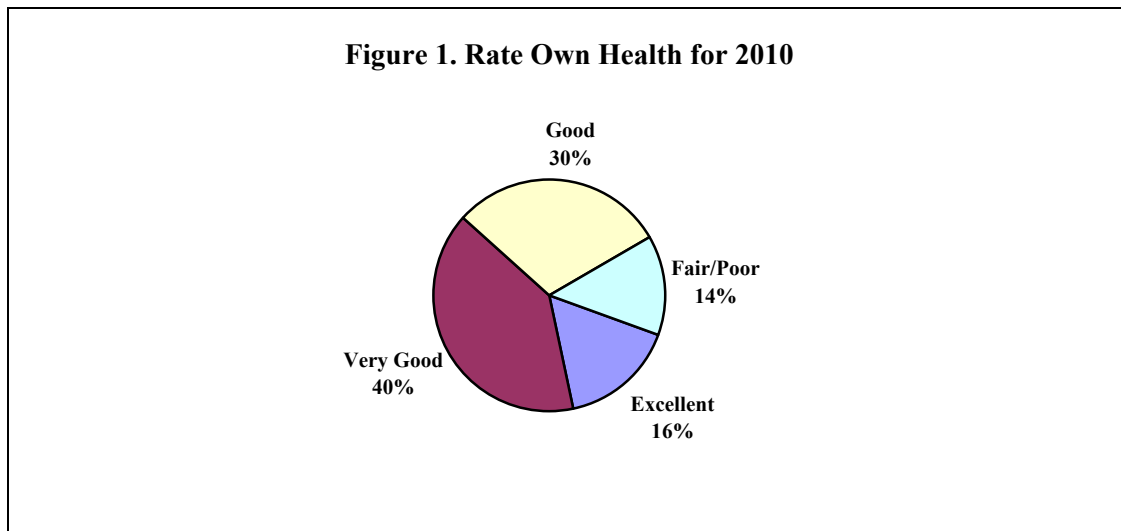
KEY FINDINGS: In 2010, 56% of respondents reported their health as excellent or very good; 14% reported fair or poor. Respondents who were 55 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report fair or poor conditions.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported their health fair or poor.

In 2009, 58% of Wisconsin respondents reported their health as excellent or very good while 12% reported fair or poor. Fifty-six percent of U.S. respondents reported their health as excellent or very good while 15% reported fair or poor (2009 Behavioral Risk Factor Surveillance).

2010 Findings

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



- Twenty-four percent of respondents 65 and older and 22% of those 55 to 64 years old reported their health was fair or poor compared to 2% of respondents 35 to 44 years old.
- Twenty-one percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 6% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (18% and 9%, respectively).

- Overweight respondents were more likely to report their health was fair or poor (17%) compared to respondents who were not overweight (7%).
- Forty-three percent of inactive respondents reported their health was fair or poor compared to 13% of those who did an insufficient amount of physical activity or 8% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 2007, respondents 65 and older were more likely to report fair or poor conditions. In 2010, respondents 55 and older were more likely to report fair or poor health. In 2003, age was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents 65 and older reporting fair or poor health.
- In 2003 and 2007, respondents with a high school education or less were more likely to report fair or poor health. In 2010, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2007 and 2010, unmarried respondents were more likely to report fair or poor conditions. In 2003, marital status was not a significant variable.
- In 2003 and 2010, overweight respondents were more likely to report fair or poor health. In 2007, overweight status was not a significant variable.
- In 2007 and 2010, inactive respondents were more likely to report fair or poor health. From 2007 to 2010, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting fair or poor health.
- In 2003 and 2007, smokers were more likely to report fair or poor health. In 2010, smoking status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of nonsmokers reporting fair or poor health.

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

	2003	2007	2010
TOTAL	10%	18%	14%
Gender			
Male	11	18	12
Female	9	18	15
Age ^{2,3}			
18 to 34	10	8	8
35 to 44	8	15	2
45 to 54	12	17	19
55 to 64	13	22	22
65 and Older ^a	9	31	24
Education ^{1,2}			
High School or Less	15	24	17
Some Post High School	6	18	11
College Graduate	4	6	9
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	17	27	21
Middle 20 Percent Bracket	7	14	6
Top 40 Percent Bracket	7	3	2
Marital Status ^{2,3}			
Married	8	14	9
Not Married	13	24	18
Overweight Status ^{1,3}			
Not Overweight	3	17	7
Overweight	13	18	17
Physical Activity ^{2,3}			
Inactive	--	43	43
Insufficient	--	15	13
Recommended ^b	--	14	8
Smoking Status ^{1,2}			
Nonsmoker ^a	8	15	13
Smoker	16	29	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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

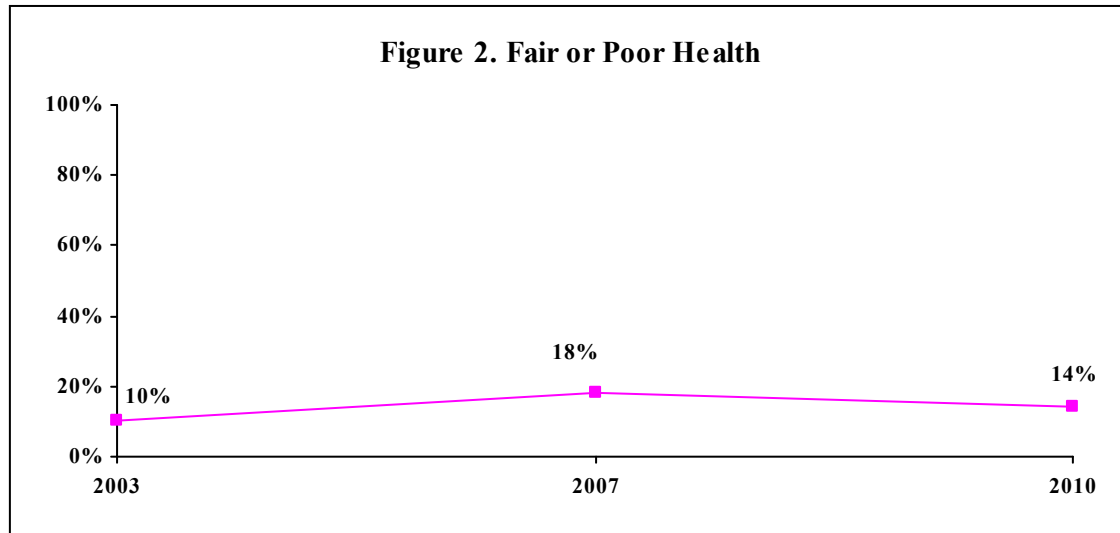
²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

^byear difference at p≤0.05 from 2007 to 2010

- From 2003 to 2010, 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 2010, 15% of respondents reported they were not currently covered by health care insurance; respondents who were male, 45 to 54 years old, with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twenty-two percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 18 to 34 years old, with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twenty-three percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seventy-seven 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, with a college education, who were in the top 60 percent household income bracket or married were more likely to report this. Thirty-three percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

From 2003 to 2010, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2010, 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 2007 to 2010, 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 2010, there was no statistical change in the overall percent of respondents having an advance care plan.

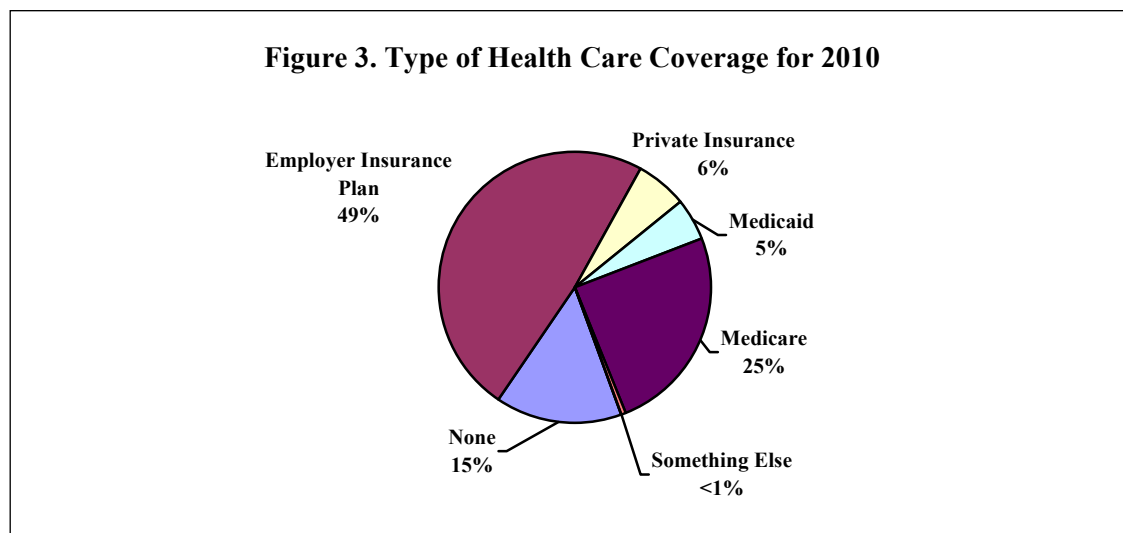
Personally Not Covered Currently

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 2009, 10% of Wisconsin respondents 18 and older reported they personally did not have health care coverage. Fourteen 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 (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Fifteen percent of respondents reported they were not currently covered by any health care insurance. Forty-nine percent reported they were covered by an employer sponsored insurance plan. Six percent reported private insurance bought directly from an insurance agent/company. Five percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 25% reported Medicare, including medical assistance, Title 19 or Badger Care, while 25% reported Medicare.



- Male respondents were more likely to report no current personal health care insurance (20%) compared to female respondents (10%).
- Respondents 45 to 54 years old were more likely to report no health insurance (23%) compared to those 55 to 64 years old (12%) or respondents 65 and older (0%).
- Eighteen percent of respondents with some post high school education and 17% of those with a high school education or less reported no current personal health insurance compared to 3% of respondents with a college education.
- Twenty-five percent of respondents in the bottom 40 percent household income bracket reported no health insurance compared to 10% of those in the middle 20 percent income bracket or 0% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no health insurance compared to married respondents (26% and 4%, respectively).

Year Comparisons

- From 2003 to 2010, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2010, male respondents were more likely to report no health insurance, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In 2003 and 2007, respondents 18 to 34 years old were more likely to report no health insurance. In 2010, respondents 45 to 54 years old were more likely to report no health insurance. From 2003 to 2010, there was a noted increase in the percent of respondents 45 to 64 years old reporting no health insurance.
- In 2010, respondents with some post high school education or less were more likely to report no health insurance, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance. From 2003 to 2010, 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. From 2003 to 2010, there was a noted increase in the percent of unmarried respondents reporting no health insurance.

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

	2003	2007	2010
TOTAL			
All Respondents ^a	7%	7%	15%
Respondents 18 to 64 Years Old ^a	8	9	19
Gender ³			
Male ^a	8	5	20
Female	6	8	10
Age ^{1,2,3}			
18 to 34	14	12	20
35 to 44	8	6	17
45 to 54 ^a	5	8	23
55 to 64 ^a	0	6	12
65 and Older	0	0	0
Education ³			
High School or Less ^a	9	6	17
Some Post High School ^a	6	10	18
College Graduate	3	5	3
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket ^a	15	11	25
Middle 20 Percent Bracket	4	3	10
Top 40 Percent Bracket	3	3	0
Marital Status ^{1,2,3}			
Married	3	2	4
Not Married ^a	12	13	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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Personally Not Covered in the Past 12 Months

2010 Findings

- Twenty-two percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Male respondents were more likely to report they were not covered (30%) compared to female respondents (15%).
- Respondents 18 to 34 years old were more likely to report they were not covered (45%) compared to those 55 to 64 years old (16%) or respondents 65 and older (0%).

- Twenty-eight percent of respondents with a high school education or less and 25% of those with some post high school education reported no coverage compared to 3% of respondents with a college education.
- Thirty-four percent of respondents in the bottom 40 percent household income bracket reported no coverage compared to 15% of those in the middle 20 percent income bracket or 7% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no coverage compared to married respondents (37% and 8%, respectively).

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2010^⓪

	2010
TOTAL	22%
Gender ¹	
Male	30
Female	15
Age ¹	
18 to 34	45
35 to 44	17
45 to 54	26
55 to 64	16
65 and Older	0
Education ¹	
High School or Less	28
Some Post High School	25
College Graduate	3
Household Income ¹	
Bottom 40 Percent Bracket	34
Middle 20 Percent Bracket	15
Top 40 Percent Bracket	7
Marital Status ¹	
Married	8
Not Married	37

^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 2010

Someone in Household Not Covered in the Past 12 Months

2010 Findings

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

- Thirty-six percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past 12 months compared to 15% of those in the middle 20 percent income bracket or 7% 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 (37% and 10%, respectively).

Year Comparisons

- From 2003 to 2010, 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 2010, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting someone in their household was not covered in the past 12 months.
- In all study years, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months.

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

	2003	2007	2010
TOTAL	20%	19%	23%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	30	24	36
Middle 20 Percent Bracket	17	6	15
Top 40 Percent Bracket ^a	17	16	7
Marital Status ^{1,2,3}			
Married	12	15	10
Not Married	33	24	37

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

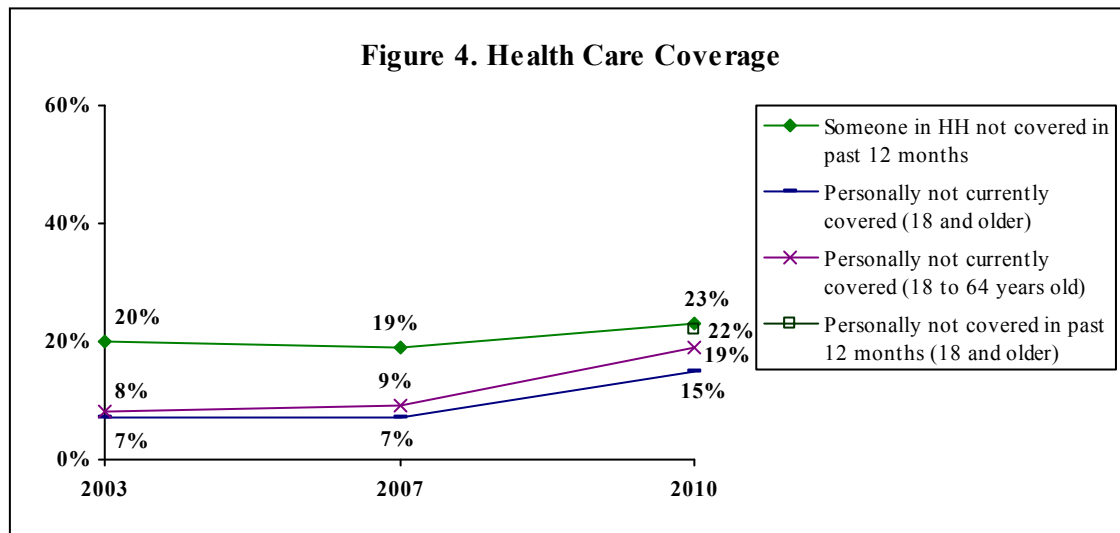
³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Health Care Coverage Overall

Year Comparisons

- From 2003 to 2010, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2010, 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

2010 Findings

- Seventy-seven percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Eight percent reported public health clinic/community health center while 3% each reported hospital outpatient department or urgent care center. Two percent reported hospital emergency room.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (86%) compared to male respondents (68%).
- Respondents 65 and older were more likely to report a doctor's or nurse practitioner's office (89%) compared to those 45 to 54 years old (71%) or respondents 18 to 34 years old (64%).
- Ninety-one percent of respondents with a college education reported a doctor's or nurse practitioner's office compared to 78% of those with some post high school education or 70% of respondents with a high school education or less.
- Eighty-four percent of respondents in the top 40 percent household income bracket and 83% of those in the middle 20 percent income bracket reported a doctor's or nurse practitioner's office compared to 70% of respondents in the bottom 40 percent household income bracket.

- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (86% and 68%, respectively).

Year Comparisons

- From 2007 to 2010, 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 both study years, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. From 2007 to 2010, there was a noted increase in the percent of respondents 18 to 44 years old reporting a doctor's or nurse practitioner's office.
- In 2007, respondents with a high school education or less or a college education were more likely to report a doctor's or nurse practitioner's office. In 2010, respondents with a college education were more likely to report a doctor's or nurse practitioner's office. From 2007 to 2010, there was a noted increase in the percent of respondents with at least some post high school education reporting a doctor's or nurse practitioner's office.
- In 2010, respondents in the top 60 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2007, household income was not a significant variable.
- In 2010, married respondents were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2007. In 2007, 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

	2007	2010
TOTAL	72%	77%
Gender ^{1,2}		
Male	66	68
Female	78	86
Age ^{1,2}		
18 to 34 ^a	48	64
35 to 44 ^a	67	82
45 to 54	82	71
55 to 64	88	86
65 and Older	90	89
Education ^{1,2}		
High School or Less	76	70
Some Post High School ^a	63	78
College Graduate ^a	77	91
Household Income ²		
Bottom 40 Percent Bracket	67	70
Middle 20 Percent Bracket	70	83
Top 40 Percent Bracket	79	84
Marital Status ²		
Married ^a	75	86
Not Married	68	68

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

¹demographic difference at $p \leq 0.05$ in 2007

²demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2007 to 2010

Advance Care Plan

2010 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.
- Eighty percent of respondents 65 and older reported they had an advance care plan compared to 18% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents having an advance care plan.

- In 2007, 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 2010, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 65 and older reporting an advance care plan.
- In 2007, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In all other study years, household income was not a significant variable.

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

	2003	2007	2010
TOTAL	34%	37%	33%
Gender ²			
Male	36	32	30
Female	34	42	35
Age ^{1,2,3}			
18 to 34 ^a	18	15	4
35 to 44	26	22	18
45 to 54	37	33	25
55 to 64	34	55	52
65 and Older ^a	60	72	80
Education			
High School or Less	35	38	33
Some Post High School	30	36	30
College Graduate	38	36	36
Household Income ²			
Bottom 40 Percent Bracket	35	44	30
Middle 20 Percent Bracket	35	31	25
Top 40 Percent Bracket	35	30	29
Marital Status			
Married	38	35	34
Not Married	29	39	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.

^②In 2007, “living will or health care power of attorney” was added.

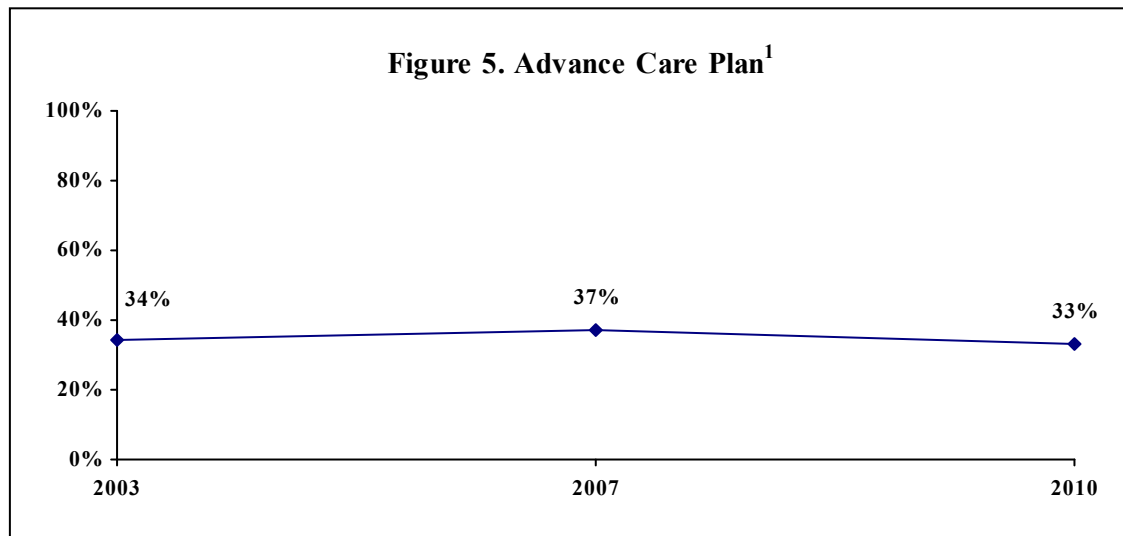
¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

- From 2003 to 2010, there was no statistical change in the overall percent of respondents having an advance care plan.



¹In 2007, “living will or health care power of attorney” was added.

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2010, 77% of respondents reported a routine medical checkup two years ago or less while 73% reported a cholesterol test four years ago or less. Sixty-five percent of respondents reported a visit to the dentist in the past year while 45% reported an eye exam in the past year. Respondents who were 65 and older, with a college education or married respondents were more likely to report a routine checkup two years ago or less. Respondents who were female, 65 and older, with a college education, who were in the top 60 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were female, with a college education, who were in the middle 20 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported a dental checkup in the past year.

Routine Checkup

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

2010 Findings

- Seventy-seven percent of respondents reported they had a routine checkup in the past two years.
- Respondents 65 and older were more likely to report a routine checkup in the past two years (93%) compared to those 45 to 54 years old (71%) or respondents 18 to 34 years old (64%).
- Ninety-one percent of respondents with a college education reported a routine checkup in the past two years compared to 74% of those with some post high school education or 73% of respondents with a high school education or less.
- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (81% and 72%, respectively).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2003, female respondents were more likely to report a routine checkup two years ago or less. In all other study years, gender was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of female respondents reporting a routine checkup two years ago or less.
- In 2003, respondents 55 and older were more likely to report a routine checkup two years ago or less. In 2007 and 2010, respondents 65 and older were more likely to report a routine checkup two years ago or less. From 2003 to 2010, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a routine checkup two years ago or less.
- In 2010, respondents with a college 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.
- In 2010, married respondents were more likely to report a routine checkup two years ago or less. In all other study years, marital status was not a significant variable.

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

	2003	2007	2010
TOTAL	82%	80%	77%
Gender ¹			
Male	73	78	73
Female ^a	88	81	81
Age ^{1,2,3}			
18 to 34 ^a	77	80	64
35 to 44	71	74	76
45 to 54	82	65	71
55 to 64	93	90	88
65 and Older	95	93	93
Education ³			
High School or Less	79	79	73
Some Post High School	84	77	74
College Graduate	81	85	91
Household Income			
Bottom 40 Percent Bracket	83	78	76
Middle 20 Percent Bracket	82	75	73
Top 40 Percent Bracket	80	85	81
Marital Status ³			
Married	84	79	81
Not Married	77	82	72

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

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).

2010 Findings

- Seventy-three percent of respondents reported having their cholesterol tested four years ago or less. Four percent reported five or more years ago while 19% reported never having their cholesterol tested.

- Female respondents were more likely to report a cholesterol test four years ago or less (77%) compared to male respondents (68%).
- Ninety-two percent of respondents 65 and older reported a cholesterol test four years ago or less compared to 80% of those 35 to 44 years old or 38% of respondents 18 to 34 years old.
- Eighty-six percent of respondents with a college education reported a cholesterol test four years ago or less compared to 80% of those with some post high school education or 62% of respondents with a high school education or less.
- Eighty percent of respondents in the top 40 percent household income bracket and 79% of those in the middle 20 percent income bracket reported a cholesterol test four years ago or less compared to 66% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (82% and 63%, respectively).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2010, 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 2003, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2007, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2010, respondents 65 and older were more likely to report a cholesterol test four years ago or less.
- In 2010, respondents with a college education were more likely to report a cholesterol test four years ago or less. In all other study years, education was not a significant variable.
- In 2010, respondents in the top 60 percent household income bracket were more likely to report a cholesterol test four years ago or less. In all other study years, household income was not a significant variable.
- In all study years, married respondents were more likely to report a cholesterol test four years ago or less.

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

	2003	2007	2010
TOTAL	73%	78%	73%
Gender ³			
Male	68	79	68
Female	76	77	77
Age ^{1,2,3}			
18 to 34	41	68	38
35 to 44	70	80	80
45 to 54	81	68	83
55 to 64	91	94	86
65 and Older	92	89	92
Education ³			
High School or Less	70	76	62
Some Post High School	73	83	80
College Graduate	75	77	86
Household Income ³			
Bottom 40 Percent Bracket	75	74	66
Middle 20 Percent Bracket	70	84	79
Top 40 Percent Bracket	74	84	80
Marital Status ^{1,2,3}			
Married	80	84	82
Not Married	59	69	63

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

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.

2010 Findings

- Sixty-five percent of respondents reported a dental visit in the past year. An additional 16% had a visit in the past one to two years.
- Female respondents were more likely to report a dental checkup in the past year (69%) compared to male respondents (59%).
- Respondents with a college education were more likely to report a dental checkup in the past year (79%) compared to those with some post high school education (67%) or respondents with a high school education or less (57%).
- Eighty-nine percent of respondents in the middle 20 percent household income bracket reported a dental checkup in the past year compared to 76% of those in the top 40 percent income bracket or 47% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (73% and 56%, respectively).

Year Comparisons

- From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2010, female respondents were more likely to report a dental checkup. In all other study years, gender was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of male respondents reporting a dental checkup.
- In 2003, respondents 35 to 64 years old were more likely to report a dental checkup. In 2007, respondents 45 to 64 years old were more likely to report a dental checkup. In 2010, age was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents 35 to 54 years old reporting a dental checkup.
- In all study years, respondents with a college education were more likely to report a dental checkup.
- In 2003, respondents in the top 60 percent household income bracket were more likely to report a dental checkup. In 2007, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. In 2010, respondents in the middle 20 percent household income bracket were more likely to report a dental checkup.
- In all study years, married respondents were more likely to report a dental checkup.

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

	2003	2007	2010
TOTAL ^a	73%	71%	65%
Gender ³			
Male ^a	73	72	59
Female	73	70	69
Age ^{1,2}			
18 to 34	52	69	60
35 to 44 ^a	87	66	64
45 to 54 ^a	86	84	67
55 to 64	87	82	71
65 and Older	62	60	65
Education ^{1,2,3}			
High School or Less	66	64	57
Some Post High School	77	69	67
College Graduate	82	87	79
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	51	58	47
Middle 20 Percent Bracket	81	74	89
Top 40 Percent Bracket	83	88	76
Marital Status ^{1,2,3}			
Married	80	77	73
Not Married	62	61	56

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Eye Exam

2010 Findings

- Forty-five percent of respondents had an eye exam in the past year while 25% reported one to two years ago. Five percent reported never.
- Female respondents were more likely to report an eye exam in the past year (52%) compared to male respondents (38%).
- Sixty-two percent of respondents 65 and older reported an eye exam in the past year compared to 41% of those 45 to 54 years old or 29% of respondents 35 to 44 years old.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2010, 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 2010, respondents 65 and older were more likely to report an eye exam less than a year ago.
- In 2003, 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 2010, there was a noted decrease in the percent of married respondents reporting an eye exam.

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

	2003	2007	2010
TOTAL	49%	48%	45%
Gender ³			
Male	47	45	38
Female	51	51	52
Age ^{1,3}			
18 to 34	45	52	46
35 to 44	37	42	29
45 to 54	53	45	41
55 to 64	48	51	49
65 and Older	66	49	62
Education			
High School or Less	52	48	46
Some Post High School	47	47	44
College Graduate	46	47	45
Household Income			
Bottom 40 Percent Bracket	49	49	46
Middle 20 Percent Bracket	46	47	42
Top 40 Percent Bracket	55	42	44
Marital Status ¹			
Married ^a	55	45	43
Not Married	39	53	47

^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 2007

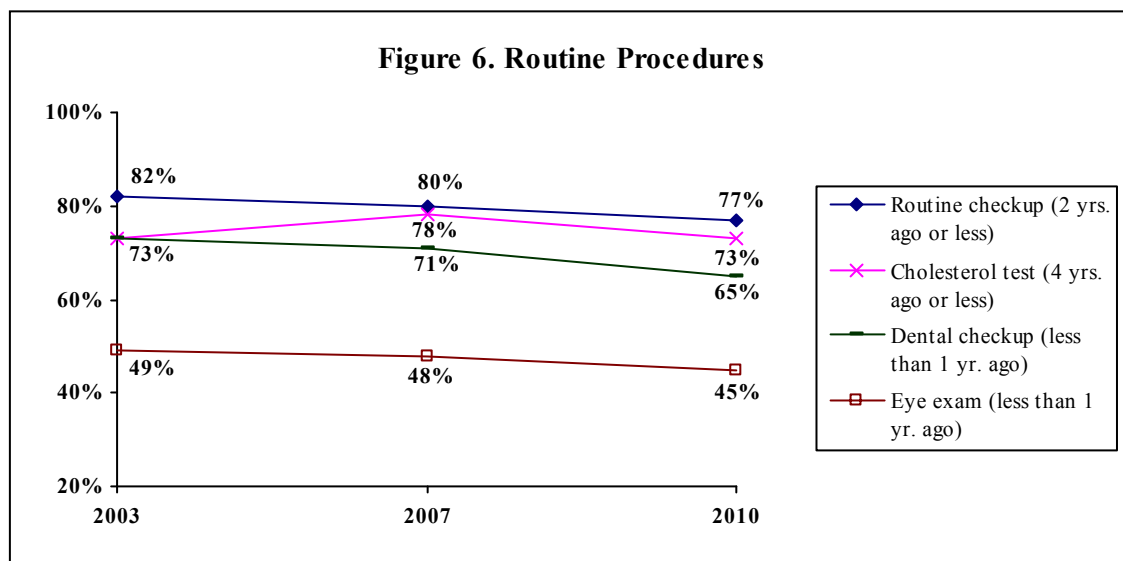
³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Routine Procedures Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported a dental checkup in the past year.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2010, 42% of respondents had a flu vaccination in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Sixty-five percent of respondents 65 and older had a pneumonia vaccination in their lifetime.

From 2003 to 2010, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination in their lifetime.

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 2009, 72% of Wisconsin respondents and 70% of U.S. respondents 65 and older reported a flu vaccination in the past 12 months (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Forty-two 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 (36%).
- Respondents 65 and older were more likely to report receiving a flu vaccination (58%) compared to those 35 to 44 years old (43%) or respondents who were 18 to 34 years old or 45 to 54 years old (31% each).

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months.
- In 2010, female respondents were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2003 to 2010, there was a noted increase in the percent of respondents 35 to 44 years old reporting a flu vaccination.
- In 2007, respondents with a college education were more likely to report a flu vaccination. In all other study years, education was not a significant variable.
- In 2007, respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report a flu vaccination. In all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a flu vaccination.

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

	2003	2007	2010
TOTAL ^a	35%	44%	42%
Gender ³			
Male	31	43	36
Female ^a	38	44	48
Age ^{1,2,3}			
18 to 34	19	47	31
35 to 44 ^a	26	16	43
45 to 54	33	40	31
55 to 64	48	51	51
65 and Older	60	67	58
Education ²			
High School or Less	35	43	41
Some Post High School	37	36	41
College Graduate	33	54	45
Household Income ²			
Bottom 40 Percent Bracket	39	47	44
Middle 20 Percent Bracket	35	26	38
Top 40 Percent Bracket ^a	30	49	43
Marital Status			
Married	34	43	41
Not Married	37	44	42

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

^②In 2007, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Pneumonia Vaccination

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

In 2009, 70% of Wisconsin respondents and 69% of U.S. respondents 65 and older reported they received a pneumonia shot (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Sixty-five percent of respondents 65 and older reported they received a pneumonia vaccination in their lifetime.

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

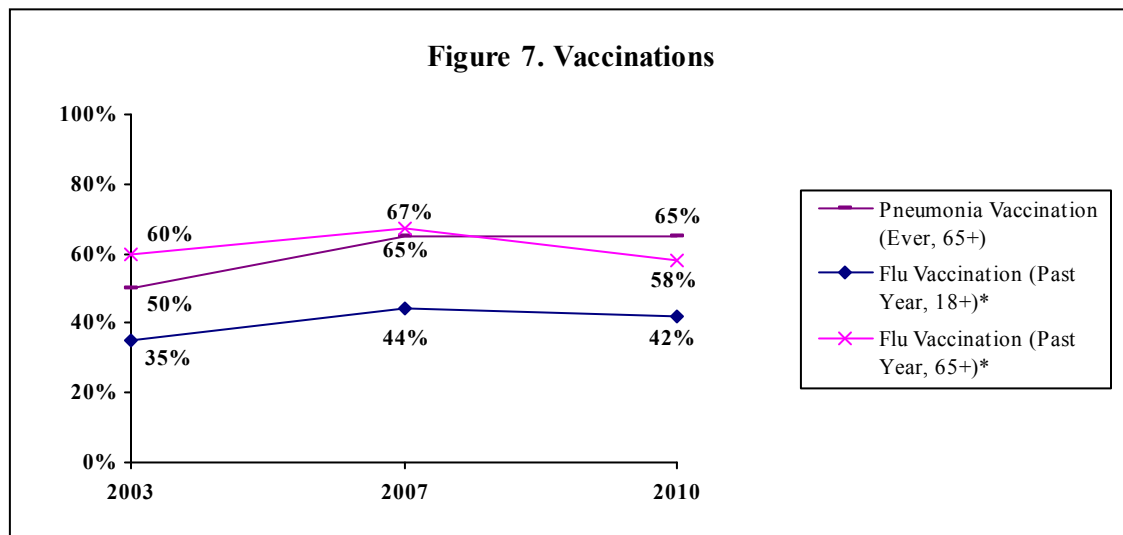
Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who had a pneumonia vaccination in their lifetime.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*In 2007, “nasal spray” was added.

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

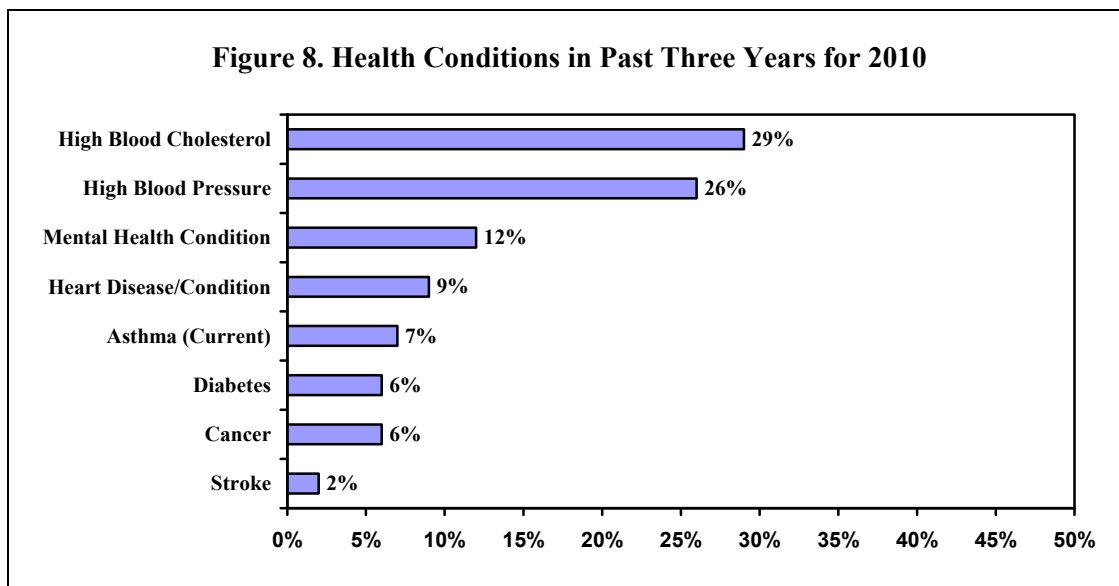
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2010, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (29% and 26%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older, married or overweight were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Respondents who were 18 to 34 years old, 45 to 64 years old or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 to 64 years old, married or overweight were more likely to report diabetes. Female respondents were more likely to report current asthma.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported heart/disease condition, diabetes, current asthma or stroke. From 2007 to 2010, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported high blood pressure or high blood cholesterol.

2010 Findings

- Respondents were more likely to report high blood cholesterol (29%), high blood pressure (26%) or a mental health condition (12%) in the past three years.



High Blood Pressure

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

2010 Findings

- Twenty-six percent of respondents reported high blood pressure in the past three years.
- Sixty-seven percent of respondents 65 and older reported high blood pressure in the past three years compared to 15% of those 35 to 44 years old or 2% of respondents 18 to 34 years old.
- Thirty-one percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 21% of those in the middle 20 percent income bracket or 10% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood pressure (32%) compared to respondents who were not overweight (13%).
- Nonsmokers were more likely to report high blood pressure compared to smokers (30% and 16%, respectively).

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported high blood pressure.
- Gender was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of female respondents reporting high blood pressure.
- In 2003, respondents 55 and older were more likely to report high blood pressure. In 2007 and 2010, respondents 65 and older were more likely to report high blood pressure. From 2003 to 2010, there was a noted increase in the percent of respondents 65 and older reporting high blood pressure.
- In 2007, respondents with a high school education or less were more likely to report high blood pressure. In all other study years, education was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents with a high school education or less reporting high blood pressure.
- In 2003 and 2010, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. In 2007, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure.
- In 2007, unmarried respondents were more likely to report high blood pressure. In all other study years, marital status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of unmarried respondents reporting high blood pressure.
- In all study years, overweight respondents were more likely to report high blood pressure. From 2003 to 2010, there was a noted increase in the percent of overweight respondents reporting high blood pressure.
- In 2007, inactive respondents were more likely to report high blood pressure. In 2010, physical activity was not a significant variable.

- In 2010, nonsmokers were more likely to report high blood pressure, with a noted increase since 2003. 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}

	2003	2007	2010
TOTAL ^a	19%	28%	26%
Gender			
Male	20	30	26
Female ^a	18	25	27
Age ^{1,2,3}			
18 to 34	4	9	2
35 to 44	10	22	15
45 to 54	23	28	20
55 to 64	36	33	39
65 and Older ^a	35	52	67
Education ²			
High School or Less ^a	20	36	29
Some Post High School	19	24	24
College Graduate	16	15	23
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	28	32	31
Middle 20 Percent Bracket	18	35	21
Top 40 Percent Bracket	13	15	10
Marital Status ²			
Married	20	24	26
Not Married ^a	17	33	26
Overweight Status ^{1,2,3}			
Not Overweight	9	16	13
Overweight ^a	23	34	32
Physical Activity ²			
Inactive	--	41	29
Insufficient	--	33	27
Recommended	--	20	24
Smoking Status ³			
Nonsmoker ^a	17	27	30
Smoker	25	28	16

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010; ^byear difference at p≤0.05 from 2007 to 2010

High Blood Cholesterol

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

2010 Findings

- Twenty-nine percent of respondents reported high blood cholesterol in the past three years.
- Forty-seven percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 28% of those 45 to 54 years old or 4% of respondents 18 to 34 years old.
- Married respondents were more likely to report high blood cholesterol compared to unmarried respondents (34% and 23%, respectively).
- Overweight respondents were more likely to report high blood cholesterol (32%) compared to respondents who were not overweight (19%).

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol.
- Gender was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents across gender reporting high blood cholesterol.
- In 2003 and 2010, respondents 65 and older were more likely to report high blood cholesterol. In 2007, respondents 55 and older were more likely to report high blood cholesterol. From 2003 to 2010, there was a noted increase in the percent of respondents who were 35 to 44 years old or 55 and older reporting high blood cholesterol.
- Education was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents across education reporting high blood cholesterol.
- Household income was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting high blood cholesterol.
- In 2007, unmarried respondents were more likely to report high blood cholesterol. In 2010, married respondents were more likely to report high blood cholesterol, with a noted increase since 2003. In 2003, marital status was not a significant variable.
- In 2003 and 2010, overweight respondents were more likely to report high blood cholesterol. In 2007, overweight status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents across overweight status reporting high blood cholesterol.
- In 2007 and 2010, physical activity was not a significant variable. From 2007 to 2010, there was a noted decrease in the percent of inactive respondents reporting high blood cholesterol.

- Smoking status was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of nonsmokers reporting high blood cholesterol

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

	2003	2007	2010
TOTAL ^a	16%	28%	29%
Gender			
Male ^a	17	32	33
Female ^a	16	24	25
Age ^{1,2,3}			
18 to 34	6	11	4
35 to 44 ^a	13	25	31
45 to 54	19	25	28
55 to 64 ^a	17	45	43
65 and Older ^a	28	44	47
Education			
High School or Less ^a	18	30	29
Some Post High School ^a	11	25	23
College Graduate ^a	19	27	38
Household Income			
Bottom 40 Percent Bracket	22	34	28
Middle 20 Percent Bracket	17	30	24
Top 40 Percent Bracket ^a	11	22	31
Marital Status ^{2,3}			
Married ^a	14	24	34
Not Married	20	34	23
Overweight Status ^{1,3}			
Not Overweight ^a	8	27	19
Overweight ^a	20	30	32
Physical Activity			
Inactive ^b	--	41	21
Insufficient	--	29	28
Recommended	--	26	31
Smoking Status			
Nonsmoker ^a	16	28	31
Smoker	16	27	22

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010; ^byear difference at p≤0.05 from 2007 to 2010

Heart Disease/Condition

2010 Findings

- Nine percent of respondents reported heart disease or condition in the past three years.
- Twenty-four percent of respondents 65 and older reported heart disease/condition compared to 3% of those 35 to 44 years old or less than one percent of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2007, female respondents were more likely to report heart disease/condition. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report heart disease/condition.
- Education was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents with a high school education or less reporting heart disease/condition.
- In 2003 and 2007, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2010, household income was not a significant variable.
- In 2007, unmarried respondents were more likely to report heart disease/condition. In all other study years, marital status was not a significant variable.
- In 2007, inactive respondents were more likely to report heart disease/condition. In 2010, physical activity was not a significant variable. From 2007 to 2010, there was a noted decrease in the percent of inactive respondents reporting heart disease/condition.
- In 2003, nonsmokers were more likely to report heart disease/condition. In all other study years, smoking status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of smokers reporting heart disease/condition.

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

	2003	2007	2010
TOTAL	6%	11%	9%
Gender ²			
Male	6	6	11
Female	5	16	7
Age ^{1,2,3}			
18 to 34	1	<1	<1
35 to 44	2	11	3
45 to 54	1	5	5
55 to 64	9	10	13
65 and Older	18	27	24
Education			
High School or Less ^a	5	11	11
Some Post High School	9	9	7
College Graduate	3	12	6
Household Income ^{1,2}			
Bottom 40 Percent Bracket	12	17	10
Middle 20 Percent Bracket	4	8	3
Top 40 Percent Bracket	1	5	4
Marital Status ²			
Married	6	8	10
Not Married	5	15	7
Overweight Status			
Not Overweight	6	15	8
Overweight	5	9	9
Physical Activity ²			
Inactive ^b	--	26	7
Insufficient	--	6	10
Recommended	--	11	8
Smoking Status ¹			
Nonsmoker	8	10	9
Smoker ^a	<1	13	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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

^byear difference at p≤0.05 from 2007 to 2010

Mental Health Condition

2010 Findings

- Twelve percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Eighteen percent of respondents 55 to 64 years old, 16% of those 45 to 54 years old and 15% of respondents 18 to 34 years old reported a mental health condition compared to 6% of all other respondents.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 8% of those in the middle 20 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents reporting a mental health condition.
- In 2007, female respondents were more likely to report a mental health condition. In 2010, gender was not a significant variable. From 2007 to 2010, there was a noted increase in the percent of male respondents reporting a mental health condition.
- In 2010, respondents 18 to 34 years old or 45 to 64 years old were more likely to report a mental health condition. In 2007, age was not a significant variable.
- Education was not a significant variable in any study year. From 2007 to 2010, there was a noted increase in the percent of respondents with a high school education or less reporting a mental health condition.
- In 2010, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2007, household income was not a significant variable.

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

	2007	2010
TOTAL	9%	12%
Gender ¹		
Male ^a	5	13
Female	12	11
Age ²		
18 to 34	9	15
35 to 44	9	6
45 to 54	9	16
55 to 64	12	18
65 and Older	6	6
Education		
High School or Less ^a	7	13
Some Post High School	8	8
College Graduate	11	13
Household Income ²		
Bottom 40 Percent Bracket	11	16
Middle 20 Percent Bracket	5	8
Top 40 Percent Bracket	8	6
Marital Status		
Married	9	10
Not Married	7	13

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

¹demographic difference at $p \leq 0.05$ in 2007

²demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2007 to 2010

Diabetes

2010 Findings

- Six percent of respondents reported diabetes in the past three years.
- Respondents 55 to 64 years old were more likely to report diabetes in the past three years (19%) compared to those 45 to 54 years old (8%) or respondents 18 to 44 years old (0%).
- Married respondents were more likely to report diabetes compared to unmarried respondents (9% and 4%, respectively).
- Nine percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2003, respondents 55 and older were more likely to report diabetes. In 2007 and 2010, respondents 55 to 64 years old were more likely to report diabetes. From 2003 to 2010, there was a noted decrease in the percent of respondents 35 to 44 years old reporting diabetes.
- In 2007, respondents with some post high school education or less were more likely to report diabetes. In all other study years, education was not a significant variable.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In all other study years, household income was not a significant variable.
- In 2010, married respondents were more likely to report diabetes. In all other study years, marital status was not a significant variable.
- In 2007 and 2010, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.

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

	2003	2007	2010
TOTAL	6%	9%	6%
Gender			
Male	7	10	8
Female	6	7	4
Age ^{1,2,3}			
18 to 34	1	2	0
35 to 44 ^a	5	3	0
45 to 54	3	8	8
55 to 64	13	20	19
65 and Older	15	15	12
Education ²			
High School or Less	8	11	8
Some Post High School	7	10	5
College Graduate	2	1	3
Household Income ¹			
Bottom 40 Percent Bracket	15	11	9
Middle 20 Percent Bracket	5	9	3
Top 40 Percent Bracket	1	5	3
Marital Status ³			
Married	6	7	9
Not Married	7	11	4
Overweight Status ^{2,3}			
Not Overweight	4	4	2
Overweight	8	11	9
Physical Activity			
Inactive	--	15	12
Insufficient	--	10	5
Recommended	--	5	6
Smoking Status			
Nonsmoker	6	9	7
Smoker	7	5	5

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

^byear difference at p≤0.05 from 2007 to 2010

A1C Test

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

2010 Findings

- Seventy-six percent of the 25 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Twenty percent reported one time while 0% reported zero times in the past year.
- Fifty-four percent of the 24 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Thirty-three percent reported a level of seven or higher while 13% were not sure.
- Twenty-one percent of the 24 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Thirty-three percent reported a level of 100 or higher while 46% were not sure.
- No demographic comparisons were conducted as a result of the low number of respondents answering the questions.

Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents reporting an A1C test two or more times in the past 12 months (85% and 76%, respectively). From 2007 to 2010, 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 54%, respectively). From 2007 to 2010, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (13% and 21%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

Current Asthma

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

2010 Findings

- Seven percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma (10%) compared to male respondents (4%).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported current asthma.

- In 2007 and 2010, female respondents were more likely to report current asthma. In 2003, gender was not a significant variable.
- In 2007, respondents 18 to 34 years old were more likely to report current asthma. In all other study years, age was not a significant variable.
- In 2007, married respondents were more likely to report current asthma. In all other study years, marital status was not a significant variable.

Table 18. Current Asthma by Demographic Variables for Each Survey Year^⓪

	2003	2007	2010
TOTAL	5%	12%	7%
Gender ^{2,3}			
Male	3	8	4
Female	6	16	10
Age ²			
18 to 34	10	22	13
35 to 44	2	8	5
45 to 54	4	9	4
55 to 64	4	8	8
65 and Older	3	8	5
Education			
High School or Less	5	15	7
Some Post High School	3	8	7
College Graduate	5	10	6
Household Income			
Bottom 40 Percent Bracket	6	13	8
Middle 20 Percent Bracket	2	14	6
Top 40 Percent Bracket	5	12	5
Marital Status ²			
Married	4	15	6
Not Married	5	7	8

^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 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Written Asthma Action Plan

2010 Findings

- Of the 28 respondents who currently had asthma, 21% 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 2007 to 2010, there was no statistical change in the overall percent of respondents who reported a written asthma action plan (17% and 21%, 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

2010 Findings

- Six percent of respondents reported they had cancer in the past three years.
 - Melanoma/skin cancer was most often mentioned (8 responses) followed by breast cancer (7 responses). Five respondents reported prostate cancer.

Stroke

2010 Findings

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

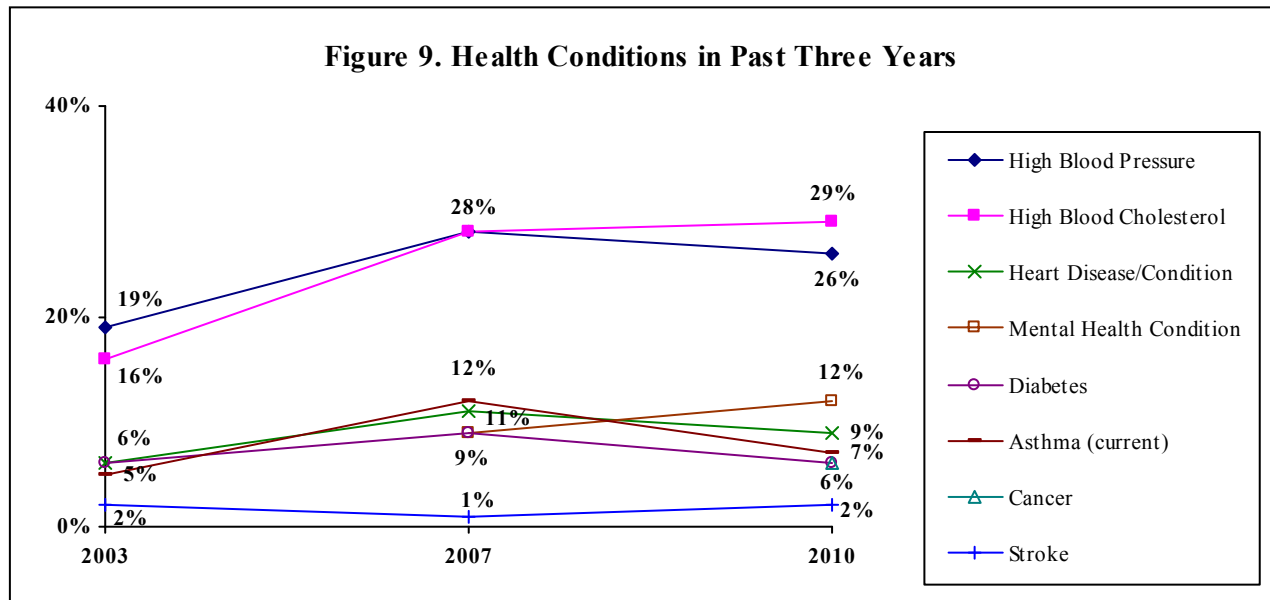
Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting a stroke.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a stroke in all study years.

Health Conditions Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported heart disease/condition, diabetes, current asthma or stroke. From 2007 to 2010, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported high blood pressure or high blood cholesterol.



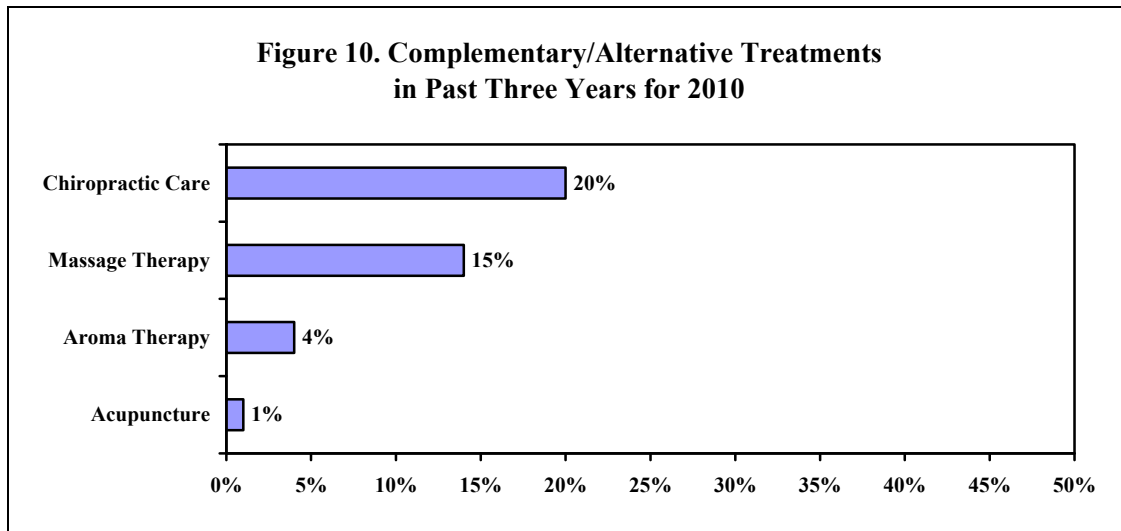
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2010, out of four complementary/alternative treatments listed, chiropractic care was the most often used in the past three years (20%). Respondents who were female, with some post high school education or married respondents were more likely to report massage therapy. Respondents who were female or with a college education were more likely to report aroma therapy.

From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy, aroma therapy or acupuncture.

2010 Findings

- Respondents were more likely to have used chiropractic care (20%) or massage therapy (15%) in the past three years.



Chiropractic Care

2010 Findings

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

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2007, respondents 18 to 34 years old were more likely to report chiropractic care. In all other study years, age was not a significant variable.
- In 2007, respondents with some post high school education were more likely to report chiropractic care. In all other study years, education was not a significant variable.
- In 2007, respondents in the top 60 percent household income bracket were more likely to report chiropractic care. In all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting chiropractic care.
- In 2007, married respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of married respondents reporting chiropractic care.

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

	2003	2007	2010
TOTAL	16%	25%	20%
Gender			
Male	13	22	19
Female	19	28	21
Age ²			
18 to 34	18	36	17
35 to 44	15	27	17
45 to 54	17	29	28
55 to 64	21	14	20
65 and Older	13	10	20
Education ²			
High School or Less	17	19	24
Some Post High School	19	34	18
College Graduate	11	24	16
Household Income ²			
Bottom 40 Percent Bracket	17	18	16
Middle 20 Percent Bracket	19	32	24
Top 40 Percent Bracket ^a	12	32	23
Marital Status ²			
Married ^a	16	32	24
Not Married	16	13	16

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Massage Therapy

2010 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 (23%) compared to male respondents (6%).
- Twenty-three percent of respondents with some post high school education reported massage therapy compared to 16% of those with a college education or 8% of respondents with a high school education or less.

- Married respondents were more likely to report massage therapy compared to unmarried respondents (18% and 11%, respectively).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported massage therapy.
- In 2007 and 2010, female respondents were more likely to report massage therapy. In 2003, gender was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2003, respondents 55 to 64 years old were more likely to report massage therapy. In 2007, respondents 18 to 34 years old were more likely to report massage therapy. In 2010, age was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents 65 and older reporting massage therapy.
- In 2007, respondents with at least some post high school education were more likely to report massage therapy. In 2010, respondents with some post high school education were more likely to report massage therapy. In 2003, education was not a significant variable.
- In 2007 and 2010, married respondents were more likely to report massage therapy. In 2003, marital status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of married respondents reporting massage therapy.

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

	2003	2007	2010
TOTAL	11%	17%	15%
Gender ^{2,3}			
Male	9	11	6
Female ^a	13	23	23
Age ^{1,2}			
18 to 34	14	27	18
35 to 44	10	17	14
45 to 54	14	17	13
55 to 64	19	14	16
65 and Older ^a	3	7	11
Education ^{2,3}			
High School or Less	7	9	8
Some Post High School	17	24	23
College Graduate	11	27	16
Household Income			
Bottom 40 Percent Bracket	12	14	10
Middle 20 Percent Bracket	11	18	21
Top 40 Percent Bracket	11	20	17
Marital Status ^{2,3}			
Married ^a	11	21	18
Not Married	11	11	11

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Aroma Therapy

2010 Findings

- Four percent of respondents reported aroma therapy in the past three years.
- Seven percent of female respondents reported aroma therapy in the past three years compared to less than one percent of male respondents.
- Twelve percent of respondents with a college education reported aroma therapy compared to 2% of respondents with some post high school education or less.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In 2010, respondents who were female or with a college education were more likely to report aroma therapy.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting aroma therapy in 2003 and 2007.

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

	2003 ^③	2007 ^③	2010
TOTAL	3%	3%	4%
Gender ³			
Male	--	--	<1
Female	--	--	7
Age			
18 to 34	--	--	5
35 to 44	--	--	5
45 to 54	--	--	4
55 to 64	--	--	2
65 and Older	--	--	4
Education ³			
High School or Less	--	--	2
Some Post High School	--	--	2
College Graduate	--	--	12
Household Income			
Bottom 40 Percent Bracket	--	--	3
Middle 20 Percent Bracket	--	--	7
Top 40 Percent Bracket	--	--	4
Marital Status			
Married	--	--	5
Not Married	--	--	4

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

^②In 2010, “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 2003

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Acupuncture

2010 Findings

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

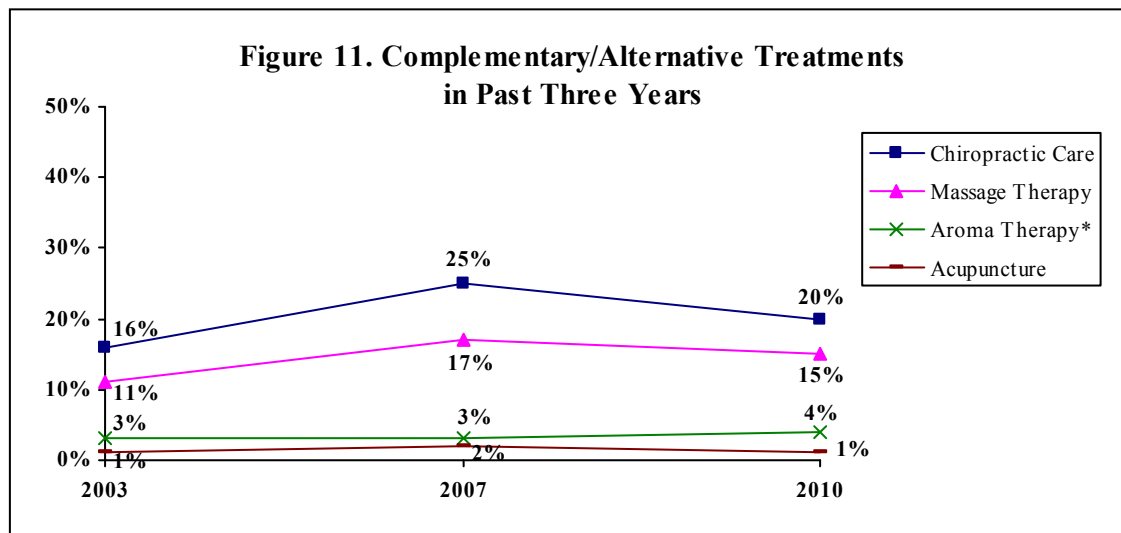
Year Comparisons

- From 2003 to 2010, 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 2003 to 2010, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy, aroma therapy or acupuncture.



*In 2010, “using essential oils” was added.

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

KEY FINDINGS: In 2010, 42% of respondents did moderate physical activity five times a week for 30 minutes while 23% did vigorous activity three times a week for 20 minutes. Combined, 49% met the recommended amount of physical activity; respondents with a college education or who were not overweight were more likely to report this. Sixty-six percent of respondents were classified as overweight. Respondents who were male, 35 and older or inactive were more likely to be classified as overweight.

From 2003 to 2010, 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 2007 to 2010, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met the recommended amount of physical activity. From 2003 to 2010, 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).

2010 Findings

- Forty-two percent of all respondents did moderate physical activity at least five times a week for 30 minutes or more. Forty-five percent did some moderate activity, while 12% did not do any moderate physical activity.
- 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 2010, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2007, female respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, gender was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents across gender meeting the recommended amount of moderate physical activity.
- In 2007, 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 2010, there was a noted increase in the percent of respondents 65 and older meeting the recommended amount of moderate physical activity.

- In 2003, 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 2010, there was a noted increase in the percent of respondents with a high school education or less or with a college education meeting the recommended amount of moderate physical activity.
- In 2007, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket meeting the recommended amount of moderate physical activity.
- Marital status was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of moderate physical activity.
- In 2007, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In all other study years, overweight status was not a significant variable. From 2003 to 2010, 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	2007	2010
TOTAL ^a	31%	38%	42%
Gender ²			
Male ^a	34	32	47
Female ^a	29	43	38
Age ²			
18 to 34	30	51	40
35 to 44	31	27	38
45 to 54	32	36	44
55 to 64	35	33	48
65 and Older ^a	26	37	45
Education ¹			
High School or Less ^a	22	35	39
Some Post High School	39	44	40
College Graduate ^a	38	37	55
Household Income ²			
Bottom 40 Percent Bracket ^a	21	32	42
Middle 20 Percent Bracket ^a	29	47	43
Top 40 Percent Bracket	33	42	44
Marital Status			
Married	31	34	39
Not Married ^a	31	43	46
Overweight Status ²			
Not Overweight	37	45	45
Overweight ^a	28	35	39

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

^②Recommended 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 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤05 from 2003 to 2010

Vigorous Physical Activity in Usual Week

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

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

In 2009, 31% of Wisconsin respondents and 29% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Twenty-three 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 53% did not do any vigorous physical activity.
- Male respondents were more likely to report vigorous physical activity (27%) compared to female respondents (18%).
- Respondents 35 to 44 years old were more likely to report vigorous physical activity (34%) compared to respondents 65 and older (16%).
- Respondents who were not overweight were more likely to report vigorous physical activity compared to overweight respondents (31% and 19%, respectively).

Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- In 2010, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2007, gender was not a significant variable. From 2007 to 2010, there was a noted decrease in the percent of female respondents reporting vigorous physical activity.
- In 2007, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2010, respondents 35 to 44 years old were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2007. From 2007 to 2010, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.
- In 2007, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2010, household income was not a significant variable. From 2007 to 2010, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In 2010, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2007, overweight status was not a significant variable.

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

	2007	2010
TOTAL	24%	23%
Gender ²		
Male	21	27
Female ^a	27	18
Age ^{1,2}		
18 to 34 ^a	43	19
35 to 44 ^a	19	34
45 to 54	22	24
55 to 64	20	19
65 and Older	11	16
Education		
High School or Less	19	21
Some Post High School	28	23
College Graduate	30	27
Household Income ¹		
Bottom 40 Percent Bracket	14	18
Middle 20 Percent Bracket	26	32
Top 40 Percent Bracket ^a	36	21
Marital Status		
Married	24	22
Not Married	24	23
Overweight Status ²		
Not Overweight	30	31
Overweight	23	19

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

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

¹demographic difference at p≤0.05 in 2007

²demographic difference at p≤0.05 in 2010

^ayear difference at p≤05 from 2007 to 2010

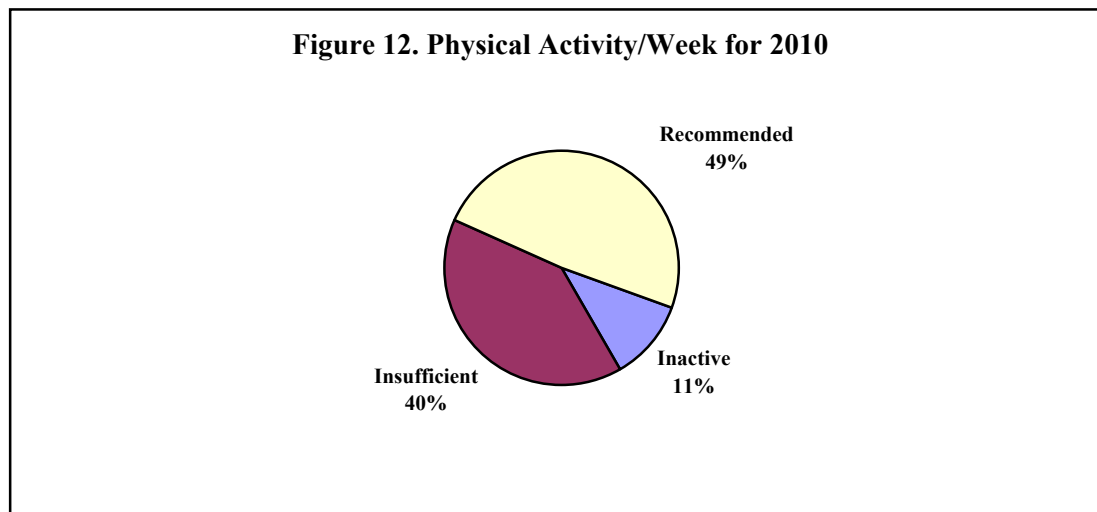
Combined Recommended Amount of Physical Activity in Typical Week

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 2009, 53% of Wisconsin respondents and 51% 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) (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Forty-nine percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty percent did an insufficient amount of physical activity while 11% did no physical activity in a typical week.



- Respondents with a college education were more likely to meet the recommended amount of physical activity (64%) compared to those with a high school education or less (47%) or respondents with some post high school education (44%).
- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (57%) compared to overweight respondents (44%).

Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2007, female respondents were more likely to meet the recommended amount of physical activity. In 2010, gender was not a significant variable. From 2007 to 2010, there was a noted increase in the percent of male respondents meeting the recommended amount of physical activity.

- In 2007, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. In 2010, age was not a significant variable.
- In 2010, respondents with a college education were more likely to meet the recommended amount of physical activity. In 2007, education was not a significant variable.
- In 2007, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2010, household income was not a significant variable.
- In 2010, respondents who were not overweight were more likely to meet the recommended amount of physical activity. In 2007, overweight status was not a significant variable.

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

	2007	2010
TOTAL	48%	49%
Gender ¹		
Male ^a	42	54
Female	54	45
Age ¹		
18 to 34	61	49
35 to 44	33	47
45 to 54	54	47
55 to 64	44	50
65 and Older	45	55
Education ²		
High School or Less	47	47
Some Post High School	48	44
College Graduate	50	64
Household Income ¹		
Bottom 40 Percent Bracket	38	48
Middle 20 Percent Bracket	56	54
Top 40 Percent Bracket	57	50
Marital Status		
Married	46	46
Not Married	51	53
Overweight Status ²		
Not Overweight	55	57
Overweight	46	44

^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 and recommended vigorous activity is 3 times/20+ minutes in a week.

¹demographic difference at p≤0.05 in 2007; ²demographic difference at p≤0.05 in 2010

^ayear difference at p≤05 from 2007 to 2010

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 2009, 65% of Wisconsin respondents were classified as at least overweight (36% overweight, 29% obese). In the U.S., 63% were classified as at least overweight (36% overweight and 27% obese) (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- According to the definition, 66% of respondents were overweight.
- Male respondents were more likely to be overweight (75%) compared to female respondents (57%).
- Seventy-six percent of respondents 45 to 54 years old and 74% of those who were 35 to 44 years old or 55 and older were overweight compared to 44% of respondents 18 to 34 years old.
- Ninety percent of inactive respondents were overweight compared to 67% of those who did an insufficient amount of physical activity or 59% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2010, respondents 35 and older were more likely to be overweight. In 2003 and 2007, age was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents 18 to 34 years old being overweight.
- In 2003 and 2007, respondents with a high school education or less were more likely to be overweight. In 2010, education was not a significant variable. From 2003 to 2010, 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 some post high school education being overweight.
- In 2007, respondents in the middle 20 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.
- In 2007, married respondents were more likely to be overweight. In all other study years, marital status was not a significant variable.
- In 2010, inactive respondents were more likely to be overweight, with a noted increase since 2007. In 2007, physical activity was not a significant variable.

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

	2003	2007	2010
TOTAL	66%	63%	66%
Gender ^{1,2,3}			
Male	78	75	75
Female	55	51	57
Age ³			
18 to 34 ^a	62	55	44
35 to 44	67	59	74
45 to 54	77	70	76
55 to 64	60	71	74
65 and Older	64	64	74
Education ^{1,2}			
High School or Less ^a	76	72	64
Some Post High School ^a	52	55	71
College Graduate	64	54	60
Household Income ²			
Bottom 40 Percent Bracket	65	55	67
Middle 20 Percent Bracket	67	77	61
Top 40 Percent Bracket	66	66	65
Marital Status ²			
Married	68	67	70
Not Married	63	55	61
Physical Activity ³			
Inactive ^b	--	61	90
Insufficient	--	68	67
Recommended	--	58	59

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

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

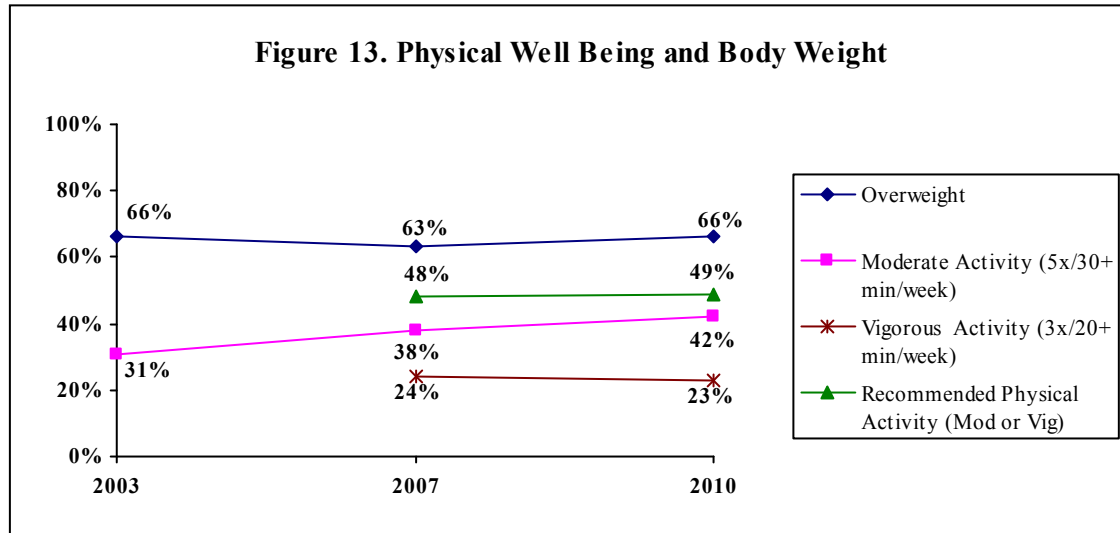
^ayear difference at p≤0.05 from 2003 to 2010

^byear difference at p≤0.05 from 2007 to 2010

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2010, 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 2007 to 2010, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who met the recommended amount of physical activity. From 2003 to 2010, there was no statistical change in the overall percent of respondents being overweight.



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

KEY FINDINGS: In 2010, 65% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, in the middle 20 percent household income bracket, not overweight or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.

Fruit Intake

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

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

2010 Findings

- Sixty-five percent of respondents reported at least two servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (70%) compared to male respondents (60%).
- Eighty-six percent of respondents with a college education reported two or more servings of fruit a day compared to 67% of those with some post high school education or 54% of respondents with a high school education or less.
- Respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit a day (76%) compared to those who were inactive (60%) or respondents who did an insufficient amount of physical activity (52%).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report at least two servings of fruit per day.
- In 2003, respondents 65 and older were more likely to report at least two servings of fruit per day. In 2007, respondents who were 18 to 34 years old or 45 to 54 years old were more likely to report two or more servings of fruit per day. In 2010, age was not a significant variable.
- In 2003 and 2010, respondents with a college education were more likely to report eating at least two servings of fruit. In 2007, education was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents with a high school education or less reporting two or more servings of fruit.
- In 2007 and 2010, respondents who met the recommended amount of physical activity were more likely to report at least two servings of fruit.

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

	2003	2007	2010
TOTAL	68%	63%	65%
Gender ^{1,2,3}			
Male	60	52	60
Female	76	73	70
Age ^{1,2}			
18 to 34	68	71	60
35 to 44	57	51	70
45 to 54	72	73	64
55 to 64	64	49	57
65 and Older	82	63	70
Education ^{1,3}			
High School or Less ^a	65	60	54
Some Post High School	63	64	67
College Graduate	79	67	86
Household Income			
Bottom 40 Percent Bracket	69	59	62
Middle 20 Percent Bracket	70	57	63
Top 40 Percent Bracket	67	68	73
Marital Status			
Married	70	63	64
Not Married	65	63	65
Overweight Status			
Not Overweight	70	62	64
Overweight	68	63	64
Physical Activity ^{2,3}			
Inactive	--	43	60
Insufficient	--	52	52
Recommended	--	76	76

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

^②Physical activity was defined differently in 2003.

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

^byear difference at $p \leq 0.05$ from 2007 to 2010

Vegetable Intake

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

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

2010 Findings

- Twenty-three percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day (28%) compared to male respondents (19%).
- Thirty-six percent of respondents in the middle 20 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 18% of respondents in the top 40 percent household income bracket.
- Respondents who were not overweight were more likely to report at least three servings of vegetables a day compared to overweight respondents (33% and 18%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (34%) compared to those who were inactive (21%) or respondents who did an insufficient amount of physical activity (11%).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In all study years, female respondents were more likely to report at least three vegetable servings per day. From 2003 to 2010, there was a noted decrease in the percent of female respondents reporting three or more servings of vegetables a day.
- In 2007, respondents with some post high school education were more likely to report at least three servings of vegetables. In all other study years, education was not a significant variable.
- In 2010, respondents in the middle 20 percent household income bracket were more likely to report at least three servings of vegetables, with a noted increase since 2003. In all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting three or more servings of vegetables a day.
- In 2007, unmarried respondents were more likely to report at least three servings of vegetables a day. In all other study years, marital status was not a significant variable.
- In all study years, respondents who were not overweight were more likely to report at least three servings of vegetables a day.

- In 2007 and 2010, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day. From 2007 to 2010, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting 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}

	2003	2007	2010
TOTAL	28%	24%	23%
Gender ^{1,2,3}			
Male	18	17	19
Female ^a	37	31	28
Age			
18 to 34	33	27	28
35 to 44	26	22	26
45 to 54	22	25	17
55 to 64	24	22	16
65 and Older	34	21	24
Education ²			
High School or Less	23	20	19
Some Post High School	30	33	28
College Graduate	36	20	26
Household Income ³			
Bottom 40 Percent Bracket	28	21	21
Middle 20 Percent Bracket ^a	22	18	36
Top 40 Percent Bracket ^a	35	27	18
Marital Status ²			
Married	29	19	23
Not Married	28	32	24
Overweight Status ^{1,2,3}			
Not Overweight	35	34	33
Overweight	24	20	18
Physical Activity ^{2,3}			
Inactive	--	15	21
Insufficient ^b	--	20	11
Recommended	--	31	34

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

^②Physical activity was defined differently in 2003.

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

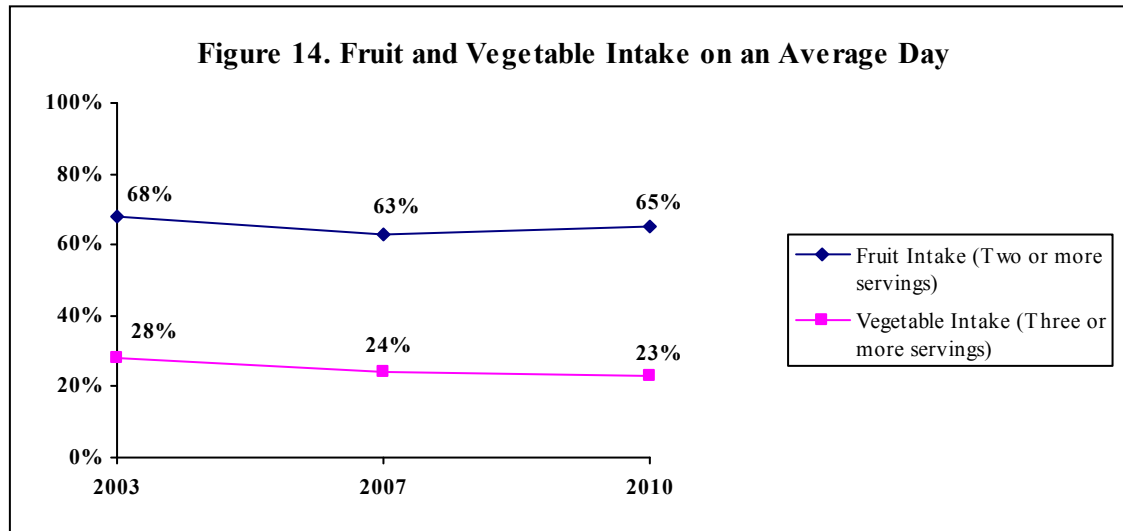
^ayear difference at $p \leq 0.05$ from 2003 to 2010

^byear difference at $p \leq 0.05$ from 2007 to 2010

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2010, 81% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight percent of female respondents 65 and older had a bone density scan. Eighty-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or married respondents were more likely to report this.

From 2003 to 2010, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2007 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2010, there was a statistical decrease 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).

2010 Findings

- Eighty-one percent of female respondents 40 and older had a mammogram within the past two years. Three 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 2010, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Bone Density Scan

2010 Findings

- Seventy-eight percent of the 49 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 2007 to 2010, there was a statistical increase 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).

2010 Findings

- A total of 81% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-seven percent of respondents with a college education reported a pap smear within the past three years compared to 77% of respondents with some post high school education or less.
- Married respondents were more likely to report a pap smear within the past three years compared to unmarried respondents (88% and 68%, respectively).

Year Comparisons

- From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported a pap smear within the past three years.
- Age was not a significant variable in any study year. From 2003 to 2010, 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 2010, respondents with a college education 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 2003 to 2010, there was a noted decrease in the percent of respondents with some post high school education or less reporting a pap smear within the past three years.
- In 2007, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting a pap smear within the past three years.
- In 2010, 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. From 2003 to 2010, there was a noted decrease in the percent of unmarried respondents reporting a pap smear within the past three years.

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

	2003	2007	2010
TOTAL ^a	92%	80%	81%
Age			
18 to 34 ^a	94	90	80
35 to 44	98	71	93
45 and Older	87	80	74
Education ³			
Some Post High School or Less ^a	90	76	77
College Graduate	98	88	97
Household Income ²			
Bottom 60 Percent Bracket ^a	92	71	80
Top 40 Percent Bracket	94	94	86
Marital Status ³			
Married	94	82	88
Not Married ^a	89	78	68

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

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

²demographic difference at $p \leq 0.05$ in 2007

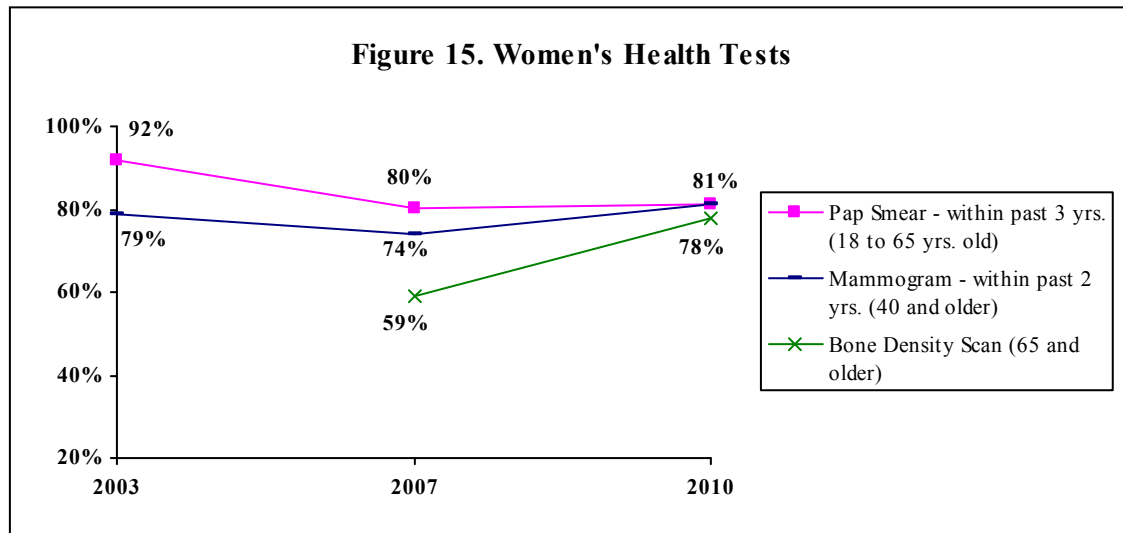
³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2007 to 2010, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2010, there was a statistical decrease 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 2010, 50% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-nine percent of male respondents 40 and older had a digital rectal exam in the past year.

From 2007 to 2010, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2010, 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.

2010 Findings

- Forty-two percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 8% reported within the past two years (one year but less than two years). Twenty-seven percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

Digital Rectal Exam

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

2010 Findings

- Thirty-nine percent of male respondents 40 and older had a digital rectal exam in the past year while 15% reported within the past two years (one year but less than two years). Twenty-seven percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

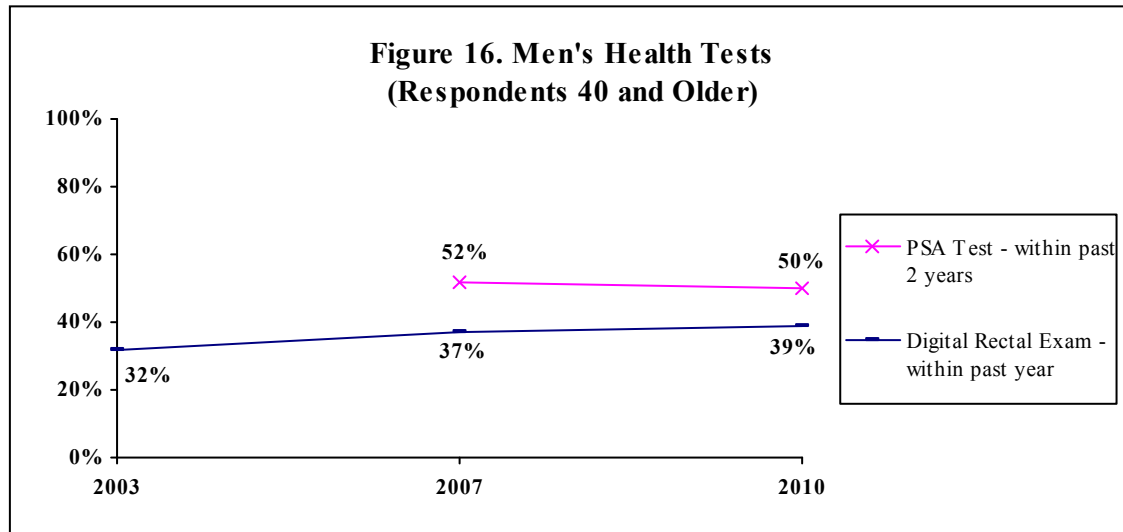
- From 2003 to 2010, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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 2007 to 2010, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2010, 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 2010, 7% of respondents 50 and older reported a sigmoidoscopy within the past five years while 70% reported a colonoscopy within the past ten years. Married respondents were more likely to report a colonoscopy within the past ten years. Seventy-three percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime; married respondents were more likely to report this.

From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.

Sigmoidoscopy

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

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

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

2010 Findings

- Seven percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty-six 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 2010 (Respondents 50 and Older)^⓪

	2010
TOTAL	7%
Gender	
Male	6
Female	8
Education	
Some Post High School or Less	5
College Graduate	13
Household Income	
Bottom 60 Percent Bracket	7
Top 40 Percent Bracket	7
Marital Status	
Married	8
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 2010

Colonoscopy

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

2010 Findings

- Seventy percent of respondents 50 and older had a colonoscopy within the past ten years. Twenty-seven percent reported never.
- Married respondents were more likely to report a colonoscopy within the past ten years compared to unmarried respondents (79% and 61%, respectively).

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

Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2010 (Respondents 50 and Older)^⓪

	2010
TOTAL	70%
Gender	
Male	72
Female	69
Education	
Some Post High School or Less	70
College Graduate	73
Household Income	
Bottom 60 Percent Bracket	71
Top 40 Percent Bracket	74
Marital Status ¹	
Married	79
Not Married	61

^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 2010

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).

2010 Findings

- Seventy-three percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Twenty-five percent of respondents never had a sigmoidoscopy or colonoscopy exam.
- Married respondents were more likely to report a sigmoidoscopy or colonoscopy within their lifetime compared to unmarried respondents (80% and 63%, respectively).

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime, possibly the result of changing the survey question from a combined question to separate exam questions.
- Education was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents with some post high school education or less reporting a sigmoidoscopy or colonoscopy in their lifetime.

- Household income was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a sigmoidoscopy or colonoscopy in their lifetime.
- In 2010, married respondents were more likely to report a sigmoidoscopy or colonoscopy in their lifetime, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

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

	2003	2007	2010
TOTAL ^a	59%	65%	73%
Gender			
Male	63	68	76
Female	56	62	70
Education			
Some Post High School or Less ^a	57	62	71
College Graduate	70	74	78
Household Income			
Bottom 60 Percent Bracket	60	66	72
Top 40 Percent Bracket ^a	53	63	78
Marital Status ³			
Married ^a	64	67	80
Not Married	51	62	63

^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 2010, 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 2007

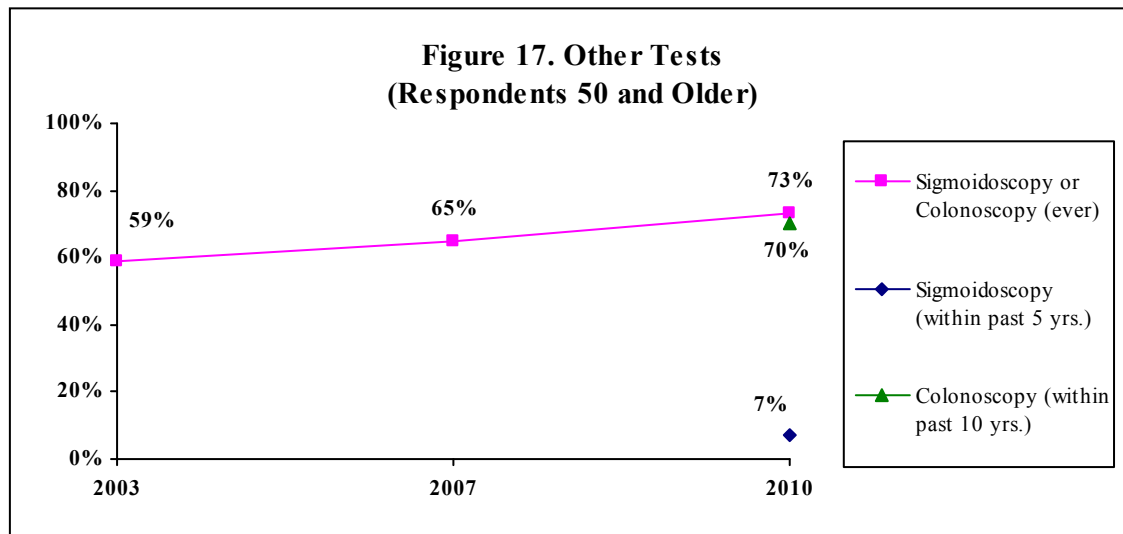
³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Other Tests Overall

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.



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

KEY FINDINGS: In 2010, 91% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of respondents who rode a bike, used in-line skates or rode a scooter, 27% reported they always or nearly always wore a helmet; respondents with a college education, who were in the top 40 percent household income bracket or married were more likely to report this.

From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2010, 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).

2010 Findings

- Ninety-one percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (95%) compared to male respondents (87%).
- Ninety-nine percent of respondents with a college education reported always or nearly always compared to 91% of those with some post high school education or 88% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In all study years, female respondents were more likely to report always or nearly always. From 2003 to 2010, there was a noted increase in the percent of respondents across gender reporting always or nearly always.
- In 2007, respondents 55 and older were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents 18 to 54 years old reporting always or nearly always.
- In 2003 and 2010, respondents with a college education were more likely to report always or nearly always. In 2007, education was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents with a high school education or less reporting always or nearly always.
- In 2007, 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. From 2003 to 2010, there was a noted increase in the percent of respondents across household income reporting always or nearly always.
- In 2003, married respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, marital status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of unmarried respondents reporting always or nearly always.

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

	2003	2007	2010
TOTAL ^a	82%	85%	91%
Gender ^{1,2,3}			
Male ^a	73	79	87
Female ^a	90	89	95
Age ²			
18 to 34 ^a	76	76	88
35 to 44 ^a	85	80	94
45 to 54 ^a	78	87	91
55 to 64	81	94	88
65 and Older	91	92	94
Education ^{1,3}			
High School or Less ^a	75	82	88
Some Post High School	86	85	91
College Graduate	93	89	99
Household Income ²			
Bottom 40 Percent Bracket ^a	79	85	88
Middle 20 Percent Bracket ^a	81	71	92
Top 40 Percent Bracket ^a	86	89	97
Marital Status ¹			
Married	89	84	94
Not Married ^a	71	85	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Helmet Usage

2010 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-seven percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Sixty-one percent reported never.
- Fifty-four percent of respondents with a college education reported always or nearly always compared to 20% of respondents with some post high school education or less.

- Fifty-three percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 13% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to report always or nearly always wearing a helmet compared to unmarried respondents (35% and 17%, respectively).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003 and 2010, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2007, education was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents with a college education reporting always or nearly always.
- In 2010, respondents in the top 40 percent household income bracket were more likely to report always or nearly always, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In all study years, married respondents were more likely to report they always or nearly always wore a helmet.

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

	2003	2007	2010
TOTAL	21%	28%	27%
Gender			
Male	20	25	23
Female	22	33	32
Age			
18 to 34	22	24	20
35 to 44	21	38	27
45 and Older	20	26	32
Education ^{1,3}			
Some Post High School or Less	15	25	20
College Graduate ^a	34	36	54
Household Income ³			
Bottom 60 Percent Bracket	17	25	13
Top 40 Percent Bracket ^a	28	28	53
Marital Status ^{1,2,3}			
Married	28	20	35
Not Married	8	41	17

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

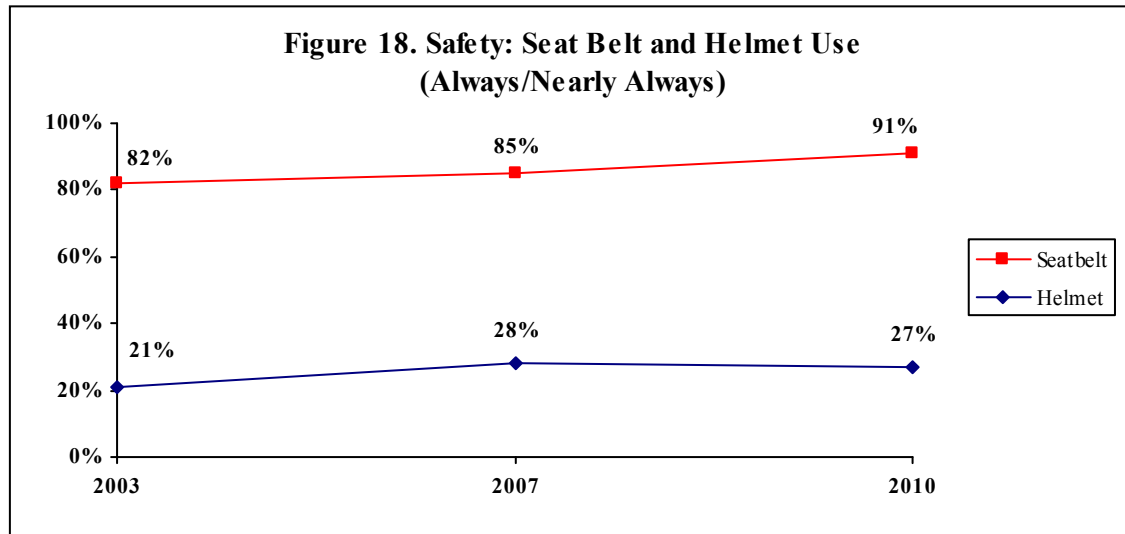
³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

- From 2003 to 2010, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2003 to 2010, 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 2010, 25% of respondents were current smokers. Respondents who were male, 35 to 44 years old, with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to be a smoker. In the past 12 months, 37% of current smokers quit smoking for one day or longer because they were trying to quit. Eighty percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2010, 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 2007 to 2010, 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 2009, 19% of Wisconsin respondents were current smokers while 18% of U.S. respondents were current smokers (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Twenty-five percent of respondents were current smokers (21% every day and 4% some days).
- Male respondents were more likely to report they were a current smoker (31%) compared to female respondents (19%).
- Thirty-three percent of respondents 35 to 44 years old were current smokers compared to 27% of those 55 to 64 years old or 10% of respondents 65 and older.
- Thirty-six percent of respondents with a high school education or less were current smokers compared to 20% of those with some post high school education or 8% of respondents with a college education.
- Thirty-five percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 19% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (30% and 20%, respectively).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2010, male respondents were more likely to report they were a current smoker. In all other study years, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report they were a current smoker. In 2007, respondents 45 to 54 years old were more likely to report they were a current smoker. In 2010, respondents 35 to 44 years old were more likely to report they were a current smoker. From 2003 to 2010, there was a noted decrease in the percent of respondents 18 to 34 years old being a current smoker.
- In 2003 and 2010, respondents with a high school education or less were more likely to be a current smoker. In 2007, education was not a significant variable.
- In 2007, respondents in the bottom 60 percent household income bracket were more likely to be a current smoker. In 2010, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. In 2003, household income was not a significant variable.
- In all study years, unmarried respondents were more likely to report being a current smoker.

Table 34. Current Smokers by Demographic Variables for Each Survey Year^①

	2003	2007	2010
TOTAL	28%	20%	25%
Gender ³			
Male	31	20	31
Female	24	19	19
Age ^{1,2,3}			
18 to 34 ^a	43	24	28
35 to 44	28	20	33
45 to 54	28	29	28
55 to 64	26	18	27
65 and Older	10	6	10
Education ^{1,3}			
High School or Less	37	20	36
Some Post High School	27	24	20
College Graduate	11	13	8
Household Income ^{2,3}			
Bottom 40 Percent Bracket	30	26	35
Middle 20 Percent Bracket	28	26	19
Top 40 Percent Bracket	25	11	18
Marital Status ^{1,2,3}			
Married	20	14	20
Not Married	39	28	30

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

¹demographic difference at p≤0.05 in 2003

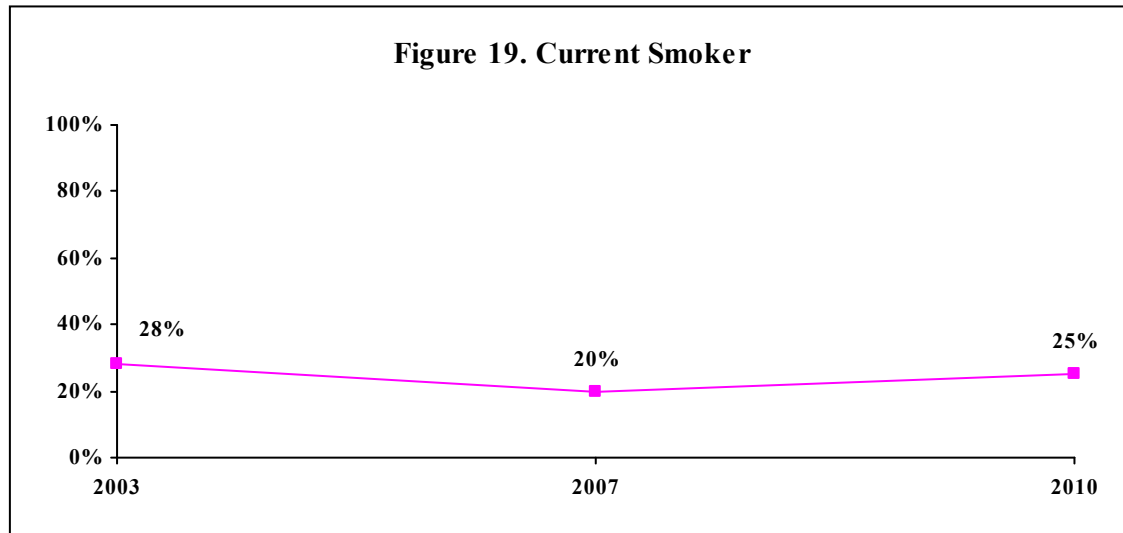
²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who were current smokers.



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

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

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

2010 Findings

Of current smokers...

- Thirty-seven percent of the 100 current smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

Year Comparisons

- From 2003 to 2010, 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

2010 Findings

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

- Eighty percent of the 54 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.

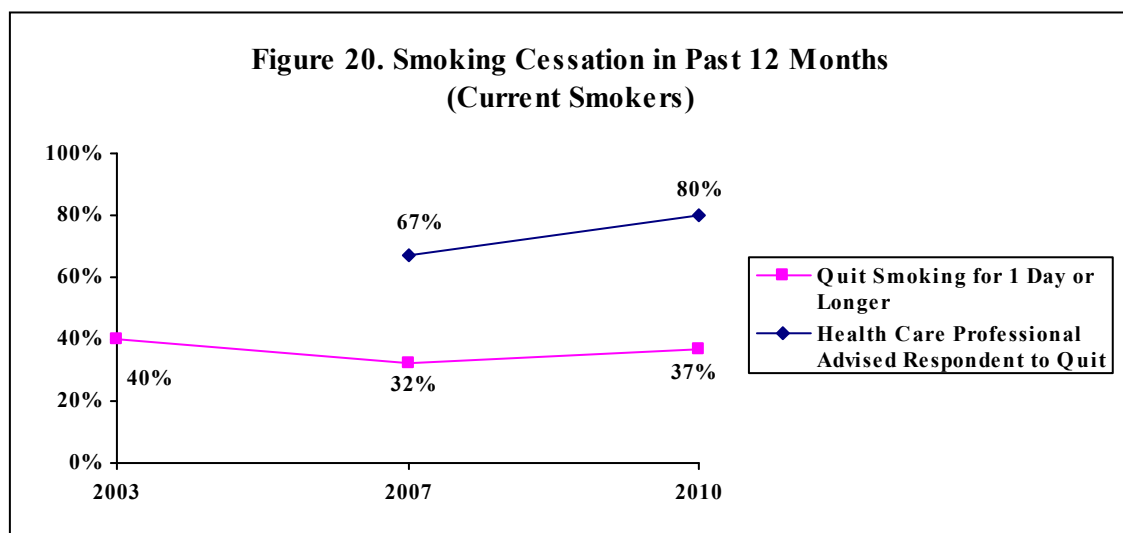
Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents who reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.

Smoking Cessation Overall

Year Comparisons

- From 2003 to 2010, 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 in the past 12 months. From 2007 to 2010, 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)

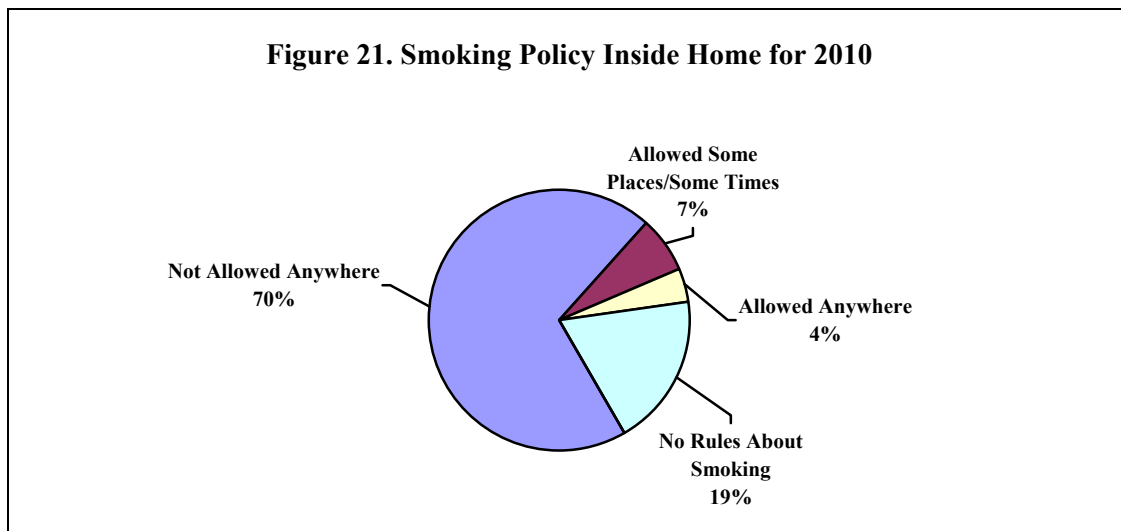
KEY FINDINGS: In 2010, 70% of respondents reported smoking is not allowed anywhere inside the home while 86% reported smoking is not allowed in any area at work. Respondents in the middle 20 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents with at least some post high school education, who were in the top 40 percent household income bracket or nonsmokers were more likely to report smoking is not allowed in any area at work. Four 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 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 79% of U.S. respondents reported smoking is prohibited in their home (2006-2007 Tobacco Use Supplement to the Current Population Survey).

2010 Findings

- Seventy percent of respondents reported smoking is not allowed anywhere inside the home while 7% reported smoking is allowed in some places or at some times. Four percent reported smoking is allowed anywhere inside the home. Nineteen percent of respondents reported there are no rules about smoking inside the home.



- Eighty percent of respondents in the middle 20 percent household income bracket reported smoking is not allowed in the home compared to 74% of those in the top 40 percent income bracket or 63% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (77% and 63%, respectively).

- Seventy-nine percent of nonsmokers reported smoking is not allowed in the home compared to 44% of smokers.
- Respondents in households with children were more likely to report smoking is not allowed in the home (81%) compared to respondents in households without children (64%).

Table 35. Smoking Not Allowed in Home by Demographic Variables for 2010^⓪

	2010
TOTAL	70%
Household Income ¹	
Bottom 40 Percent Bracket	63
Middle 20 Percent Bracket	80
Top 40 Percent Bracket	74
Marital Status ¹	
Married	77
Not Married	63
Smoking Status ¹	
Nonsmoker	79
Smoker	44
Children in Household ¹	
Yes	81
No	64

^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 2010

Smoking Policy at Work

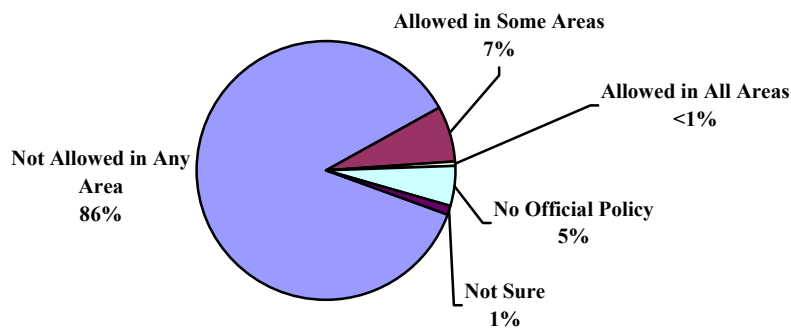
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

2010 Findings

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

Figure 22. Smoking Policy at Work for 2010



- Ninety-four percent of respondents with a college education and 93% of those with some post high school education reported smoking is not allowed in any area at work compared to 76% of respondents with a high school education or less.
- Ninety-nine percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in any area at work compared to 88% of those in the middle 20 percent income bracket or 78% of respondents in the bottom 40 percent household income bracket.
- Nonsmokers were more likely to report smoking is not allowed in any area at work (90%) compared to smokers (74%).

Table 36. Smoking Not Allowed at Work by Demographic Variables for 2010^⓪

	2010
TOTAL	86%
Gender	
Male	82
Female	90
Age	
18 to 34	84
35 to 44	89
45 to 54	82
55 and Older	86
Education ¹	
High School or Less	76
Some Post High School	93
College Graduate	94
Household Income ¹	
Bottom 40 Percent Bracket	78
Middle 20 Percent Bracket	88
Top 40 Percent Bracket	99
Marital Status	
Married	89
Not Married	83
Smoking Status ¹	
Nonsmoker	90
Smoker	74

^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 2010

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

2010 Findings

- Eighty-eight 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. Nine percent of respondents reported they were exposed to second-hand smoke one to three days while 4% reported at least four days.
- Respondents 45 to 54 years old were more likely to report exposure to second-hand smoke on four or more days (11%) compared to those 35 to 44 years old (2%) or respondents 65 and older (1%).

Table 37. Nonsmokers' Exposure to Second-Hand Smoke on at Least Four of the Past Seven Days by Demographic Variables for 2010^⓪

	2010
TOTAL	4%
Gender	
Male	3
Female	4
Age ¹	
18 to 34	3
35 to 44	2
45 to 54	11
55 to 64	6
65 and Older	1
Education	
High School or Less	6
Some Post High School	2
College Graduate	3
Household Income	
Bottom 40 Percent Bracket	6
Middle 20 Percent Bracket	3
Top 40 Percent Bracket	0
Marital Status	
Married	4
Not Married	3

^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 2010

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

KEY FINDINGS: In 2010, 65% of respondents had an alcoholic drink in the past 30 days. In the past month, 9% were heavy drinkers while 23% were binge drinkers. Respondents with a high school education or less were more likely to report heavy drinking in the past month. Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Two 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 2003 to 2010, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2007 to 2010, 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 2009, 8% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Sixty-five percent of respondents had a drink in the past 30 days. Thirty-four percent reported they drank on at least five days, while 13% reported three or four days and 18% reported drinking on one or two days in the past 30 days.
- Sixteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three drinks. Twenty percent reported two drinks and 19% reported one drink on average on the days they drank. Thirty-five percent reported having no drinks in the past month.
- Combined, 9% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Thirteen percent of respondents with a high school education or less reported heavy drinking in the past month compared to 7% of those with some post high school education or 3% of respondents with a college education.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who were heavy drinkers.

- In 2003, male respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of female respondents reporting heavy drinking.
- In 2003, respondents 18 to 44 years old were more likely to report heavy drinking. In all other study years, age was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents 55 to 64 years old reporting heavy drinking.
- In 2010, respondents with a high school education or less were more likely to report heavy drinking, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2007, respondents in the middle 20 percent household income bracket were more likely to report heavy drinking. In all other study years, household income was not a significant variable.

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

	2003	2007	2010
TOTAL	5%	6%	9%
Gender ¹			
Male	9	7	9
Female ^a	2	5	8
Age ¹			
18 to 34	9	6	9
35 to 44	9	7	15
45 to 54	3	11	7
55 to 64 ^a	0	4	12
65 and Older	1	2	2
Education ³			
High School or Less ^a	6	6	13
Some Post High School	4	4	7
College Graduate	5	9	3
Household Income ²			
Bottom 40 Percent Bracket	7	6	8
Middle 20 Percent Bracket	4	13	6
Top 40 Percent Bracket	7	3	13
Marital Status			
Married	5	5	8
Not Married	7	8	9

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Binge Drinking in Past Month

Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2010, Manitowoc County 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 2009, 24% 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 (2009 Behavioral Risk Factor Surveillance).

2010 Findings

- Twenty-three percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (27%) compared to female respondents (18%).
- Thirty-eight percent of respondents 18 to 34 years old binged in the past month compared to 15% of those 45 to 54 years old or 10% of respondents 65 and older.

Year Comparisons

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

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged.
- In 2003, respondents 18 to 44 years old were more likely to have binged. In 2007 and 2010, respondents 18 to 34 years old were more likely to have binged.
- Education was not a significant variable in any study year. From 2003 to 2010, there was a noted increase in the percent of respondents with a high school education or less reporting binge drinking.
- In 2007, 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.

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

	2003	2007	2010
TOTAL	19%	28%	23%
Gender ^{1,2,3}			
Male	25	42	27
Female	13	16	18
Age ^{1,2,3}			
18 to 34	30	49	38
35 to 44	29	24	22
45 to 54	10	40	15
55 to 64	19	16	27
65 and Older	3	6	10
Education			
High School or Less ^a	15	24	27
Some Post High School	25	32	20
College Graduate	21	31	16
Household Income ²			
Bottom 40 Percent Bracket	18	17	25
Middle 20 Percent Bracket	16	38	17
Top 40 Percent Bracket	25	45	27
Marital Status			
Married	16	28	20
Not Married	23	29	25

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

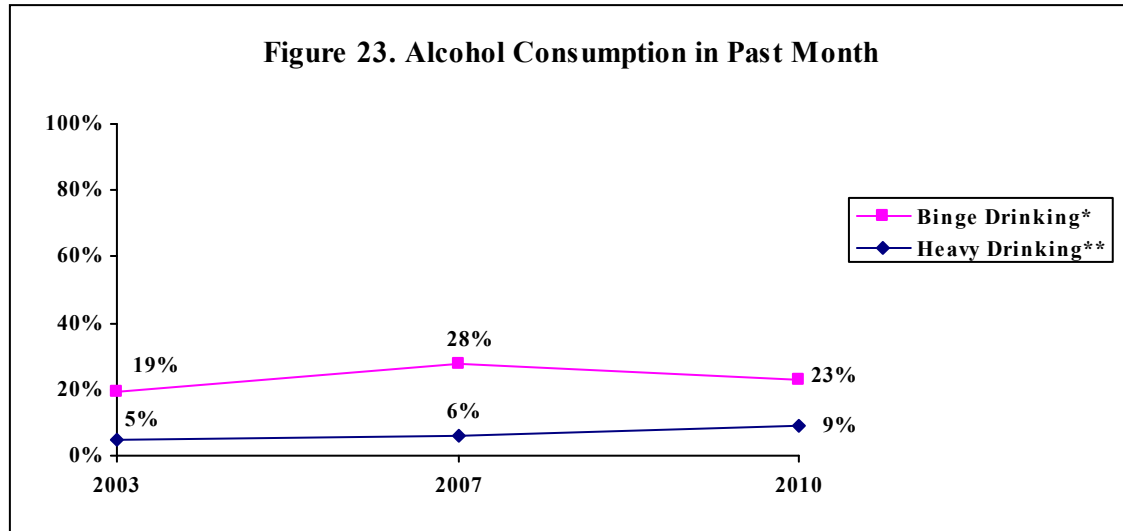
³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Alcohol Consumption Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting heavy drinking or binge drinking in the past month.



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

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

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

2010 Findings

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

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.
- In 2007, male respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink. In 2003, gender was not a significant variable.
- In 2003, respondents with some post high school education were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. In 2007, education was not a significant variable.

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

	2003	2007	2010 ^②
TOTAL	4%	4%	2%
Gender ²			
Male	5	6	--
Female	3	2	--
Age			
18 to 34	7	5	--
35 to 44	6	2	--
45 to 54	1	8	--
55 to 64	4	2	--
65 and Older	0	1	--
Education ¹			
High School or Less	2	5	--
Some Post High School	8	2	--
College Graduate	3	5	--
Household Income			
Bottom 40 Percent Bracket	2	4	--
Middle 20 Percent Bracket	5	1	--
Top 40 Percent Bracket	4	8	--
Marital Status			
Married	3	4	--
Not Married	6	5	--

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

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Household Problem Associated with Alcohol in Past Year

2010 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.

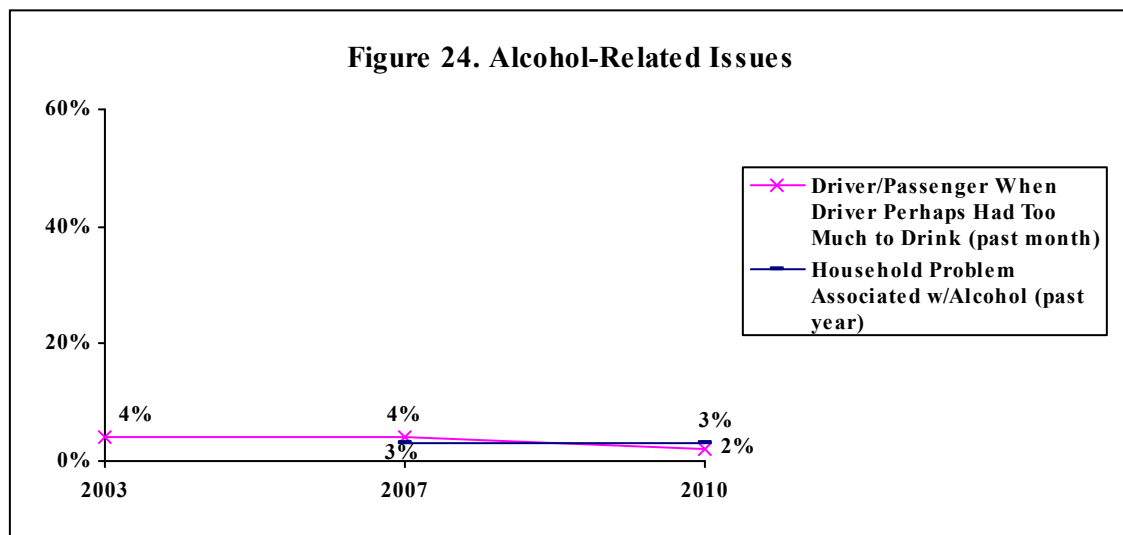
Year Comparisons

- From 2007 to 2010, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in both study years.

Alcohol-Related Issues Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2007 to 2010, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



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

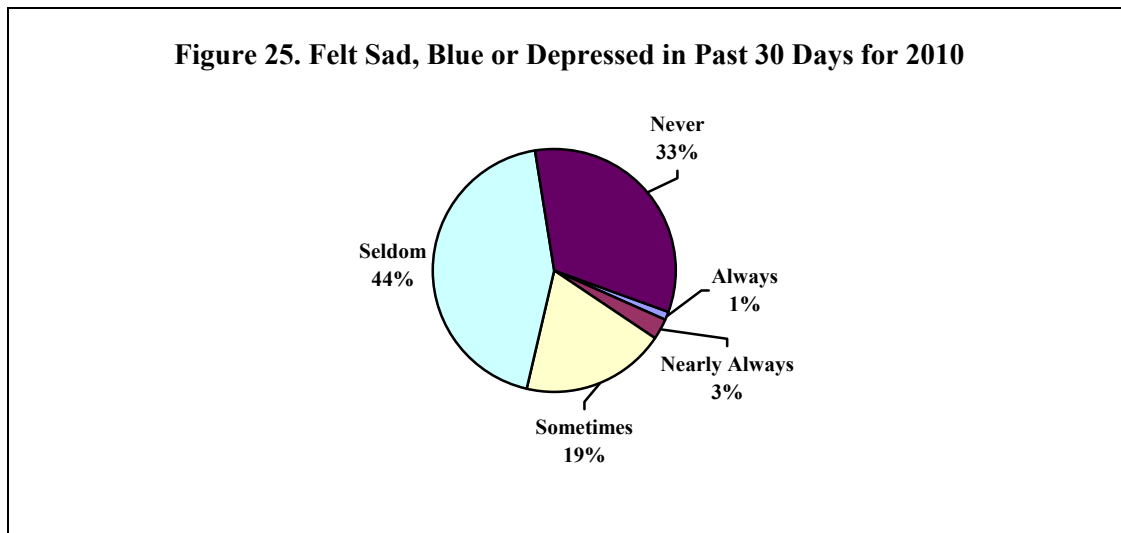
KEY FINDINGS: In 2010, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents 45 to 64 years old were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were male, 45 to 54 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report this.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.

Felt Sad, Blue or Depressed

2010 Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 5,850 residents. Nineteen percent reported sometimes and the remaining 77% reported seldom or never.



- Respondents 45 to 64 years old were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (8%) compared to those 35 to 44 years old (1%) or respondents 18 to 34 years old (less than one percent).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.

- In 2010, respondents 45 to 64 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.
- In 2003 and 2007, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed. In 2010, household income was not a significant variable.
- In 2003 and 2007, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed. In 2010, marital status was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of unmarried respondents reporting always or nearly always.

Table 41. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^⓪

	2003	2007	2010
TOTAL	6%	4%	4%
Gender			
Male	4	4	3
Female	7	4	5
Age ³			
18 to 34	5	5	<1
35 to 44	3	3	1
45 to 54	8	4	8
55 to 64	2	6	8
65 and Older	9	2	4
Education			
High School or Less	7	4	4
Some Post High School	6	7	3
College Graduate	2	1	4
Household Income ^{1,2}			
Bottom 40 Percent Bracket	10	7	5
Middle 20 Percent Bracket	6	4	3
Top 40 Percent Bracket	2	<1	1
Marital Status ^{1,2}			
Married	2	2	3
Not Married ^a	11	7	5

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

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.

2010 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 5,850 residents who may have considered suicide in the past year.
- Six percent of male respondents reported they considered suicide in the past year compared to less than one percent of female respondents.
- Respondents 45 to 54 years old were more likely to report they considered suicide (12%) compared to respondents who were 35 to 44 years old or 65 and older (0% each).
- Seven percent of respondents in the bottom 40 percent household income bracket reported they considered suicide compared to 0% of respondents in the top 60 percent household income bracket.
- Six percent of unmarried respondents reported they considered suicide in the past year compared to less than one percent of married respondents.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2010, male respondents were more likely to report they considered suicide in the past year. In 2003, gender was not a significant variable.
- In 2010, respondents 45 to 54 years old were more likely to report they considered suicide. In 2003, age was not a significant variable.
- In 2010, respondents in the bottom 40 percent household income bracket were more likely to report they considered suicide. In 2003, household income was not a significant variable.
- In 2003 and 2010, unmarried respondents were more likely to report they considered suicide.

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

	2003	2007 ^②	2010
TOTAL	4%	3%	4%
Gender ³			
Male	6	--	6
Female	2	--	<1
Age ³			
18 to 34	6	--	3
35 to 44	4	--	0
45 to 54	5	--	12
55 to 64	2	--	2
65 and Older	0	--	0
Education			
High School or Less	5	--	4
Some Post High School	3	--	3
College Graduate	2	--	3
Household Income ³			
Bottom 40 Percent Bracket	5	--	7
Middle 20 Percent Bracket	2	--	0
Top 40 Percent Bracket	4	--	0
Marital Status ^{1,3}			
Married	2	--	<1
Not Married	7	--	6

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Find Meaning and Purpose in Daily Life

2010 Findings

- A total of 5% of respondents reported they seldom or never find meaning and purpose in daily life. Forty percent of respondents reported they always find meaning and purpose while an additional 39% reported nearly always.
- Male respondents were more likely to report they seldom or never find meaning and purpose in daily life (8%) compared to female respondents (1%).

- Respondents with a high school education or less were more likely to report seldom or never (8%) compared to those with a college education (1%) or respondents with some post high school education (less than one percent).
- Seven percent of respondents in the bottom 40 percent household income bracket reported seldom or never compared to 3% of those in the middle 20 percent income bracket or 1% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2010, 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 2010, male respondents were more likely to report they seldom/never find meaning and purpose in daily life. In 2003, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report they seldom/never find meaning and purpose in daily life. In 2010, age was not a significant variable.
- In 2010, respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life. In 2003, education was not a significant variable.
- In 2010, respondents in the bottom 40 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life, with a noted increase since 2003. In 2003, household income was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting seldom/never find meaning and purpose in daily life.

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

	2003	2007 ^②	2010
TOTAL	5%	3%	5%
Gender ^③			
Male	8	--	8
Female	4	--	1
Age ^①			
18 to 34	14	--	7
35 to 44	3	--	0
45 to 54	0	--	4
55 to 64	0	--	6
65 and Older	5	--	5
Education ^③			
High School or Less	7	--	8
Some Post High School	2	--	<1
College Graduate	7	--	1
Household Income ^③			
Bottom 40 Percent Bracket ^a	2	--	7
Middle 20 Percent Bracket	6	--	3
Top 40 Percent Bracket ^a	8	--	1
Marital Status			
Married	5	--	4
Not Married	7	--	5

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

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

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

^②demographic difference at $p \leq 0.05$ in 2007

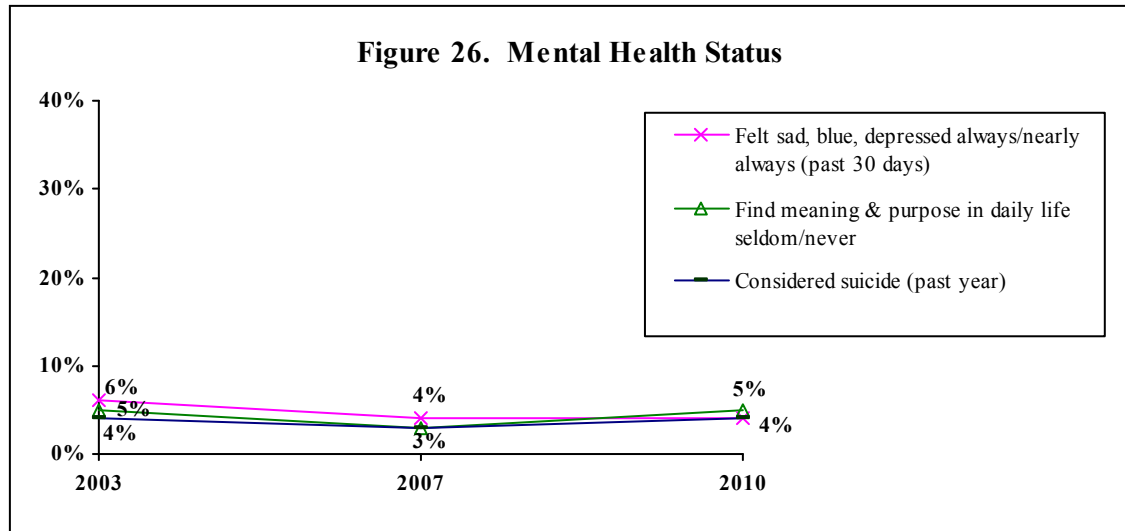
^③demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Mental Health Status Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.



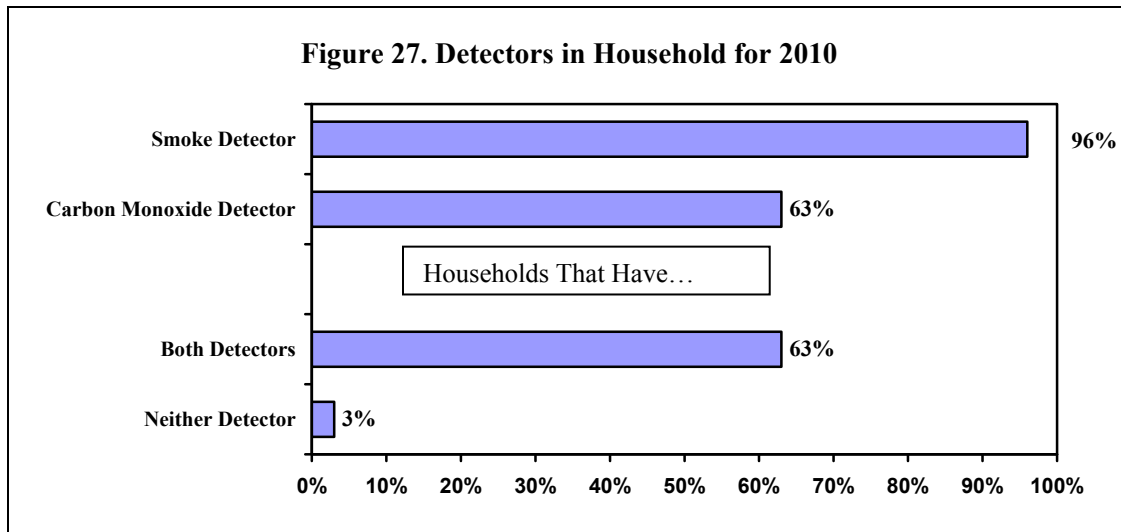
Detectors in Household (Figures 27 & 28; Table 44)

KEY FINDINGS: In 2010, 96% of households had a working smoke detector while 63% had a working carbon monoxide detector. Sixty-three percent of households had both detectors.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.

2010 Findings

- Ninety-six percent of respondents reported a working smoke detector while 63% reported a working carbon monoxide detector in their home. Sixty-three percent had both detectors. Three percent had neither.



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

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 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 all other study years, household income was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In 2003, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. In all other study years, marital status was not a significant variable. From 2003 to 2010, there was a noted increase in the percent of unmarried respondents reporting both a working smoke detector and carbon monoxide detector.

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

	2003	2007	2010
TOTAL	57%	54%	63%
Household Income ¹			
Bottom 40 Percent Bracket ^a	39	51	63
Middle 20 Percent Bracket	60	55	60
Top 40 Percent Bracket	66	57	65
Marital Status ¹			
Married	66	56	62
Not Married ^a	41	51	63

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

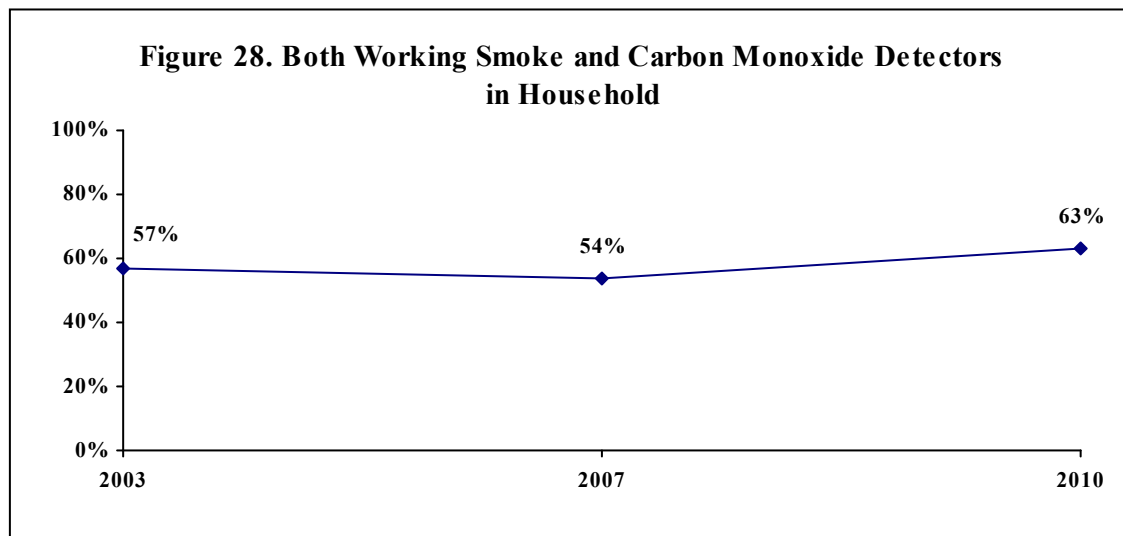
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



Presence of Firearms in Household (Figure 29; Tables 45 - 49)

KEY FINDINGS: In 2010, 44% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or with children in the household were more likely to report this. Of all households, 18% had a handgun while 41% had a rifle or shotgun. Respondents in the top 40 percent household income bracket, who were married or with children in the household were more likely to report a rifle/shotgun. Of all households, 4% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Two percent of all households had a firearm loaded and unlocked.

From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.

Firearm in Household

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

2010 Findings

- At the time of the survey administration, 44% of households had at least one firearm.
- Sixty-five percent of respondents in the top 40 percent household income bracket reported having a firearm compared to 58% of those in the middle 20 percent income bracket or 32% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report having a firearm compared to unmarried respondents (55% and 33%, respectively).
- Respondents in households with children were more likely to report having a firearm (54%) compared to respondents in households without children (39%).

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2003 and 2010, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2007, respondents in the middle 20 percent household income bracket were more likely to report having a firearm. From 2003 to 2010, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a firearm.
- In all study years, married respondents were more likely to report having a firearm.
- In all study years, respondents in households with children were more likely to report having a firearm.

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

	2003	2007	2010
TOTAL	41%	50%	44%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	31	39	32
Middle 20 Percent Bracket ^a	43	66	58
Top 40 Percent Bracket ^a	47	57	65
Marital Status ^{1,2,3}			
Married	49	62	55
Not Married	28	33	33
Children in Household ^{1,2,3}			
Yes	49	58	54
No	37	45	39

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Handgun in Household

2010 Findings

- At the time of the survey administration, 18% of respondents reported handguns in the household.
- There were no statistically significant differences between demographic variables and responses of reporting a handgun in the household.

Table 46. Handgun in Household by Demographic Variables for 2010^⓪

	2010
TOTAL	18%
Household Income	
Bottom 40 Percent Bracket	17
Middle 20 Percent Bracket	24
Top 40 Percent Bracket	21
Marital Status	
Married	21
Not Married	15
Children in Household	
Yes	21
No	17

^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 2010

Rifle or Shotgun in Household

2010 Findings

- At the time of the survey administration, 41% of respondents reported a rifle or shotgun in the household.
- Sixty-three percent of respondents in the top 40 percent household income bracket reported having a rifle or shotgun compared to 54% of those in the middle 20 percent income bracket or 27% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a rifle or shotgun in the household compared to unmarried respondents (51% and 30%, respectively).
- Respondents in households with children were more likely to report having a rifle or shotgun (51%) compared to respondents in households without children (35%).

Table 47. Rifle or Shotgun in Household by Demographic Variables for 2010^⓪

	2010
TOTAL	41%
Household Income ¹	
Bottom 40 Percent Bracket	27
Middle 20 Percent Bracket	54
Top 40 Percent Bracket	63
Marital Status ¹	
Married	51
Not Married	30
Children in Household ¹	
Yes	51
No	35

^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 2010

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.)

2010 Findings

- Four percent of all households had a loaded firearm.
- Eleven percent of respondents in the top 40 percent household income bracket reported having a loaded firearm compared to 2% of those in the bottom 40 percent income bracket or 1% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- In 2007, respondents in the middle 20 percent household income bracket were more likely to report having a loaded firearm. In 2010, respondents in the top 40 percent household income bracket were more likely to report a loaded firearm.
- In 2007, unmarried respondents were more likely to report a loaded firearm in the household. In 2010, marital status was not a significant variable.
- In 2007, respondents in households without children were more likely to report having a loaded firearm. In 2010, presence of children in the household was not a significant variable.

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

	2003 ^②	2007	2010
TOTAL	3%	4%	4%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	--	4	2
Middle 20 Percent Bracket	--	12	1
Top 40 Percent Bracket	--	0	11
Marital Status ²			
Married	--	2	4
Not Married	--	7	4
Children in Household ²			
Yes	--	0	4
No	--	7	4

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

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

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.

2010 Findings

- Two 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 2010, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.

- In 2007, respondents in the middle 20 percent household income bracket, who were unmarried or without children in the household were more likely to report having a loaded and unlocked firearm.
- No demographic comparisons between years were conducted as a result of the low percentage of respondents reporting a loaded and unlocked firearm in 2003 and 2010.

Table 49. Loaded and Unlocked Firearm in Household by Demographic Variables for Each Survey Year^①

	2003 ^②	2007	2010 ^③
TOTAL	2%	4%	2%
Household Income ²			
Bottom 40 Percent Bracket	--	4	--
Middle 20 Percent Bracket	--	8	--
Top 40 Percent Bracket	--	0	--
Marital Status ²			
Married	--	1	--
Not Married	--	7	--
Children in Household ²			
Yes	--	0	--
No	--	6	--

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

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

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

²demographic difference at $p \leq 0.05$ in 2007

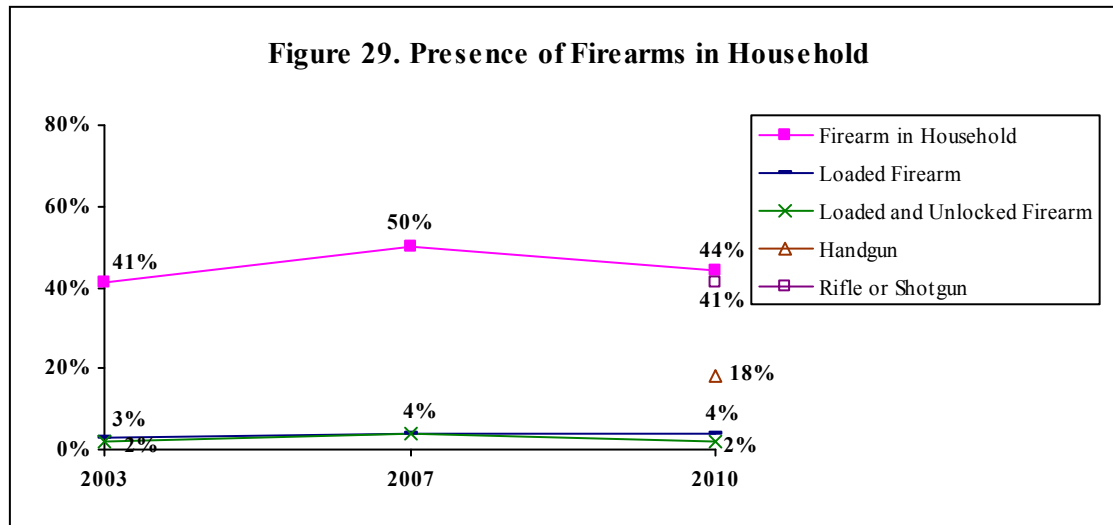
³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Presence of Firearms in Household Overall

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.



Personal Safety Issues (Figure 30; Tables 50 - 52)

KEY FINDINGS: In 2010, 3% of respondents reported someone made them afraid for their personal safety in the past year. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 4% reported at least one of these two situations.

From 2003 to 2010, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.

Afraid for Personal Safety

2010 Findings

- Three percent of respondents reported someone made them afraid for their personal safety in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting someone made them afraid for their personal safety in the past year.
 - A stranger was most often reported as the person who made them afraid (4 responses) followed by an acquaintance (3 responses). One respondent each reported spouse, boyfriend/girlfriend, parent or brother/sister.

Year Comparisons

- From 2003 to 2010, there was a statistical decrease in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2007, female respondents were more likely to report being afraid for their personal safety. In 2003, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old were more likely to report being afraid for their personal safety. In 2007, age was not a significant variable.
- In 2003, respondents with at least some post high school education were more likely to report being afraid for their personal safety. In 2007, respondents with some post high school education were more likely to report they were afraid for their personal safety.

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

	2003	2007	2010 ^②
TOTAL ^a	5%	5%	3%
Gender ²			
Male	5	0	--
Female	6	9	--
Age ¹			
18 to 34	12	5	--
35 to 44	3	6	--
45 to 54	6	5	--
55 to 64	4	6	--
65 and Older	0	1	--
Education ^{1,2}			
High School or Less	2	2	--
Some Post High School	8	8	--
College Graduate	8	4	--
Household Income			
Bottom 40 Percent Bracket	3	6	--
Middle 20 Percent Bracket	4	3	--
Top 40 Percent Bracket	8	3	--
Marital Status			
Married	5	5	--
Not Married	5	4	--

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

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Pushed, Kicked, Slapped or Hit

2010 Findings

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in the past year.
 - Five respondents reported a boyfriend/girlfriend pushed, kicked, slapped or hit them. Three respondents reported a stranger.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2003, respondents who were 18 to 34 years old or unmarried were more likely to report they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in 2007 and 2010.

Table 51. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year^①

	2003	2007 ^②	2010 ^③
TOTAL	4%	2%	2%
Gender			
Male	4	--	--
Female	3	--	--
Age ¹			
18 to 34	14	--	--
35 to 44	0	--	--
45 to 54	1	--	--
55 to 64	0	--	--
65 and Older	0	--	--
Education			
High School or Less	2	--	--
Some Post High School	6	--	--
College Graduate	4	--	--
Household Income			
Bottom 40 Percent Bracket	5	--	--
Middle 20 Percent Bracket	3	--	--
Top 40 Percent Bracket	4	--	--
Marital Status ¹			
Married	2	--	--
Not Married	6	--	--

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

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

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

²demographic difference at $p \leq 0.05$ in 2007

³demographic difference at $p \leq 0.05$ in 2010

^ayear difference at $p \leq 0.05$ from 2003 to 2010

Combined Personal Safety Issues

2010 Findings

- A total of 4% of all respondents reported at least one of the two issues.
- There were no statistically significant differences between demographic variables and responses of reporting at least one of the two issues.

Year Comparisons

- From 2003 to 2010, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.

- In 2007, 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.
- In 2003, 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 2003 to 2010, there was a noted decrease in the percent of respondents 45 to 54 years old reporting at least one of the two 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 2007, respondents with some post high school education were more likely to report at least one of the personal safety issues. In 2010, education was not a significant variable. From 2003 to 2010, there was a noted decrease in the percent of respondents with some post high school education reporting at least one of the two issues.

Table 52. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

	2003	2007	2010
TOTAL	7%	5%	4%
Gender ²			
Male	6	<1	5
Female	7	9	3
Age ¹			
18 to 34	17	6	9
35 to 44	3	7	3
45 to 54 ^a	8	5	0
55 to 64	4	6	6
65 and Older	0	1	4
Education ^{1,2}			
High School or Less	3	3	4
Some Post High School ^a	10	9	3
College Graduate	9	4	6
Household Income			
Bottom 40 Percent Bracket	6	7	6
Middle 20 Percent Bracket	4	3	0
Top 40 Percent Bracket	9	3	5
Marital Status			
Married	6	5	5
Not Married	7	5	4

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2007

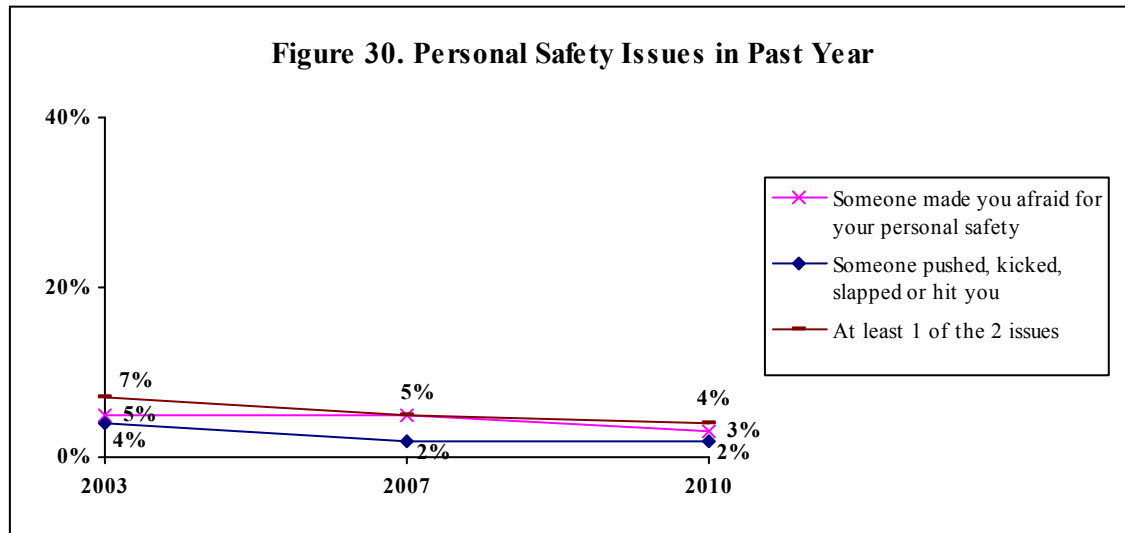
³demographic difference at p≤0.05 in 2010

^ayear difference at p≤0.05 from 2003 to 2010

Personal Safety Issues Overall

Year Comparisons

- From 2003 to 2010, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2010, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.



APPENDIX A: ADDITIONAL QUESTIONS

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

Community Health Issues (Tables 53 - 57)

KEY FINDINGS: In 2010, out of five community health issues that communities may face, the most often cited major or moderate problem was obesity (76%) followed by alcohol abuse (61%). Respondents with a college education, who were in the top 40 percent household income bracket or married were more likely to report obesity as a major or moderate problem. Respondents who were female or with a college education were more likely to report alcohol abuse as a major or moderate problem. Respondents who were female, 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to report smoking as a major or moderate problem. Female respondents were more likely to report prescription drug abuse as a major or moderate problem. Respondents with some post high school education were more likely to report unintentional injury as a major or moderate health problem in their community.

Obesity

2010 Findings

- Seventy-six percent of respondents reported obesity as a major or moderate problem while 14% reported a minor problem and 9% reported not a problem.
- Ninety-one percent of respondents with a college education reported obesity as a major or moderate problem compared to 82% of those with some post high school education or 65% of respondents with a high school education or less.
- Ninety percent of respondents in the top 40 percent household income bracket reported obesity as a major or moderate problem compared to 75% of those in the middle 20 percent income bracket or 73% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report obesity as a major or moderate problem compared to unmarried respondents (80% and 71%, respectively).

Table 53. Obesity as a Major/Moderate Problem in Community by Demographic Variables for 2010^⓪

	2010
TOTAL	76%
Gender	
Male	72
Female	79
Age	
18 to 34	72
35 to 44	80
45 to 54	84
55 to 64	76
65 and older	70
Education ¹	
High School or Less	65
Some Post High School	82
College Graduate	91
Household Income ¹	
Bottom 40 Percent Bracket	73
Middle 20 Percent Bracket	75
Top 40 Percent Bracket	90
Marital Status ¹	
Married	80
Not Married	71

^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 2010

Alcohol Abuse

2010 Findings

- Sixty-one percent of respondents reported alcohol abuse as a major or moderate problem while 21% reported a minor problem and 16% reported not a problem.
- Sixty-nine percent of female respondents reported alcohol abuse as a major or moderate problem compared to 52% of male respondents.
- Seventy-nine percent of respondents with a college education reported alcohol abuse as a major or moderate problem compared to 69% of those with some post high school education or 49% of respondents with a high school education or less.

Table 54. Alcohol Abuse as a Major/Moderate Problem in Community by Demographic Variables for 2010^⓪

	2010
TOTAL	61%
Gender ¹	
Male	52
Female	69
Age	
18 to 34	52
35 to 44	55
45 to 54	73
55 to 64	67
65 and older	64
Education ¹	
High School or Less	49
Some Post High School	69
College Graduate	79
Household Income	67
Bottom 40 Percent Bracket	50
Middle 20 Percent Bracket	62
Top 40 Percent Bracket	
Marital Status	
Married	58
Not Married	64

^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 2010

Smoking

2010 Findings

- Forty-eight percent of respondents reported smoking as a major or moderate problem while 19% reported a minor problem and 28% reported not a problem.
- Female respondents were more likely to report smoking as a major or moderate problem (56%) compared to male respondents (39%).
- Sixty-five percent of respondents 18 to 34 years old reported smoking as a major or moderate problem compared to 38% of those 35 to 44 years old or 28% of respondents 65 and older.
- Fifty-six percent of respondents with some post high school education reported smoking as a major or moderate problem compared to 52% of those with a college education or 40% of respondents with a high school education or less.

- Sixty percent of respondents in the top 40 percent household income bracket reported smoking as a major or moderate problem compared to 54% of those in the middle 20 percent income bracket or 43% of respondents in the bottom 40 percent household income bracket.

Table 55. Smoking as a Major/Moderate Problem in Community by Demographic Variables for 2010^⓪

	2010
TOTAL	48%
Gender ¹	
Male	39
Female	56
Age ¹	
18 to 34	65
35 to 44	38
45 to 54	55
55 to 64	51
65 and older	28
Education ¹	
High School or Less	40
Some Post High School	56
College Graduate	52
Household Income ¹	
Bottom 40 Percent Bracket	43
Middle 20 Percent Bracket	54
Top 40 Percent Bracket	60
Marital Status	
Married	47
Not Married	48

^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 2010

Prescription Drug Abuse

2010 Findings

- Thirty-three percent of respondents reported prescription drug abuse as a major or moderate problem while 24% reported a minor problem and 25% reported not a problem.
- Female respondents were more likely to report prescription drug abuse as a major or moderate problem (40%) compared to male respondents (26%).

Table 56. Prescription Drug Abuse as a Major/Moderate Problem in Community by Demographic Variables for 2010^⓪

	2010
TOTAL	33%
Gender ¹	
Male	26
Female	40
Age	
18 to 34	31
35 to 44	24
45 to 54	37
55 to 64	45
65 and older	35
Education	
High School or Less	31
Some Post High School	35
College Graduate	36
Household Income	
Bottom 40 Percent Bracket	36
Middle 20 Percent Bracket	32
Top 40 Percent Bracket	28
Marital Status	
Married	31
Not Married	35

^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 2010

Unintentional Injury

2010 Findings

- Seventeen percent of respondents reported unintentional injury, for example falls, car accidents or fires, as a major or moderate problem while 34% reported a minor problem and 42% reported not a problem.
- Twenty-four percent of respondents with some post high school education reported unintentional injury as a major or moderate problem compared to 17% of those with a college education or 13% of respondents with a high school education or less.

Table 57. Unintentional Injury as a Major/Moderate Problem in Community by Demographic Variables for 2010^⓪

	2010
TOTAL	17%
Gender	
Male	15
Female	20
Age	
18 to 34	18
35 to 44	14
45 to 54	25
55 to 64	18
65 and older	13
Education ¹	
High School or Less	13
Some Post High School	24
College Graduate	17
Household Income	
Bottom 40 Percent Bracket	22
Middle 20 Percent Bracket	17
Top 40 Percent Bracket	11
Marital Status	
Married	16
Not Married	18

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

¹demographic difference at $p \leq 0.05$ in 2010

APPENDIX B: QUESTIONNAIRE FREQUENCIES

MANITOWOC COUNTY
COMMUNITY HEALTH SURVEY

Conducted: July 15, 2010 through July 28, 2010

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

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

Poor	5%
Fair	8
Good.....	30
Very good.....	40
Excellent.....	16
Not sure	0

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

No health care coverage	15%
An employer sponsored insurance plan	49
Private insurance bought directly from an insurance agent or insurance company.....	6
Medicaid including medical assistance, Title 19 or Badger Care.....	5
Medicare.....	25
Or something else.....	<1
Not sure	0

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

All.....	78%
Part	11
None	12
Not sure	<1

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

All.....	77%
Part	14
None	9
Not sure	<1

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

Doctor's or nurse practitioner's office 77%
 Public health clinic or community health center 8
 Hospital outpatient department 3
 Hospital emergency room 2
 Urgent care center 3
 Some other kind of place..... 3
 No usual place..... 5
 Not sure <1

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

Yes 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	57%	20%	6%	14%	3%	<1%
8. Cholesterol testing	52	13	8	4	19	4
9. Visit to a dentist or dental clinic ...	65	16	3	16	<1	<1
10. Eye exam.....	45	25	9	16	5	0

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

Yes 42%
 No..... 58
 Not sure 0

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

18 to 34 years old 26%
 35 to 44 years old 22
 45 to 54 years old 19
 55 to 64 years old 12
 65 and older..... 21

13. Have you ever had a pneumonia or pneumococcal shot? [84 Respondents 65 and Older]

Yes 65%
 No..... 27
 Not sure 7

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

	Yes	No	Not Sure
14. You have high blood pressure?	26%	73%	<1%
15. Your blood cholesterol is high?	29	71	<1
16. You had a stroke?.....	2	99	0
17. You have heart disease or a heart condition?...	9	92	0
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression?	12	88	<1
19. You have cancer?.....	6	94	<1
20. ... (if yes) [23 Respondents]: What type of cancer?			
	Melanoma/skin	8 respondents	
	Breast.....	7 respondents	
	Prostate	5 respondents	
	All others (1 response each)	4 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	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?” [25 Respondents]

Zero	0%	→GO TO Q25
1 time.....	20	→CONTINUE WITH Q23
2 to 3 times.....	60	→CONTINUE WITH Q23
4 or more	16	→CONTINUE WITH Q23
Not sure	4	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [24 Respondents]

Less than 7	54%
7 or higher	33
Not sure	13

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

Less than 100	21%
100 or higher	33
Not sure	46

	Yes	No	Not Sure
25. Do you currently have asthma?	7%	92%	<1%
26. ...(if yes), do you have a written asthma action plan? [28 Respondents].....	21	75	4

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	35%
Two servings	24
Three or more servings.....	41
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	41%
Two servings	35
Three or more servings.....	23
Not sure	0

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

Yes	87%
No.....	12
Not sure	<1

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

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

No moderate activity	12%
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....	45
5 times/week for 30 minutes or more.....	42
Not sure	2

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

Yes	47%
No.....	53
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	53%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	24
3 times/week for 20 minutes or more.....	23
Not sure	<1

Q35 THROUGH Q37 FEMALES ONLY

Now I have some questions about women’s health.

35. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [133 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	64%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	8
Never.....	3
Not sure	2

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? [49 Respondents 65 and Older]

Yes	78%
No.....	20
Not sure	2

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [144 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	63%
Within the past 2 years (1 year, but less than 2 years ago)	13
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	12
Never.....	3
Not sure	<1

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? [114 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	42%
Within the past 2 years (1 year, but less than 2 years ago)	8
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	7
Never.....	27
Not sure	8

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? [115 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	39%
Within the past 2 years (1 year, but less than 2 years ago)	15
Within the past 3 years (2 years, but less than 3 years ago)	6
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	8
Never.....	27
Not sure	3

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... [165 Respondents 50 and Older]

Sigmoidoscopy.....	1%
Colonoscopy	61
Both.....	11
Or neither	25
Not sure	2

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

Within the past year (anytime less than 12 months ago).....	1%
Within the past 2 years (1 year, but less than 2 years ago)	2
Within the past 5 years (2 years, but less than 5 years ago).....	4
Within the past 10 years (5 years but less than 10 years ago)...	3
10 years ago or more	2
Never.....	86
Not sure	2

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

Within the past year (anytime less than 12 months ago).....	15%
Within the past 2 years (1 year, but less than 2 years ago)	19
Within the past 5 years (2 years, but less than 5 years ago).....	26
Within the past 10 years (5 years but less than 10 years ago)...	11
10 years ago or more	1
Never.....	27
Not sure	2

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 scooters 55%

Frequency of those who bicycle, use in-line roller skates or use scooters [181 Respondents]

Never	61%
Seldom	8
Sometimes.....	4
Nearly always.....	2
Always	25
Not sure	0

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

Never	3%
Seldom	2
Sometimes.....	4
Nearly always.....	10
Always	82
Not sure	0

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

Never.....	33%
Seldom	44
Sometimes.....	19
Nearly always.....	3
Always	1
Not sure	0

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

Never.....	1%
Seldom	3
Sometimes.....	15
Nearly always.....	39
Always	40
Not sure	2

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

Yes	4%
No.....	97
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.....	35%
One to two days.....	18
Three to four days	13
Five or more days.....	34
Not sure.....	0

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

None.....	35%
One drink.....	19
Two drinks	20
Three drinks	10
Four or more drinks.....	16
Not sure.....	<1

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

None.....	77%
One time.....	8
Two or more times.....	14
Not sure.....	1

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

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

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

Yes	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	21%	
Some days	4	
Not at all.....	75	→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? [100 Respondents]

Yes	37%
No.....	63
Not sure.....	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [101 Respondents]

Yes	52%	→CONTINUE WITH Q56
No.....	48	→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? [54 Respondents]

Yes	80%
No.....	17
Not sure.....	2

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

Smoking is not allowed anywhere inside your home..	70%
Smoking is allowed in some places or at some times .	7
Smoking is allowed anywhere inside your home or ...	4
There are no rules about smoking inside your home ..	19
Not sure.....	0

58. Which of the following best describes your place of work's official indoor smoking policy? [268 Respondents Who Work]

Not allowed in any area.....	86%
Allowed in some areas	7
Allowed in all areas.....	<1
No official policy	5
Not sure	1

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [299 Nonsmokers]

0 days 88%
 1 to 3 days 9
 4 to 6 days <1
 All 7 days 3
 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 44%
 No 56
 Not sure 0

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	18%	25%	<1%	56%
62. Rifles or shotguns.....	41	2	<1	57

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

Yes 4%
 No 40
 Not sure 0
 No firearms in the household/no answer 57

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

Yes 2%
 No 2
 Not sure 0
 No firearms in the household/not loaded/no answer 96

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	20%	80%	0%
66. Having acupuncture	1	99	0
67. Massage therapy.....	15	85	<1
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	49%
Female.....	51

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	34%
Overweight.....	37
Obese.....	28

72. Are you Hispanic or Latino?

Yes	<1%
No.....	99
Not sure	<1

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

White.....	100%
Black, African American	<1
Asian	<1
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	0
Another race.....	0
Multiple race	0
Not sure.....	0

74. What is your current marital status?

Single and never married	25%
A member of an unmarried couple.....	3
Married.....	49
Separated.....	3
Divorced.....	12
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	7
High school graduate or GED	40
Some college	23
Technical school graduate.....	11
College graduate	13
Advanced or professional degree	7
Not sure.....	0

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

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

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

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

Manitowoc city	41%
Two Rivers city.....	15
Kiel city.....	5
Mishicot village.....	4
Newton town.....	4
Reedsville village.....	4
All others (3% or less).....	28

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

54220.....	51%
54241.....	18
54230.....	8
53042.....	6
54228.....	6
All others (3% or less).....	12
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.

81. How many of these telephone numbers are residential numbers?

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

[FOR SAMPLING PURPOSES]

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.....	13
\$30,001 to \$40,000.....	15
\$40,001 to \$50,000.....	11
\$50,001 to \$60,000.....	7
\$60,001 to \$75,000.....	8
\$75,001 to \$90,000.....	8
\$90,001 to \$105,000.....	5
\$105,001 to \$120,000.....	<1
\$120,001 to \$135,000.....	<1
Over \$135,000.....	<1
Not sure	5
No answer	5

84. Which of the following best describes you?

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

The next series of questions deal with personal safety issues.

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

Yes	3%	→CONTINUE WITH Q86
No.....	97	→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. [10 Respondents; More than 1 response accepted]

Stranger	4 responses
Acquaintance.....	3 responses
Spouse	1 response
Boyfriend or girlfriend	1 response
Parent	1 response
Brother or sister.....	1 response

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

Yes	2%	→CONTINUE WITH Q88
No.....	98	→GO TO Q89
Not sure	0	→GO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else?
[8 Respondents; More than 1 response accepted]

Boyfriend or girlfriend5 responses
Stranger3 responses

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

Smoke detector 96%
Carbon monoxide detector 63
Neither 3
Not sure 1

Households that have both detectors 63%

ADDITIONAL QUESTIONS FOR MANITOWOC COUNTY

[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.]

Some communities face a variety of health issues. For each of the following, please indicate if it is a major, moderate, minor or not a problem within your community

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Smoking	28%	19%	33%	15%	6%
A2. Alcohol abuse.....	16	21	42	18	3
A3. Prescription drug abuse	25	24	18	15	18
A4. Obesity	9	14	48	28	2
A5. Unintentional injury for example falls, car accidents or fires.....	42	34	15	2	7

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2010 Community Health Survey

The 2010 Manitowoc County Community Health Survey was conducted from July 15, 2010 through July 28, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=320). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=80). 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.

2007 Community Health Survey

The 2007 Manitowoc County Community Health Survey was conducted from March 8 through March 27, 2007. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted 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 Manitowoc County Community Health Survey was conducted from February 24 through July 15, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted 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.