

Brown County
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Brown 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. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate and available, health data of residents to state and national measurements.

Methodology

The Brown County Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care to provide health departments and other community groups with information on local health needs.

Respondents were scientifically selected so that the survey would be representative of all county adults 18 years old and older. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 600 telephone interviews were completed between February 22 and July 1, 2003. With a sample size of 600, we can be 95% sure that the sample percentage reported would not vary by more than ± 4 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Brown County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and 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) 687-9909 or janet.vandehy@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

Demographic Profile of Brown County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 24	14%
25 to 34	20
35 to 44	24
45 to 54	19
55 to 64	11
65 and Older	14
Education	
High School Graduate or Less	44%
Some Post High School	26
College Graduate	30
Household Income	
\$30,000 or Less	29%
\$30,001 to \$60,000	48
\$60,001 or More	20
Not Sure/No Answer	4
Married	57%

What do the percentages mean?

Results of the Brown County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 167,655 adult residents in the county.

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 in the county. One percentage point equals approximately 1,700 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 17,000 residents $\pm 6,800$ individuals. Meaning that from 10,200 to 23,800 residents may have fair or poor health in the county. Because the margin of error is $\pm 4\%$, events or health risks that are small will include zero.

The 2000 Census counted 87,295 households in Brown County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 870 households. For example, 14% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 12,180.

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.

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity. Insufficient physical activity includes those who participated in some activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate 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. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Brown County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked a cigarette in the past 30 days.

Recently, the "binge drinking" definition changed. Previously, the Centers for Disease Control (CDC) considered binge drinking as five or more drinks at one time, regardless of gender. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The new definition is based on weight and metabolism differences between the sexes. At this time, there is no state or national statistic based on the new binge drinking definition.

Summary

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

Overall Health		Risk Conditions in the Past 3 Years	
Brown County	<u>2003</u>	Brown County	<u>2003</u>
Excellent	24%	High Blood Cholesterol	16%
Very Good	38%	High Blood Pressure	14%
Good	28%	Asthma (Current)	7%
Fair or Poor	10%	Heart Disease/Condition	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Diabetes	4%
Wisconsin	57%	Moderate Physical Activity/Week	
Nation	56%	Brown County	<u>2003</u>
Health Care Coverage		Inactive	19%
Brown County	<u>2003</u>	Insufficient	50%
Personally Not Covered	9%	Recommended	30%
Household Member Not Covered (current) ...	14%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	17%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin	27%
Wisconsin	10%	Nation	26%
Nation	13%	Nutrition and Diet	
Advance Care Plan		Brown County	<u>2003</u>
Brown County	<u>2003</u>	Fruit Intake (2 or more servings/day)	67%
Yes	32%	Vegetable Intake (3 or more servings/day)	30%
Routine Checkups		Fried Food/Fast Food (a few times/week)	53%
Brown County	<u>2003</u>	Overweight	57%
Routine Checkup (2 years or less)	84%	<i>Other Research: Overweight</i>	
Cholesterol Test (2 years or less)	64%	Wisconsin	<u>2001</u>
Dental Checkup (past year)	74%	Nation	58%
Eye Exam (2 years or less)	82%	Women's Health	
Vaccinations		Brown County	<u>2003</u>
Brown County	<u>2003</u>	Mammogram (50+; past year)	57%
Flu shot (past year)	29%	Pap Smear (past year)	63%
Pneumonia (ever—65 years or older)	47%	<i>Other Research: Wisconsin</i>	
Alternative Treatment in Past 3 Years		Mammogram (50+; past year)	<u>2001</u>
Brown County	<u>2003</u>	Pap Smear (past year)	66%
Chiropractor	23%	Reduce Risk of Skin Cancer	
Massage Therapy	18%	Brown County	<u>2003</u>
Meditation	8%	Avoid Artificial Sources of UV Light	69%
Movement Therapy	7%	Use Sunscreen with SPF 15 or Higher	57%
Aroma Therapy	6%	Wear Sun Protective Clothing	50%
Acupuncture	2%	Avoid Sun Between 10 a.m. and 4 p.m.	40%

Men's Health		Alcohol Use	
Brown County		Brown County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	29%	Drink in Past Month	60%
50 and Older	43%	3+ Drinks on Occasion in Past Month.....	29%
Other Tests		Binge in Past Month	
Brown County		[5+ Drinks (Male): 4+ Drinks (Female)]	19%
Blood Stool Test (50+; within past 2 years)...	<u>2003</u>	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	6%
(50+; within past 2 years).....	36%	<i>Other Research: Had 5+ Drinks at One Time</i>	
Safety		<u>2001</u>	
Brown County		<i>Wisconsin</i>	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<i>Nation</i>	
Adult.....	83%	Mental Health Status	
Children	96%	Brown County	
Wear Bicycle Helmet Always/Nearly Always		Felt Sad, Blue or Depressed in Past 30 Days	
(Of Those Who Ride Bike or In-Line Skate)		<u>2003</u>	
Adult.....	33%	Always/Nearly Always	
Children	60%	Never	
Detectors		Managing Stress	
Smoke Detector	42%	Excellent/Good.....	
Carbon Monoxide.....	<1%	Poor	
Both.....	55%	Find Meaning and Purpose in Daily Life	
Neither	2%	Never/Seldom.....	
Tobacco Use		Considered Suicide (past year).....	
Brown County		<u>4%</u>	
Current Smokers	<u>2003</u>	Firearms in Household	
Quit Smoking 1 Day or More in Past		Brown County	
Year Because Trying to Quit (smokers).....	46%	Of all Households...	
Health Care Professional Advisement to		<u>2003</u>	
Quit Smoking (smokers).....	41%	Have a Firearm.....	
Smoking Indoors or in Vehicle.....	16%	Have a Loaded Firearm	
Smoking Preference in Restaurants		Have a Loaded Firearm Unlocked.....	
Smoke-free	69%	Personal Safety in Past Year	
Allow Smoking.....	12%	Brown County	
No Preference	20%	Afraid for Their Safety	
Ordinance Prohibiting Smoking in Eating		Pushed/Kicked/Slapped/Hit	
Establishments		<u>2003</u>	
Moderately Favor	26%	Additional Questions	
Strongly Favor	42%	Brown County	
<i>Other Research: Current Smokers</i>		Major/Moderate Community Environmental	
<u>2001</u>		Problems	
<i>Wisconsin</i>		<u>2003</u>	
<i>Nation</i>		Pollution in Lakes, Rivers and Streams	
23%		Safe Drinking Water	
		Pesticides	
		Sewage/Septic	
		Awareness of/Experience with Public Health Dept.	
		Aware of/No Experience	
		Aware of/Received Limited Services	
		Aware of/Received Extensive Services	

Overall Health and Health Care Key Findings

Sixty-two percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with lower education, a household income of less than \$30,001, unmarried, overweight, inactive or smokers were more likely to report fair or poor health.

Nine percent of respondents reported they personally did not have health care coverage. Respondents 18 to 24 years old, with a high school education or less, a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health coverage. Fourteen percent reported someone in their household currently was not covered; 17% reported someone was not covered in the past 12 months. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone in their household was currently not covered or in the past 12 months. Sixty-eight percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Female respondents or married respondents were more likely to report medical doctor, etc. Thirty-two percent of respondents had an advance care plan; respondents 55 and older were more likely to report an advance care plan.

Seventy-four percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 56% an eye exam and 46% reported a cholesterol test. Female respondents were more likely to report a routine checkup, cholesterol test or an eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or a cholesterol test in the past year, while having a dental checkup varied across age. Respondents with a college education were more likely to report a dental checkup in the past year. Married respondents or those with higher household income were more likely to report a cholesterol test or a dental checkup in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report an eye exam.

Twenty-nine percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Forty-seven percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood cholesterol or high blood pressure. Male respondents were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure or heart disease/condition, while those 55 and older were more likely to report high blood cholesterol or diabetes. Respondents 25 to 34 years old were more likely to report asthma. Respondents with a household income of less than \$30,001, those who were overweight or inactive were more likely to report high blood pressure or diabetes. Overweight respondents were also more likely to report high blood cholesterol. Unmarried respondents were more likely to report diabetes.

Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-three percent of respondents felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report this.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (23% and 18%, respectively). Female respondents or those with a college education were more likely to report massage therapy or movement therapy. Respondents 25 to 44 years old were more likely to report massage therapy while respondents 18 to 24 years old were more likely to report meditation in the past three years. Respondents with a household income of at least \$60,001 were more likely to report massage therapy. Married respondents were more likely to report chiropractic care while unmarried respondents were more likely to report meditation.

Thirty percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 19% were classified as inactive. Respondents 25 to 34 years old, with a college education or with a household income of at least \$30,001 were more likely to meet the recommendation. Fifty-seven percent of respondents were classified as overweight (38% overweight and 19% obese). Male respondents, those who were 55 to 64 years old, with a household income of \$30,001 to \$60,000, married or inactive respondents were more likely to be classified as overweight.

Sixty-seven percent of respondents eat two or more servings of fruit while 30% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat three or more servings of vegetables per day. Fifty-three percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 34 years old or those who did an insufficient amount of physical activity were more likely to report this.

Seventy-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents 25 to 34 years, 55 to 64 years old or married respondents were more likely to have had a pap smear within the past three years.

Twenty-nine percent of male respondents 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

Fifty-six percent of respondents 50 years old and older had their blood stool tested within the past two years while 36% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun between 10 a.m. to 4 p.m. Respondents 45 to 64 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 45 and older were more likely to report avoiding the sun from 10 a.m. to 4 p.m. Respondents with a college education or a household income of at least \$60,001 were more likely to report avoiding artificial sources of ultraviolet light or using sunscreen. Respondents with a household income of at least \$30,001 were more likely to report wearing sun protective clothing. Married respondents were more likely to report using sunscreen.

Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents or those with a college education were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 33% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 52% reported their child always wore a helmet.

Twenty-four percent of respondents were current smokers. Respondents who were male, 18 to 24 years old, with a high school education or less, lower household income or unmarried respondents were more likely to be smokers. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 41% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-nine percent of all respondents preferred a smoke-free restaurant; 68% favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 55 to 64 years old, with a college education, a household income of at least \$60,001, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments.

Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 19% binged. Respondents who were male, 18 to 24 years old, with some post high school education, or unmarried were more likely to have had at least three drinks, more often or binged in the past month. Respondents with higher household income were more likely to report having three or more drinks in the past month; however respondents with a household income of less than \$60,001 were more likely to report having at least three drinks on three or more occasions. Six percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents 18 to 24 years old, those with lower household income or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of households had a working smoke detector while 56% had a working carbon monoxide detector.

Thirty-seven percent of households had a firearm in or around the home. Households with an income of at least \$30,001 or married households were more likely to have a firearm in or around the home. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Five percent of respondents reported someone had made them afraid for their personal safety in the past year while 2% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (58%). Water pollution, safe drinking water or sewage/septic reports varied across age groups. Respondents with some post high school education were more likely to report water pollution as a major/moderate problem. Respondents with a household income of at least \$60,001 were more likely to report water pollution or safe drinking water as a major/moderate problem in their community.

Nine percent of respondents were not aware of the public health department prior to the interview; 27% received services from the health department. Married respondents were more likely to report services.

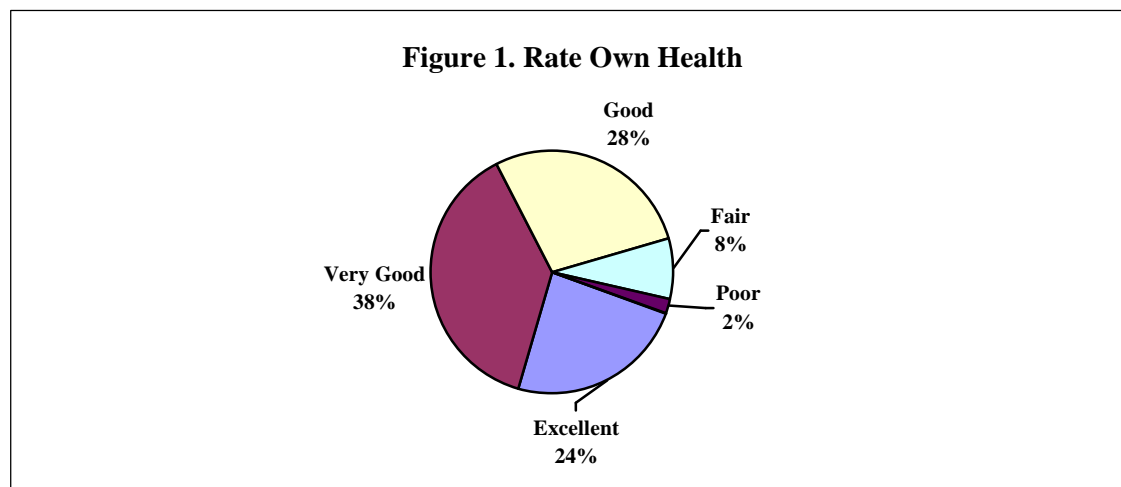
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Sixty-two percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with lower education, a household income of less than \$30,001, unmarried, overweight, inactive or smokers were more likely to report fair or poor health.

Fifty-seven percent of Wisconsin residents reported their health as excellent or very good while 11% reported fair or poor. Fifty-six percent of respondents nationwide reported their health as excellent or very good while 14% reported fair or poor (2001 Behavioral Risk Factor Surveillance).

- Sixty-two percent of respondents said their own health, generally speaking, was either excellent (24%) or very good (38%). A total of 10% reported their health was fair (8%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor (23%) compared to those 18 to 24 years old (9%) or respondents 35 to 44 years old (4%).
- Twelve percent of respondents with a high school education or less reported fair or poor health compared to 9% of those with some post high school education or 7% of respondents with a college education.
- Fifteen percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 9% of those with an income of at least \$60,001 or 7% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report fair or poor health (13%) compared to married respondents (8%).
- Respondents classified as overweight were more likely to report fair or poor compared to respondents who were not overweight (12% and 8%, respectively).

- Inactive respondents were more likely to report their health was fair or poor (16%) compared to those who did the recommended amount of physical activity in a typical week (12%) or respondents who did an insufficient amount of physical activity (7%).
- Smokers were more likely to report fair or poor health than nonsmokers (17% and 8%, respectively).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	28%	38%	24%
Gender				
Male	8	29	36	27
Female	12	27	39	22
Age**				
18 to 24	9	28	44	20
25 to 34	10	19	35	37
35 to 44	4	34	36	26
45 to 54	10	31	42	18
55 to 64	11	32	29	27
65 and Older	23	28	35	14
Education**				
High School or Less	12	32	35	21
Some Post High School	9	31	41	19
College Graduate	7	20	39	33
Household Income**				
\$30,000 or Less	15	37	32	16
\$30,001 to \$60,000	7	24	41	28
\$60,001 or More	9	27	35	29
Marital Status**				
Married	8	26	36	30
Not Married	13	31	39	17
Overweight**				
Not Overweight	8	22	44	26
Overweight	12	32	33	23
Physical Activity**				
Inactive	16	29	37	18
Insufficient	7	34	37	21
Recommended	12	18	37	33
Smoker**				
Nonsmoker	8	27	39	26
Smoker	17	33	32	19

*= p≤0.05; **= p≤0.01

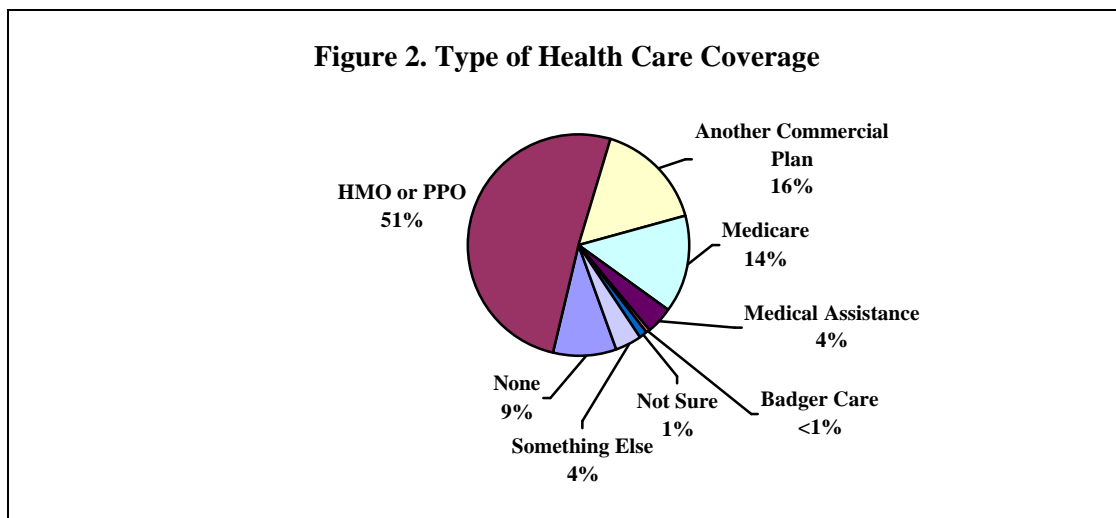
Health Care Coverage (Figure 2)

KEY FINDING: Nine percent of respondents reported they personally did not have health care coverage. Respondents 18 to 24 years old, with a high school education or less, a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health coverage. Fourteen percent reported someone in their household currently was not covered; 17% reported someone was not covered in the past 12 months. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone in their household was currently not covered or in the past 12 months. Sixty-eight percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Female respondents or married respondents were more likely to report medical doctor, etc. Thirty-two percent of respondents had an advance care plan; respondents 55 and older were more likely to report an advance care plan.

Personally Not Covered

In 2001, 10% of respondents in Wisconsin reported they personally did not have health insurance. Thirteen percent of the nation reported so (2001 Behavioral Risk Factor Surveillance).

- Nine percent of respondents reported they were not currently covered by any health insurance. Fifty-one percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Sixteen percent reported another commercial plan, 14% reported Medicare and 4% reported medical assistance.



- Fifteen percent of respondents 18 to 24 years old reported no coverage followed by 12% of those 35 to 44 years old and 10% of respondents 45 to 54 years old. Seven percent of respondents 25 to 34 years old reported no coverage along with 5% of those 55 to 64 years old and 1% of respondents 65 and older.
- Respondents with a high school education or less were more likely to report they did not have personal health insurance (15%) compared to respondents with at least some post high school education (3%).

- Seventeen percent of respondents with a household income of less than \$30,001 reported no coverage compared to 7% of those with an income of \$30,001 to \$60,000 or 2% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report they were not currently covered by any health insurance (15%) than married respondents (4%).

Someone in Household Currently Not Covered

- Fourteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 12,180 households.
- Twenty-nine percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered compared to 9% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered (24%) compared to married respondents (6%).

Someone in Household Not Covered in the Past 12 Months

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty-seven percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 12% of those with an income of \$30,001 to \$60,000 or 6% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (30%) compared to married respondents (8%).

Primary Health Care Services

- Sixty-eight percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eighteen percent reported walk-in or urgent care while 6% reported hospital emergency room and 2% reported community health center.
- Female respondents were more likely to report a medical doctor, internist, OBGYN or family practice (73%) compared to male respondents (62%).
- Married respondents were more likely to report medical doctor, etc., (72%) than unmarried respondents (62%).

Advance Care Plan

- Thirty-two percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Sixty-one percent of respondents 55 to 64 years old reported having an advance care plan followed by 57% of those 65 and older and 32% of respondents 45 to 54 years old. Twenty-six percent of respondents 25 to 34 years old reported having an advance care plan along with 17% of those 35 to 44 years old and 10% of respondents 18 to 24 years old.

Routine Checkups (Tables 3 – 6)

KEY FINDING: Seventy-four percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 56% an eye exam and 46% reported a cholesterol test. Female respondents were more likely to report a routine checkup, cholesterol test or an eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or a cholesterol test in the past year, while having a dental checkup varied across age. Respondents with a college education were more likely to report a dental checkup in the past year. Married respondents or those with higher household income were more likely to report a cholesterol test or a dental checkup in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report an eye exam.

Routine Checkup

Sixty-five percent of Wisconsin respondents reported in the past year they had a routine checkup, 14% 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).

- Sixty percent of respondents reported they had a routine checkup in the past year. An additional 24% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (70%) than male respondents (49%).
- Seventy-two percent of respondents 65 and older reported a routine checkup in the past year compared to 54% of those 18 to 24 years old or 53% of respondents 25 to 34 years old.
- Married and unmarried respondents were similar in reporting they had a routine checkup in the past year (60% each). However, unmarried respondents were more likely to report five or more years ago (12%) than married respondents (6%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	60%	24%	6%	9%	2%
Gender**					
Male	49	28	6	13	4
Female	70	20	5	4	<1
Age**					
18 to 24	54	32	8	6	0
25 to 34	53	30	<1	12	4
35 to 44	63	21	7	5	4
45 to 54	57	25	6	12	0
55 to 64	61	16	8	15	0
65 and Older	72	18	4	4	3
Education					
High School or Less	58	24	8	9	3
Some Post High School	63	23	5	9	0
College Graduate	61	25	4	8	2
Household Income					
\$30,000 or Less	60	18	9	12	2
\$30,001 to \$60,000	60	26	5	6	3
\$60,001 or More	59	29	3	9	<1
Marital Status*					
Married	60	26	6	6	3
Not Married	60	22	5	12	<1

*= p<0.05; **= p<0.01

Cholesterol Test

Forty-eight percent of Wisconsin respondents reported in the past year they had their cholesterol checked (2001 Behavioral Risk Factor Surveillance).

- Forty-six percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Nineteen percent reported never having their cholesterol tested.
- Female respondents were more likely to report having their cholesterol tested within the past year (53%) than male respondents (39%).
- As age increased, so did the likelihood of respondents having their cholesterol tested within the past year. Twenty-five percent of respondents 18 to 24 years old reported this compared to 48% of those 35 to 44 years old or 72% of respondents 65 and older.

- Fifty-one percent of respondents with a household income of at least \$60,001 reported a cholesterol test within the past year compared to 48% of those with an income of \$30,001 to \$60,000 or 36% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a cholesterol test in the past year (50%) compared to unmarried respondents (41%).

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	46%	18%	5%	7%	19%
Gender**					
Male	39	18	6	10	23
Female	53	17	5	5	15
Age**					
18 to 24	25	8	5	11	41
25 to 34	28	24	7	6	31
35 to 44	48	15	8	8	15
45 to 54	54	19	3	7	14
55 to 64	63	19	7	5	5
65 and Older	72	15	0	5	6
Education					
High School or Less	43	18	6	9	20
Some Post High School	48	12	5	8	23
College Graduate	50	22	5	3	14
Household Income**					
\$30,000 or Less	36	16	4	8	29
\$30,001 to \$60,000	48	21	5	8	17
\$60,001 or More	51	17	8	3	13
Marital Status*					
Married	50	19	6	6	16
Not Married	41	16	5	9	23

*= p<0.05; **= p<0.01

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

In 1999, 75% of Wisconsin residents reported they visited the dentist or dental clinic within the past year for any reason. Sixty-eight percent of nation reported this (1999 Behavioral Risk Factor Surveillance).

- Seventy-four percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Eighty percent of respondents 18 to 24 years old and 79% of those 35 to 44 years old reported a dental checkup in the past year compared to 65% of respondents 65 and older.
- Eighty percent of respondents with a college education reported a dental checkup in the past year compared to 76% of those with some post high school education or 69% of respondents with a high school education or less.
- As household income increased, so did the likelihood of respondents having a dental checkup in the past year. Sixty-seven percent of respondents with a household income of less than \$30,001 reported this compared to 77% of those with an income of \$30,001 to \$60,000 or 83% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report a dental checkup in the past year (78%) compared to unmarried respondents (69%).

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.

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	74%	14%	4%	7%	1%
Gender					
Male	73	15	4	7	1
Female	75	13	4	7	1
Age**					
18 to 24	80	8	0	10	3
25 to 34	67	16	11	5	<1
35 to 44	79	14	2	4	0
45 to 54	77	16	4	4	0
55 to 64	77	11	3	7	0
65 and Older	65	13	3	18	1
Education*					
High School or Less	69	13	5	11	2
Some Post High School	76	13	4	7	<1
College Graduate	80	15	3	2	0
Household Income**					
\$30,000 or Less	67	17	4	12	0
\$30,001 to \$60,000	77	13	5	4	2
\$60,001 or More	83	12	2	2	<1
Marital Status**					
Married	78	13	4	4	<1
Not Married	69	14	4	11	2

*= p<0.05; **= p<0.01

Eye Exam

- Fifty-six percent of respondents had an eye exam in the past year, while 26% reported one to two years ago.
- Female respondents were more likely to have had an eye exam in the past year (59%) compared to male respondents (52%).
- Sixty-three percent of respondents with a household income of \$30,001 to \$60,000 had an eye exam in the past year compared to 50% of those with an income of less than \$30,001 or 48% of respondents with a household income of at least \$60,001.

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	56%	26%	9%	7%	2%
Gender*					
Male	52	25	11	10	2
Female	59	28	7	5	2
Age					
18 to 24	68	19	5	5	3
25 to 34	53	22	12	10	3
35 to 44	50	24	12	12	2
45 to 54	58	29	5	7	<1
55 to 64	49	38	10	2	2
65 and Older	58	33	8	1	0
Education					
High School or Less	55	27	8	9	2
Some Post High School	56	31	7	4	2
College Graduate	57	22	12	7	2
Household Income*					
\$30,000 or Less	50	31	9	10	1
\$30,001 to \$60,000	63	24	6	6	1
\$60,001 or More	48	26	14	7	5
Marital Status					
Married	54	28	10	6	2
Not Married	58	25	7	8	2

*= p<0.05; **= p<0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Twenty-nine percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Forty-seven percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

Thirty-three percent of Wisconsin respondents reported in the past 12 months they had a flu shot. Nationally, 32% reported this (2001 Behavioral Risk Factor Surveillance).

- Twenty-nine percent of respondents had a flu vaccination in the past year.
- Sixty percent of respondents 65 and older reported receiving a flu vaccination compared to 20% of those 25 to 34 years old or 14% of respondents 18 to 24 years old.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	29%
Gender	
Male	27
Female	31
Age**	
18 to 24	14
25 to 34	20
35 to 44	24
45 to 54	24
55 to 64	37
65 and Older	60
Education	
High School or Less	27
Some Post High School	26
College Graduate	35
Household Income	
\$30,000 or Less	31
\$30,001 to \$60,000	25
\$60,001 or More	33
Marital Status	
Married	30
Not Married	28

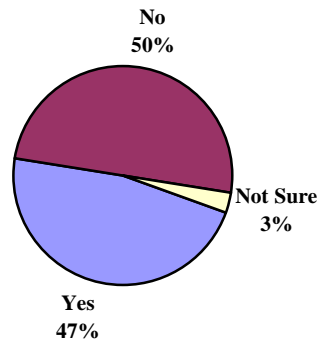
*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

Sixty-six percent of Wisconsin respondents 65 and older and 61% of respondents nationwide reported they have received a pneumonia shot (2001 Behavioral Risk Factor Surveillance).

- Twelve percent of all respondents had a pneumonia vaccination.
- Forty-seven percent of respondents who were 65 and older reported they received a pneumonia vaccination.

**Figure 3. Received Pneumonia Vaccination
(Respondents 65 and Older)**



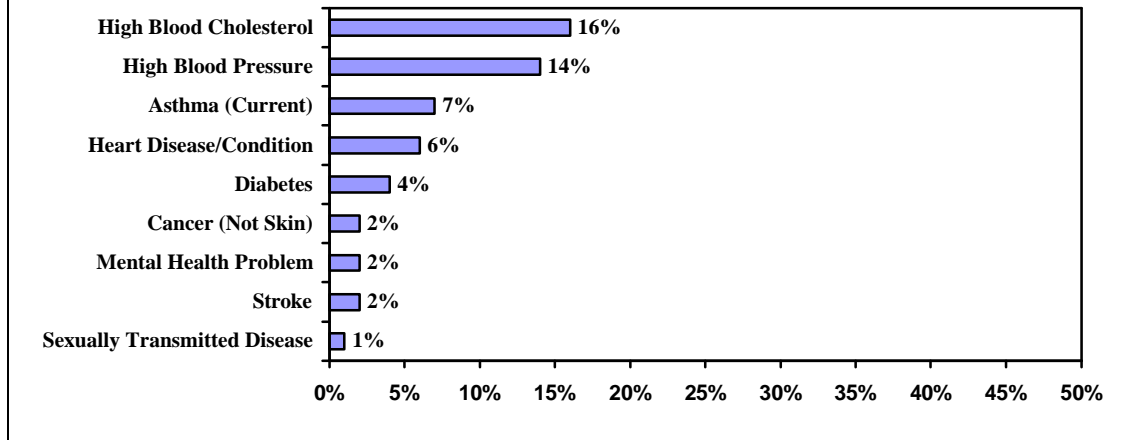
Prevalence of Select Health Conditions (Figure 4; Table 8)

Respondents were asked a series of questions regarding if they had been told or been treated for several different health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood cholesterol or high blood pressure. Male respondents were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure or heart disease/condition, while those 55 and older were more likely to report high blood cholesterol or diabetes. Respondents 25 to 34 years old were more likely to report asthma. Respondents with a household income of less than \$30,001, those who were overweight or inactive were more likely to report high blood pressure or diabetes. Overweight respondents were also more likely to report high blood cholesterol. Unmarried respondents were more likely to report diabetes.

- Respondents were more likely to report they have been told or been treated for high blood cholesterol (16%), high blood pressure (14%), asthma (current, 7%), heart disease/heart condition (6%) or diabetes (4%) in the past three years.

Figure 4. Told or Received Treatment in the Past 3 Years



- Male respondents were more likely to report high blood cholesterol (18%) than female respondents (14%).
- Respondents 65 and older were more likely to report high blood pressure or heart disease/condition, while those 55 and older were more likely to report high blood cholesterol or diabetes. Respondents 25 to 34 years old were more likely to report current asthma.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or diabetes.
- Unmarried respondents were more likely to report diabetes (6%) compared to married respondents (2%).
- Overweight respondents were more likely to report high blood cholesterol, high blood pressure or diabetes.
- Inactive respondents were more likely to report high blood pressure or diabetes.

Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables

	High Blood Cholesterol	High Blood Pressure	Asthma (Current)	Heart Disease/Condition	Diabetes
TOTAL	16%	14%	7%	6%	4%
Gender					
Male	18*	13	6	5	3
Female	14*	15	8	7	5
Age					
18 to 24	3**	0**	0**	4**	3*
25 to 34	8**	4**	18**	3**	4*
35 to 44	14**	8**	4**	2**	1*
45 to 54	20**	20**	6**	4**	3*
55 to 64	31**	26**	7**	8**	8*
65 and Older	32**	41**	5**	19**	9*
Education					
High School or Less	15	15	8	7	5
Some Post High School	19	17	4	5	1
College Graduate	15	10	7	4	5
Household Income					
\$30,000 or Less	13	22**	7	8	7*
\$30,001 to \$60,000	17	10**	7	5	3*
\$60,001 or More	17	13**	8	3	2*
Marital Status					
Married	18	14	8	5	2*
Not Married	14	14	5	7	6*
Overweight					
Not Overweight	13*	8**	5	4	<1**
Overweight	19*	19**	8	7	7**
Physical Activity					
Inactive	16	25**	4	8	8*
Insufficient	16	14**	7	4	3*
Recommended	17	8**	8	8	3*

*= p<0.05; **= p<0.01

Diabetes

- Ninety percent of the 23 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

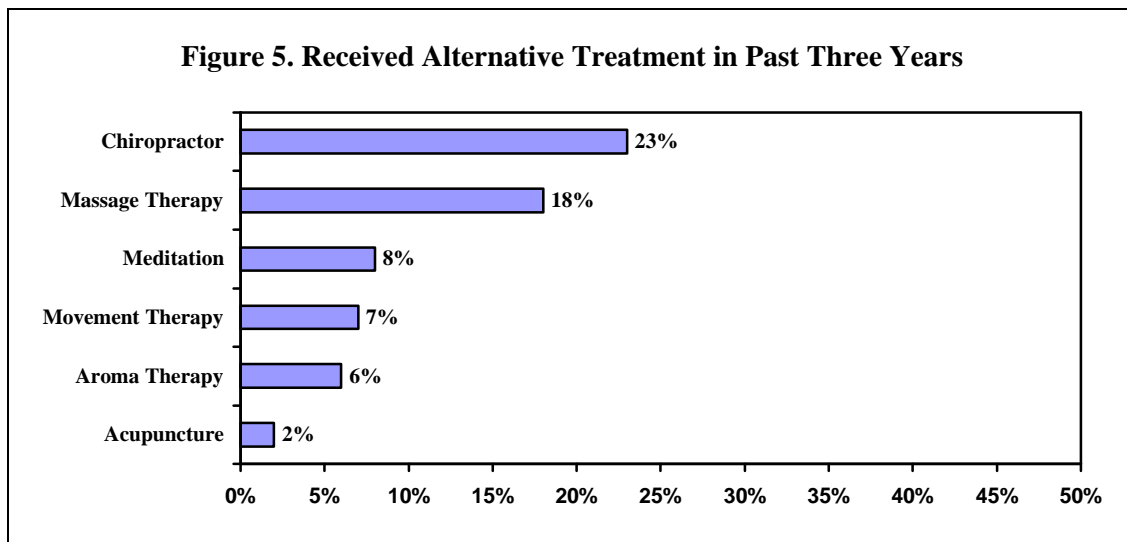
- Of the 41 respondents who currently had asthma, 59% had an asthma action plan.

Prevalence of Select Alternative Treatments (Figure 5; Table 9)

Respondents were asked a series of questions regarding if they received several different alternative treatments in the past three years.

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (23% and 18%, respectively). Female respondents or those with a college education were more likely to report massage therapy or movement therapy. Respondents 25 to 44 years old were more likely to report massage therapy while respondents 18 to 24 years old were more likely to report meditation in the past three years. Respondents with a household income of at least \$60,001 were more likely to report massage therapy. Married respondents were more likely to report chiropractic care while unmarried respondents were more likely to report meditation.

- Respondents were more likely to have gone to a chiropractor (23%) or used massage therapy (18%) in the past three years.



- Female respondents were more likely to have reported massage therapy or movement therapy in the past three years.
- Respondents 25 to 44 years old were more likely to report massage therapy in the past three years while respondents 18 to 24 years old were more likely to report meditation.
- Respondents with a college education were more likely to report massage therapy or movement therapy.
- Twenty-six percent of respondents with a household income of at least \$60,001 reported massage therapy in the past three years compared to 17% of those with an income of \$30,001 to \$60,000 or 14% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report chiropractic care while unmarried respondents were more likely to report meditation.

Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	23%	18%	8%	7%	6%
Gender					
Male	20	11**	8	5*	4
Female	25	24**	7	10*	8
Age					
18 to 24	14	11**	19**	9	8
25 to 34	24	24**	7**	10	10
35 to 44	25	25**	4**	6	4
45 to 54	29	20**	10**	11	6
55 to 64	21	11**	3**	3	2
65 and Older	20	6**	4**	4	3
Education					
High School or Less	20	13*	6	3**	5
Some Post High School	24	20*	7	9**	5
College Graduate	25	23*	10	13**	7
Household Income					
\$30,000 or Less	25	14*	11	5	8
\$30,001 to \$60,000	23	17*	6	7	4
\$60,001 or More	23	26*	8	11	6
Marital Status					
Married	26*	18	6*	7	5
Not Married	18*	17	11*	7	7

*= p<0.05; **= p<0.01

Physical Well Being and Body Weight (Figure 6; Tables 10 & 11)

KEY FINDING: Thirty percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 19% were classified as inactive. Respondents 25 to 34 years old, with a college education or with a household income of at least \$30,001 were more likely to meet the recommendation. Fifty-seven percent of respondents were classified as overweight (38% overweight and 19% obese). Male respondents, those who were 55 to 64 years old, with a household income of \$30,001 to \$60,000, married or inactive respondents were more likely to be classified as overweight.

Physical Activities in Past Month

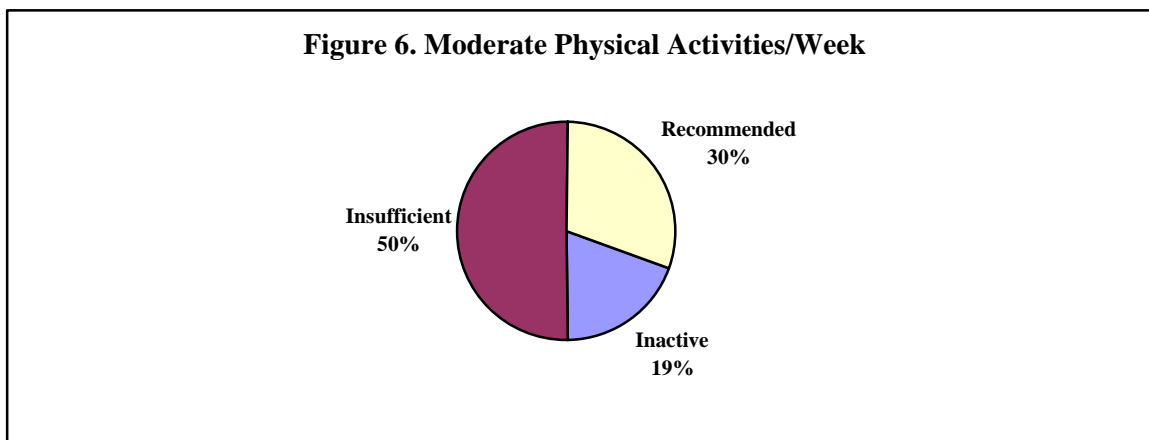
- Seventy-eight percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

In 2000, 22% of Wisconsin residents were classified as inactive. Fifty-one percent had insufficient physical activity while 27% met the recommended amount of physical activity. In the nation, 28% were classified as inactive, 46% insufficient and 26% recommended (2000 Behavioral Risk Factor Surveillance).

- Thirty percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty percent did some activity, but not to the extent of the recommendation while 19% were classified as inactive.



- Respondents 25 to 34 years old were more likely to meet the recommendation (42%) compared to those 45 to 54 years old (27%) or respondents 18 to 24 years old (26%). Thirty-eight percent of respondents 65 and older were classified as inactive compared to 16% of those 18 to 24 years old or 10% of respondents 25 to 34 years old.
- Forty percent of respondents with a college education met the recommended amount of physical activity compared to 28% of those with some post high school education or 26% of respondents with a high school education or less.
- Respondents with a household income of at least \$30,001 were more likely to have met the recommendation (33%) compared to respondents with an income of \$30,000 or less (22%).
- Thirty-one percent of married respondents and 29% of unmarried respondents met the recommendation. Twenty-five percent of unmarried respondents were classified as inactive compared to 15% of married respondents.

- Thirty-two percent of respondents who were not overweight and 29% of overweight respondents met the recommendation. Overweight respondents were more likely to be classified as inactive (23%) compared to respondents who were not overweight (15%).

Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables

	Inactive	Insufficient	Recommended
TOTAL	19%	50%	30%
Gender			
Male	19	48	32
Female	19	52	29
Age**			
18 to 24	16	58	26
25 to 34	10	48	42
35 to 44	18	54	28
45 to 54	19	55	27
55 to 64	19	50	31
65 and Older	38	34	29
Education**			
High School or Less	25	49	26
Some Post High School	21	52	28
College Graduate	10	51	40
Household Income**			
\$30,000 or Less	29	50	22
\$30,001 to \$60,000	17	50	33
\$60,001 or More	11	57	33
Marital Status**			
Married	15	54	31
Not Married	25	46	29
Overweight*			
Not Overweight	15	53	32
Overweight	23	47	29

*= p≤0.05; **= p≤0.01

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.² Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

Fifty-nine percent of Wisconsinites were classified as at least overweight in 2001 (37% overweight, 22% obese). Sixty-six percent of males in Wisconsin were classified as at least overweight while 52% of females were. In the nation, 58% were classified as at least overweight (37% overweight and 21% obese) (2001 Behavioral Risk Factor Survey).

- According to the definition, 57% of respondents were considered overweight (38% overweight and 19% obese).
- Male respondents were more likely to be classified as overweight (67%) compared to female respondents (48%).
- Respondents 55 to 64 years old were more likely to be overweight (75%) compared to those 35 to 44 years old (56%) or respondents 18 to 24 years old (22%).
- Sixty-three percent of respondents with a household income of \$30,001 to \$60,000 were classified as overweight compared to 52% of all other income groups.
- Sixty-one percent of married respondents were overweight compared to 52% of unmarried respondents.
- Inactive respondents were more likely to be classified as overweight (68%) compared to those who did at least some physical activity (54%).

² Body Mass Index = (kg/m²). Developed by the Centers for Disease Control (CDC).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	57%
Gender**	
Male	67
Female	48
Age**	
18 to 24	22
25 to 34	62
35 to 44	56
45 to 54	65
55 to 64	75
65 and Older	64
Education	
High School or Less	57
Some Post High School	60
College Graduate	55
Household Income*	
\$30,000 or Less	52
\$30,001 to \$60,000	63
\$60,001 or More	52
Marital Status*	
Married	61
Not Married	52
Moderate Physical Activities*	
Inactive	68
Insufficient	54
Recommended	54

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-seven percent of respondents eat two or more servings of fruit while 30% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat three or more servings of vegetables per day. Fifty-three percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 34 years old or those who did an insufficient amount of physical activity were more likely to report this.

Fruit Intake

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.

- Sixty-seven percent of respondents eat two or more servings of fruit on an average day. Thirty-one percent reported one serving or less.
- There were no statistically significant differences between demographic variables and eating two or more servings of fruit per day.

Vegetable Intake

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

- Thirty percent of respondents eat three or more servings of vegetables on an average day. Sixty-nine percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetable per day (36%) compared to male respondents (23%).

Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	31%	67%	69%	30%
Gender				
Male	33	65	76**	23**
Female	29	69	63**	36**
Age				
18 to 24	27	70	62	34
25 to 34	35	65	67	32
35 to 44	31	68	72	27
45 to 54	32	66	75	25
55 to 64	36	58	71	27
65 and Older	25	72	68	32
Education				
High School or Less	32	65	69	29
Some Post High School	34	64	72	27
College Graduate	27	73	66	34
Household Income				
\$30,000 or Less	35	63	70	28
\$30,001 to \$60,000	28	69	70	30
\$60,001 or More	32	68	65	35
Marital Status				
Married	30	68	71	28
Not Married	32	66	67	32
Overweight				
Not Overweight	30	69	73	26
Overweight	31	66	68	32
Moderate Physical Activities				
Inactive	33	64	73	26
Insufficient	34	64	72	27
Recommended	24	74	61	38

*= p<0.05; **= p<0.01

Fried Food/Fast Food Intake

- Seven percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-six percent reported a few times per week. Twenty-nine percent reported a few times per month while 18% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (64%) compared to female respondents (44%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-seven percent of respondents 25 to 34 years old and 65% of respondents 18 to 24 years old reported eating fried/fast food at least a few times per week compared to 26% of respondents 65 and older.
- Respondents who did an insufficient amount of physical activity were more likely to report eating fried/fast foods at least a few times per week (59%) compared to inactive respondents (48%) or respondents who did the recommended amount of physical activity (46%).

Table 13. Frequency of Eating Fried/Fast Food by Demographic Variables

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	29%	53%
Gender**		
Male	23	64
Female	35	44
Age**		
18 to 24	33	65
25 to 34	21	67
35 to 44	32	58
45 to 54	31	51
55 to 64	32	44
65 and Older	27	26
Education		
High School or Less	26	58
Some Post High School	32	49
College Graduate	31	50
Household Income		
\$30,000 or Less	28	53
\$30,001 to \$60,000	28	54
\$60,001 or More	30	55
Marital Status		
Married	31	53
Not Married	27	54
Overweight		
Not Overweight	30	53
Overweight	28	55
Moderate Physical Activities*		
Inactive	30	48
Insufficient	28	59
Recommended	31	46

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents 25 to 34 years, 55 to 64 years old or married respondents were more likely to have had 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 aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.³

Sixty-nine percent of Wisconsin women 50 years of age or older reported they had a mammogram in the past year (2001 Behavioral Risk Factor Surveillance).

- Thirty-eight percent of all female respondents never had a mammogram while 49% had a mammogram within the past two years (35% within past year and 14% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (78% of those 50 and older; 67% of those 40 to 49 years old).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (seven responses), not recommended by provider (six responses), no time or too young (four responses each), not insured (three responses) or don’t like (two responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	35%	14%	13%	38%
Age**				
18 to 39	11	4	10	74
40 to 49	45	22	11	22
50 and Older	57	21	17	3

*= p≤0.05; **= p≤0.01

³“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 73.

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 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.⁴

In Wisconsin, 66% of women reported they had a pap smear in the past year (2001 Wisconsin Behavioral Risk Factor Surveillance).

- Sixty-three percent of respondents reported they had a pap smear within the past year. An additional 24% reported between one year and less than three years.
- Ninety-five percent of respondents 25 to 34 years old and 93% of those 55 to 64 years old reported a pap smear within the past three years compared to 76% of respondents 65 and older.
- Married respondents were more likely to have had a pap smear within the past three years (93%) compared to unmarried respondents (79%).

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	63%	18%	6%	9%	2%
Age**					
18 to 24	69	10	0	0	7
25 to 34	79	14	2	5	0
35 to 44	67	17	7	9	0
45 to 54	65	17	6	11	0
55 to 64	61	19	13	3	3
65 and Older	39	27	10	19	2
Education					
High School or Less	58	17	7	9	3
Some Post High School	65	17	8	8	0
College Graduate	68	20	2	8	1
Household Income					
\$30,000 or Less	53	23	6	8	3
\$30,001 to \$60,000	65	18	6	8	2
\$60,001 or More	72	13	4	10	0
Marital Status**					
Married	71	16	6	6	<1
Not Married	53	21	5	12	3

*= p<0.05; **= p<0.01

⁴“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 105.

Men’s Health (Table 16)

KEY FINDING: Twenty-nine percent of male respondents 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.⁵

Digital Rectal Exam

- Forty-one percent of all male respondents never had a digital rectal exam. Twenty-nine percent had an exam in the past year while 11% reported within the past two years (one year but less than two years).
- Forty-three percent of male respondents 50 years old and older had an exam less than a year ago while 29% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	29%	11%	18%	41%
Age**				
18 to 39	17	3	16	64
40 to 49	29	12	17	34
50 and Older	43	22	18	16

*= p<0.05; **= p<0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-six percent of respondents 50 years old and older had their blood stool tested within the past two years while 36% reported a sigmoidoscopy or colonoscopy within the past two years.

Screening for colorectal cancer is recommended for all persons aged 50 and older.⁶

Blood Stool Test

- Forty-nine percent of all respondents never had a blood stool test. Thirty-two percent were tested within the past two years (19% less than a year ago and 13% more than one year ago, but less than two).

⁵“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

⁶“Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 89.

- Fifty-six percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 26% of those 40 to 49 years old or 19% of respondents 18 to 39 years old. Twenty-two percent of respondents 50 and older reported never compared to 68% of respondents 18 to 39 years old.

Table 17. Time Since Last Blood Stool Test by Demographic Variables

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	19%	13%	15%	49%
Gender				
Male	16	16	17	46
Female	22	11	12	51
Age**				
18 to 39	12	7	9	68
40 to 49	15	11	16	52
50 and Older	32	24	18	22
Education				
High School or Less	19	12	14	52
Some Post High School	19	13	19	42
College Graduate	20	15	11	50
Household Income				
\$30,000 or Less	18	13	13	52
\$30,001 to \$60,000	19	12	16	47
\$60,001 or More	19	16	10	49
Marital Status				
Married	20	14	15	48
Not Married	18	11	14	50

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-eight percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Seventeen percent were examined within the past two years (9% less than a year ago and 8% more than one year ago, but less than two).
- A total of 36% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 8% of those 40 to 49 years old or 6% of respondents 18 to 39 years old. Thirty-nine percent of respondents 50 and older reported never compared to 84% of respondents 18 to 49 years old.
- Married respondents were more likely to report a sigmoidoscopy or colonoscopy in the past two years (21%) than unmarried respondents (11%).

Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	9%	8%	9%	5%	68%
Gender					
Male	8	9	10	6	65
Female	9	7	8	4	71
Age**					
18 to 39	4	2	6	3	84
40 to 49	3	5	4	2	84
50 and Older	19	17	15	10	39
Education					
High School or Less	9	8	9	5	68
Some Post High School	10	8	9	7	63
College Graduate	7	7	8	3	74
Household Income					
\$30,000 or Less	7	7	10	5	71
\$30,001 to \$60,000	7	10	9	5	67
\$60,001 or More	12	6	6	3	73
Marital Status**					
Married	11	10	10	5	63
Not Married	6	5	7	5	75

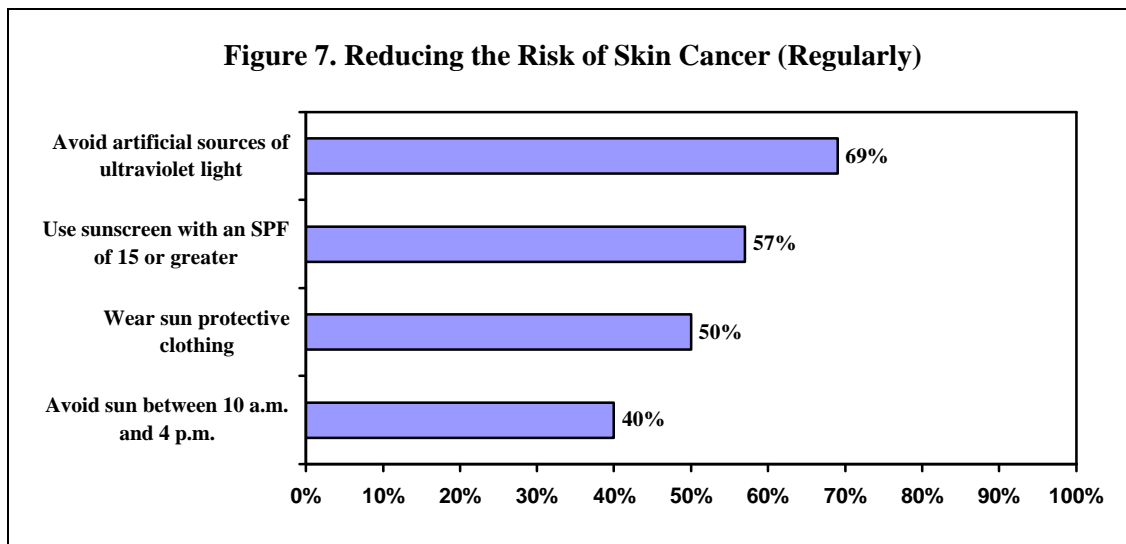
*= p≤0.05; **= p≤0.01

Reducing the Risk of Skin Cancer (Figure 7; Table 19)

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun between 10 a.m. to 4 p.m. Respondents 45 to 64 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 45 and older were more likely to report avoiding the sun from 10 a.m. to 4 p.m. Respondents with a college education or a household income of at least \$60,001 were more likely to report avoiding artificial sources of ultraviolet light or using sunscreen. Respondents with a household income of at least \$30,001 were more likely to report wearing sun protective clothing. Married respondents were more likely to report using sunscreen.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 57% use sunscreen with a SPF of 15 or higher, 50% wear sun protective clothing while 40% avoid the sun between 10 a.m. and 4 p.m.

- Twelve percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-seven percent reported two of the four actions while 22% reported three and 19% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen with a SPF of 15 or higher, wearing sun protective clothing or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents 45 to 64 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 45 and older were more likely to report avoiding the sun between 10 a.m. and 4 p.m.
- Respondents with a college education were more likely to report avoiding artificial sources of ultraviolet light or using sunscreen.
- Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial sources of ultraviolet light or using sunscreen while respondents with a household income of at least \$30,001 were more likely to report wearing sun protective clothing.
- Married respondents were more likely to report using sunscreen (63%) compared to unmarried respondents (48%).

Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	57%	50%	40%
Gender				
Male	66	45**	43**	31**
Female	71	67**	57**	48**
Age				
18 to 24	61**	52	42	32**
25 to 34	62**	54	48	41**
35 to 44	65**	62	49	29**
45 to 54	78**	63	58	49**
55 to 64	79**	50	57	46**
65 and older	73**	49	49	49**
Education				
High School or Less	65**	47**	48	40
Some Post High School	69**	62**	53	40
College Graduate	74**	66**	52	40
Household Income				
\$30,000 or Less	63**	47**	41**	41
\$30,001 to \$60,000	67**	57**	54**	37
\$60,001 or More	81**	69**	53**	43
Marital Status				
Married	72	63**	52	39
Not Married	65	48**	48	42

*= p≤0.05; **= p≤0.01

Safety: Seat Belts and Bicycle Helmets (Tables 20 & 21)

KEY FINDING: Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents or those with a college education were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 33% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 52% reported their child always wore a helmet.

Seat Belts

- Eighty-three percent of respondents reported they wore seat belts always or nearly always (74% and 9%, respectively).
- Female respondents were more likely to report wearing seat belts always (82%) compared to male respondents (64%).

- Seventy-six percent of respondents 45 to 54 years old and 75% of those 18 to 24 years old reported always compared to 71% of those 25 to 34 years old. Ninety-two percent of respondents 55 to 64 years old reported always or nearly always compared to 80% of those 25 to 34 years old or 75% of respondents 18 to 24 years old.
- Eighty-three percent of respondents with a college education reported they always wore seat belts compared to 72% of those with some post high school education or 69% of respondents with a high school education or less.
- Married and unmarried respondents were similar in reporting they always wore seat belts (74% and 73%, respectively). However, married respondents were more likely to report always or nearly always (85%) compared to unmarried respondents (78%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	4%	8%	9%	74%
Gender**					
Male	9	4	13	9	64
Female	4	3	4	8	82
Age**					
18 to 24	11	4	10	0	75
25 to 34	9	<1	10	9	71
35 to 44	4	4	12	7	74
45 to 54	6	4	6	8	76
55 to 64	2	3	3	19	73
65 and older	5	9	1	13	72
Education**					
High School or Less	10	5	7	9	69
Some Post High School	5	5	10	9	72
College Graduate	2	1	6	7	83
Household Income					
\$30,000 or Less	6	4	10	6	74
\$30,001 to \$60,000	9	4	7	10	71
\$60,001 or More	<1	2	6	7	84
Marital Status*					
Married	6	3	6	11	74
Not Married	7	5	10	5	73

*= p≤0.05; **= p≤0.01

Children and Seat Belts

- Forty-three percent of respondents reported at least one child in the household.

Of households with children...

- Ninety-three percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 3% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

Bicycle Helmet Usage

- Fifty-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...

- Thirty-three percent of respondents who bicycled, in-line roller skated or rode a scooter always (27%) or nearly always (6%) wore a helmet. Sixty-one percent reported never.
- Forty percent of respondents with a college education reported always compared to 21% of those with a high school education or less or 20% of respondents with some post high school education.
- Married respondents were more likely to report always (29%) than unmarried respondents (24%).

Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, In-line Skate or Scooter)

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	61%	4%	2%	6%	27%
Gender					
Male	66	2	2	6	23
Female	54	7	3	6	31
Age					
18 to 24	72	4	0	4	21
25 to 34	57	6	0	6	31
35 to 44	63	2	3	3	28
45 to 54	50	6	8	8	29
55 and older	58	7	2	14	19
Education**					
High School or Less	66	6	<1	6	21
Some Post High School	70	3	1	7	20
College Graduate	47	5	5	4	40
Household Income					
\$30,000 or Less	66	3	1	6	24
\$30,001 to \$60,000	64	6	2	6	21
\$60,001 or More	49	4	4	3	41
Marital Status*					
Married	56	3	4	8	29
Not Married	67	7	<1	2	24

*= p≤0.05; **= p≤0.01

Children and Helmets

- Thirty-five percent of all respondents reported at least one child in the household and a child who rode a bike, used in-line skates or rode a scooter.

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

- Fifty-two percent of respondents reported their child always wore a helmet while 8% reported nearly always. Twenty-five percent reported never.
- Married respondents were more likely to report their child always wore a helmet (55%) than unmarried respondents (47%). Thirty-three percent of unmarried respondents reported never compared to 22% of married respondents.

Cigarettes and Tobacco Products (Figure 8; Tables 22 & 23)

KEY FINDING: Twenty-four percent of respondents were current smokers. Respondents who were male, 18 to 24 years old, with a high school education or less, lower household income or unmarried respondents were more likely to be smokers. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 41% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-nine percent of all respondents preferred a smoke-free restaurant; 68% favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 55 to 64 years old, with a college education, a household income of at least \$60,001, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

Twenty-four percent of adult Wisconsin residents and 23% of respondents throughout the nation were current smokers in 2001. In Wisconsin, 25% of males and 22% of females were classified as smokers. In the nation 25% were male and 21% were female. In Wisconsin, 33% of 18 to 34 year olds were smokers, 29% of 35 to 49 year olds, 19% of 50 to 64 year olds and 6% of 65 years of age or older (2001 Behavioral Risk Factor Surveillance).

- Twenty-four percent of respondents were current smokers. Five percent smoked between one and 29 days while the remaining 19% smoked every day.
- Male respondents were more likely to be current smokers (30%) than female respondents (17%).
- Respondents 18 to 24 years old were more likely to be current smokers (49%) compared to those 25 to 34 years old or 45 to 54 years old (20% each) or respondents 55 and older (13%).
- Thirty-one percent of respondents with a high school education or less were smokers compared to 20% of those with some post high school education or 14% of respondents with a college education.
- Respondents with lower household income were more likely to be current smokers. Twenty-nine percent of respondents with a household income of less than \$30,001 were current smokers compared to 25% of those with an income of \$30,001 to \$60,000 or 15% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to be smokers than married respondents (33% and 16%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	24%
Gender**	
Male	30
Female	17
Age**	
18 to 24	49
25 to 34	20
35 to 44	26
45 to 54	20
55 to 64	13
65 and older	13
Education**	
High School or Less	31
Some Post High School	20
College Graduate	14
Household Income*	
\$30,000 or Less	29
\$30,001 to \$60,000	25
\$60,001 or More	15
Marital Status**	
Married	16
Not Married	33

*= p≤0.05; **= p≤0.01

Number of Times Quit Smoking in Past 12 Months As a Result of Trying to Quit

Of current smokers...

- Forty-six percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Male respondents were more likely to quit for at least one day (54%) than female respondents (36%).

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

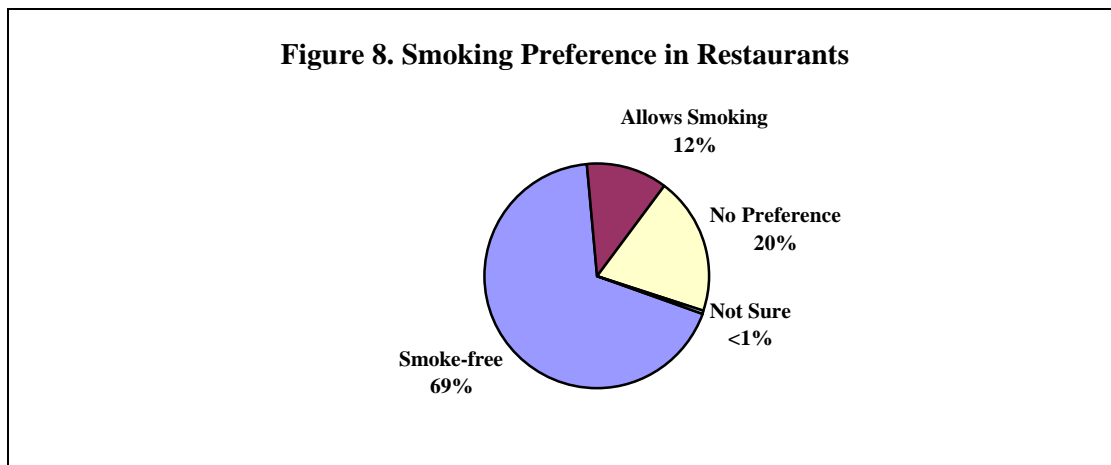
- Forty-one percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report that a health professional advised them to quit smoking in the past 12 months (55%) than male respondents (33%).

Smoking Indoor or in Vehicle

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Sixteen percent reported indoor smoking or vehicle smoking occurred.
- There was no statistically significant difference between households with or without children.

Smoking Preference in Restaurants

- Sixty-nine percent of respondents reported they preferred to eat in smoke-free restaurants while 12% preferred restaurants that allow smoking. Twenty percent reported they did not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants (73%) than male respondents (63%). Fifteen percent of male respondents preferred restaurants that allow smoking compared to 9% of female respondents.
- Seventy-seven percent of respondents 55 to 64 years old reported the smoke-free preference followed by 71% of those 65 and older, 70% of those 25 to 34 years old and 69% of respondents 45 to 54 years old. Sixty-six percent of respondents 35 to 44 years old reported the smoke-free preference along with 56% of respondents 18 to 24 years old. Twenty-two percent of respondents 18 to 24 years old preferred restaurants that allow smoking followed by 12% of respondents 25 to 34 years old or 45 to 54 years old and 11% of those 35 to 44 years old. Nine percent of respondents 65 and older preferred restaurants that allow smoking along with 7% of respondents 55 to 64 years old.

- Eighty-one percent of respondents with a college education preferred smoke-free restaurants compared to 63% of respondents with some post high school education or less. Fifteen percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 12% of those with some post high school education or 6% of respondents with a college education.
- Seventy-nine percent of respondents with a household income of at least \$60,001 preferred smoke-free restaurants compared to 66% of those with an income of \$30,001 to \$60,000 or 64% of respondents with a household income of less than \$30,001. Fourteen percent of respondents with a household income of \$60,000 or less preferred restaurants that allow smoking compared to 4% of respondents with a household income at least \$60,001.
- Married respondents were more likely to prefer smoke-free restaurants (77%) than unmarried respondents (58%). Sixteen percent of unmarried respondents preferred restaurants that allow smoking compared to 8% of married respondents.
- Eighty-three percent of nonsmokers preferred smoke-free restaurants compared to 21% of smokers. Forty-three percent of smokers preferred restaurants that allow smoking while 2% of nonsmokers had this preference.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-eight percent of respondents favored a community ordinance prohibiting smoking in eating establishments (42% strongly favor, 26% moderately favor).
- Female respondents were more likely to favor an ordinance (72%) compared to male respondents (62%).
- Respondents 55 to 64 years old were more likely to favor an ordinance prohibiting smoking in eating establishments (79%) compared to those 65 and older (62%) or respondents 18 to 24 years old (51%).
- Seventy-nine percent of respondents with a college education were in favor of a smoking prohibition ordinance compared to 64% of those with some post high school education or 62% of respondents with a high school education or less.
- Respondents with higher household income were more likely to favor an ordinance. Seventy-nine percent of respondents with a household income of at least \$60,001 reported this compared to 68% of those with an income of \$30,001 to \$60,000 or 59% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to favor a community ordinance (76%) than unmarried respondents (57%).
- Seventy-eight percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 32% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (51%) than smokers (10%).

Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables

	Moderately Favor	Strongly Favor
TOTAL	26%	42%
Gender**		
Male	28	34
Female	23	49
Age**		
18 to 24	21	30
25 to 34	18	50
35 to 44	34	36
45 to 54	21	48
55 to 64	28	51
65 and older	25	37
Education**		
High School or Less	26	36
Some Post High School	28	36
College Graduate	24	55
Household Income**		
\$30,000 or Less	29	30
\$30,001 to \$60,000	27	41
\$60,001 or More	22	57
Marital Status**		
Married	28	48
Not Married	23	34
Smoking Status**		
Nonsmoker	27	51
Smoker	22	10

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

- Two percent of respondents reported they currently use snuff or chewing tobacco.

Alcohol Use (Table 24)

KEY FINDING: Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 19% binged. Respondents who were male, 18 to 24 years old, with some post high school education, or unmarried were more likely to have had at least three drinks, more often or binged in the past month. Respondents with higher household income were more likely to report having three or more drinks in the past month; however respondents with a household income of less than \$60,001 were more likely to report having at least three drinks on three or more occasions. Six percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents 18 to 24 years old, those with lower household income or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty percent of respondents had a drink in the past 30 days. Twenty-eight percent reported they drank on at least five days, while 15% reported three to four days, and 17% reported drinking on one or two days in the past 30 days.
- Twelve percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 21% reported two and 16% reported one drink on average on the days they drank. Forty percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-nine percent of all respondents had three or more drinks on an occasion in the past month. Eleven percent reported this one to two times and 18% reported three or more times.
- Male respondents were more likely to report three or more drinks (39%) than female respondents (21%). Males were also more likely to report three or more drinks on at least three occasions (27%) compared to female respondents (11%).
- Respondents 18 to 24 years old were more likely to have had three or more drinks and more often. Forty percent of respondents 18 to 24 years old reported three or more drinks (5% one to two occasions and 35% three or more occasions) compared to 20% of respondents 65 and older (11% one to two occasions and 9% three or more occasions).
- Respondents with some post high school education were more likely to have had three or more drinks at least once (40%) compared to those with a college education (27%) or respondents with a high school education or less (24%).
- Thirty-three percent of respondents with a household income of at least \$60,001 reported three or more drinks compared to 30% of those with an income of \$30,001 to \$60,000 or 28% of respondents with a household income of less than \$30,001. Respondents with a household income of less than \$60,001 were more likely to report at least three drinks on three or more occasions.
- Thirty-two percent of unmarried respondents reported three or more drinks compared to 28% of married respondents. Unmarried respondents were also more likely to report three or more drinks on at least three occasions (25%) compared to married respondents (14%).

Binge Drinking in Past Month

Recently, the binge drinking definition changed. Previously, the Center for Disease Control (CDC) considered five or more drinks at one time binge drinking. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The definition has changed as a result of weight and metabolism differences between men and women. At this time, there is no state or national data based on the new binge drinking definition.

Under the old definition, in 2001, 26% of Wisconsin residents reported having five or more drinks at one time in the past month. Nationally 15% of respondents reported binge drinking in the past month. When broken down by gender, 15% of females and 37% of males in Wisconsin binged. Nationally, 7% of females and 23% of males binged in the past month (2001 Behavioral Risk Factor Surveillance).

- Nineteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (26%) than female respondents (13%).
- Respondents 18 to 24 years old were more likely to have binged (39%) compared to those 55 to 64 years old (13%) or respondents 65 and older (6%).
- Twenty-seven percent of respondents with some post high school education binged in the past month compared to 18% of those with a high school education or less or 14% of respondents with a college education.
- Unmarried respondents were more likely to have binged in the past month (24%) compared to married respondents (15%).

Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	11%	18%	19%
Gender			
Male	12**	27**	26**
Female	10**	11**	13**
Age			
18 to 24	5**	35**	39**
25 to 34	11**	22**	23**
35 to 44	14**	19**	17**
45 to 54	11**	14**	15**
55 to 64	10**	11**	13**
65 and Older	11**	9**	6**
Education			
High School or Less	7**	17**	18*
Some Post High School	16**	24**	27*
College Graduate	12**	15**	14*
Household Income			
\$30,000 or Less	8**	20**	23
\$30,001 to \$60,000	9**	21**	20
\$60,001 or More	20**	13**	15
Marital Status			
Married	14**	14**	15**
Not Married	7**	25**	24**

*= p≤0.05; **= p≤0.01

Driven or Ridden When Driver Had Perhaps Too Much to Drink in Past Month

- Six percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.
- Seventeen percent of respondents 18 to 24 years old reported being a driver or passenger followed by 9% of those 25 to 34 years old and 7% of respondents 35 to 44 years old. Two percent of respondents 55 to 64 years old reported being a driver or passenger along with 1% of those 65 and older and less than one percent of respondents 45 to 54 years old.
- Ten percent of respondents with a household income of less than \$30,001 reported being a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink compared to 6% of those with an income of \$30,001 to \$60,000 or 2% of respondents with a household income of at least \$60,001.

- Unmarried respondents were more likely to report they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink (8%) than married respondents (4%).

Family Problem Associated with Alcohol in Past Year

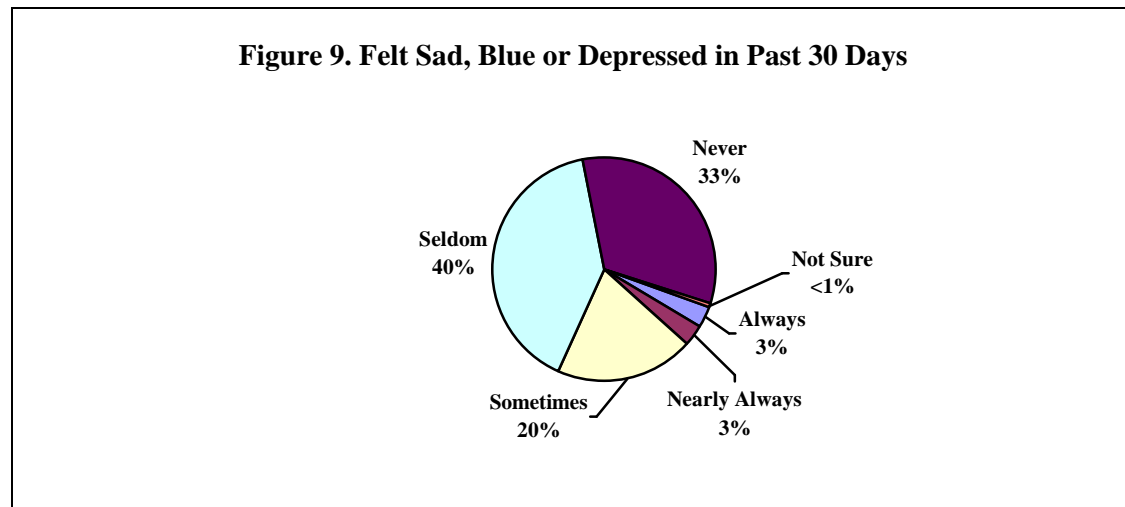
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

Mental Health Status (Figures 9 & 10; Table 25)

KEY FINDING: Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-three percent of respondents felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report this.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” six percent of survey respondents answered always or nearly always. This equates up to 17,000 residents. Twenty percent reported sometimes and the remaining 73% reported seldom (40%) or never (33%).



- Male respondents were more likely to report they always/nearly always felt sad, blue or depressed (8%) than female respondents (4%). Male respondents were also more likely to report never compared to female respondents (36% and 31%, respectively).

- Eight percent of respondents with a high school education or less reported they always/nearly always felt sad, blue or depressed compared to 7% of those with some post high school education or 2% of respondents with a college education. Thirty-seven percent of respondents with a college education reported never compared to 34% of those with a high school education or less or 29% of respondents with some post high school education.
- Nine percent of respondents with a household income of less than \$30,001 reported always/nearly always compared to 6% of those with an income of \$30,001 to \$60,000 or 3% of respondents with a household income of at least \$60,001. Thirty-eight percent of respondents with a household income of \$30,001 to \$60,000 reported never compared to 32% of those with an income of at least \$60,001 or 24% of respondents with a household income of less than \$30,001.
- Seven percent of unmarried respondents and 5% of married respondents reported they always/nearly always felt sad, blue or depressed. Thirty-six percent of married respondents reported never compared to 30% of unmarried respondents.

Considered Suicide

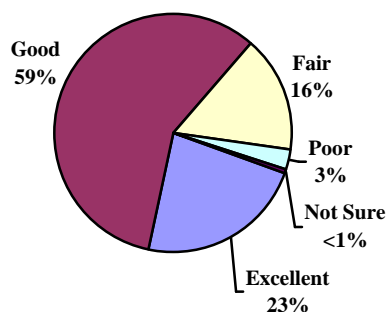
All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Brown County Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.

- Four percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 13,600 residents who considered suicide in the past year.
- Eight percent of respondents with a household income of less than \$30,001 reported they considered suicide compared to 3% of those with an income of \$30,001 to \$60,000 or 2% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report they considered suicide (7%) than married respondents (2%).

Managing Stress

- Twenty-three percent reported they were excellent at managing stress. Fifty-nine percent reported good while 16% reported fair and 3% reported poor.

Figure 10. Managing Stress



- Respondents 25 to 34 years old were more likely to report poor (10%) compared to all other age categories (<1% to 4%). Twenty-eight percent of respondents 25 to 34 years old reported fair or poor compared to 14% of those 65 and older or 9% of respondents 18 to 24 years old. Twenty-two percent of respondents 45 to 54 years old reported fair or poor along with 20% of those 35 to 44 years old or 16% of respondents 55 to 64 years old.

Finding Meaning and Purpose in Daily Life

- Forty-three percent of respondents reported they always find meaning and purpose in their daily life, an additional 38% reported nearly always. Thirteen percent reported sometimes while 5% reported seldom and less than one percent reported never.
- Male respondents were more likely to report seldom or never (10%) than female respondents (2%). Forty-six percent of female respondents reported always compared to 39% of male respondents.
- Respondents 25 to 34 years old were more likely to report seldom or never (9%) compared to those 45 to 54 years old (4%) or respondents 55 and older (3%). Respondents 65 and older were more likely to report always (53%) compared to those 55 to 64 years old (39%) or respondents 18 to 24 years old or 45 to 54 years old (35% each).
- Eight percent of respondents with a high school education or less reported never/seldom compared to 5% of those with some post high school education or 3% of respondents with a college education. Forty-seven percent of respondents with a college education reported always compared to 41% of those with a high school education or less or 40% of respondents with some post high school education.
- Eight percent of respondents with a household income of \$30,001 to \$60,000 reported seldom or never compared to 6% of those with an income of less than \$30,001 or 0% of respondents with a household income of at least \$60,001.
- Seven percent of unmarried respondents and 5% of married respondents reported never/seldom. Unmarried respondents were more likely to report sometimes (19%) compared to married respondents (9%).

Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables

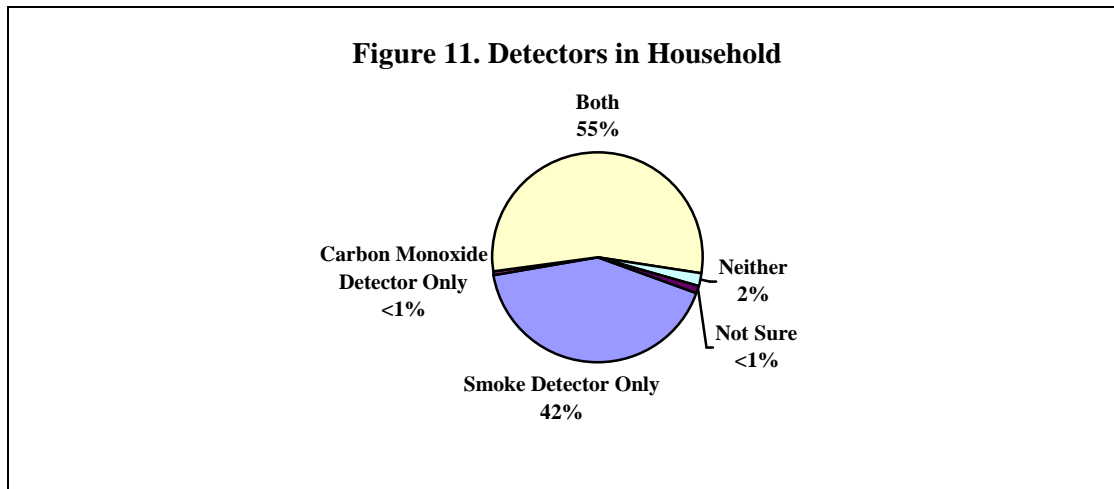
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	13%	38%	43%
Gender**				
Male	10	13	39	39
Female	2	13	38	46
Age*				
18 to 24	5	23	37	35
25 to 34	9	11	28	51
35 to 44	5	13	39	42
45 to 54	4	14	48	35
55 to 64	3	8	49	39
65 and older	3	10	35	53
Education*				
High School or Less	8	16	33	41
Some Post High School	5	11	45	40
College Graduate	3	10	40	47
Household Income**				
\$30,000 or Less	6	18	35	40
\$30,001 to \$60,000	8	12	35	44
\$60,001 or More	0	8	48	44
Marital Status**				
Married	5	9	42	44
Not Married	7	19	34	41

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-seven percent of households had a working smoke detector while 56% had a working carbon monoxide detector.

- Fifty-five percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Forty-two percent reported only a working smoke detector while less than one percent reported only a carbon monoxide detector. Two percent had neither.



- There were no statistically significant differences between household income level or marital status and having detectors in the household.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	42%	<1%	55%	2%
Household Income				
\$30,000 or Less	51	1	45	3
\$30,001 to \$60,000	40	0	58	2
\$60,001 or More	34	<1	63	2
Marital Status				
Married	38	<1	60	2
Not Married	48	<1	49	3

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-seven percent of households had a firearm in or around the home. Households with an income of at least \$30,001 or married households were more likely to have a firearm in or around the home. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Firearm in Household

In a recent Gallup survey, four in 10 American households had a gun somewhere on the property (2001 Research Alert)

- At the time of the survey administration, 37% of households had one or more firearms.
- Forty-four percent of households with an income of \$30,001 to \$60,000 and 42% of those with an income of at least \$60,001 had one or more firearm in or around the home compared to 22% of households with an income of less than \$30,001.
- Married households were more likely to have a firearm (42%) compared to unmarried households (30%).

Loaded Firearm

- Three percent of all households had a loaded firearm.

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.

- Two percent of all households had a loaded firearm also unlocked.

Personal Safety Issues

KEY FINDING: Five percent of respondents reported someone had made them afraid for their personal safety in the past year while 2% reported they had been pushed, kicked, hit or slapped in the past year.

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” five percent reported yes.
- Thirteen percent of respondents 18 to 24 years old reported being afraid for their personal safety compared to 3% of those 55 to 64 years old or 1% of respondents 35 to 44 years old. Six percent of respondents 45 to 54 years old reported being afraid for their personal safety along with 4% of respondents 25 to 34 years old or 65 and older.
- Eight percent of respondents with a high school education or less reported being afraid for their personal safety compared to 3% of respondents with at least some post high school education.
- Ten percent of respondents with a household income of less than \$30,001 reported being afraid for their personal safety compared to 6% of those with an income of at least \$60,001 or 2% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report being afraid for their personal safety (10%) compared to married respondents (2%).
 - A stranger was most often mentioned as the perpetrator (15 responses) followed by a friend (five responses). Fewer than five respondents reported each of the following: ex-spouse, acquaintance, spouse, boyfriend/girlfriend, separated spouse, brother/sister or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - A stranger was reported by three respondents. Two respondents or fewer reported each of the following: ex-spouse, parent, brother/sister, boyfriend/girlfriend, spouse, acquaintance or friend.

Combined Personal Safety Threats

- A total of 6% of all respondents reported at least one of the two threats.

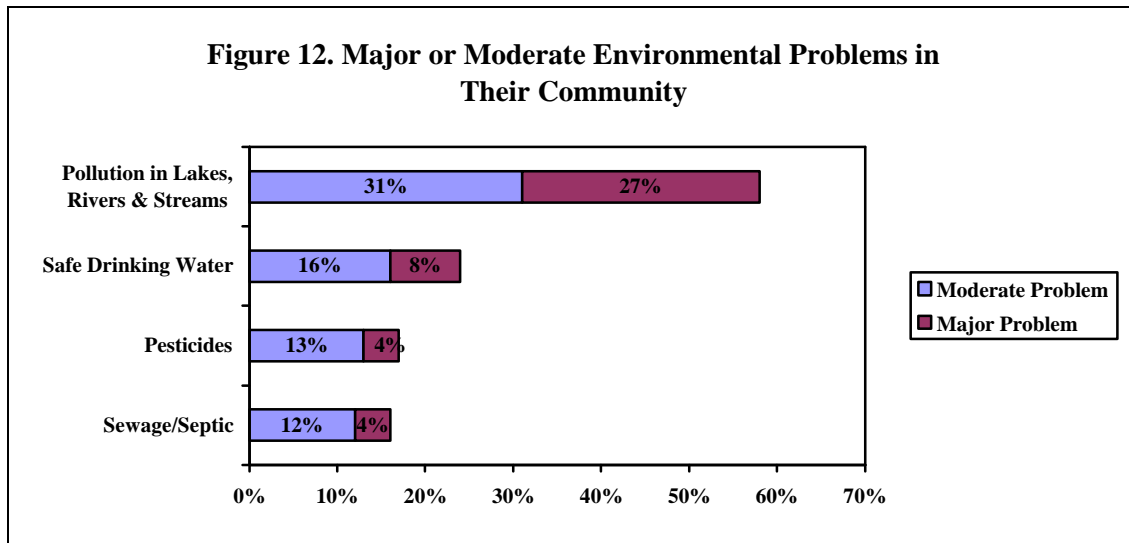
APPENDIX A: ADDITIONAL QUESTIONS

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.

Environmental Problems in Their Community (Figure 12; Table 27)

KEY FINDING: Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (58%). Water pollution, safe drinking water or sewage/septic reports varied across age groups. Respondents with some post high school education were more likely to report water pollution as a major/moderate problem. Respondents with a household income of at least \$60,001 were more likely to report water pollution or safe drinking water as a major/moderate problem in their community.

- Out of four environmental problems that communities may face, 58% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Twenty-four percent reported safe drinking water followed by 17% reporting pesticides and 16% reporting sewage/septic.



- Respondents 55 to 64 years old or 35 to 44 years old were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem in their community. Respondents 18 to 24 years old or 35 to 54 years old were more likely to report safe drinking water. Respondents 35 to 54 years old were more likely to report sewage or septic as a major or moderate problem.
- Sixty-seven percent of respondents with some post high school education reported that water pollution was a major/moderate problem in their community compared to 60% of those with a college education or 50% of respondents with a high school education or less.
- Respondents with a household income of at least \$60,001 were more likely to report water pollution or safe drinking water as a major/moderate problem in their community. Respondents with a household income of less than \$30,001 were also quite likely to report safe drinking water as a major or moderate problem.

Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables

	Lake, River & Stream Pollution	Safe Drinking Water	Pesticides	Sewage or Septic
TOTAL	58%	24%	17%	16%
Gender				
Male	59	22	15	16
Female	56	25	19	16
Age				
18 to 24	54**	28*	14	16**
25 to 34	48**	25*	11	8**
35 to 44	66**	27*	22	22**
45 to 54	63**	27*	22	24**
55 to 64	68**	21*	13	12**
65 and older	47**	9*	14	14**
Education				
High School or Less	50**	22	15	15
Some Post High School	67**	21	16	18
College Graduate	60**	28	20	15
Household Income				
\$30,000 or Less	55*	28*	15	18
\$30,001 to \$60,000	55*	20*	15	15
\$60,001 or More	69*	30*	23	17
Marital Status				
Married	58	24	18	14
Not Married	57	24	16	19

*= p<0.05; **= p<0.01

Awareness of and Experience with Public Health Department (Table 28)

KEY FINDING: Nine percent of respondents were not aware of the public health department prior to the interview; 27% received services from the health department. Married respondents were more likely to report services.

- Nine percent of respondents were not aware of the public health department prior to the interview. Sixty-five percent were aware of the department but had no experience with it. Twenty-four percent received limited services from the health department and 3% received more extensive services.
- Married respondents were more likely to have received services (31%) than unmarried respondents (21%).

Table 28. Awareness of and Experience with Public Health Department by Demographic Variables

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	9%	65%	24%	3%
Gender				
Male	10	65	23	2
Female	7	64	25	4
Age				
18 to 24	15	62	19	4
25 to 34	12	67	21	0
35 to 44	4	61	30	4
45 to 54	7	63	25	5
55 to 64	10	65	24	2
65 and older	5	70	21	3
Education				
High School or Less	9	69	19	3
Some Post High School	12	57	29	3
College Graduate	5	66	27	2
Household Income				
\$30,000 or Less	10	63	22	5
\$30,001 to \$60,000	10	66	23	1
\$60,001 or More	5	63	28	4
Marital Status*				
Married	7	61	29	2
Not Married	10	69	17	4

*= p<0.05; **= p<0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

BROWN COUNTY
 COMMUNITY HEALTH SURVEY
 Conducted: February 22 through July 1, 2003
 (Due to rounding, some questions may total more/less than 100%)

1. Generally speaking, would you say that your own health is excellent, very good, good, fair, or poor?

Poor	2%
Fair	8
Good	28
Very good	38
Excellent	24
Not sure	0

2. What is your primary type of health care coverage?

No health care coverage.....	9%
Medical Assistance or Title 19.....	4
Badger Care	<1
Medicare	14
A prepaid plan such as a HMO, PPO	51
Another commercial health plan	16
Something else	4
Not sure	1

3. Is every member of your household covered by health insurance?

Not all members covered.....	14%
All members covered.....	86
Not sure	<1

4. During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?

Not all members covered.....	17%
All members covered.....	82
Not sure	<1

5. Where do you go to get most of your health care services?

Medical doctor, internist, OBGYN, family practice	68%
Walk-in or urgent care clinic	18
Hospital emergency room.....	6
Community health center.....	2
Other.....	3
Not sure	3

6. Do you have an advance care plan stating your end of life health care wishes?

Yes..... 32%
 No..... 65
 Not sure 4

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.....	60%	24%	6%	9%	2%	0%
8. Cholesterol testing	46	18	5	7	19	5
9. Visit to a dentist/dental clinic..	74	14	4	7	1	<1
10. Eye exam.....	56	26	9	7	2	<1

11. During the past 12 months, have you had a flu shot?

Yes..... 29%
 No..... 71
 Not sure <1

12. Have you ever had a pneumonia or pneumococcal shot?

Yes..... 12%
 No..... 85
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?.....	14%	86%	0%
14. Your blood cholesterol is high?	16	83	1
15. You had a stroke?.....	2	99	0
16. You have heart disease or a heart condition?...	6	94	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	96	0
18.if yes, have you had your blood sugar tested in the past year? [23 respondents]	90	10	0
19. You had a mental health problem?.....	2	98	0
20. You had cancer, other than skin cancer	2	98	0
21. You had a sexually transmitted disease.....	1	99	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	9%	91%	0%
23. Do you still have asthma? [All Respondents] ...	7	93	<1
24.(if yes), do you have an asthma action plan? [41 respondents]	59	38	3

25. 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..... 31%
Two servings 30
Three or more servings 37
Not sure 2

26. 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..... 35%
Two servings 34
Three or more servings 30
Not sure 1

27. How often do you eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken?

A few times per month 29%
A few times per week..... 46
Daily or nearly so 7
Hardly ever or never 18
Not sure 0

28. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

Yes..... 78%
No..... 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..... 81%
No..... 19
Not sure 0

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

One	5%
Two.....	7
Three.....	22
Four	13
Five.....	12
Six	4
Seven	18
Not sure	<1
No moderate exercise/no answer.....	19

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?

Less than 30 minutes	13%
30 to 44 minutes	23
45 to 59 minutes	6
60 or more minutes	39
Not sure	<1
No moderate exercise/no answer.....	19

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [314 Respondents]

Within the past year (anytime less than 12 months ago)	35%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	14	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	4	üCONTINUE WITH Q33
5 or more years ago	6	üCONTINUE WITH Q33
Never	38	üCONTINUE WITH Q33
Not sure	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [32 Respondents 40 years old or older]

Don't need 7 responses
 Not recommended by provider..... 6 responses
 No time4 responses
 Too young4 responses
 Not insured.....3 responses
 Don't like 2 responses
 Other2 responses
 Not sure4 responses

[113 Respondents 18 to 39 years old]

Too young..... 87 responses
 Not recommended by provider..... 7 responses
 Don't need 7 responses
 No time 3 responses
 Other 2 responses
 Not sure 7 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [312 Respondents]

Within the past year (anytime less than 12 months ago)63%
 Within the past 2 years (1 year, but less than 2 years ago) 18
 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 6
 Never 2
 Not sure..... 3

Q35 MALES ONLY

35. 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? [286 Respondents]

Within the past year (anytime less than 12 months ago)29%
 Within the past 2 years (1 year, but less than 2 years ago) 11
 Within the past 5 years (2 years, but less than 5 years ago)..... 9
 5 or more years ago 9
 Never41
 Not sure..... 2

ALL RESPONDENTS

36. A blood stool test is a test that may use a special kit to determine whether the stool contains blood. How long has it been since you had your last blood stool test?

- Within the past year (anytime less than 12 months ago) 19%
- Within the past 2 years (1 year, but less than 2 years ago) 13
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- 5 or more years ago 7
- Never49
- Not sure..... 5

37. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

- Within the past year (anytime less than 12 months ago) 9%
- Within the past 2 years (1 year, but less than 2 years ago) 8
- Within the past 5 years (2 years, but less than 5 years ago)..... 9
- Within the past 10 years (5 years but less than 10 years ago)... 1
- 10 years ago or more..... 4
- Never68
- Not sure..... 2

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m...	40%	60%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	50	49	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	57	43	<1
41. Avoid artificial sources of ultraviolet light?.....	69	31	<1

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

Do not ride/skate/scoot..... 45%

Frequency of those who bicycle, use in-line roller skates or scooters [328 Respondents]

- Never 61%
- Seldom..... 4
- Sometimes..... 2
- Nearly always..... 6
- Always27
- Not sure<1

43. How often do you use seat belts when you drive or ride in a motor vehicle? Would you say always, nearly always, sometimes, seldom, or never?

Never	6%
Seldom.....	4
Sometimes.....	8
Nearly always.....	9
Always	74
Not sure	0

44. How many children under 18 years old currently live in your household?

One	16%
Two.....	16
Three or more.....	11
None	57

üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [255 Respondents]

Do not ride/skate/scoot..... 18%

Frequency of those who bicycle, use in-line roller skates or scooters [211 Respondents]

Never	25%
Seldom.....	4
Sometimes.....	10
Nearly always.....	8
Always	52
It depends.....	1
Not sure	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [255 Respondents]

Never	2%
Seldom.....	1
Sometimes.....	2
Nearly always.....	3
Always	93
Not sure	0

47. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?
 Would you say always, nearly always, sometimes, seldom, or never?

Never	33%
Seldom.....	40
Sometimes.....	20
Nearly always.....	3
Always.....	3
Not sure	<1

48. How would you rate yourself in terms of managing stress? Are you doing an excellent, good, fair, or poor job at managing stress?

Poor	3%
Fair	16
Good.....	59
Excellent	23
Not sure	<1

49. How often would you say you find meaning and purpose in your daily life? Would you say always, nearly always, sometimes, seldom, or never?

Never	<1%
Seldom.....	5
Sometimes.....	13
Nearly always.....	38
Always	43
Not sure	<1

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

Yes.....	4%
No.....	95
Not sure	<1

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

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

None	39%
One to two days.....	17
Three to four days	15
Five or more days	28
Not sure	<1

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

None	40%
One drink	16
Two drinks	21
Three drinks	10
Four or more drinks	12
Not sure	2

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

None	70%
One to two times	11
Three or more times	18
Not sure	1

54. [FEMALES] Considering all types of alcoholic beverages, how many times during the past month did you have four or more drinks on an occasion? [MALES FIVE OR MORE DRINKS]

None	80%
Once	4
Two or more times	15
Not sure	1

55. In the last month, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes.....	6%
No.....	94
Not sure	<1

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

Yes.....	4%
No.....	95
Not sure	<1

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

57. During the past 30 days, on how many days did you smoke at least one cigarette?

0 days.....	77%
1 to 29 days	5
30 days.....	19
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [139 Respondents]

0 days..... 54%
At least 1 day 46
Not sure 0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [139 Respondents]

Yes..... 41%
No..... 59
Not sure 0

60. Do you currently use snuff or chewing tobacco?

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

61. Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?

Yes..... 16%
No..... 44
No smokers in the household..... 41
Not sure 0

62. Some people prefer to eat in smoke-free restaurants, other people prefer to eat in restaurants that allow smoking. Which do you prefer?

Smoke-free restaurants 69%
Restaurants that allow smoking 12
No preference..... 20
Not sure <1

63. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments?

Strongly oppose..... 17%
Moderately oppose 12
Moderately favor 26
Strongly favor 42
Not sure 4

Another issue being discussed these days deals with firearms.

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

Yes..... 37%
 No..... 63
 Not sure <1

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

Yes..... 3%
 No..... 33
 Not sure 0
 No firearms in the household/no answer 63

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

Yes..... 2%
 No..... 1
 Not sure 0
 No firearms in household/not loaded/no answer 97

The next questions deal with alternative therapy treatments.

In the past three years, have you received alternative therapies or treatment such as . . .

	Yes	No	Not sure
67. Going to a chiropractor?	23%	77%	0%
68. Having acupuncture?	2	98	0
69. Massage therapy?	18	82	<1
70. Aroma therapy?	6	94	<1
71. Movement therapy, such as yoga or tai' chi?	7	93	0
72. Meditation?	8	92	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 48%
 Female 52

74. In what year were you born? [CALCULATE AGE]

18 to 24 years old	14%
25 to 34 years old	20
35 to 44 years old	24
45 to 54 years old	19
55 to 64 years old	11
65 and older	14

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	43%
Overweight.....	38
Obese.....	19

77. What is your racial heritage?

White	91%
Black, African American or Negro	1
Asian or Pacific Islander.....	3
American Indian or Alaska Native	3
Another race	<1
Multiple races.....	<1
Not sure	<1

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	28%
A member of an unmarried couple.....	3
Married	54
Separated	<1
Divorced	8
Widowed.....	7
Not sure	0

80. 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	36
Some college	18
Technical school graduate	8
College graduate.....	23
Advanced or professional degree	7
Not sure	0

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

Brown	100%
-------------	------

82. What city, town or village do you legally reside in?

Green Bay city	56%
De Pere city.....	12
Allouez village	6
Ashwaubenon village	5
Bellevue town	4
Howard village.....	4
All others (3% or less).....	13

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

54302.....	17%
54303.....	14
54115.....	13
54304.....	12
54311.....	10
54301.....	9
54313.....	9
All others (3% or less).....	8
No answer	9

84. What is your annual household income before taxes?

Less than \$10,000.....	7%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	12
\$30,001 to \$40,000.....	16
\$40,001 to \$50,000.....	19
\$50,001 to \$60,000.....	13
\$60,001 to \$75,000.....	6
\$75,001 to \$90,000.....	8
Over \$90,000.....	6
Not sure	2
No answer	2

The next series of questions deal with personal safety issues.

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

Yes.....	5%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure	<1	üGO 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. [31 Respondents; More than 1 response accepted]

Stranger	15 responses
Friend.....	5 responses
Ex-spouse.....	4 responses
Acquaintance	3 responses
Spouse.....	1 response
Boyfriend or girlfriend.....	1 response
Separated spouse	1 response
Brother or sister	1 response
Someone else	2 responses

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

Yes.....	2%	üCONTINUE WITH Q88
No.....	99	üGO TO Q89
Not sure	0	üGO 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? [9 Respondents; More than 1 response accepted]

Stranger.....	3 responses
Ex-spouse.....	2 responses
Parent.....	1 response
Brother or sister	1 response
Boyfriend or girlfriend.....	1 response
Spouse.....	1 response
Acquaintance	1 response
Friend.....	1 response

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

Smoke detectors	42%
Carbon monoxide detectors	<1
Both	55
Neither	2
Not sure	<1

ADDITIONAL QUESTIONS FOR BROWN 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 environmental 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. Water pollution in lakes, rivers and streams.....	24%	15%	31%	27%	4%
A2. Sewage or septic.....	53	24	12	4	7
A3. Safe drinking water.....	57	18	16	8	2
A4. Pesticides	50	25	13	4	8

A5. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now 9%

Aware of the health department, but have had no experience with programs or services 65

Aware of the health department and have received limited service like a flu shot or other immunization 24

Aware of the health department and have received more extensive services 3

Not sure.....<1