

**Caledonia/Mount Pleasant
Community Health Survey
2003**

Commissioned by:
Aurora Health Care

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Caledonia/Mount Pleasant 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 Caledonia/Mount Pleasant 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 needs.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sample of random telephone numbers included listed 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 400 telephone interviews were completed between February 21 and June 11, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Caledonia/Mount Pleasant. 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 service area. 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) 439-1399 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 Caledonia/Mount Pleasant Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	15%
35 to 44	24
45 to 54	25
55 to 64	15
65 and Older	21
Education	
High School Graduate or Less	32%
Some Post High School	33
College Graduate	35
Household Income	
\$30,000 or Less	17%
\$30,001 to \$60,000	41
\$60,001 or More	35
Not Sure/No Answer	6
Married	73%

What do the percentages mean?

Results of the Caledonia/Mount Pleasant Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 35,640 adult residents in the area.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 400 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 3,600 residents \pm 2,000 individuals. Meaning that from 1,600 to 5,600 residents may have fair or poor health. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2000 Census counted 18,093 households in Caledonia/Mount Pleasant. 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 180 households. For example, 8% 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 1,440.

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 Caledonia/Mount Pleasant data and county, 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 Caledonia/Mount Pleasant 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	
Caledonia/Mount Pleasant	<u>2003</u>	Caledonia/Mount Pleasant	<u>2003</u>
Excellent	25%	High Blood Pressure	25%
Very Good.....	40%	High Blood Cholesterol.....	21%
Good	26%	Asthma (Current)	10%
Fair or Poor	9%	Diabetes	8%
		Heart Disease/Condition	4%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Caledonia/Mount Pleasant	<u>2003</u>
Nation	56%	Inactive	21%
		Insufficient.....	50%
Health Care Coverage		Recommended	29%
Caledonia/Mount Pleasant	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	2%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	8%	Wisconsin	27%
Household Member Not Covered (past yr)....	11%	Nation.....	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Caledonia/Mount Pleasant	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day).....	70%
Advance Care Plan		Vegetable Intake (3 or more servings/day).....	29%
Caledonia/Mount Pleasant	<u>2003</u>	Fried Food/Fast Food (a few times/week).....	45%
Yes	31%	Overweight	65%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Caledonia/Mount Pleasant	<u>2003</u>	Wisconsin	59%
Routine Checkup (2 years or less)	85%	Nation.....	58%
Cholesterol Test (2 years or less)	74%	Women's Health	
Dental Checkup (past year).....	80%	Caledonia/Mount Pleasant	<u>2003</u>
Eye Exam (2 years or less).....	84%	Mammogram (50+; past year)	65%
Vaccinations		Pap Smear (past year).....	64%
Caledonia/Mount Pleasant	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	39%	Mammogram (50+; past year)	69%
Pneumonia (ever—65 years or older).....	57%	Pap Smear (past year).....	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Caledonia/Mount Pleasant	<u>2003</u>	Caledonia/Mount Pleasant	<u>2003</u>
Chiropractor	20%	Avoid Artificial Sources of UV Light.....	76%
Massage Therapy.....	13%	Use Sunscreen with SPF 15 or Higher	63%
Meditation	7%	Wear Sun Protective Clothing	51%
Movement Therapy.....	5%	Avoid Sun Between 10 a.m. and 4 p.m.	46%
Aroma Therapy.....	3%		
Acupuncture	3%		

Men's Health		Alcohol Use	
Caledonia/Mount Pleasant		Caledonia/Mount Pleasant	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	28%	Drink in Past Month.....	63%
50 and Older	52%	3+ Drinks on Occasion in Past Month	25%
Other Tests		Binge in Past Month	
Caledonia/Mount Pleasant		[5+ Drinks (Male): 4+ Drinks (Female)]	14%
Blood Stool Test (50+; within past 2 years)....	57%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month)	2%
(50+; within past 2 years).....	41%	<i>Other Research: Had 5+ Drinks at One Time</i> <u>2001</u>	
Safety		Wisconsin	26%
Caledonia/Mount Pleasant		Nation.....	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	92%	Caledonia/Mount Pleasant	
Children	96%	Felt Sad, Blue or Depressed in Past 30 Days	
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	4%
(Of Those Who Ride Bike or In-Line Skate)		Never	31%
Adult.....	25%	Managing Stress	
Children	60%	Excellent/Good	84%
Detectors		Poor	3%
Smoke Detector Only	48%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide Only	0%	Never/Seldom	4%
Both.....	49%	Considered Suicide (past year)	1%
Neither	2%	Firearms in Household	
Tobacco Use		Caledonia/Mount Pleasant	
Caledonia/Mount Pleasant		Of all Households...	
Current Smokers	17%	Have a Firearm	36%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm.....	4%
Year Because Trying to Quit (smokers).....	44%	Have a Loaded Firearm Unlocked	2%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers).....	53%	Caledonia/Mount Pleasant	
Smoking Indoors or in Vehicle.....	11%	Afraid for Their Safety.....	5%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit.....	2%
Smoke-free	64%	Additional Questions	
Allow Smoking.....	9%	Caledonia/Mount Pleasant	
No Preference	27%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	
Establishments		<u>2003</u>	
Moderately Favor	20%	Pollution in Lakes, Rivers and Streams.....	48%
Strongly Favor	40%	Sewage/Septic.....	21%
<i>Other Research: Current Smokers</i> <u>2001</u>		Pesticides	16%
Wisconsin.....	24%	Safe Drinking Water	14%
Nation.....	23%	Awareness of/Experience with Public Health Dept.	
		Aware of/No Experience.....	57%
		Aware of/Received Limited Services.....	34%
		Aware of/Received Extensive Services.....	4%

Overall Health and Health Care Key Findings

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

Two percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household currently was not covered; 11% reported in the past 12 months someone was not covered. Respondents with a household income of \$30,001 to \$60,000 were more likely to report someone was not covered currently or in the past 12 months. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-one percent of respondents had an advance care plan; respondents 65 and older, with some post high school education or with a household income of less than \$30,001 were more likely to report an advance care plan.

Eighty percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine checkup, 56% a cholesterol test and 48% reported an eye exam. Older or married respondents were more likely to report a routine checkup in the past year. Respondents 55 and older or with a high school education or less were more likely to report a cholesterol test in the past year. Respondents 35 to 44 years old, with at least some post high school education or with a higher household income were more likely to report a dental checkup in the past year. Female respondents or those with higher household income were more likely to report an eye exam in the past year.

Thirty-nine percent of respondents had an influenza vaccination in the past year. Respondents who were 65 and older, with a household income of less than \$30,001 or unmarried were more likely to report a flu vaccination. Fifty-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 pressure or high blood cholesterol. Respondents 65 and older or those with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol, diabetes or heart disease/condition. Respondents with a high school education or less were more likely to report high blood cholesterol or heart disease/condition. Unmarried respondents were more likely to report high blood pressure or heart disease condition. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a household income of \$30,001 to \$60,000 were more likely to report this. Twenty-three percent felt they were excellent at managing stress; 3% reported poor. Four percent reported they never or seldom find meaning and purpose in their daily life. One percent of respondents felt so overwhelmed they considered suicide in the past year.

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 (20% and 13%, respectively). Female respondents were more likely to report movement therapy. Unmarried respondents were more likely to report meditation.

Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Sixty-five percent of respondents were classified as overweight (45% overweight and 20% obese). Male respondents were more likely to be classified as overweight.

Seventy percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat two or more servings of fruit or at least three servings of vegetables a day. Forty-five percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, younger or those with a household income of at least \$30,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Eighty-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, with at least some post high school education, higher household income, or married respondents were more likely to have had a pap smear within the past three years.

Twenty-eight percent of male respondents 40 to 49 years old and 52% of males 50 and older had a digital rectal exam in the past year.

Fifty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 41% 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 or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents who were female, 35 to 64 years old, with a household income of at least \$60,001 or married were more likely to report using sunscreen. Respondents who were 45 and older were more likely to report wearing sun protective clothing. Respondents who were female or with a household income of less than \$60,001 were more likely to report avoiding the sun between 10 a.m. and 4 p.m.

Ninety-two percent of respondents wore seat belts always or nearly always; female respondents were more likely to report they always wore seat belts. Ninety-four 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, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 54% reported their child always wore a helmet.

Seventeen percent of respondents were current smokers. Respondents with some post high school education or less were more likely to be a smoker. Forty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Eleven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-four percent of all respondents preferred a smoke-free restaurant; nonsmokers were more likely to prefer this. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 25% had three or more drinks on at least one occasion while 14% binged. Respondents who were male, 18 to 34 years old or with a household income of at least \$60,001 were more likely to have had three or more drinks and on more occasions. Respondents who were male or 18 to 44 years old were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. 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 49% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Thirty-six percent of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 4% had a loaded firearm; households without children were more likely to have 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 reported was water pollution in lakes, rivers and streams (48%). Female respondents were more likely to report pesticides as a major or moderate problem. Respondents with some post high school education were more likely to report water pollution as a major/moderate problem while those with a college education were more likely to report sewage/septic. Respondents with a household income of less than \$30,001 were more likely to report safe drinking water as a major or moderate problem.

Five percent of respondents were not aware of the public health department prior to the interview; 38% received services from the health department.

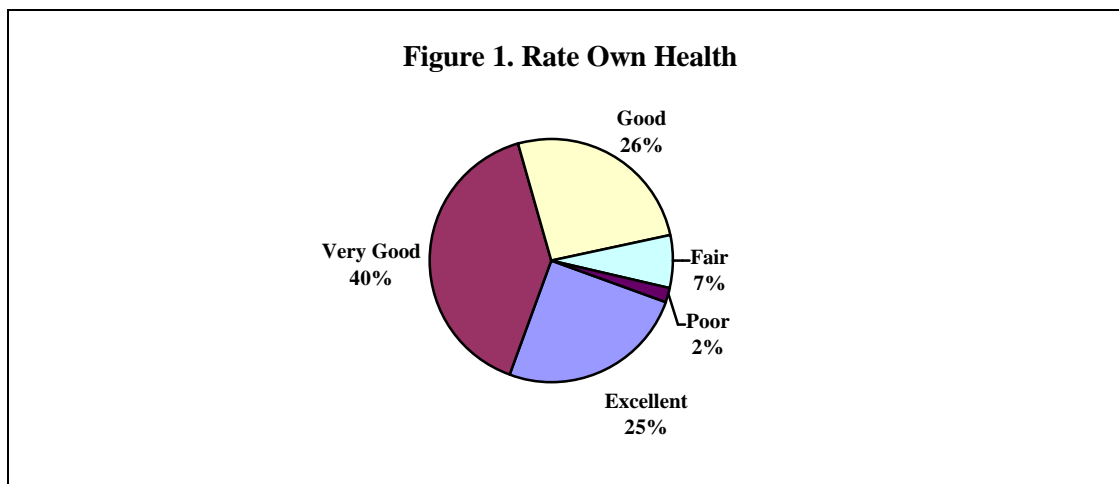
Key Findings

Rating Their Own Health (Figure 1; Table 2)

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

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-five percent of respondents said their own health, generally speaking, was either excellent (25%) or very good (40%). A total of 9% reported their health was fair (7%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor (17%) compared to those 35 to 44 years old (4%) or respondents 18 to 34 years old (2%).
- Fourteen 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.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported their health was fair or poor compared to 10% of those with an income of at least \$30,001 or 5% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report fair or poor (16%) compared to married respondents (8%).
- Eleven percent of respondents classified as overweight reported fair or poor health compared to 7% of those who were not overweight. Respondents who were not overweight were more likely to report excellent health (33%) than those who were overweight (20%).

- Fourteen percent of inactive respondents reported fair or poor health, compared to 11% of those who did an insufficient amount of physical activity or 5% of respondents who met the recommendation. Thirty-six percent of respondents who met the recommendation reported excellent compared to 20% of those who did an insufficient amount of physical activity or 18% of respondents who were inactive.

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	9%	26%	40%	25%
Gender				
Male	8	29	38	25
Female	11	23	42	24
Age*				
18 to 34	2	30	42	27
35 to 44	4	26	39	30
45 to 54	11	20	41	28
55 to 64	13	17	50	20
65 and Older	17	35	33	16
Education*				
High School or Less	14	32	30	24
Some Post High School	9	25	39	28
College Graduate	7	20	51	22
Household Income**				
\$30,000 or Less	22	32	31	15
\$30,001 to \$60,000	5	31	39	25
\$60,001 or More	10	14	48	28
Marital Status**				
Married	8	23	45	24
Not Married	16	32	28	25
Overweight*				
Not Overweight	7	20	41	33
Overweight	11	29	40	20
Physical Activity*				
Inactive	14	30	38	18
Insufficient	11	25	44	20
Recommended	5	24	35	36
Smoker				
Nonsmoker	9	24	40	26
Smoker	12	31	40	18

*= p≤0.05; **= p≤0.01

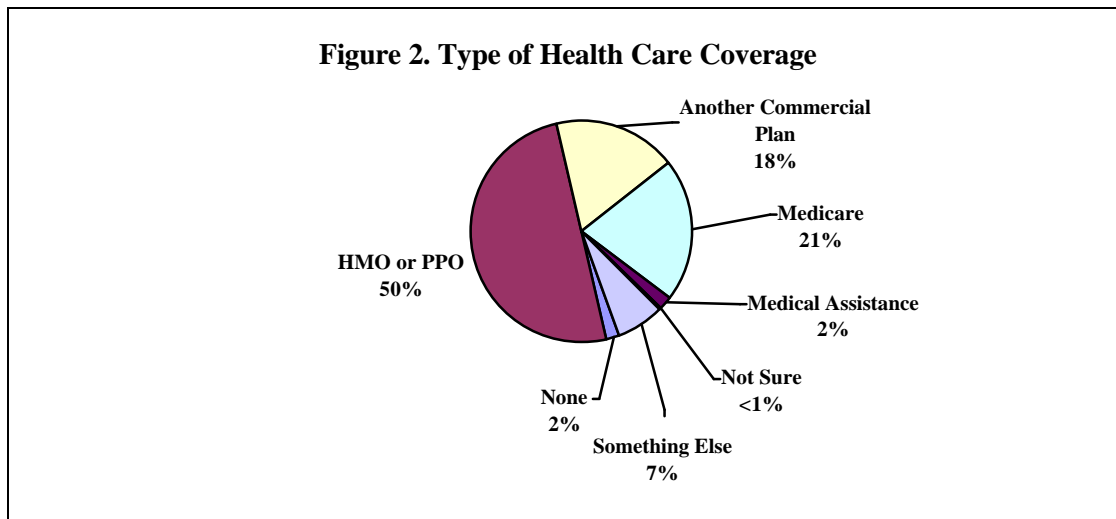
Health Care Coverage (Figure 2)

KEY FINDING: Two percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household currently was not covered; 11% reported in the past 12 months someone was not covered. Respondents with a household income of \$30,001 to \$60,000 were more likely to report someone was not covered currently or in the past 12 months. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-one percent of respondents had an advance care plan; respondents 65 and older, with some post high school education or with a household income of less than \$30,001 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).

- Two percent of respondents reported they were not currently covered by any health insurance. Fifty percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Eighteen percent reported another commercial plan, 21% reported Medicare and 2% reported medical assistance.



Someone in Household Currently Not Covered

- Eight percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,440 households.
- Fifteen percent of respondents with a household income of \$30,001 to \$60,000 did not have someone in their household covered by insurance compared to 10% of those with an income of less than \$30,001 or 2% of respondents with a household income of at least \$60,001.

Someone in Household Not Covered in the Past 12 Months

- Eleven percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Nineteen percent of respondents with a household income of \$30,001 to \$60,000 reported someone in their household was not covered in the past 12 months compared to 12% of those with an income of less than \$30,001 or 4% of respondents with a household income of at least \$60,001.

Primary Health Care Services

- Seventy-five percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Nine percent reported walk-in or urgent care while 8% reported hospital emergency room and 5% reported community health center.
- There were no statistically significant differences between demographic variables and primary health care services.

Advance Care Plan

- Thirty-one percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Fifty percent of respondents 65 and older reported they had an advance care plan followed by 37% of those 55 to 64 years old, 27% of those 45 to 54 years old, 23% of respondents 35 to 44 years old and 13% of respondents 18 to 34 years old.
- Thirty-nine percent of respondents with some post high school education reported an advance care plan compared to 30% of those with a high school education or less or 24% of respondents with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report an advance care plan (44%) than those with an income of \$30,001 to \$60,000 (28%) or respondents with a household income of at least \$60,001 (27%).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Eighty percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine checkup, 56% a cholesterol test and 48% reported an eye exam. Older or married respondents were more likely to report a routine checkup in the past year. Respondents 55 and older or with a high school education or less were more likely to report a cholesterol test in the past year. Respondents 35 to 44 years old, with at least some post high school education or with a higher household income were more likely to report a dental checkup in the past year. Female respondents or those with higher household income were more likely to report an eye exam in the past year.

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-three percent of respondents reported they had a routine checkup in the past year. An additional 22% had a checkup in the past one to two years.
- As age increased, so did the likelihood of respondents reporting they had a routine checkup in the past year. Forty-eight percent of respondents 18 to 34 years old reported this compared to 62% of those 45 to 54 years old or 78% of respondents 65 and older.
- Married respondents were more likely to have had a routine checkup in the past year (65%) than unmarried respondents (58%).

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	63%	22%	9%	6%	<1%
Gender					
Male	58	23	11	7	1
Female	66	20	7	6	0
Age*					
18 to 34	48	28	10	12	3
35 to 44	56	26	14	4	0
45 to 54	62	21	10	7	0
55 to 64	72	13	8	7	0
65 and Older	78	17	1	4	0
Education					
High School or Less	71	19	7	4	0
Some Post High School	63	24	6	7	0
College Graduate	54	23	14	8	1
Household Income					
\$30,000 or Less	68	27	4	2	0
\$30,001 to \$60,000	61	22	8	9	1
\$60,001 or More	62	22	13	4	0
Marital Status*					
Married	65	19	10	7	0
Not Married	58	29	6	5	2

*= 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).

- Fifty-six percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Fourteen percent reported never having their cholesterol tested.
- Seventy-seven percent of respondents 55 and older reported a cholesterol test in the past year compared to 21% of respondents 18 to 34 years old.
- Sixty-seven percent of respondents with a high school education or less reported a cholesterol test in the past year compared to 59% of those with some post high school education or 45% of respondents with a college education.

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	56%	18%	8%	3%	14%
Gender					
Male	54	21	11	2	11
Female	58	15	6	3	16
Age**					
18 to 34	21	19	7	2	52
35 to 44	46	27	9	2	15
45 to 54	58	12	14	7	7
55 to 64	77	15	5	2	2
65 and Older	77	12	5	1	2
Education*					
High School or Less	67	18	5	<1	9
Some Post High School	59	16	6	3	15
College Graduate	45	20	14	4	17
Household Income					
\$30,000 or Less	66	22	3	2	6
\$30,001 to \$60,000	53	16	8	4	19
\$60,001 or More	54	20	12	3	9
Marital Status					
Married	57	17	10	2	13
Not Married	55	21	4	3	16

*= 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).

- Eighty percent of respondents reported a dental visit in the past year. An additional 10% had a visit in the past one to two years.
- Eighty-seven percent of respondents 35 to 44 years old and 85% of those 45 to 54 years old had a dental checkup in the past year compared to 65% of respondents 65 and older.

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.

- Eighty-five percent of respondents with some post high school education and 84% of those with a college education reported having a dental checkup in the past year compared to 70% 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-six percent of respondents with an income of less than \$30,001 reported this, compared to 78% of those with an income of \$30,001 to \$60,000 or 90% of respondents with a household income of at least \$60,001.

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	80%	10%	2%	6%	1%
Gender					
Male	84	7	1	7	1
Female	77	13	3	6	1
Age**					
18 to 34	79	16	2	3	0
35 to 44	87	9	2	0	2
45 to 54	85	11	2	2	0
55 to 64	83	12	0	3	2
65 and Older	65	7	4	22	2
Education*					
High School or Less	70	14	2	13	2
Some Post High School	85	7	3	2	2
College Graduate	84	11	1	4	0
Household Income**					
\$30,000 or Less	66	10	2	21	2
\$30,001 to \$60,000	78	11	3	5	3
\$60,001 or More	90	9	<1	<1	0
Marital Status					
Married	83	9	2	4	1
Not Married	73	14	<1	11	2

*= p≤0.05; **= p≤0.01

Eye Exam

- Forty-eight percent of respondents had an eye exam in the past year, while 36% reported one to two years ago. One percent reported never.
- Female respondents were more likely to report having an eye exam in the past year (54%) than male respondents (42%).

- Fifty percent of respondents with a household income of at least \$60,001 had an eye exam in the past year compared to 46% of those with an income of \$30,001 to \$60,000 or 42% of respondents with a household income of less than \$30,001.

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	48%	36%	7%	7%	1%
Gender*					
Male	42	36	10	10	2
Female	54	36	4	5	1
Age					
18 to 34	39	34	12	13	2
35 to 44	45	30	11	12	3
45 to 54	52	40	3	4	1
55 to 64	51	44	2	3	0
65 and Older	52	35	7	5	0
Education					
High School or Less	52	36	4	9	0
Some Post High School	48	36	8	5	3
College Graduate	45	37	8	9	<1
Household Income*					
\$30,000 or Less	42	40	6	10	0
\$30,001 to \$60,000	46	42	6	6	0
\$60,001 or More	50	30	8	8	4
Marital Status					
Married	48	37	6	7	1
Not Married	47	34	10	7	2

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-nine percent of respondents had an influenza vaccination in the past year. Respondents who were 65 and older, with a household income of less than \$30,001 or unmarried were more likely to report a flu vaccination. Fifty-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).

- Thirty-nine percent of respondents had a flu vaccination in the past year.

- Respondents 65 and older were more likely to report receiving a flu vaccination (72%) compared to those 45 to 54 years old (25%) or respondents 18 to 34 years old (18%).
- Sixty-nine percent of respondents with a household income of less than \$30,001 reported receiving a flu vaccination compared to 34% of those with an income of at least \$60,001 or 33% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to have received a flu vaccination than married respondents (50% and 35%, respectively).

Table 7. Flu Vaccination by Demographic Variables

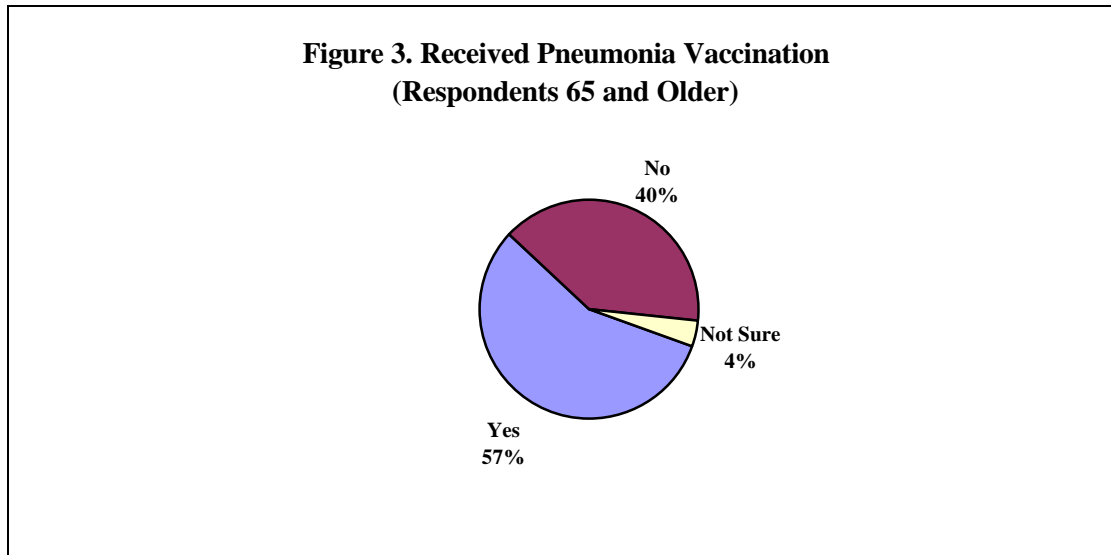
	Percent
TOTAL	39%
Gender	
Male	37
Female	40
Age**	
18 to 34	18
35 to 44	32
45 to 54	25
55 to 64	47
65 and Older	72
Education	
High School or Less	45
Some Post High School	38
College Graduate	35
Household Income**	
\$30,000 or Less	69
\$30,001 to \$60,000	33
\$60,001 or More	34
Marital Status**	
Married	35
Not Married	50

*= 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).

- Twenty-two percent of all respondents had a pneumonia vaccination.
- Fifty-seven percent of respondents who were 65 and older reported they received a pneumonia vaccination.



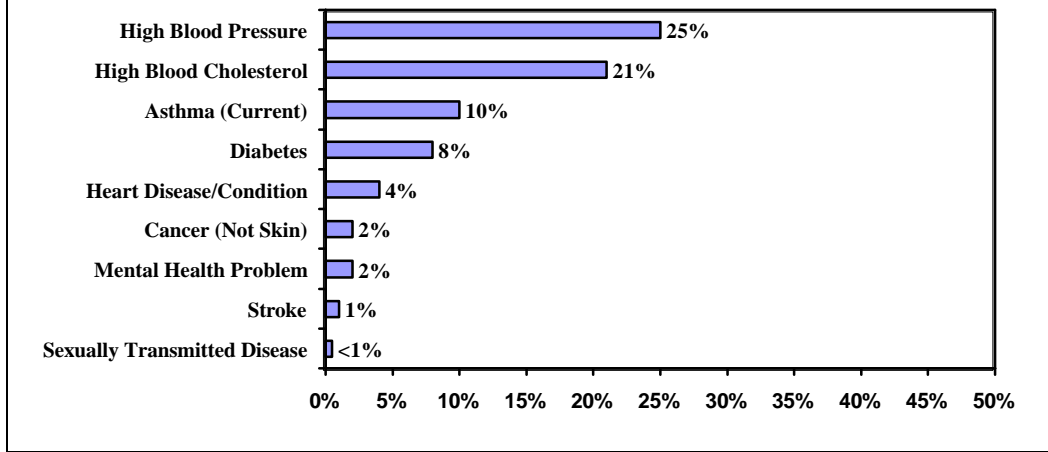
Prevalence of Select Health Conditions (Figure 4; Table 8)

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 pressure or high blood cholesterol. Respondents 65 and older or those with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol, diabetes or heart disease/condition. Respondents with a high school education or less were more likely to report high blood cholesterol or heart disease/condition. Unmarried respondents were more likely to report high blood pressure or heart disease condition. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (25%), high blood cholesterol (21%), asthma (current, 10%), diabetes (8%) or heart disease/heart condition (4%) in the past three years.

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



- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, diabetes or heart disease/condition.
- Respondents with a high school education or less were more likely to report high blood cholesterol or heart disease/condition.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol, diabetes or heart disease/condition.
- Unmarried respondents were more likely to report high blood pressure or heart disease/condition than married respondents.
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Diabetes	Heart Disease or Condition
TOTAL	25%	21%	10%	8%	4%
Gender					
Male	28	20	8	8	4
Female	23	22	12	8	4
Age					
18 to 34	3**	7**	13	0**	0**
35 to 44	12**	10**	11	2**	0**
45 to 54	26**	24**	10	10**	2**
55 to 64	34**	28**	15	7**	5**
65 and Older	47**	36**	5	19**	14**
Education					
High School or Less	28	27*	16	9	9*
Some Post High School	21	17*	8	10	3*
College Graduate	25	18*	7	6	1*
Household Income					
\$30,000 or Less	42**	31**	9	19**	12**
\$30,001 to \$60,000	22**	18**	10	5**	4**
\$60,001 or More	20**	17**	10	4**	1**
Marital Status					
Married	22**	20	11	7	3*
Not Married	34**	24	9	12	8*
Overweight					
Not Overweight	17*	13*	8	4*	5
Overweight	29*	25*	10	11*	5
Physical Activity					
Inactive	29	26	8	9	6
Insufficient	23	20	9	9	5
Recommended	23	18	13	5	4

*= p≤0.05; **= p≤0.01

Diabetes

- One hundred percent of the 32 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

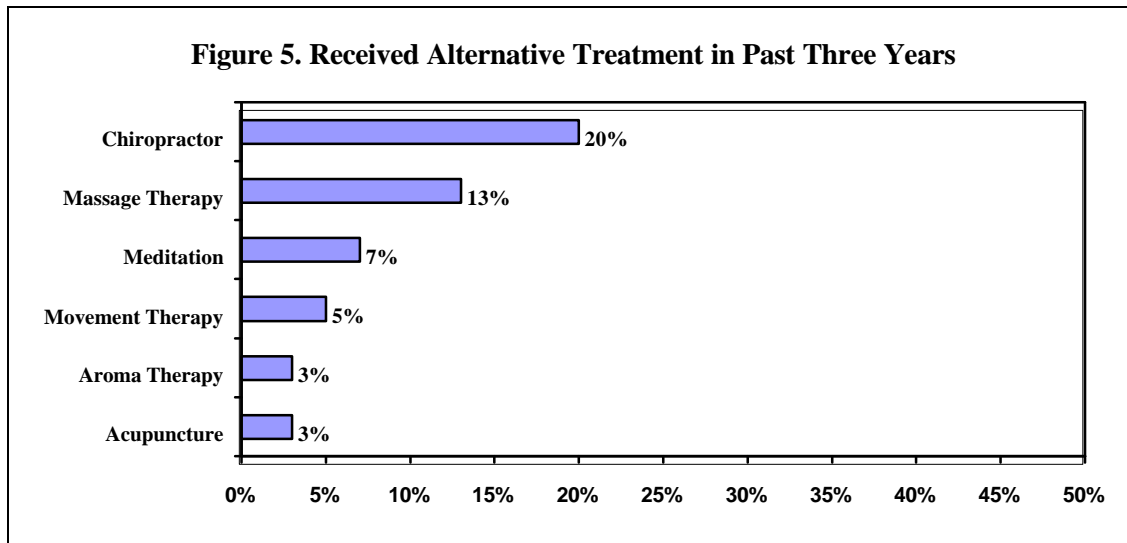
- Of the 41 respondents who currently had asthma, 43% had an asthma action plan.

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 (20% and 13%, respectively). Female respondents were more likely to report movement therapy. Unmarried respondents were more likely to report meditation.

- Respondents were more likely to have gone to a chiropractor (20%) or used massage therapy (13%) in the past three years.



- Female respondents were more likely to report movement therapy in the past three years (7%) compared to male respondents (3%).
- Unmarried respondents were more likely to have reported meditation in the past three years than married respondents (13% and 5%, respectively).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy
TOTAL	20%	13%	7%	5%
Gender				
Male	22	9	7	3*
Female	18	16	7	7*
Age				
18 to 34	16	13	0	8
35 to 44	15	14	5	3
45 to 54	27	13	9	9
55 to 64	20	15	7	5
65 and Older	25	8	10	1
Education				
High School or Less	26	9	6	2
Some Post High School	18	13	8	6
College Graduate	18	16	6	7
Household Income				
\$30,000 or Less	29	16	12	3
\$30,001 to \$60,000	18	9	4	5
\$60,001 or More	18	15	7	6
Marital Status				
Married	19	12	5**	6
Not Married	25	16	13**	4

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Sixty-five percent of respondents were classified as overweight (45% overweight and 20% obese). Male respondents were more likely to be classified as overweight.

Physical Activities in Past Month

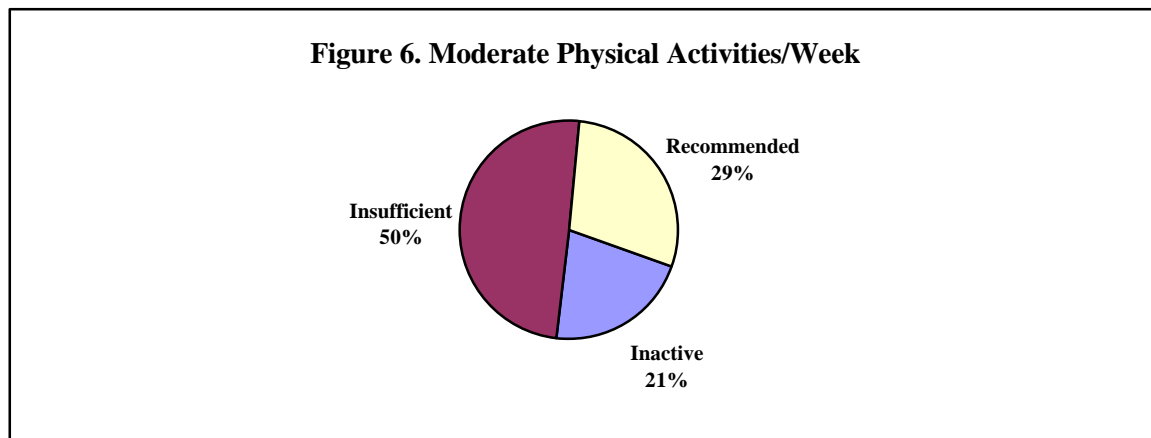
- Seventy-five percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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).

- Twenty-nine 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 21% were classified as inactive.



- There were no statistically significant differences between demographic variables and moderate physical activity in a typical week.

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

	Inactive	Insufficient	Recommended
TOTAL	21%	50%	29%
Gender			
Male	20	51	29
Female	22	49	29
Age			
18 to 34	13	62	25
35 to 44	13	58	29
45 to 54	21	46	33
55 to 64	24	45	31
65 and Older	29	43	28
Education			
High School or Less	25	44	30
Some Post High School	20	47	33
College Graduate	17	59	24
Household Income			
\$30,000 or Less	28	51	22
\$30,001 to \$60,000	25	48	27
\$60,001 or More	15	54	31
Marital Status			
Married	18	54	28
Not Married	28	41	31
Overweight			
Not Overweight	19	49	32
Overweight	21	52	28

*= 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).

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

- According to the definition, 65% of respondents were overweight (45% overweight and 20% obese).
- Male respondents were more likely to be overweight (77%) compared to female respondents (54%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	65%
Gender**	
Male	77
Female	54
Age	
18 to 34	54
35 to 44	67
45 to 54	67
55 to 64	74
65 and Older	62
Education	
High School or Less	66
Some Post High School	63
College Graduate	65
Household Income	
\$30,000 or Less	63
\$30,001 to \$60,000	64
\$60,001 or More	67
Marital Status	
Married	65
Not Married	65
Moderate Physical Activities	
Inactive	67
Insufficient	66
Recommended	62

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Seventy percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat two or more servings of fruit or at least three servings of vegetables a day. Forty-five percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, younger or those with a household income of at least \$30,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

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.

- Seventy percent of respondents eat two or more servings of fruit on an average day. Twenty-nine percent reported one serving or less.
- Female respondents were more likely to report eating two or more servings of fruit a day than male respondents (78% and 59%, respectively).

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.

- Twenty-nine percent of respondents eat three or more servings of vegetables on an average day. Seventy percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (37% and 20%, respectively).

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	29%	70%	70%	29%
Gender				
Male	39**	59**	79**	20**
Female	21**	78**	63**	37**
Age				
18 to 34	28	71	69	30
35 to 44	30	70	62	37
45 to 54	33	65	75	25
55 to 64	30	70	73	27
65 and Older	23	76	71	29
Education				
High School or Less	26	73	72	28
Some Post High School	28	70	74	24
College Graduate	32	68	64	35
Household Income				
\$30,000 or Less	24	75	67	33
\$30,001 to \$60,000	29	71	69	31
\$60,001 or More	34	65	73	25
Marital Status				
Married	30	69	70	29
Not Married	26	72	70	29
Overweight				
Not Overweight	27	73	75	25
Overweight	31	68	69	31
Moderate Physical Activities				
Inactive	39	61	72	28
Insufficient	27	73	70	29
Recommended	25	73	68	31

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Five percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty percent reported a few times per week. Thirty-six percent reported a few times per month while 19% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (55%) compared to female respondents (37%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-seven percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 37% of those 55 to 64 years old or 30% of respondents 65 and older.
- Respondents with a household income of at least \$30,001 were more likely to report eating fried/fast foods at least a few times per week (48%) compared to respondents with an income of \$30,000 or less (31%).
- Forty-seven percent of married respondents and 42% of unmarried respondents reported eating fried/fast food at least a few times per week. Thirty percent of unmarried respondents reported hardly ever or never compared to 14% of married respondents.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	36%	45%
Gender**		
Male	31	55
Female	41	37
Age**		
18 to 34	25	67
35 to 44	38	52
45 to 54	41	46
55 to 64	42	37
65 and Older	33	30
Education		
High School or Less	39	40
Some Post High School	36	44
College Graduate	34	51
Household Income**		
\$30,000 or Less	30	31
\$30,001 to \$60,000	36	48
\$60,001 or More	39	48
Marital Status**		
Married	39	47
Not Married	28	42
Overweight		
Not Overweight	36	45
Overweight	36	48
Moderate Physical Activities		
Inactive	43	37
Insufficient	34	49
Recommended	34	46

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

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, with at least some post high school education, higher household income, 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).

- Twenty-seven percent of all female respondents never had a mammogram while 63% had a mammogram within the past two years (50% within past year and 13% 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 (82% of those 50 and older; 73% of those 40 to 49 years old).
 - Of respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: too young (six responses), not recommended by provider (five responses), don’t like (four responses), don’t need (three responses), or no time (one response).

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	50%	13%	10%	27%
Age**				
18 to 39	12	5	2	81
40 to 49	60	13	8	17
50 and Older	65	17	15	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-four percent of respondents reported they had a pap smear within the past year. An additional 22% reported between one year and less than three years.
- Ninety-eight percent of respondents 35 to 44 years old and 97% of those 18 to 34 years old reported a pap smear within the past three years compared to 57% of respondents 65 and older.
- Ninety-five percent of respondents with a college education and 92% of those with some post high school education reported a pap smear within the past three years compared to 70% of respondents with a high school education or less.
- As household income increased, so did the likelihood of respondents having had a pap smear within the past three years. Sixty-nine percent of respondents with a household income of less than \$30,001 reported this compared to 85% of those with an income of \$30,001 to \$60,000 or 96% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report having a pap smear in the past three years than unmarried respondents (89% and 74%, respectively).

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.

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	64%	18%	4%	13%	2%
Age**					
18 to 34	82	10	5	3	0
35 to 44	80	18	0	2	0
45 to 54	74	14	4	8	0
55 to 64	56	25	3	13	3
65 and Older	31	20	6	35	8
Education**					
High School or Less	49	15	6	23	6
Some Post High School	73	16	3	9	0
College Graduate	69	24	2	5	0
Household Income**					
\$30,000 or Less	40	23	6	30	0
\$30,001 to \$60,000	70	10	5	11	4
\$60,001 or More	71	25	0	4	0
Marital Status**					
Married	72	14	3	11	<1
Not Married	44	27	3	19	7

*= p≤0.05; **= p≤0.01

Men's Health (Table 16)

KEY FINDING: Twenty-eight percent of male respondents 40 to 49 years old and 52% 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

- Twenty-seven percent of all male respondents never had a digital rectal exam. Thirty-five percent had an exam in the past year while 19% reported within the past two years (one year but less than two years).
- Fifty-two percent of male respondents 50 years old and older had an exam less than a year ago while 28% of males 40 to 49 years old reported this.

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.

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	35%	19%	18%	27%
Age**				
18 to 39	11	5	21	59
40 to 49	28	18	16	39
50 and Older	52	27	17	4

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 41% 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

- Thirty-five percent of all respondents never had a blood stool test. Forty-two percent were tested within the past two years (28% less than a year ago and 14% more than one year ago, but less than two).
- Forty-four percent of male respondents and 40% of female respondents reported a blood stool test within the past two years. Female respondents were more likely to report never having a blood stool test than male respondents (41% and 30%, respectively).
- Fifty-seven percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 39% of those 40 to 49 years old or 13% of respondents 18 to 39 years old. Sixteen percent of respondents 50 and older reported never compared to 68% of respondents 18 to 39 years old.
- Forty-seven percent of respondents with a household income of less than \$30,001 had a test within the past year two years compared to 42% of those with an income of \$30,001 to \$60,000 or 38% of respondents with a household income of at least \$60,001. Forty-three percent of respondents with an income of \$30,001 to \$60,000 reported never compared to 24% of those with an income of \$30,000 or less.

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.

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	28%	14%	19%	35%
Gender*				
Male	28	16	24	30
Female	28	12	15	41
Age**				
18 to 39	11	2	15	68
40 to 49	26	13	17	40
50 and Older	37	20	23	16
Education				
High School or Less	32	14	23	28
Some Post High School	33	13	14	35
College Graduate	18	15	20	43
Household Income**				
\$30,000 or Less	28	19	27	24
\$30,001 to \$60,000	30	12	12	43
\$60,001 or More	25	13	26	32
Marital Status				
Married	26	14	20	36
Not Married	33	13	16	36

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

Sigmoidoscopy or Colonoscopy Exam

- Fifty-four percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-six percent were examined within the past two years (13% less than a year ago and 13% more than one year ago, but less than two).
- Thirty-three percent of male respondents reported a sigmoidoscopy or colonoscopy exam within the past two years compared to 20% of female respondents. Sixty-two percent of female respondents reported never compared to 45% of male respondents.
- Respondents 50 and older were more likely to report an exam within the past two years (41%) compared to respondents 40 to 49 years old (19%) or those 18 to 39 years old (3%). Seventy-eight percent of respondents 18 to 39 years old and 71% of those 40 to 49 years old reported never compared to 33% of respondents 50 and older.
- Thirty-three percent of respondents with a high school education or less reported a test within the past two years compared to 25% of those with some post high school education or 19% of respondents with a college education.

- Thirty-four percent of respondents with a household income of less than \$30,001 reported an exam with the past two years compared to 29% of those with an income of \$30,001 to \$60,000 or 20% of respondents with a household income of at least \$60,001. Sixty-three percent of respondents with a household income of at least \$60,001 reported never compared to 36% of respondents with an income of less than \$30,001.

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

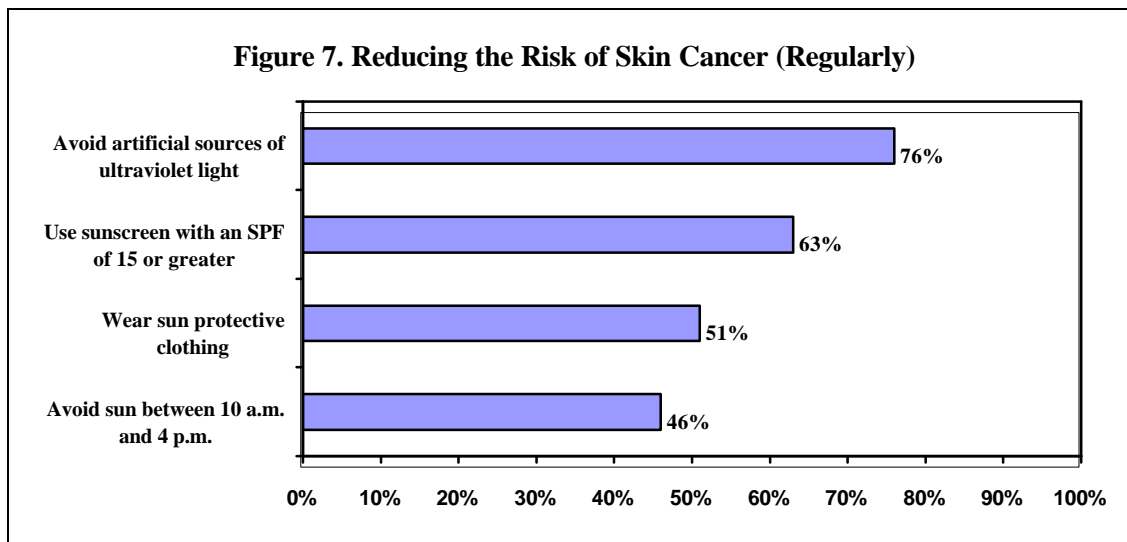
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	13%	13%	13%	7%	54%
Gender**					
Male	16	17	12	10	45
Female	10	10	13	5	62
Age**					
18 to 39	3	0	8	10	78
40 to 49	13	6	5	6	71
50 and Older	17	24	19	7	33
Education**					
High School or Less	16	17	13	13	41
Some Post High School	11	14	12	2	59
College Graduate	11	8	13	8	60
Household Income*					
\$30,000 or Less	12	22	19	10	36
\$30,001 to \$60,000	15	14	10	7	55
\$60,001 or More	11	9	11	6	63
Marital Status					
Married	12	13	13	6	55
Not Married	14	15	12	10	50

*= 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 or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents who were female, 35 to 64 years old, with a household income of at least \$60,001 or married were more likely to report using sunscreen. Respondents who were 45 and older were more likely to report wearing sun protective clothing. Respondents who were female or with a household income of less than \$60,001 were more likely to report avoiding the sun between 10 a.m. and 4 p.m.

- To reduce the risk of skin cancer, 76% of respondents regularly avoid artificial sources of ultraviolet light, 63% use sunscreen with a SPF of 15 or higher, 51% wear sun protective clothing while 46% avoid the sun between 10 a.m. and 4 p.m.
- Seven percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-six percent reported two of the four actions while 23% reported three and 24% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m. than male respondents.
- Respondents 35 to 64 years old were more likely to report using sunscreen while respondents 45 and older were more likely to report wearing sun protective clothing.
- Respondents with a household income of at least \$60,001 were more likely to report using sunscreen while respondents with a household income of less than \$60,001 were more likely to report avoiding the sun.
- Married respondents were more likely to report using sunscreen (67%) compared to unmarried respondents (55%).

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	76%	63%	51%	46%
Gender				
Male	73	54**	52	40*
Female	79	71**	50	51*
Age				
18 to 34	72	53**	49*	46
35 to 44	69	71**	38*	38
45 to 54	81	70**	55*	52
55 to 64	88	70**	58*	42
65 and older	75	51**	59*	54
Education				
High School or Less	72	59	53	51
Some Post High School	77	68	48	40
College Graduate	80	62	53	48
Household Income				
\$30,000 or Less	73	57*	55	50*
\$30,001 to \$60,000	77	59*	50	52*
\$60,001 or More	76	73*	52	39*
Marital Status				
Married	79	67*	49	45
Not Married	71	55*	56	50

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Ninety-two percent of respondents wore seat belts always or nearly always; female respondents were more likely to report they always wore seat belts. Ninety-four 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, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 54% reported their child always wore a helmet.

Seat Belts

- Ninety-two percent of respondents reported they wore seat belts always or nearly always (82% and 10%, respectively).
- Female respondents were more likely to report wearing seat belts always (87%) compared to male respondents (75%). Seven percent of male respondents reported never compared to 0% of females.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	2%	4%	10%	82%
Gender**					
Male	7	2	3	12	75
Female	0	1	5	7	87
Age					
18 to 34	3	0	3	7	87
35 to 44	4	2	3	6	84
45 to 54	2	3	6	10	79
55 to 64	8	5	3	13	70
65 and older	0	0	5	12	83
Education					
High School or Less	5	<1	5	10	80
Some Post High School	4	<1	5	7	84
College Graduate	1	3	3	12	81
Household Income					
\$30,000 or Less	3	0	9	13	75
\$30,001 to \$60,000	2	3	4	9	82
\$60,001 or More	4	<1	1	9	85
Marital Status					
Married	3	2	4	9	82
Not Married	4	<1	4	11	81

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Ninety-four percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 2% reported nearly always.

Bicycle Helmet Usage

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

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

- Twenty-five percent of respondents who bicycled, in-line roller skated or rode a scooter always (21%) or nearly always (4%) wore a helmet. Sixty-seven percent reported never.
- Thirty percent of female respondents reported always compared to 13% of male respondents.
- Respondents with a household income of at least \$60,001 were more likely to report always (33%) compared to those with an income of less than \$30,001 (17%) or respondents with a household income of \$30,001 to \$60,000 (7%).
- Married respondents were more likely to report always than unmarried respondents (22% and 14%, respectively).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	67%	3%	5%	4%	21%
Gender*					
Male	73	2	6	6	13
Female	60	4	3	2	30
Age					
18 to 34	63	5	7	2	22
35 to 44	64	0	5	10	20
45 to 54	61	6	6	2	25
55 and older	80	0	3	3	15
Education					
High School or Less	74	4	2	8	12
Some Post High School	60	3	6	6	26
College Graduate	68	1	7	1	22
Household Income**					
\$30,000 or Less	61	0	17	6	17
\$30,001 to \$60,000	79	3	7	5	7
\$60,001 or More	57	1	4	5	33
Marital Status**					
Married	70	2	4	2	22
Not Married	57	5	12	12	14

*= p≤0.05; **= p≤0.01

Children and Helmets

- Thirty-six 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-four percent of respondents reported their child always wore a helmet while 6% reported nearly always. Twenty-seven percent reported never.

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

KEY FINDING: Seventeen percent of respondents were current smokers. Respondents with some post high school education or less were more likely to be a smoker. Forty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Eleven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-four percent of all respondents preferred a smoke-free restaurant; nonsmokers were more likely to prefer this. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents or nonsmokers were more likely to 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).

- Seventeen percent of respondents were current smokers. Three percent smoked between one and 29 days while the remaining 14% smoked every day.
- Twenty-two percent of respondents with some post high school education and 20% of those with a high school education or less were current smokers compared to 10% of respondents with a college education.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	17%
Gender	
Male	18
Female	17
Age	
18 to 34	25
35 to 44	16
45 to 54	21
55 to 64	15
65 and older	12
Education*	
High School or Less	20
Some Post High School	22
College Graduate	10
Household Income	
\$30,000 or Less	15
\$30,001 to \$60,000	19
\$60,001 or More	17
Marital Status	
Married	20
Not Married	12

*= 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-four percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- There were no statistically significant differences between demographic variables and trying to quit in the past 12 months.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

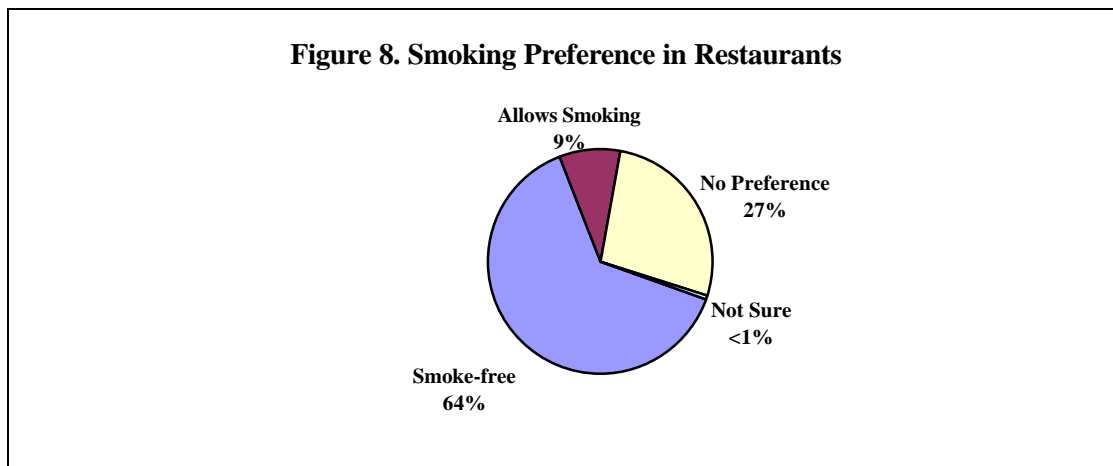
- Fifty-three percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Thirty-five percent of respondents with a high school education or less reported a health professional advised them to quit smoking in the past year compared to 64% of respondents with at least some post high school education.

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. Eleven percent reported indoor smoking or vehicle smoking occurred.
- There was no statistically significant difference between households with children and households without children.

Smoking Preference in Restaurants

- Sixty-four percent of respondents reported they preferred to eat in smoke-free restaurants while 9% preferred restaurants that allow smoking. Twenty-seven percent reported they did not have a preference.



- Seventy-three percent of nonsmokers preferred smoke-free restaurants compared to 22% of smokers. Forty-two percent of smokers reported the preference for restaurants that allow smoking while 2% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty percent of respondents favored a community ordinance prohibiting smoking in eating establishments (40% strongly favor, 20% moderately favor).

- Female respondents were more likely to favor an ordinance than male respondents (70% and 50%, respectively).
- Sixty-eight percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 25% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (46%) compared to smokers (12%).

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

	Moderately Favor	Strongly Favor
TOTAL	20%	40%
Gender**		
Male	19	31
Female	22	48
Age		
18 to 34	28	39
35 to 44	27	39
45 to 54	22	37
55 to 64	8	43
65 and older	15	45
Education		
High School or Less	15	41
Some Post High School	25	40
College Graduate	22	40
Household Income		
\$30,000 or Less	17	42
\$30,001 to \$60,000	21	39
\$60,001 or More	22	44
Marital Status		
Married	19	41
Not Married	23	38
Smoking Status**		
Nonsmoker	22	46
Smoker	13	12

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 25% had three or more drinks on at least one occasion while 14% binge. Respondents who were male, 18 to 34 years old or with a household income of at least \$60,001 were more likely to have had three or more drinks and on more occasions. Respondents who were male or 18 to 44 years old were more likely to have binge at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. 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-three percent of respondents had a drink in the past 30 days. Thirty-one percent reported they drank on at least five days, while 13% reported three to four days, and 19% reported drinking on one or two days in the past 30 days.
- Eight percent of all respondents reported an average of four or more drinks per day on the days they drank while 8% reported three, 22% reported two and 24% reported one drink on average on the days they drank. Thirty-seven percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-five percent of all respondents had three or more drinks on an occasion in the past month. Ten percent reported this one to two times and 15% reported three or more times.
- Male respondents were more likely to report three or more drinks (38%) than female respondents (15%). Males were more likely to have had three or more drinks on at least three occasions (23%) compared to female respondents (8%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks, and more often. Forty-five percent of respondents 18 to 34 years old reported three or more drinks (12% one to two occasions and 33% three or more occasions) compared to 12% of respondents 65 and older (6% one to two occasions and 6% three or more occasions).
- Respondents with a household income of at least \$60,001 were more likely to have had three or more drinks (30%) compared to those with an income of \$30,001 to \$60,000 (25%) or respondents with a household income of less than \$30,001 (11%).

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).

- Fourteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month than female respondents (24% and 7%, respectively).
- Twenty-seven percent of respondents 18 to 34 years old and 25% of those 35 to 44 years old binged compared to 5% of respondents 65 and older.

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	10%	15%	14%
Gender			
Male	15**	23**	24**
Female	7**	8**	7**
Age			
18 to 34	12**	33**	27**
35 to 44	18**	15**	25**
45 to 54	9**	10**	10**
55 to 64	7**	17**	7**
65 and Older	6**	6**	5**
Education			
High School or Less	9	14	12
Some Post High School	9	15	13
College Graduate	12	17	18
Household Income			
\$30,000 or Less	5*	6*	7
\$30,001 to \$60,000	13*	12*	14
\$60,001 or More	10*	20*	15
Marital Status			
Married	12	15	15
Not Married	6	16	14

*= p≤0.05; **= p≤0.01

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

- Two 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.

Family Problem Associated with Alcohol in Past Year

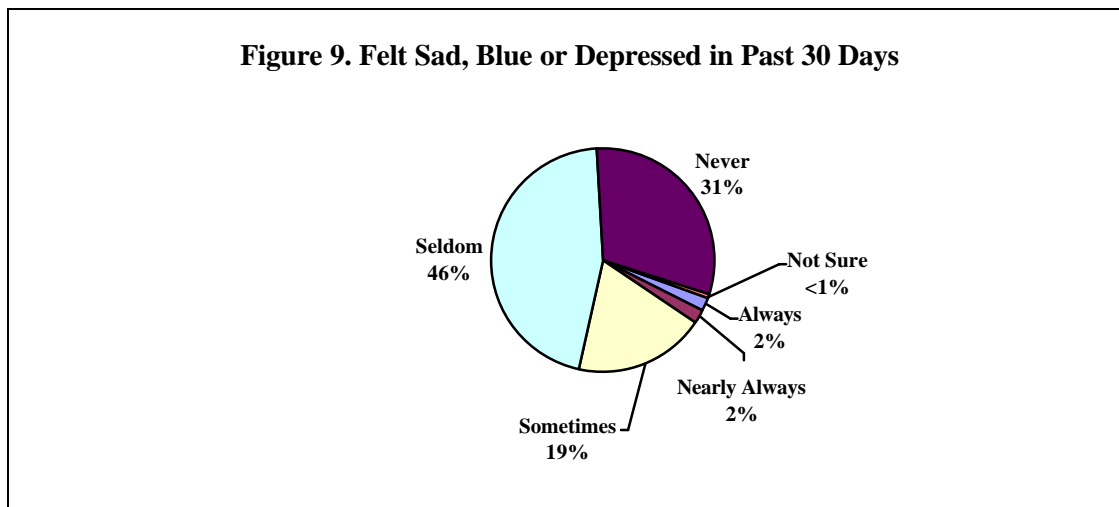
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a household income of \$30,001 to \$60,000 were more likely to report this. Twenty-three percent felt they were excellent at managing stress; 3% reported poor. Four percent reported they never or seldom find meaning and purpose in their daily life. One percent of respondents felt so overwhelmed they considered suicide in the past year.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” four percent of survey respondents answered always or nearly always. This equates up to 3,600 residents. Nineteen percent reported sometimes and the remaining 77% reported seldom (46%) or never (31%).



- Seven percent of respondents with a household income of \$30,001 to \$60,000 reported they nearly always/always felt sad, blue or depressed in the past thirty days compared to 3% of those with an income of less than \$30,001 or 2% of respondents with a household income of at least \$60,001. Forty-one percent of respondents with a household income of at least \$60,001 reported never compared to 30% of those with an income of less than \$30,001 or 21% of respondents with a household income of \$30,001 to \$60,000.

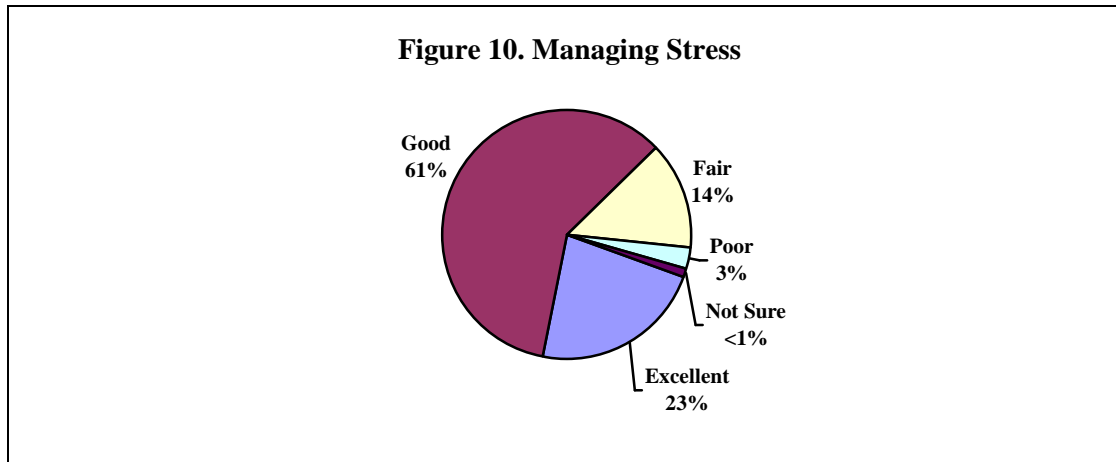
Considered Suicide

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Caledonia/Mount Pleasant 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.

- One 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 2,400 residents who considered suicide in the past year.

Managing Stress

- Twenty-three percent reported they were excellent at managing stress. Sixty-one percent reported good while 14% reported fair and 3% reported poor.



- Seven percent of respondents 18 to 34 years old reported poor compared to 0% of those 65 and older. Four percent of respondents 45 to 54 years old reported poor along with 2% of those 35 to 44 years old or 55 to 64 years old. Twenty-three percent of respondents 35 to 44 years old reported poor or fair followed by 22% of those 18 to 34 years old and 21% of respondents 45 to 54 years old. Fifteen percent of respondents 55 to 64 years old and 5% of respondents 65 and older reported poor or fair.

Finding Meaning and Purpose in Daily Life

- Forty-two percent of respondents reported they always find meaning and purpose in their daily life, an additional 41% reported nearly always. Twelve percent reported sometimes while 4% reported seldom and less than one percent reported never.
- Eight percent of respondents with a college education reported never/seldom compared to 3% of those with a high school education or less or 2% of respondents with some post high school education.

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

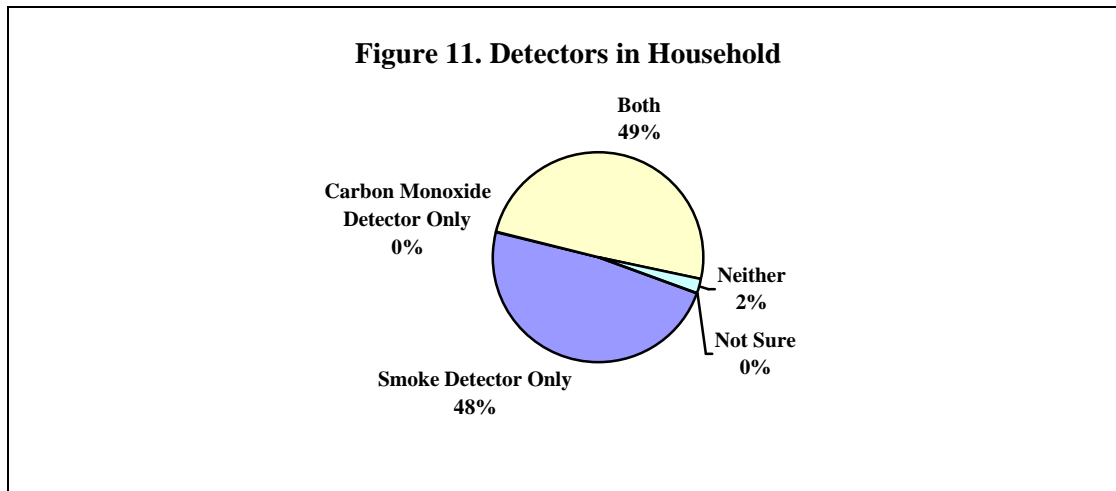
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	12%	41%	42%
Gender				
Male	5	15	38	40
Female	4	9	43	43
Age				
18 to 34	7	12	33	49
35 to 44	6	7	46	39
45 to 54	5	19	38	38
55 to 64	3	14	42	41
65 and older	1	8	43	46
Education**				
High School or Less	3	11	33	51
Some Post High School	2	12	41	46
College Graduate	8	13	49	30
Household Income				
\$30,000 or Less	3	9	40	47
\$30,001 to \$60,000	8	13	43	36
\$60,001 or More	1	11	39	48
Marital Status				
Married	5	11	42	42
Not Married	5	14	40	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 49% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

- Forty-nine percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Forty-eight percent reported only a working smoke detector. Two percent had neither.



- Married households were more likely to have both detectors (55%) compared to unmarried households (33%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector Only	Carbon Monoxide Detector Only	Both	Neither
TOTAL	48%	0%	49%	2%
Household Income				
\$30,000 or Less	52	0	43	6
\$30,001 to \$60,000	51	0	46	3
\$60,001 or More	45	0	54	1
Marital Status**				
Married	42	0	55	2
Not Married	64	0	33	3

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-six percent of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 4% had a loaded firearm; households without children were more likely to have 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, 36% of households had one or more firearms.
- Married households were more likely to have a firearm (41%) compared to unmarried households (20%).

Loaded Firearm

- Four percent of all households had a loaded firearm.
- Households without children were more likely to have a loaded firearm (6%) than households with children (less than one percent).

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.
- Respondents 45 to 54 years old were more likely to report someone had made them afraid for their personal safety in the past year (11%) compared to those 35 to 44 years old (3%) or respondents 55 to 64 years old (0%). Seven percent of respondents 18 to 34 years old and 4% of those 65 and older reported feeling afraid for their safety.
- Unmarried respondents were more likely to report feeling afraid for their safety than married respondents (11% and 3%, respectively).
 - A stranger was most often mentioned as the perpetrator (17 responses). Fewer than three respondents reported each of the following: acquaintance, spouse, ex-spouse, or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - Three respondents reported an acquaintance. One respondent each reported spouse or ex-spouse.

Combined Personal Safety Threats

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

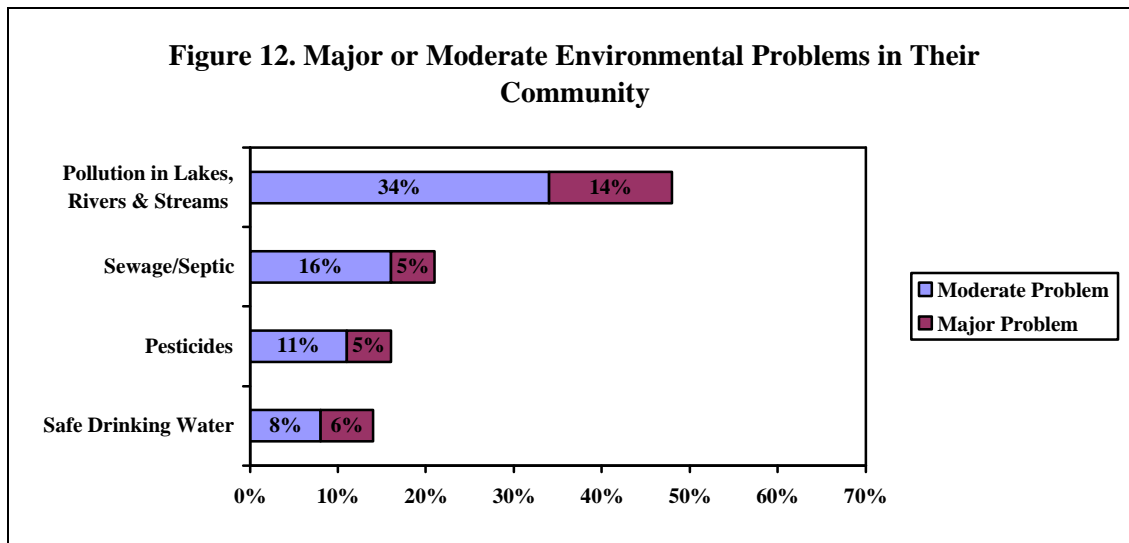
APPENDIX A: ADDITIONAL QUESTIONS

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 reported was water pollution in lakes, rivers and streams (48%). Female respondents were more likely to report pesticides as a major or moderate problem. Respondents with some post high school education were more likely to report water pollution as a major/moderate problem while those with a college education were more likely to report sewage/septic. Respondents with a household income of less than \$30,001 were more likely to report safe drinking water as a major or moderate problem.

- Out of four environmental problems that communities may face, 48% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem. Sewage/septic was listed by 21% of respondents as a major or moderate problem followed by pesticides (16%) and safe drinking water (14%).



- Female respondents were more likely to report pesticides as a major/moderate problem (20%) than male respondents (10%).
- Respondents with some post high school education were more likely to report water pollution as a major/moderate problem while those with a college education were more likely to report sewage/septic.
- Twenty-four percent of respondents with a household income of less than \$30,001 reported safe drinking water as a major/moderate problem compared to 13% of those with an income of \$30,001 to \$60,000 or 11% of respondents with a household income of at least \$60,001.

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

	Lake, River & Stream Pollution	Sewage or Septic	Pesticides	Safe Drinking Water
TOTAL	48%	21%	16%	14%
Gender				
Male	43	21	10**	10
Female	52	21	20**	16
Age				
18 to 34	40	18	7	12
35 to 44	53	25	18	13
45 to 54	54	25	17	16
55 to 64	44	14	14	14
65 and older	46	23	18	12
Education				
High School or Less	39*	15*	14	13
Some Post High School	56*	20*	20	14
College Graduate	50*	28*	13	14
Household Income				
\$30,000 or Less	51	30	19	24*
\$30,001 to \$60,000	45	21	15	13*
\$60,001 or More	53	19	13	11*
Marital Status				
Married	49	21	16	13
Not Married	48	22	15	17

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Five percent of respondents were not aware of the public health department prior to the interview; 38% received services from the health department.

- Five percent of respondents were not aware of the public health department prior to the interview. Fifty-seven percent were aware of the department but had no experience with it. Thirty-four percent received limited services from the health department and 4% received more extensive services.
- There were no statistically significant differences between demographic variables and awareness of and experience with the public health department.

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	5%	57%	34%	4%
Gender				
Male	8	59	32	2
Female	3	56	36	6
Age				
18 to 34	7	66	23	5
35 to 44	4	43	50	3
45 to 54	5	62	31	2
55 to 64	0	68	27	5
65 and older	8	55	33	4
Education				
High School or Less	7	62	28	3
Some Post High School	2	53	40	5
College Graduate	7	56	35	3
Household Income				
\$30,000 or Less	5	46	39	10
\$30,001 to \$60,000	6	57	36	2
\$60,001 or More	4	61	33	3
Marital Status				
Married	5	57	35	3
Not Married	6	56	33	6

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

CALEDONIA/MOUNT PLEASANT
 COMMUNITY HEALTH SURVEY
 Conducted: February 21 through June 11, 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	7
Good	26
Very good	40
Excellent	25
Not sure	0

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

No health care coverage	2%
Medical Assistance or Title 19.....	2
Badger Care	0
Medicare	21
A prepaid plan such as a HMO, PPO	50
Another commercial health plan	18
Something else	7
Not sure	<1

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

Not all members covered.....	8%
All members covered.....	92
Not sure	0

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.....	11%
All members covered.....	89
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	75%
Walk-in or urgent care clinic	9
Hospital emergency room.....	8
Community health center.....	5
Other.....	1
Not sure	2

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

Yes..... 31%
 No..... 68
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	63%	22%	9%	6%	<1%	<1%
8. Cholesterol testing	56	18	8	3	14	1
9. Visit to a dentist/dental clinic..	80	10	2	6	1	<1
10. Eye exam.....	48	36	7	7	1	<1

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

Yes..... 39%
 No..... 61
 Not sure <1

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

Yes..... 22%
 No..... 75
 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?	25%	75%	<1%
14. Your blood cholesterol is high?	21	78	1
15. You had a stroke?.....	1	99	0
16. You have heart disease or a heart condition? ..	4	95	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	0
18.if yes, have you had your blood sugar tested in the past year? [32 Respondents]	100	0	0
19. You had a mental health problem?.....	2	99	0
20. You had cancer, other than skin cancer.....	2	98	0
21. You had a sexually transmitted disease.....	<1	100	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?	13%	87%	<1%
23. Do you still have asthma? [All Respondents] ...	10	89	<1
24. (if yes), do you have an asthma action plan? [41 Respondents].....	43	47	10

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..... 29%
Two servings 27
Three or more servings 43
Not sure 1

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..... 36%
Two servings 34
Three or more servings 29
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 36%
A few times per week..... 40
Daily or nearly so 5
Hardly ever or never 19
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..... 75%
No..... 25
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..... 79%
No..... 21
Not sure 0

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

One	3%
Two	10
Three.....	20
Four	11
Five.....	14
Six	3
Seven	19
Not sure	<1
No moderate exercise/no answer.....	21

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	17%
30 to 44 minutes	26
45 to 59 minutes	7
60 or more minutes.....	28
Not sure	1
No moderate exercise/no answer.....	21

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [217 Respondents]

Within the past year (anytime less than 12 months ago)	50%	? GO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	13	? GO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	3	? GO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	3	? CONTINUE WITH Q33
5 or more years ago	4	? CONTINUE WITH Q33
Never	27	? CONTINUE WITH Q33
Not sure	<1	? CONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [25 Respondents 40 years old or older]

Too young..... 6 responses
 Not recommended by provider 5 responses
 Don't like 4 responses
 Don't need 3 responses
 No time 1 response
 Other 3 responses
 Not sure 3 responses

[47 Respondents 18 to 39 years old]

Too young..... 40 responses
 Not recommended by provider 3 responses
 Don't need 1 response
 Not sure 3 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? [216 Respondents]

Within the past year (anytime less than 12 months ago) 64%
 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) 4
 Within the past 5 years (3 years, but less than 5 years ago)..... 3
 5 or more years ago 10
 Never 2
 Not sure..... <1

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? [183 Respondents]

Within the past year (anytime less than 12 months ago) 35%
 Within the past 2 years (1 year, but less than 2 years ago) 19
 Within the past 5 years (2 years, but less than 5 years ago)..... 14
 5 or more years ago 4
 Never 27
 Not sure..... 1

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) 28%
 Within the past 2 years (1 year, but less than 2 years ago) 14
 Within the past 5 years (2 years, but less than 5 years ago)..... 11
 5 or more years ago 8
 Never 35
 Not sure..... 4

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) 13%
 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)..... 13
 Within the past 10 years (5 years but less than 10 years ago)... 2
 10 years ago or more 5
 Never 54
 Not sure..... <1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	46%	54%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	51	48	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	63	37	<1
41. Avoid artificial sources of ultraviolet light?.....	76	23	<1

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

Do not ride/skate/scoot..... 53%

Frequency of those who bicycle, use in-line roller skates or scooters [188 Respondents]

Never 67%
 Seldom..... 3
 Sometimes 5
 Nearly always..... 4
 Always 21
 Not sure 0

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

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

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

One	17%
Two	15
Three or more.....	9
None	60 ? GO 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? [160 Respondents]

Do not ride/skate/scoot..... 10%

Frequency of those who bicycle, use in-line roller skates or scooters [145 Respondents]

Never	27%
Seldom.....	2
Sometimes	12
Nearly always.....	6
Always.....	54
Not sure	0

46. How often do the children in your household use an infant seat, car seat or seat belts? [160 Respondents]

Never	1%
Seldom.....	0
Sometimes	1
Nearly always.....	2
Always.....	94
Not sure	1

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

Never	31%
Seldom.....	46
Sometimes	19
Nearly always.....	2
Always.....	2
Not sure	<1

48. How would you rate yourself in terms of managing stress?

Poor	3%
Fair	14
Good.....	61
Excellent	23
Not sure	<1

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

Never	<1%
Seldom.....	4
Sometimes	12
Nearly always.....	41
Always.....	42
Not sure	<1

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

Yes.....	1%
No.....	99
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	37%
One to two days.....	19
Three to four days	13
Five or more days.....	31
Not sure	0

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

None	37%
One drink	24
Two drinks	22
Three drinks	8
Four or more drinks	8
Not sure	1

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	75%
One to two times	10
Three or more times	15
Not sure	0

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	85%
Once	5
Two or more times	9
Not sure	<1

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

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

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.....	96
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.....	83%
1 to 29 days	3
30 days.....	14
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? [68 Respondents]

0 days..... 56%
At least 1 day 44
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? [68 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

Yes..... 3%
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..... 11%
No..... 40
No smokers in the household..... 50
Not sure <1

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 64%
Restaurants that allow smoking 9
No preference..... 27
Not sure <1

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

Strongly oppose..... 18%
Moderately oppose 15
Moderately favor 20
Strongly favor 40
Not sure 6

Another issue being discussed these days deals with firearms.

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

Yes..... 36%
 No..... 64
 Not sure <1

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

Yes..... 4%
 No..... 31
 Not sure <1
 No firearms in the household/no answer 65

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..... 2
 Not sure 0
 No firearms in household/not loaded/no answer97

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?	20%	79%	<1%
68. Having acupuncture?	3	97	0
69. Massage therapy?	13	86	1
70. Aroma therapy?	3	97	<1
71. Movement therapy, such as yoga or tai' chi?	5	94	<1
72. Meditation?	7	93	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%
 Female 54

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

18 to 34 years old	15%
35 to 44 years old	24
45 to 54 years old	25
55 to 64 years old	15
65 and older	21

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	35%
Overweight	45
Obese.....	20

77. What is your racial heritage?

White	97%
Black, African American or Negro	2
Asian or Pacific Islander.....	<1
American Indian or Alaska Native	<1
Another race	<1
Multiple races.....	0
Not sure	0

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married	13%
A member of an unmarried couple.....	2
Married	71
Separated	<1
Divorced	5
Widowed.....	10
Not sure	0

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

8th grade or less	<1%
Some high school	4
High school graduate or GED	28
Some college.....	26
Technical school graduate	7
College graduate	25
Advanced or professional degree	10
Not sure	0

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

Racine.....	100%
-------------	------

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

Caledonia town	50%
Mount Pleasant town.....	50

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

53406.....	36%
53402.....	28
53403.....	12
53126.....	6
53405.....	6
53108.....	5
All others (3% or less).....	4
No answer	4

84. What is your annual household income before taxes?

Less than \$10,000.....	2%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	9
\$30,001 to \$40,000.....	12
\$40,001 to \$50,000.....	11
\$50,001 to \$60,000.....	18
\$60,001 to \$75,000.....	11
\$75,001 to \$90,000.....	11
Over \$90,000	13
Not sure	2
No answer	4

The next series of questions deal with personal safety issues.

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

Yes.....	5%	? CONTINUE WITH Q86
No.....	95	? GO TO Q87
Not sure	0	? GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [21 Respondents; More than 1 response accepted]

Stranger	17 responses
Acquaintance	2 responses
Spouse	1 response
Ex-spouse.....	1 response
Someone else	1 response

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

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

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

Acquaintance	3 responses
Spouse	1 response
Ex-spouse	1 response
Someone else	3 responses

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

Smoke detectors	48%
Carbon monoxide detectors	0
Both	49
Neither	2
Not sure	<1

ADDITIONAL QUESTIONS FOR CALEDONIA/MOUNT PLEASANT

[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	29%	20%	34%	14%	4%
A2. Sewage or septic.....	51	21	16	5	6
A3. Safe drinking water	63	21	8	6	3
A4. Pesticides	57	19	11	5	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 5%
 Aware of the health department, but have had no experience with programs or services57
 Aware of the health department and have received limited service like a flu shot or other immunization34
 Aware of the health department and have received more extensive services 4
 Not sure<1