

Calumet County
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

Prepared by:
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Purpose

The purpose of this project is to provide Calumet County with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate and available, health data of residents to state and national measurements.

Methodology

The Calumet County Community Health Survey¹ was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care to provide health departments and other community groups with information on local health needs.

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

A total of 497 telephone interviews were completed between February 24 and July 16, 2003. With a sample size of 497, we can be 95% sure that the sample percentage reported would not vary by more than ± 4 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Calumet County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 687-9909 or janet.vandehy@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

¹ Calumet County is defined as all communities except for the city of Appleton.

Demographic Profile of Calumet County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 34	25%
35 to 44	26
45 to 54	20
55 to 64	12
65 and Older	17
Education	
High School Graduate or Less	52%
Some Post High School	25
College Graduate	25
Household Income	
\$30,000 or Less	27%
\$30,001 to \$60,000	48
\$60,001 or More	22
Not Sure/No Answer	3
Married	62%

What do the percentages mean?

Results of the Calumet County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 21,562 adult residents.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 200 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 2,000 residents ± 800 individuals. Meaning that from 1,200 to 2,800 residents may have fair or poor health in the county. Because the margin of error is $\pm 4\%$, events or health risks that are small will include zero.

The 2000 Census counted 11,038 households in Calumet County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 110 households. For example, 13% 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 1,430.

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 Calumet County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

Summary

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

Overall Health		Risk Conditions in the Past 3 Years	
Calumet County	<u>2003</u>	Calumet County	<u>2003</u>
Excellent	19%	High Blood Pressure.....	19%
Very Good.....	39%	High Blood Cholesterol	16%
Good	32%	Asthma (Current).....	6%
Fair or Poor	10%	Heart Disease/Condition.....	5%
		Diabetes	5%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Calumet County	<u>2003</u>
Nation	56%	Inactive	24%
		Insufficient	46%
Health Care Coverage		Recommended.....	31%
Calumet County	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	6%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	13%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	18%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Calumet County	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	66%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	27%
Calumet County	<u>2003</u>	Fried Food/Fast Food (a few times/week)	51%
Yes	37%	Overweight.....	58%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Calumet County	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	84%	Nation	58%
Cholesterol Test (2 years or less).....	65%	Women's Health	
Dental Checkup (past year).....	72%	Calumet County	<u>2003</u>
Eye Exam (2 years or less).....	81%	Mammogram (50+; past year).....	62%
Vaccinations		Pap Smear (past year).....	59%
Calumet County	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	32%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	52%	Pap Smear (past year)	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Calumet County	<u>2003</u>	Calumet County	<u>2003</u>
Chiropractor	27%	Avoid Artificial Sources of UV Light	70%
Massage Therapy.....	14%	Use Sunscreen with SPF 15 or Higher	57%
Movement Therapy.....	5%	Wear Sun Protective Clothing.....	52%
Meditation	4%	Avoid Sun Between 10 a.m. and 4 p.m.	41%
Aroma Therapy.....	4%		
Acupuncture.....	4%		

Men's Health		Alcohol Use	
Calumet County		Calumet County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	29%	Drink in Past Month	65%
50 and Older	52%	3+ Drinks on Occasion in Past Month.....	35%
Other Tests		Binge in Past Month	
Calumet County	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)]	19%
Blood Stool Test (50+; within past 2 years)...	52%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	4%
(50+; within past 2 years).....	40%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
Safety		<i>Wisconsin</i>	26%
Calumet County		<i>Nation</i>	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	84%	Calumet County	
Children	96%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	2%
(Of Those Who Ride Bike or In-Line Skate)		Never	37%
Adult.....	17%	Managing Stress	
Children	59%	Excellent/Good.....	76%
Detectors		Poor	2%
Smoke Detector	43%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom.....	8%
Both.....	52%	Considered Suicide (past year).....	2%
Neither	5%	Firearms in Household	
Tobacco Use		Calumet County	
Calumet County	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	22%	Have a Firearm.....	45%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	2%
Year Because Trying to Quit (smokers).....	42%	Have a Loaded Firearm Unlocked.....	<1%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers).....	53%	Calumet County	<u>2003</u>
Smoking Indoors or in Vehicle.....	18%	Afraid for Their Safety	6%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	2%
Smoke-free	63%	Additional Questions	
Allow Smoking.....	10%	Calumet County	
No Preference	27%	Awareness of/Experience with Health Dept.	<u>2003</u>
Ordinance Prohibiting Smoking in Eating		Aware of/No Experience	57%
Establishments		Aware of/Received Services	34%
Moderately Favor	25%	Maj./Mod. Factors Preventing Physical Exercise	
Strongly Favor	41%	Time	42%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Motivation.....	42%
<i>Wisconsin</i>	24%	Health Problems	19%
<i>Nation</i>	23%	Cost.....	13%
		Safety Concerns	10%
		Primary Caregiver for Elderly or Disabled	
		Person, Not Employed as Caregiver	7%

Overall Health and Health Care Key Findings

Fifty-eight percent of respondents reported their health as excellent or very good. Respondents who were older, with a high school education or less, with a household income of less than \$30,001, overweight or inactive were more likely to report fair or poor health.

Six percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, 45 to 54 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; 18% reported someone was not covered in the past 12 months. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone was currently not covered or in the past 12 months. Seventy-four percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-seven percent of respondents had an advance care plan; older respondents were more likely to report an advance care plan.

Seventy-two percent of all respondents reported a visit to the dentist in the past year while 59% reported having a routine checkup, 52% an eye exam and 46% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a high school education or less were more likely to report a routine checkup or cholesterol test in the past year. Respondents with higher household income or married respondents were more likely to report a dental checkup in the past year.

Thirty-two 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-two 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 were more likely to report high blood pressure, current asthma, heart disease/condition or diabetes; respondents 55 and older were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or diabetes. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes; respondents who were not overweight were more likely to report current asthma. Inactive respondents were more likely to report high blood pressure, current asthma or diabetes.

Two percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-two percent of respondents felt they were excellent at managing stress; 2% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. Two 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 (27% and 14%, respectively). Female respondents were more likely to report movement therapy or aroma therapy. Respondents 18 to 34 years old were more likely to report aroma therapy in the past three years. Respondents with a college education were more likely to report massage therapy or meditation while respondents with at least some post high school education were more likely to report movement therapy. Respondents with a household income of at least \$60,001 were more likely to report massage therapy, movement therapy or aroma therapy. Married respondents were more likely to report chiropractic care.

Thirty-one percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents 45 to 54 years old, with higher education, higher household income or unmarried respondents were more likely to meet the recommendation. Fifty-eight percent of respondents were classified as overweight (37% overweight and 21% obese). Male respondents, those who were 65 and older or married respondents were more likely to be classified as overweight.

Sixty-six percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents or those who were 18 to 34 years old were more likely to eat two or more servings of fruit per day. Respondents who were female, with higher education, higher household income or married were more likely to eat three or more servings of vegetables per day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males or younger respondents were more likely to report this.

Seventy-nine 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 younger or with higher household income were more likely to have had a pap smear within the past three years.

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

Fifty-two percent of respondents 50 years old or older had their blood stool tested within the past two years while 40% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun. Respondents 45 to 64 years old were more likely to report avoiding artificial sources of UV light.

Eighty-four percent of respondents wore seat belts always or nearly always. Female respondents, those who were 45 to 54 years old or with a college education were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 17% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

Twenty-two percent of respondents were current smokers; unmarried respondents were more likely to be smokers. Forty-two 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. Eighteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three percent of all respondents preferred a smoke-free restaurant. Respondents with a college education, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-six percent favored a community ordinance prohibiting smoking in eating establishments; respondents with a household income of at least \$60,001 or who were nonsmokers were more likely to favor this.

Sixty-five percent of respondents had an alcoholic drink in the past 30 days. In the past month, 35% had three or more drinks on at least one occasion while 19% binged. Respondents who were 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, more often or binged in the past month. Male respondents were also more likely to have had three or more drinks and more often. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-five percent of households had a working smoke detector while 52% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Forty-five percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 2% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

Six 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

Eight percent of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Respondents who were female, 65 and older, with a household income of less than \$30,001, a household income of at least \$60,001 or married respondents were more likely to report services.

Out of five factors that may prevent respondents from exercising, the most often mentioned major or moderate factor were time or motivation. Female respondents were more likely to report time, motivation or health problems as a major/moderate factor for not exercising. Respondents 35 to 44 years old were more likely to report time as a major/moderate factor while respondents 65 and older were more likely to report health problems or safety concerns. Respondents with at least some post high school education were more likely to report time while respondents with a high school education or less were more likely to report safety concerns. Respondents with higher household income or married respondents were more likely to report time as a major/moderate factor. Respondents who were physically inactive were more likely to report health problems or safety concerns while respondents who did an insufficient amount of physical activity were more likely to report time or motivation.

Seven percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.

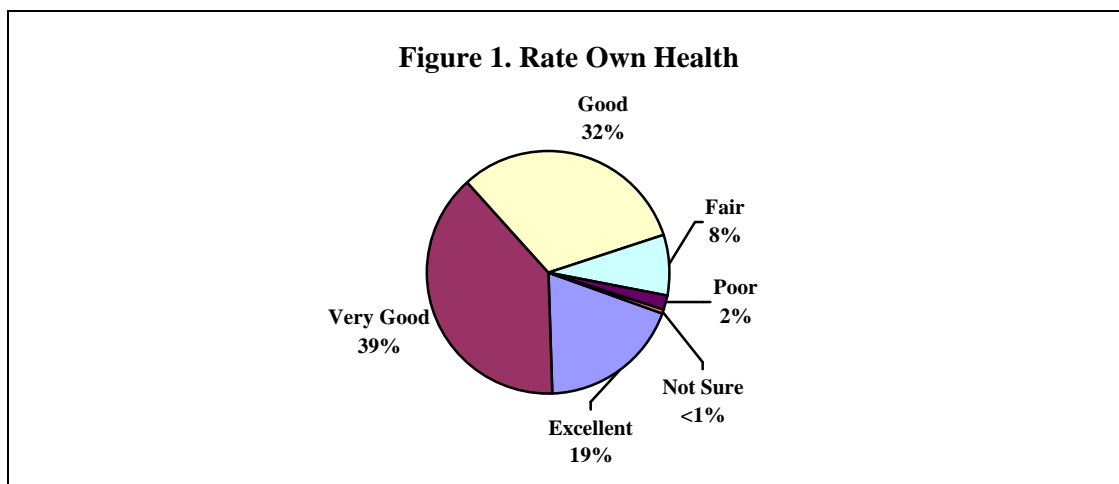
Key Findings

Rating Their Own Health (Figure 1; Table 2)

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

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

- Fifty-eight percent of respondents said their own health, generally speaking, was either excellent (19%) or very good (39%). A total of 10% reported their health was fair (8%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor (24%) compared to those 35 to 44 years old (5%) or respondents 18 to 34 years old (3%). Only 2% of respondents 65 and older reported their health as excellent.
- Fifteen percent of respondents with a high school education or less reported fair or poor health compared to 6% of those with some post high school education or 3% of respondents with a college education.
- Eighteen percent of respondents with a household income of less than \$30,001 reported fair/poor health compared to 8% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Overweight respondents were more likely to report fair/poor health than those who were not overweight (14% and 7%, respectively).

- Twenty-two percent of respondents who were classified as inactive reported fair or poor health compared to 8% of those who engaged in an insufficient amount of physical activity or 4% of respondents who engaged in the recommended amount of physical activity.

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	32%	39%	19%
Gender				
Male	11	31	39	19
Female	9	34	38	19
Age**				
18 to 34	3	36	36	25
35 to 44	5	32	41	22
45 to 54	13	21	40	26
55 to 64	17	37	32	14
65 and Older	24	33	39	2
Education**				
High School or Less	15	35	33	17
Some Post High School	6	36	43	16
College Graduate	3	23	47	27
Household Income**				
\$30,000 or Less	18	41	30	12
\$30,001 to \$60,000	8	33	42	17
\$60,001 or More	5	21	41	32
Marital Status				
Married	8	33	39	20
Not Married	13	31	38	18
Overweight**				
Not Overweight	7	27	40	27
Overweight	14	36	36	14
Physical Activity**				
Inactive	22	35	29	12
Insufficient	8	36	36	20
Recommended	4	24	50	23
Smoker				
Nonsmoker	11	30	38	20
Smoker	8	38	39	14

*= p≤0.05; **= p≤0.01

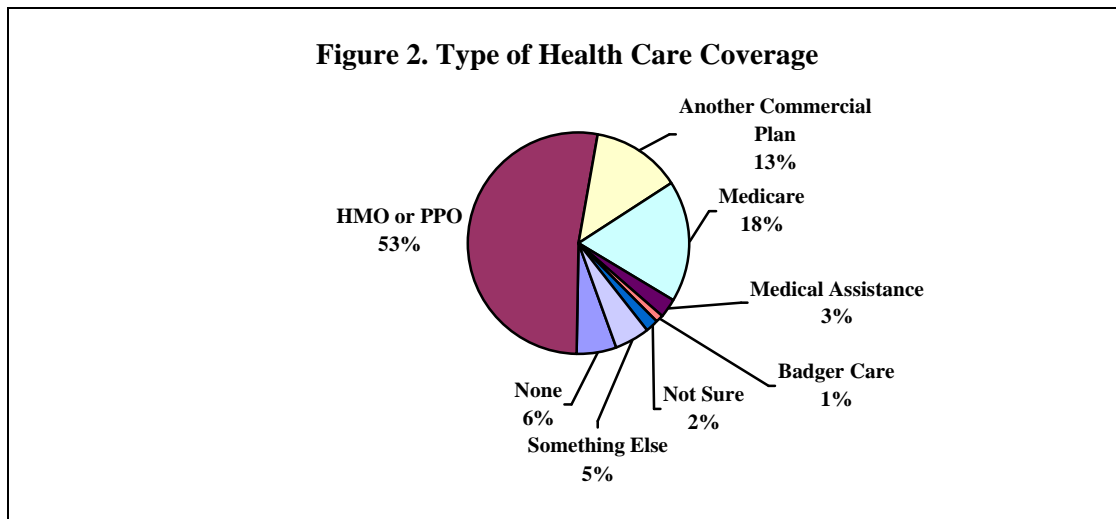
Health Care Coverage (Figure 2)

KEY FINDING: Six percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, 45 to 54 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; 18% reported someone was not covered in the past 12 months. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone was currently not covered or in the past 12 months. Seventy-four percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-seven percent of respondents had an advance care plan; older respondents 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).

- Six percent of respondents reported they were currently not covered by any health insurance. Fifty-three percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Thirteen percent reported another commercial plan, 18% reported Medicare and 3% reported medical assistance.



- Male respondents were more likely to report they did not have personal health insurance (9%) than female respondents (4%).
- Eleven percent of respondents 18 to 34 years old or 45 to 54 years old reported they were not currently covered by any health insurance compared to 0% of respondents 65 and older. Five percent of respondents 55 to 64 years old reported no coverage along with 2% of respondents 35 to 44 years old.

- Respondents with a household income of less than \$30,001 were more likely to report they did not have personal health insurance (12%) compared to those with an income of at least \$60,001 (8%) or respondents with a household income of \$30,001 to \$60,000 (3%).
- Unmarried respondents were more likely to report they were not currently covered by any health insurance (13%) than married respondents (2%).

Someone in Household Currently Not Covered

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,430 households.
- Twenty-four percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered by insurance compared to 12% of those with an income of at least \$60,001 or 8% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report someone was not covered (24%) compared to married respondents (7%).

Someone in Household Not Covered in the Past 12 Months

- Eighteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 14% of respondents with a household income of \$30,001 or more.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (29%) compared to married respondents (12%).

Primary Health Care Services

- Seventy-four percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twelve percent reported walk-in or urgent care while 7% reported hospital emergency room and 4% reported community health center.
- Female respondents were more likely to report medical doctor, etc., (80%) compared to male respondents (66%).

Advance Care Plan

- Thirty-seven percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Older respondents were more likely to report having an advance care plan. Sixty-five percent of respondents 65 and older reported this followed by 42% those 55 to 64 years old and 37% of respondents 45 to 54 years old. Twenty-nine percent of respondents 35 to 44 years old reported an advance care plan along with 27% of respondents 18 to 34 years old.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-two percent of all respondents reported a visit to the dentist in the past year while 59% reported having a routine checkup, 52% an eye exam and 46% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a high school education or less were more likely to report a routine checkup or cholesterol test in the past year. Respondents with higher household income or married respondents were more likely to report a dental checkup 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).

- Fifty-nine percent of respondents reported they had a routine checkup in the past year. An additional 25% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (67%) than male respondents (51%).
- Respondents 65 and older were more likely to report a routine checkup in the past year (83%) compared to those 35 to 44 years old (51%) or respondents 45 to 54 years old (46%).
- Sixty-six percent of respondents with a high school education or less reported a routine checkup in the past year compared to 53% of those with some post high school education or 51% of respondents with a college education.

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	59%	25%	6%	7%	2%
Gender**					
Male	51	26	8	11	2
Female	67	25	3	3	2
Age**					
18 to 34	60	28	7	4	2
35 to 44	51	25	9	10	2
45 to 54	46	32	5	13	4
55 to 64	59	27	3	9	2
65 and Older	83	13	2	1	0
Education**					
High School or Less	66	20	7	6	3
Some Post High School	53	29	5	9	<1
College Graduate	51	34	4	9	2
Household Income					
\$30,000 or Less	66	17	4	12	2
\$30,001 to \$60,000	58	27	7	6	3
\$60,001 or More	58	29	6	6	<1
Marital Status					
Married	59	27	6	7	2
Not Married	60	23	5	8	3

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

Cholesterol Test

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

- Forty-six percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Twenty-four percent reported never having their cholesterol tested.
- Respondents 65 and older were more likely to have had their cholesterol tested within the past year (82%) compared to those 45 to 54 years old (37%) or respondents 18 to 34 years old (31%). Respondents 18 to 34 years old were more likely to report never (47%) compared to all other age groups (1% to 28%).
- Fifty-two percent of respondents with a high school education or less reported a cholesterol test within the past year compared to 41% of those with some post high school education or 38% of respondents with a college education.

- Forty-eight percent of unmarried respondents and 45% of married respondents reported a cholesterol test in the past year. Thirty-two percent of unmarried respondents reported never compared to 19% of married respondents.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	46%	19%	5%	4%	24%
Gender					
Male	45	18	5	5	25
Female	47	19	4	3	24
Age**					
18 to 34	31	15	2	2	47
35 to 44	39	17	7	6	28
45 to 54	37	32	6	5	18
55 to 64	53	17	3	7	17
65 and Older	82	11	4	1	1
Education*					
High School or Less	52	17	5	4	22
Some Post High School	41	24	3	3	22
College Graduate	38	18	5	5	31
Household Income					
\$30,000 or Less	52	14	2	2	29
\$30,001 to \$60,000	45	20	5	4	22
\$60,001 or More	42	22	7	6	21
Marital Status**					
Married	45	23	5	5	19
Not Married	48	11	4	3	32

*= 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.²

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

- Seventy-two percent of respondents reported a dental visit in the past year. An additional 15% had a visit in the past one to two years.

² “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.

- Respondents 35 to 44 years old were more likely to have had a dental checkup in the past year (78%) compared to respondents 65 and older (65%).
- As household income increased, so did the likelihood of respondents having a dental checkup in the past year. Fifty-eight percent of respondents with a household income of less than \$30,001 reported this compared to 74% of those with an income of \$30,001 to \$60,000 or 87% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report a dental checkup in the past year (78%) compared to unmarried respondents (63%).

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	72%	15%	3%	8%	2%
Gender					
Male	69	16	3	9	3
Female	76	13	3	7	<1
Age**					
18 to 34	72	23	3	2	<1
35 to 44	78	11	6	5	0
45 to 54	75	10	2	12	2
55 to 64	73	10	5	9	3
65 and Older	65	11	1	18	5
Education					
High School or Less	69	16	4	9	3
Some Post High School	73	16	3	5	2
College Graduate	79	10	2	10	0
Household Income**					
\$30,000 or Less	58	22	2	15	3
\$30,001 to \$60,000	74	13	4	7	1
\$60,001 or More	87	9	2	2	<1
Marital Status**					
Married	78	12	4	5	2
Not Married	63	19	2	13	2

*= p≤0.05; **= p≤0.01

Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 29% reported one to two years ago. Three percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (55%) compared to male respondents (48%).
- Sixty-five percent of respondents 65 and older had an eye exam in the past year compared to 49% of those 45 to 64 years old or 40% of respondents 35 to 44 years old.

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	52%	29%	6%	10%	3%
Gender*					
Male	48	27	7	13	5
Female	55	31	6	6	2
Age**					
18 to 34	58	25	7	7	3
35 to 44	40	32	8	13	7
45 to 54	49	25	5	19	1
55 to 64	49	32	7	12	0
65 and Older	65	31	4	0	1
Education					
High School or Less	55	26	6	9	4
Some Post High School	45	38	7	8	2
College Graduate	53	26	7	12	3
Household Income					
\$30,000 or Less	47	31	5	15	2
\$30,001 to \$60,000	55	26	7	7	5
\$60,001 or More	53	29	6	11	<1
Marital Status					
Married	49	30	7	9	5
Not Married	56	27	4	11	1

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-two 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-two 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-two percent of respondents had a flu vaccination in the past year.
- Respondents 65 and older were more likely to report receiving a flu vaccination (70%) compared to those 18 to 34 years old (23%) or respondents 35 to 44 years old (20%).
- Forty-five percent of respondents with a household income of less than \$30,001 reported a flu vaccination compared to 30% of those with an income of at least \$60,001 or 26% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report receiving a flu vaccination (41%) than married respondents (27%).

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	32%
Gender	
Male	30
Female	34
Age**	
18 to 34	23
35 to 44	20
45 to 54	27
55 to 64	38
65 and Older	70
Education	
High School or Less	35
Some Post High School	28
College Graduate	29
Household Income**	
\$30,000 or Less	45
\$30,001 to \$60,000	26
\$60,001 or More	30
Marital Status**	
Married	27
Not Married	41

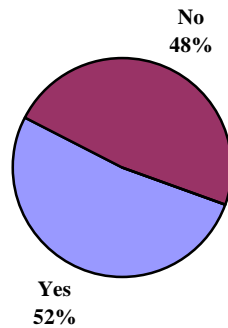
*= p≤0.05; **= p≤0.01

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).

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

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



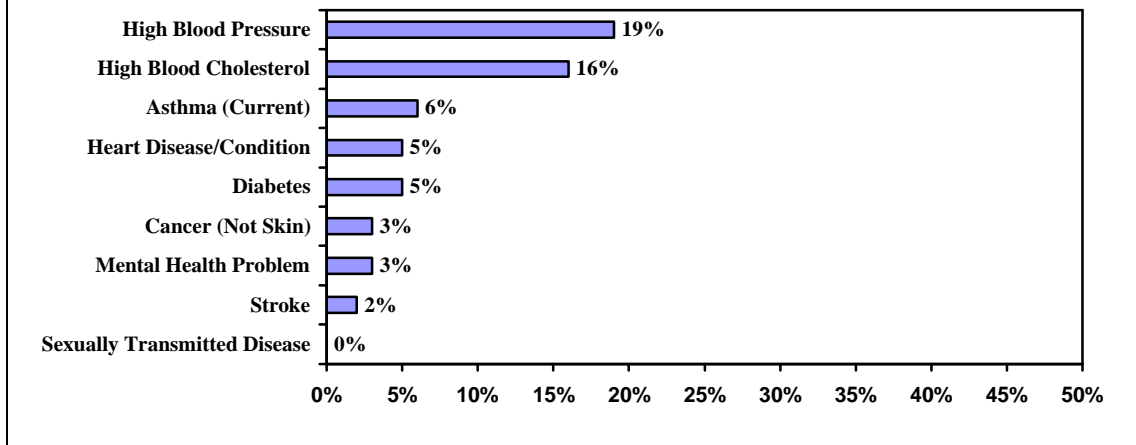
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure, current asthma, heart disease/condition or diabetes; respondents 55 and older were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or diabetes. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes; respondents who were not overweight were more likely to report current asthma. Inactive respondents were more likely to report high blood pressure, current asthma or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (19%), high blood cholesterol (16%), asthma (current, 6%), heart disease/heart condition (5%) or diabetes (5%) 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, current asthma, heart disease/condition or diabetes. Respondents 55 and older were more likely to report high blood cholesterol.
- Twenty-five percent of respondents with a high school education or less reported high blood pressure compared to 15% of those with some post high school education or 11% of respondents with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or diabetes.
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes. Respondents who were not overweight were more likely to report current asthma.
- Inactive respondents were more likely to report high blood pressure, current asthma or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Heart Disease/Condition	Diabetes
TOTAL	19%	16%	6%	5%	5%
Gender					
Male	18	17	5	4	5
Female	20	16	7	5	4
Age					
18 to 34	5**	3**	7**	<1**	0**
35 to 44	7**	12**	4**	2**	2**
45 to 54	24**	16**	1**	6**	7**
55 to 64	29**	31**	5**	9**	5**
65 and Older	46**	31**	15**	12**	11**
Education					
High School or Less	25**	15	7	5	5
Some Post High School	15**	19	8	4	6
College Graduate	11**	16	3	4	3
Household Income					
\$30,000 or Less	28*	20	7	8	8*
\$30,001 to \$60,000	17*	13	5	3	5*
\$60,001 or More	13*	21	8	3	<1*
Marital Status					
Married	18	18	5	4	5
Not Married	20	13	8	5	4
Overweight					
Not Overweight	9**	9**	9*	3	2*
Overweight	27**	22**	4*	6	7*
Physical Activity					
Inactive	26**	22	12**	6	10**
Insufficient	20**	14	4**	6	4**
Recommended	11**	13	5**	<1	1**

*= p≤0.05; **= p≤0.01

Diabetes

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

Asthma

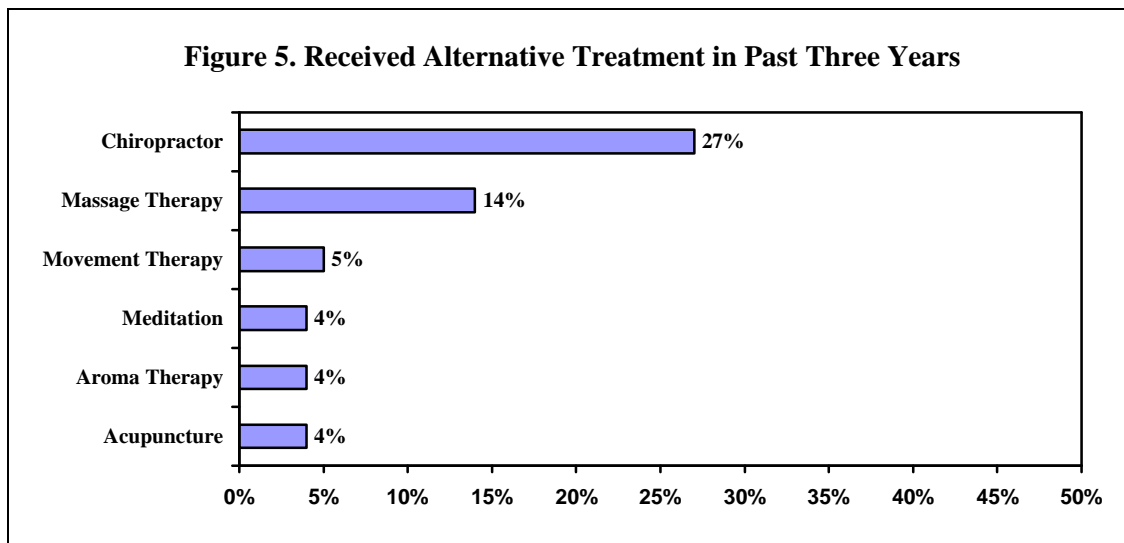
- Of the 30 respondents who currently had asthma, 57% had an asthma action plan.

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 (27% and 14%, respectively). Female respondents were more likely to report movement therapy or aroma therapy. Respondents 18 to 34 years old were more likely to report aroma therapy in the past three years. Respondents with a college education were more likely to report massage therapy or meditation while respondents with at least some post high school education were more likely to report movement therapy. Respondents with a household income of at least \$60,001 were more likely to report massage therapy, movement therapy or aroma therapy. Married respondents were more likely to report chiropractic care.

- Respondents were more likely to have gone to a chiropractor (27%) or used massage therapy (14%) in the past three years.



- Female respondents were more likely to have reported movement therapy or aroma therapy in the past three years compared to male respondents.
- Respondents 18 to 34 years old were more likely to have reported aroma therapy in the past three years compared to those 65 and older (1%) or respondents 35 to 44 years old (less than one percent).
- Respondents with a college education were more likely to report using massage therapy or meditation in the past three years. Respondents with at least some post high school education were more likely to report movement therapy.
- Respondents with a household income of at least \$60,001 were more likely to report massage therapy, movement therapy or aroma therapy.
- Married respondents were more likely to report using chiropractic care than unmarried respondents (32% and 19%, respectively).

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

	Chiropractor	Massage Therapy	Movement Therapy	Meditation	Aroma Therapy	Acupuncture
TOTAL	27%	14%	5%	4%	4%	4%
Gender						
Male	26	14	3*	3	2*	4
Female	28	16	7*	5	6*	4
Age						
18 to 34	27	22	8	6	7*	7
35 to 44	27	14	3	2	<1*	2
45 to 54	22	15	3	8	5*	4
55 to 64	35	14	5	2	2*	7
65 and Older	27	10	4	1	1*	4
Education						
High School or Less	27	13**	2*	2**	2	4
Some Post High School	23	9**	8*	6**	4	4
College Graduate	31	25**	8*	8**	7	6
Household Income						
\$30,000 or Less	24	8**	2**	6	<1**	3
\$30,001 to \$60,000	27	14**	3**	3	3**	4
\$60,001 or More	31	26**	12**	5	10**	7
Marital Status						
Married	32**	16	5	3	4	3
Not Married	19**	13	4	7	3	6

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Thirty-one percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents 45 to 54 years old, with higher education, higher household income or unmarried respondents were more likely to meet the recommendation. Fifty-eight percent of respondents were classified as overweight (37% overweight and 21% obese). Male respondents, those who were 65 and older or married respondents were more likely to be classified as overweight.

Physical Activities in Past Month

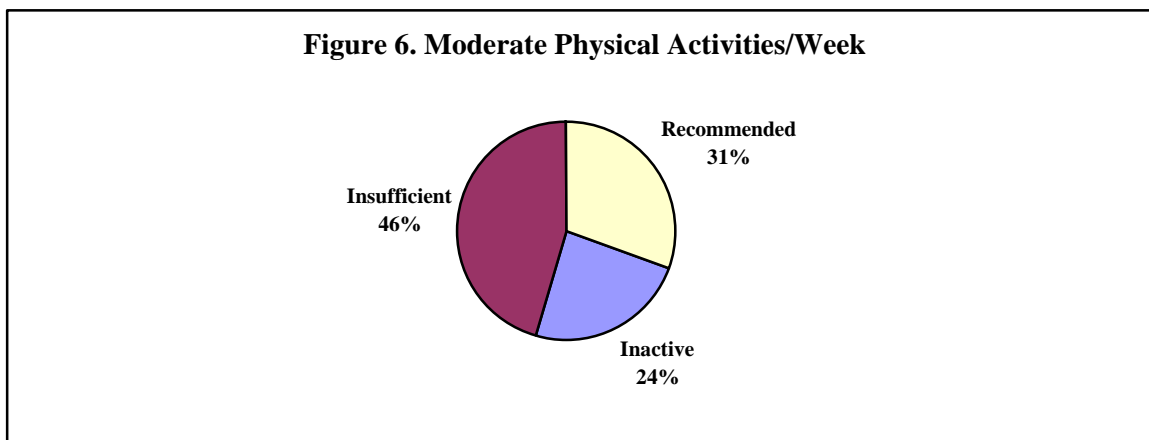
- Seventy-five percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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).

- Thirty-one percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Forty-six percent did some activity, but not to the extent of the recommendation while 24% were classified as inactive.



- Respondents 45 to 54 years old were more likely to meet the recommendation (42%) compared to those 35 to 44 years old (29%) or respondents 65 and older (21%).
- Thirty-seven percent of respondents with a college education and 35% of those with some post high school education met the recommended amount of moderate physical activity compared to 25% of respondents with a high school education or less.
- Thirty-seven percent of respondents with a household income of at least \$60,001 met the recommendation compared to 32% of those with an income of \$30,001 to \$60,000 or 20% of respondents with a household income of less than \$30,001.
- Unmarried respondents were more likely to meet the recommendation than married respondents (39% and 26%, respectively).

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

	Inactive	Insufficient	Recommended
TOTAL	24%	46%	31%
Gender			
Male	22	45	33
Female	25	47	28
Age*			
18 to 34	18	50	31
35 to 44	21	51	29
45 to 54	17	41	42
55 to 64	28	40	32
65 and Older	36	43	21
Education**			
High School or Less	29	46	25
Some Post High School	24	41	35
College Graduate	13	50	37
Household Income**			
\$30,000 or Less	34	47	20
\$30,001 to \$60,000	20	48	32
\$60,001 or More	17	46	37
Marital Status**			
Married	22	52	26
Not Married	26	36	39
Overweight			
Not Overweight	22	43	35
Overweight	23	49	27

*= 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.³ 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).

³ Body Mass Index = (kg/m²). Developed by the Centers for Disease Control (CDC).

- According to the definition, 58% of residents were considered overweight (37% overweight and 21% obese).
- Male respondents were more likely to be classified as overweight (67%) compared to female respondents (48%).
- Respondents 65 and older were more likely to be overweight (68%) compared to those 35 to 44 years old (57%) or respondents 18 to 34 years old (44%).
- Sixty-two percent of married respondents were overweight compared to 51% of unmarried respondents.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	58%
Gender**	
Male	67
Female	48
Age**	
18 to 34	44
35 to 44	57
45 to 54	63
55 to 64	61
65 and Older	68
Education	
High School or Less	59
Some Post High School	58
College Graduate	53
Household Income	
\$30,000 or Less	58
\$30,001 to \$60,000	58
\$60,001 or More	58
Marital Status*	
Married	62
Not Married	51
Moderate Physical Activities	
Inactive	59
Insufficient	61
Recommended	51

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-six percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents or those who were 18 to 34 years old were more likely to eat two or more servings of fruit per day. Respondents who were female, with higher education, higher household income or married were more likely to eat three or more servings of vegetables per day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males or younger respondents were more likely to report this.

Fruit Intake

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

- Sixty-six percent of respondents eat two or more servings of fruit on an average day. Thirty-four percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (79% and 51%, respectively).
- Respondents 18 to 34 years old were more likely to report they eat two or more servings of fruit (80%) compared to those 35 to 44 years old (58%) or respondents 55 to 64 years old (52%).

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-seven percent of respondents eat three or more servings of vegetables on an average day. Seventy-two percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day than male respondents (38% and 15%, respectively).
- As education increased, so did the likelihood of eating three or more servings of vegetables. Nineteen percent of respondents with a high school education or less reported this compared to 30% of those with some post high school education or 39% of respondents with a college education.
- Respondents with higher household income were more likely to report they eat three or more servings of vegetables per day. Thirty-five percent of respondents with a household income of at least \$60,001 reported this compared to 28% of those with an income of \$30,001 to \$60,000 or 17% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report they eat three or more servings of vegetables (30%) compared to unmarried respondents (22%).

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	34%	66%	72%	27%
Gender				
Male	48**	51**	84**	15**
Female	21**	79**	62**	38**
Age				
18 to 34	20**	80**	66	34
35 to 44	41**	58**	74	25
45 to 54	33**	66**	78	22
55 to 64	48**	52**	73	27
65 and Older	37**	62**	73	24
Education				
High School or Less	38	61	80**	19**
Some Post High School	33	66	69**	30**
College Graduate	27	73	61**	39**
Household Income				
\$30,000 or Less	39	61	82*	17*
\$30,001 to \$60,000	34	65	71*	28*
\$60,001 or More	28	71	65*	35*
Marital Status				
Married	35	65	70**	30**
Not Married	34	66	76**	22**
Overweight				
Not Overweight	35	65	71	28
Overweight	34	65	75	25
Moderate Physical Activities				
Inactive	38	62	75	24
Insufficient	34	66	75	25
Recommended	32	68	67	31

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Six percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-five percent reported a few times per week. Thirty-seven percent reported a few times per month while 12% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (63%) compared to female respondents (38%).

- Younger respondents were more likely to eat fried/fast foods at least a few times per week. Sixty-four percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 50% of respondents 55 to 64 years old or 24% of those 65 and older.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	37%	51%
Gender**		
Male	26	63
Female	47	38
Age**		
18 to 34	30	64
35 to 44	33	57
45 to 54	39	51
55 to 64	40	50
65 and Older	45	24
Education		
High School or Less	35	53
Some Post High School	38	53
College Graduate	40	44
Household Income		
\$30,000 or Less	38	47
\$30,001 to \$60,000	33	55
\$60,001 or More	42	47
Marital Status		
Married	40	49
Not Married	30	54
Overweight		
Not Overweight	37	52
Overweight	36	51
Moderate Physical Activities		
Inactive	32	53
Insufficient	40	49
Recommended	34	53

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-nine 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 younger or with higher household income 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.⁴

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

- Thirty-four percent of all female respondents never had a mammogram while 55% had a mammogram within the past two years (41% within past year and 14% more than one year but less than two years).
- More specifically, respondents 40 and older were very likely to have received a mammogram in the past two years (79% of those 50 and older; 76% 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: don’t need (six responses), too young (three responses), not recommended by provider, no time or too expensive (two responses each).

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	41%	14%	12%	34%
Age**				
18 to 39	14	4	7	75
40 to 49	52	24	17	7
50 and Older	62	17	13	7

*= p≤0.05; **= p≤0.01

⁴“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.⁵

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

- Fifty-nine percent of respondents reported they had a pap smear within the past year. An additional 27% reported between one year and less than three years.
- Respondents 18 to 34 years old were more likely to have had a pap smear within the past three years (97%) compared to those 55 to 64 years old (81%) or respondents 65 and older (69%).
- As household income increased, so did the likelihood of reporting a pap smear within the past three years. Seventy-seven percent of respondents with a household income of less than \$30,001 reported this compared to 89% of those with an income of \$30,001 to \$60,000 or 95% of respondents with a household income of at least \$60,001.

⁵“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	59%	23%	4%	11%	3%
Age**					
18 to 34	66	31	0	2	2
35 to 44	66	19	7	3	5
45 to 54	67	20	2	9	2
55 to 64	54	27	0	19	0
65 and Older	42	19	8	25	2
Education					
High School or Less	56	22	5	15	2
Some Post High School	59	24	5	9	2
College Graduate	66	26	0	3	3
Household Income**					
\$30,000 or Less	49	21	7	21	1
\$30,001 to \$60,000	58	27	4	7	4
\$60,001 or More	82	13	0	2	4
Marital Status					
Married	63	23	3	8	3
Not Married	52	25	5	14	2

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

Men's Health (Table 16)

KEY FINDING: Twenty-nine 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 50.⁶

Digital Rectal Exam

- Thirty-six percent of all male respondents never had a digital rectal exam. Thirty percent had an exam in the past year while 18% 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 29% of males 40 to 49 years old reported this.

⁶“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	30%	18%	14%	36%
Age**				
18 to 39	12	10	10	64
40 to 49	29	17	22	29
50 and Older	52	23	10	14

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-two percent of respondents 50 years old or older had their blood stool tested within the past two years while 40% reported a sigmoidoscopy or colonoscopy within the past two years.

Screening for colorectal cancer is recommended for all persons aged 50 and older.⁷

Blood Stool Test

- Fifty-two percent of all respondents never had a blood stool test. Thirty-three percent were tested within the past two years (20% less than a year ago and 13% more than one year ago, but less than two).
- Fifty-two percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 22% of those 18 to 39 years old or 21% of respondents 40 to 49 years old. Thirty percent of respondents 50 and older reported never compared to 69% of respondents 18 to 39 years old.
- Unmarried respondents were more likely to have had a test within the past two years (36%) than married respondents (32%). Seven percent of married respondents reported not sure compared to 1% of unmarried respondents.

⁷“ 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	20%	13%	11%	52%
Gender				
Male	21	12	9	53
Female	20	14	12	51
Age**				
18 to 39	8	14	7	69
40 to 49	13	8	14	60
50 and Older	37	15	12	30
Education				
High School or Less	26	13	9	48
Some Post High School	14	14	11	56
College Graduate	13	12	14	55
Household Income				
\$30,000 or Less	23	15	9	50
\$30,001 to \$60,000	19	14	10	53
\$60,001 or More	20	8	16	47
Marital Status*				
Married	20	12	13	50
Not Married	21	15	8	55

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-six percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-two percent were examined within the past two years (14% less than a year ago and 8% more than one year ago, but less than two).
- A total of 40% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 11% of those 40 to 49 years old or 9% of respondents 18 to 39 years old. Forty percent of respondents 50 and older reported never compared to 84% of respondents 18 to 39 years old.
- Respondents with a household income of less than \$30,001 were more likely to report an exam in the past two years (34%) compared to those with an income of at least \$60,001 (20%) or respondents with a household income of \$30,001 to \$60,000 (16%).

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	14%	8%	7%	4%	66%
Gender					
Male	14	8	7	4	67
Female	14	8	7	5	65
Age**					
18 to 39	5	4	3	3	84
40 to 49	6	5	3	6	79
50 and Older	27	13	15	4	40
Education					
High School or Less	17	10	8	4	61
Some Post High School	9	4	8	6	72
College Graduate	12	8	5	4	72
Household Income**					
\$30,000 or Less	21	13	9	4	53
\$30,001 to \$60,000	9	7	7	3	73
\$60,001 or More	16	4	6	8	66
Marital Status					
Married	13	7	8	5	66
Not Married	15	10	5	3	66

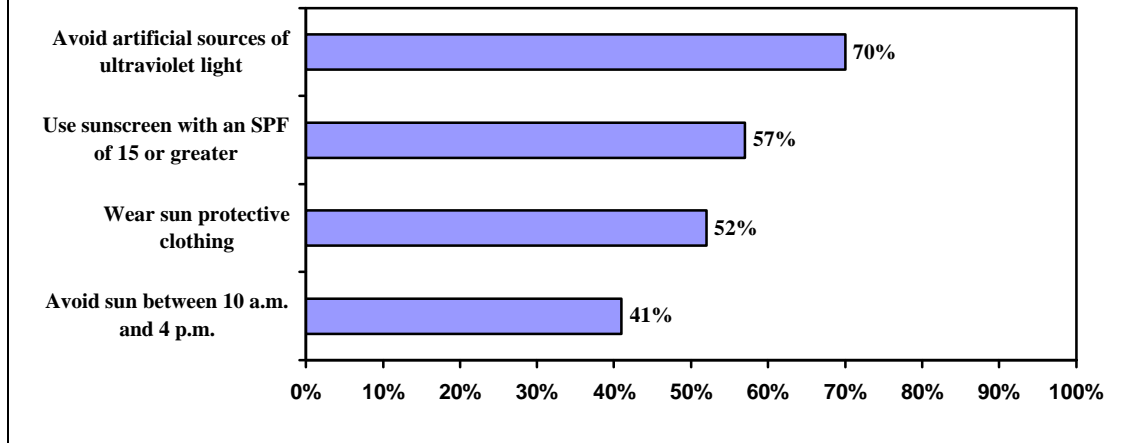
*= p<0.05; **= p<0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun. Respondents 45 to 64 years old were more likely to report avoiding artificial sources of UV light.

- To reduce the risk of skin cancer, 70% of respondents regularly avoid artificial sources of ultraviolet light, 57% use sunscreen with a SPF of 15 or higher, 52% wear sun protective clothing while 41% avoid the sun between 10 a.m. and 4 p.m.
- Twelve percent of respondents did not reduce their risk by any of these four measures. Nineteen percent reported one measure. Twenty-two percent reported two of the four actions while 28% reported three and 18% reported they did all four measures regularly.

Figure 7. Reducing the Risk of Skin Cancer (Regularly)



- Female respondents were more likely to report using sunscreen with a SPF of at least 15 or avoiding the sun from 10 a.m. to 4 p.m.
- Seventy-eight percent of respondents 55 to 64 years old and 76% of those 45 to 54 years old reported avoiding artificial sources of UV light compared to 60% of respondents 18 to 34 years old.

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	70%	57%	52%	41%
Gender				
Male	73	50*	50	36*
Female	68	63*	54	46*
Age				
18 to 34	60*	51	44	33
35 to 44	69*	62	53	39
45 to 54	76*	63	50	52
55 to 64	78*	56	60	38
65 and older	73*	51	54	44
Education				
High School or Less	67	51	51	37
Some Post High School	78	57	55	48
College Graduate	69	66	51	43
Household Income				
\$30,000 or Less	69	55	56	47
\$30,001 to \$60,000	72	60	55	41
\$60,001 or More	73	56	44	32
Marital Status				
Married	72	57	55	40
Not Married	68	55	47	42

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-four percent of respondents wore seat belts always or nearly always. Female respondents, those who were 45 to 54 years old or with a college education were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 17% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

Seat Belts

- Eighty-four percent of respondents reported they wore seat belts always or nearly always (73% and 11%, respectively).
- Female respondents were more likely to report always (79%) compared to male respondents (67%).

- Respondents 45 to 54 years old were more likely to report always (85%) compared to those 35 to 44 years old (68%) or respondents 18 to 34 years old (62%).
- Seventy-seven percent of respondents with a college education reported they always wore seat belts compared to 73% of those with a high school education or less or 68% of respondents with some post high school education.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	3%	7%	11%	73%
Gender*					
Male	9	3	8	12	67
Female	4	2	6	10	79
Age**					
18 to 34	6	7	11	14	62
35 to 44	8	0	6	17	68
45 to 54	5	3	4	2	85
55 to 64	2	2	3	12	81
65 and older	7	0	9	11	70
Education**					
High School or Less	10	2	7	8	73
Some Post High School	2	6	6	19	68
College Graduate	2	2	8	11	77
Household Income					
\$30,000 or Less	7	4	8	11	71
\$30,001 to \$60,000	5	3	6	14	72
\$60,001 or More	8	2	8	5	77
Marital Status					
Married	5	3	6	9	77
Not Married	9	2	8	14	66

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

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

Bicycle Helmet Usage

- Forty-eight 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...

- Seventeen percent of respondents who bicycled, in-line roller skated or rode a scooter always (11%) or nearly always (6%) wore a helmet. Seventy-seven percent reported never.
- Fifteen percent of respondents 45 and older and 14% of those 35 to 44 years old reported always compared to 4% of respondents 18 to 34 years old.
- Fourteen percent of respondents with a household income of at least \$60,001 reported always compared to 12% of those with an income of less than \$30,001 or 9% of respondents with a household income of \$30,001 to \$60,000. Eighty-three percent of respondents with a household income of \$30,001 to \$60,000 reported never compared to 79% of those with an income of less than \$30,001 or 63% of respondents with a household income of at least \$60,001.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	77%	4%	3%	6%	11%
Gender					
Male	81	<1	2	6	11
Female	71	8	4	7	10
Age*					
18 to 34	82	6	1	7	4
35 to 44	75	3	0	8	14
45 to 54	63	5	10	8	15
55 and older	80	0	5	0	15
Education					
High School or Less	79	5	2	3	12
Some Post High School	83	2	0	9	6
College Graduate	66	5	7	8	15
Household Income*					
\$30,000 or Less	79	5	2	3	12
\$30,001 to \$60,000	83	4	0	5	9
\$60,001 or More	63	3	8	13	14
Marital Status					
Married	74	5	4	6	11
Not Married	79	1	1	7	12

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Fifty-one percent of respondents reported their child always wore a helmet while 8% reported nearly always. Twenty percent reported never.
- Married respondents were more likely to report their child always or nearly always wore a helmet (60%) compared to unmarried respondents (56%). Unmarried respondents were more likely to report never (35%) compared to married respondents (16%).

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

KEY FINDING: Twenty-two percent of respondents were current smokers; unmarried respondents were more likely to be smokers. Forty-two 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. Eighteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three percent of all respondents preferred a smoke-free restaurant. Respondents with a college education, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-six percent favored a community ordinance prohibiting smoking in eating establishments; respondents with a household income of at least \$60,001 or who were nonsmokers were more likely to favor this.

Current Smokers

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

- Twenty-two percent of respondents were current smokers. Three percent smoked between one and 29 days while the remaining 19% smoked every day.
- Unmarried respondents were more likely to be smokers than married respondents (30% and 17%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	22%
Gender	
Male	24
Female	20
Age	
18 to 34	28
35 to 44	27
45 to 54	20
55 to 64	16
65 and older	12
Education	
High School or Less	22
Some Post High School	27
College Graduate	15
Household Income	
\$30,000 or Less	24
\$30,001 to \$60,000	23
\$60,001 or More	17
Marital Status**	
Married	17
Not Married	30

*= 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-two percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Married respondents were more likely to quit smoking for at least one day (54%) than unmarried respondents (32%).

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.

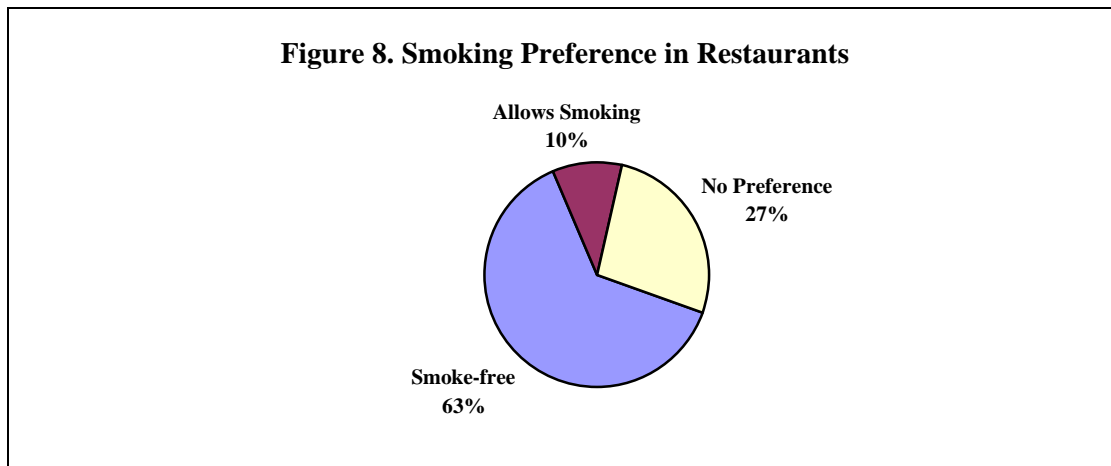
- Female respondents were more likely to report that a health professional advised them to quit smoking in the past 12 months compared to male respondents (68% and 41%, respectively).
- Married respondents were more likely to report that a health professional advised them to quit smoking in the past 12 months (64%) than unmarried respondents (41%).

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. Eighteen 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-three percent of respondents reported they preferred to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Twenty-seven percent reported they did not have a preference.



- Seventy-four percent of respondents with a college education preferred smoke-free restaurants compared to 63% of those with some post high school education or 59% of respondents with a high school education or less. Thirteen percent of respondents with some post high school education and 12% of those with a college education preferred restaurants that allow smoking compared to 9% of respondents with a high school education or less.
- Married respondents were more likely to prefer smoke-free restaurants (66%) than unmarried respondents (59%). Seventeen percent of unmarried respondents preferred restaurants that allow smoking compared to 7% of married respondents.
- Seventy-five percent of nonsmokers preferred smoke-free restaurants compared to 20% of smokers. Forty-two percent of smokers preferred restaurants that allow smoking while 2% of nonsmokers preferred this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-six percent of respondents favored a community ordinance prohibiting smoking in eating establishments (41% strongly favor, 25% moderately favor).
- As household income increased, so did the likelihood of respondents favoring a community ordinance that prohibits smoking in eating establishments. Fifty-nine percent of respondents with household income of at less than \$30,001 reported this compared to 65% of those with an income of \$30,001 to \$60,000 or 75% of respondents with a household income of at least \$60,001.
- Seventy-five percent of nonsmokers favored a smoking prohibition ordinance compared to 33% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (48%) compared to smokers (17%).

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

	Moderately Favor	Strongly Favor
TOTAL	25%	41%
Gender		
Male	26	39
Female	24	43
Age		
18 to 34	28	37
35 to 44	30	36
45 to 54	26	50
55 to 64	16	38
65 and older	17	44
Education		
High School or Less	25	38
Some Post High School	25	43
College Graduate	26	45
Household Income**		
\$30,000 or Less	18	41
\$30,001 to \$60,000	29	36
\$60,001 or More	26	49
Marital Status		
Married	27	43
Not Married	22	38
Smoking Status**		
Nonsmoker	27	48
Smoker	16	17

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

- Less than one percent of respondents reported they currently use snuff or chewing tobacco.

Alcohol Use (Table 24)

KEY FINDING: Sixty-five percent of respondents had an alcoholic drink in the past 30 days. In the past month, 35% had three or more drinks on at least one occasion while 19% binged. Respondents who were 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, more often or binged in the past month. Male respondents were also more likely to have had three or more drinks and more often. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-five percent of respondents had a drink in the past 30 days. Twenty-seven percent reported they drank on at least five days, while 15% reported three to four days, and 23% reported drinking on one or two days in the past 30 days.
- Fourteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 12% reported three, 21% reported two and 16% reported one drink on average on the days they drank. Thirty-six percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-five percent of all respondents had three or more drinks on an occasion in the past month. Eighteen percent reported this one to two times and 17% reported three or more times.
- Male respondents were more likely to report three or more drinks (42%) than female respondents (28%). Males were more likely to have had at least three drinks on three or more occasions (22%) compared to female respondents (12%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks and more often. Forty-seven percent of respondents 18 to 34 years old reported three or more drinks (20% one to two occasions and 27% three or more occasions) compared to 17% of respondents 55 to 64 years old (10% one to two occasions and 7% three or more occasions).
- Respondents with a household income of at least \$60,001 were more likely to report at least three drinks and more often. Fifty-one percent of respondents with a household income of at least \$60,001 reported three or more drinks (24% one to two occasions and 27% three or more occasions) compared to 35% of those with an income of \$30,001 to \$60,000 (19% one to two occasions and 16% three or more occasions) or 23% of respondents with a household income of less than \$30,001 (13% one to two occasions and 10% three or more occasions).

Binge Drinking in Past Month

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

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

- Nineteen percent of all respondents binged in the past month.
- Younger respondents were more likely to have binged in the past month. Thirty-three percent of respondents 18 to 34 years old reported this compared to 7% of those 55 to 64 years old or 5% of respondents 65 and older.
- Twenty-eight percent of respondents with a household income of at least \$60,001 binged in the past month compared to 18% of those with an income of \$30,001 to \$60,000 or 13% of respondents with a household income of less than \$30,001.

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	18%	17%	19%
Gender			
Male	20**	22**	22
Female	16**	12**	16
Age			
18 to 34	20**	27**	33**
35 to 44	22**	21**	22**
45 to 54	16**	16**	19**
55 to 64	10**	7**	7**
65 and Older	19**	4**	5**
Education			
High School or Less	17	13	18
Some Post High School	23	18	23
College Graduate	17	22	18
Household Income			
\$30,000 or Less	13**	10**	13*
\$30,001 to \$60,000	19**	16**	18*
\$60,001 or More	24**	27**	28*
Marital Status			
Married	20	16	18
Not Married	16	18	21

*= p≤0.05; **= p≤0.01

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

- Four 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.
- Six percent of male respondents reported being a driver or passenger compared to less than one percent of female respondents.
- Unmarried respondents were more likely to report being a driver or passenger (7%) compared to married respondents (2%).

Family Problem Associated with Alcohol in Past Year

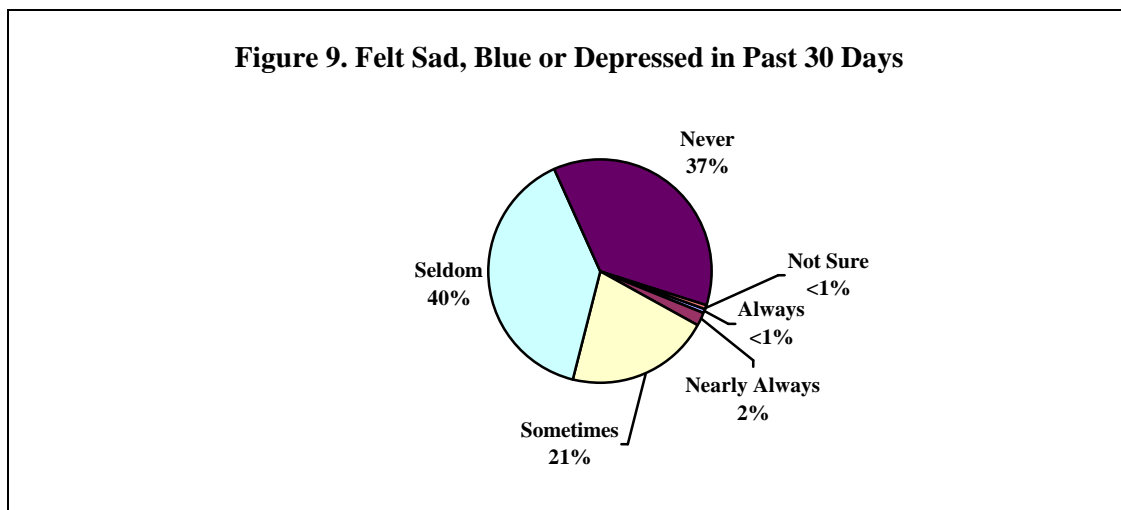
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Two percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-two percent of respondents felt they were excellent at managing stress; 2% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. Two 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,” two percent of survey respondents answered always or nearly always. This equates up to 1,200 residents. Twenty-one percent reported sometimes and the remaining 77% reported seldom (40%) or never (37%).



- Male and female respondents were similar in reporting they always/nearly always felt sad, blue or depressed (3% and 2%, respectively). However, male respondents were more likely to report never compared to female respondents (41% and 32%, respectively).
- Married and unmarried respondents were similar in reporting they always/nearly always felt sad, blue or depressed (3% and 2%, respectively). Thirty-eight percent of married respondents and 34% of unmarried respondents reported never.

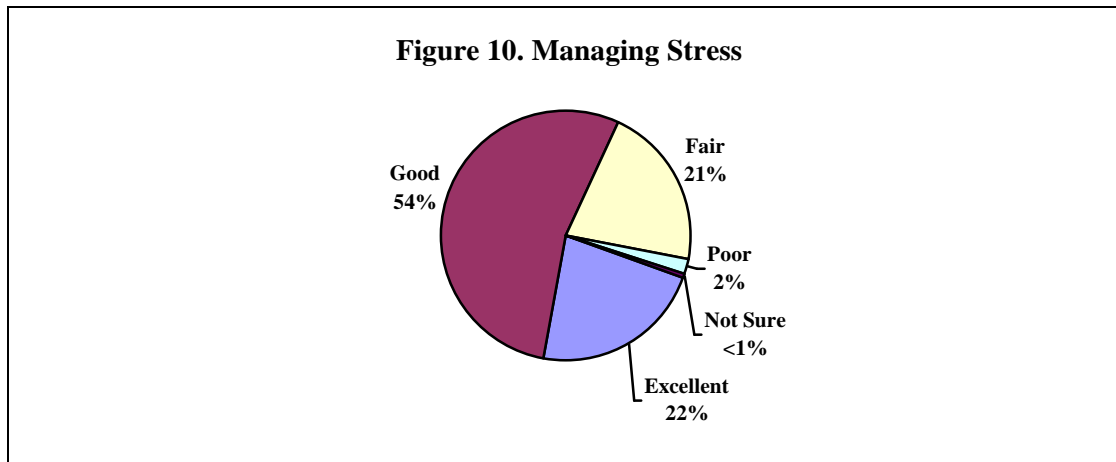
Considered Suicide

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

- Two 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 1,200 residents who considered suicide in the past year.

Managing Stress

- Twenty-two percent reported they were excellent at managing stress. Fifty-four percent reported good while 21% reported fair and 2% reported poor.



- There were no statistically significant differences between demographic variables and responses of managing stress.

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 34% reported nearly always. Fourteen percent reported sometimes while 7% reported seldom and 1% reported never.
- Respondents 45 to 54 years old were more likely to report they never or seldom find meaning and purpose in their daily lives (14%) compared to those 65 and older (6%) or respondents 55 to 64 years old (5%). Respondents 65 and older were more likely to report always (50%) compared to those 55 to 64 years old (39%) or respondents 35 to 44 years old (36%).
- Reporting never/seldom was somewhat similar across education levels (7% to 9%). However, 88% of respondents with a college education reported always or nearly always compared to 73% of those with a high school education or less or 72% of respondents with some post high school education.
- Sixteen percent of respondents with a household income of less than \$30,001 reported never/seldom compared to 6% of those with an income of \$30,001 to \$60,000 or 3% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report they never/seldom find meaning and purpose in their daily lives compared to married respondents (14% and 5%, respectively).

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

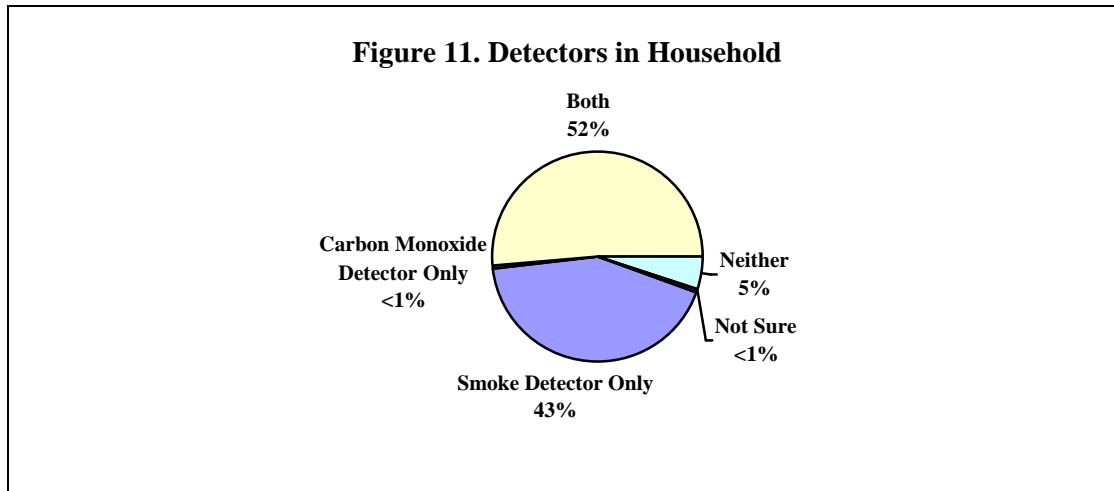
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	8%	14%	34%	42%
Gender				
Male	10	14	29	44
Female	6	14	38	41
Age*				
18 to 34	7	17	27	46
35 to 44	8	12	41	36
45 to 54	14	11	35	41
55 to 64	5	10	46	39
65 and older	6	20	21	50
Education*				
High School or Less	9	17	29	43
Some Post High School	7	18	35	38
College Graduate	8	4	43	45
Household Income**				
\$30,000 or Less	16	24	27	33
\$30,001 to \$60,000	6	11	33	47
\$60,001 or More	3	11	42	43
Marital Status**				
Married	5	11	39	44
Not Married	14	19	25	39

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-five percent of households had a working smoke detector while 52% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Married households were more likely to have both detectors (58%) compared to unmarried households (41%). Ten percent of unmarried respondents reported neither compared to 2% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	43%	<1%	52%	5%
Household Income				
\$30,000 or Less	53	<1	39	8
\$30,001 to \$60,000	38	<1	57	4
\$60,001 or More	41	0	55	4
Marital Status**				
Married	40	<1	58	2
Not Married	48	<1	41	10

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Forty-five percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 2% had a loaded firearm. Less than one 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, 45% of households had one or more firearms.
- Households with higher income were more likely to have a firearm. Fifty-five percent of respondents with a household income of at least \$60,001 reported a firearm compared to 48% of those with an income of \$30,001 to \$60,000 or 33% of respondents with less than \$30,001.
- Married households were more likely to have a firearm (51%) compared to unmarried households (36%).

Loaded Firearm

- Two percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

- Less than one percent of all households had a loaded firearm also unlocked.

Personal Safety Issues

KEY FINDING: Six 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,” six percent reported yes.
- Thirteen percent of respondents with some post high school education reported being afraid for their personal safety compared to 5% of those with a college education or 4% of respondents with a high school education or less.
- Unmarried respondents were more likely to report being afraid for their personal safety than married respondents (9% and 5%, respectively).
 - An acquaintance was most often mentioned as the perpetrator (11 responses) followed by a stranger (ten responses). Fewer than five respondents reported each of the following: ex-spouse, brother/sister, boyfriend/girlfriend or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - A friend was most often mentioned (four responses) followed by an acquaintance (three responses), stranger (two responses), boyfriend/girlfriend or someone else (one response each).

Combined Personal Safety Threats

- A total of 7% 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.

Awareness of and Experience with Public Health Department (Table 27)

KEY FINDING: Eight percent of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Respondents who were female, 65 and older, with a household income of less than \$30,001, a household income of at least \$60,001 or married respondents were more likely to report services.

- Eight 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. Twenty-nine percent received limited services from the health department and 5% received more extensive services.
- Female respondents were more likely to have received services from the health department (42%) compared to male respondents (27%).
- Respondents 65 and older were more likely to report receiving services (44%) compared to those 35 to 44 years old (32%) or respondents 55 to 64 years old (24%). Respondents 45 to 54 years old were more likely to report they were not aware of the health department (15%) compared to respondents 65 and older (1%) or all other age categories (7%).
- Respondents with a household income of less than \$30,001 or those with an income of at least \$60,001 were more likely to have received services (41% each) compared to respondents with a household income of \$30,001 to \$60,000 (27%).
- Married respondents were more likely to have received services (38%) than unmarried respondents (28%).

Table 27. Awareness of and Experience with Public Health Department by Demographic Variables

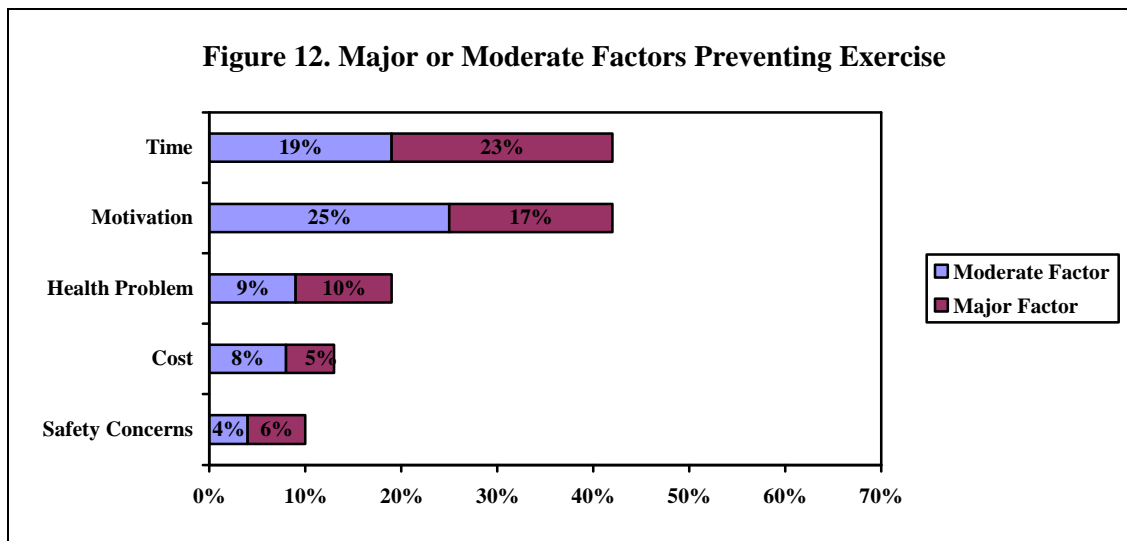
	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	8%	57%	29%	5%
Gender**				
Male	9	62	22	5
Female	6	52	36	6
Age*				
18 to 34	7	57	27	7
35 to 44	7	59	30	2
45 to 54	15	49	32	4
55 to 64	7	70	22	2
65 and older	1	52	35	9
Education				
High School or Less	9	58	27	5
Some Post High School	5	54	38	3
College Graduate	8	58	26	6
Household Income**				
\$30,000 or Less	14	44	33	8
\$30,001 to \$60,000	7	64	23	4
\$60,001 or More	4	55	39	2
Marital Status**				
Married	6	56	34	4
Not Married	11	59	21	7

*= p≤0.05; **= p≤0.01

Factors Preventing Physical Exercise (Figure 12; Table 28)

KEY FINDING: Out of five factors that may prevent respondents from exercising, the most often mentioned major or moderate factor were time or motivation. Female respondents were more likely to report time, motivation or health problems as a major/moderate factor for not exercising. Respondents 35 to 44 years old were more likely to report time as a major/moderate factor while respondents 65 and older were more likely to report health problems or safety concerns. Respondents with at least some post high school education were more likely to report time while respondents with a high school education or less were more likely to report safety concerns. Respondents with higher household income or married respondents were more likely to report time as a major/moderate factor. Respondents who were physically inactive were more likely to report health problems or safety concerns while respondents who did an insufficient amount of physical activity were more likely to report time or motivation.

- Out of five factors for not exercising, 42% of respondents reported time or motivation as a major or moderate factor followed by 19% reporting health problems, 13% cost and 10% safety concerns.



- Female respondents were more likely to report time, motivation or health problems as a moderate/major factor preventing them from exercising.
- Respondents 35 to 44 years old were more likely to report time compared to all other age categories; respondents 65 and older were more likely to report health problems or safety concerns.
- Respondents with at least some post high school education were more likely to report time as a major/moderate factor while respondents with a high school education or less were more likely to report safety concerns.
- Respondents with higher household income were more likely to report time as a major/moderate factor preventing them from exercising. Fifty-five percent of respondents with a household income of at least \$60,001 reported this compared to 45% of those with an income of \$30,001 to \$60,000 or 23% of respondents with a household income of less than \$30,001.

- Married respondents were more likely to report time as a major/moderate factor than unmarried respondents (46% and 33%, respectively).
- Inactive respondents were more likely to report health problems or safety concerns as a major/moderate factor while respondents who did an insufficient amount of physical activity were more likely to report time or motivation.

Table 28. Major/Moderate Factors Preventing Physical Exercise by Demographic Variables

	Time	Motivation	Health Problem	Cost	Safety Concerns
TOTAL	42%	42%	19%	13%	10%
Gender					
Male	34**	36**	14**	10	10
Female	47**	48**	24**	15	11
Age					
18 to 34	42**	36	10**	11	6**
35 to 44	62**	45	12**	14	7**
45 to 54	44**	39	20**	16	15**
55 to 64	28**	43	28**	7	7**
65 and Older	11**	48	35**	10	21**
Education					
High School or Less	34**	40	20	13	15**
Some Post High School	48**	46	16	13	7**
College Graduate	50**	43	19	8	5**
Household Income					
\$30,000 or Less	23**	36	24	15	16
\$30,001 to \$60,000	45**	44	17	11	9
\$60,001 or More	55**	48	17	14	8
Marital Status					
Married	46**	45	18	12	10
Not Married	33**	37	21	12	11
Physical Activity					
Inactive	30**	41**	32**	10	16*
Insufficient	50**	49**	16**	15	11*
Recommended	38**	33**	14**	10	7*

*= p≤0.05; **= p≤0.01

Primary Caregiver for an Elderly or Disabled Person

KEY FINDING: Seven percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.

- Seven percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.
- There were no statistically significant differences between demographic variables and being a primary caregiver for an elderly or disabled person but not employed as their caregiver.

APPENDIX B: QUESTIONNAIRE FREQUENCIES

CALUMET COUNTY
 COMMUNITY HEALTH SURVEY
 Conducted: February 22 through July 16, 2003
 (Due to rounding, some questions may total more/less than 100%)

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

Poor	2%
Fair	8
Good	32
Very good	39
Excellent	19
Not sure	<1

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

No health care coverage.....	6%
Medical Assistance or Title 19.....	3
Badger Care	1
Medicare	18
A prepaid plan such as a HMO, PPO	53
Another commercial health plan	13
Something else	5
Not sure	2

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

Not all members covered.....	13%
All members covered.....	87
Not sure	<1

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

Not all members covered.....	18%
All members covered.....	82
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	74%
Walk-in or urgent care clinic	12
Hospital emergency room.....	7
Community health center.....	4
Other.....	3
Not sure	<1

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

Yes..... 37%
 No..... 59
 Not sure 3

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.....	59%	25%	6%	7%	2%	<1%
8. Cholesterol testing	46	19	5	4	24	3
9. Visit to a dentist/dental clinic..	72	15	3	8	2	<1
10. Eye exam.....	52	29	6	10	3	<1

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

Yes..... 32%
 No..... 68
 Not sure 0

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

Yes..... 14%
 No..... 84
 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?	19%	80%	<1%
14. Your blood cholesterol is high?	16	83	1
15. You had a stroke?.....	2	98	<1
16. You have heart disease or a heart condition?...	5	95	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	<1
18.if yes, have you had your blood sugar tested in the past year? [23 respondents]	97	2	2
19. You had a mental health problem?.....	3	97	<1
20. You had cancer, other than skin cancer	3	97	0
21. You had a sexually transmitted disease.....	0	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?	9%	91%	<1%
23. Do you still have asthma? [All Respondents] ...	6	94	<1
24.(if yes), do you have an asthma action plan? [30 respondents]	57	40	3

25. On an average day, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings..... 34%
Two servings 34
Three or more servings 32
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 36
Three or more servings 27
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 37%
A few times per week..... 45
Daily or nearly so 6
Hardly ever or never 12
Not sure <1

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..... 76%
No..... 23
Not sure <1

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

One	4%
Two.....	12
Three.....	17
Four	8
Five.....	13
Six	6
Seven	16
Not sure	<1
No moderate exercise/no answer.....	24

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	15%
30 to 44 minutes	25
45 to 59 minutes	6
60 or more minutes	30
Not sure	<1
No moderate exercise/no answer.....	24

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [251 Respondents]

Within the past year (anytime less than 12 months ago)	41%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	14	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	5	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	4	üCONTINUE WITH Q33
5 or more years ago	3	üCONTINUE WITH Q33
Never	34	üCONTINUE WITH Q33
Not sure	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [23 Respondents 40 years old or older]

Don't need 6 responses
 Too young 3 responses
 Not recommended by provider..... 2 responses
 No time 2 responses
 Too expensive 2 responses
 Don't like 1 response
 Not insured..... 1 response
 Other 2 responses
 Not sure 4 responses

[76 Respondents 18 to 39 years old]

Too young..... 64 responses
 Don't need 7 responses
 Not recommended by provider..... 2 responses
 Other 1 response
 Not sure 2 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? [251 Respondents]

Within the past year (anytime less than 12 months ago)59%
 Within the past 2 years (1 year, but less than 2 years ago)23
 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)..... 4
 5 or more years ago 7
 Never 3
 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? [243 Respondents]

Within the past year (anytime less than 12 months ago)30%
 Within the past 2 years (1 year, but less than 2 years ago) 18
 Within the past 5 years (2 years, but less than 5 years ago)..... 6
 5 or more years ago 8
 Never36
 Not sure..... 3

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)20%
- 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)..... 5
- 5 or more years ago 6
- Never52
- 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) 14%
- Within the past 2 years (1 year, but less than 2 years ago) 8
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- Within the past 10 years (5 years but less than 10 years ago)... 2
- 10 years ago or more..... 2
- Never66
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	41%	59%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	52	48	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	57	43	<1
41. Avoid artificial sources of ultraviolet light?.....	70	29	<1

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

Do not ride/skate/scoot..... 52%

Frequency of those who bicycle, use in-line roller skates or scooters [236 Respondents]

- Never 77%
- Seldom..... 4
- Sometimes..... 3
- Nearly always..... 6
- Always 11
- Not sure 0

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

Never	6%
Seldom.....	3
Sometimes.....	7
Nearly always.....	11
Always	73
Not sure	<1

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

One	15%
Two.....	18
Three or more.....	9
None	58

üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [210 Respondents]

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

Frequency of those who bicycle, use in-line roller skates or scooters [173 Respondents]

Never	20%
Seldom.....	5
Sometimes.....	15
Nearly always.....	8
Always	51
Not sure	1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [210 Respondents]

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

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

Never	37%
Seldom.....	40
Sometimes.....	21
Nearly always.....	2
Always	<1
Not sure	<1

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

Poor	2%
Fair	21
Good	54
Excellent	22
Not sure	<1

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

Never	1%
Seldom.....	7
Sometimes.....	14
Nearly always.....	34
Always	42
Not sure	2

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

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

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

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

None	36%
One to two days.....	23
Three to four days	15
Five or more days	27
Not sure	<1

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

None	36%
One drink	16
Two drinks	21
Three drinks	12
Four or more drinks	14
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	65%
One to two times	18
Three or more times	17
Not sure	<1

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

None	81%
Once	6
Two or more times	13
Not sure	0

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

Yes.....	4%
No.....	97
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	0

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.....	78%
1 to 29 days	3
30 days.....	19
Not sure	<1

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? [110 Respondents]

0 days..... 58%
At least 1 day 42
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? [110 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

Yes..... <1%
No..... 100
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..... 18%
No..... 36
No smokers in the household..... 46
Not sure 0

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

Smoke-free restaurants 63%
Restaurants that allow smoking 10
No preference..... 27
Not sure 0

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

Strongly oppose..... 13%
Moderately oppose 14
Moderately favor 25
Strongly favor 41
Not sure 7

Another issue being discussed these days deals with firearms.

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

Yes..... 45%
 No..... 55
 Not sure 0

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

Yes..... 2%
 No..... 43
 Not sure <1
 No firearms in the household/no answer 55

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..... <1%
 No..... 1
 Not sure 0
 No firearms in household/not loaded/no answer 98

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?	27%	73%	0%
68. Having acupuncture?	4	96	<1
69. Massage therapy?	14	85	0
70. Aroma therapy?	4	96	<1
71. Movement therapy, such as yoga or tai' chi?	5	95	<1
72. Meditation?	4	96	<1

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

73. Gender [DERIVED, NOT ASKED]

Male..... 49%
 Female 51

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

18 to 34 years old	25%
35 to 44 years old	26
45 to 54 years old	20
55 to 64 years old	12
65 and older	17

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	42%
Overweight.....	37
Obese.....	21

77. What is your racial heritage?

White	98%
Black, African American or Negro	<1
Asian or Pacific Islander.....	<1
American Indian or Alaska Native	1
Another race	<1
Multiple races.....	0
Not sure	<1

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	23%
A member of an unmarried couple.....	1
Married	61
Separated	1
Divorced	7
Widowed.....	7
Not sure	0

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

8th grade or less	3%
Some high school	4
High school graduate or GED	45
Some college	15
Technical school graduate	10
College graduate.....	19
Advanced or professional degree	6
Not sure	0

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

Calumet	100%
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82. What city, town or village do you legally reside in?

Chilton city	24%
New Holstein city	16
Brillion city	12
Hilbert village	8
Sherwood village.....	7
Chilton town	5
Brillion town	4
New Holstein town.....	4
Stockbridge town	4
All others (3% or less).....	16

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

53014	30%
53061	20
54110	15
54129	13
54169	6
All others (3% or less)	9
No answer	8

84. What is your annual household income before taxes?

Less than \$10,000.....	3%
\$10,000 to \$20,000	12
\$20,001 to \$30,000	12
\$30,001 to \$40,000	14
\$40,001 to \$50,000	20
\$50,001 to \$60,000	14
\$60,001 to \$75,000	12
\$75,001 to \$90,000	5
Over \$90,000.....	5
Not sure	1
No answer	2

The next series of questions deal with personal safety issues.

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

Yes.....	6%	üCONTINUE WITH Q86
No.....	94	üGO TO Q87
Not sure	0	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [30 Respondents; More than 1 response accepted]

Acquaintance.....	11 responses
Stranger.....	10 responses
Ex-spouse.....	4 responses
Brother or sister.....	3 responses
Boyfriend or girlfriend.....	1 response
Someone else	2 responses

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

Yes.....	2%	üCONTINUE WITH Q88
No.....	98	üGO TO Q89
Not sure	0	üGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [10 Respondents; More than 1 response accepted]

Friend.....	4 responses
Acquaintance.....	3 responses
Stranger.....	2 responses
Brother or sister.....	1 response
Someone else	1 response

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

Smoke detectors	43%
Carbon monoxide detectors	<1
Both	52
Neither	5
Not sure	<1

ADDITIONAL QUESTIONS FOR CALUMET COUNTY

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

A1. 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 8%
 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 immunization29
 Aware of the health department and have received
 more extensive services5
 Not sure..... 1

I am going to read you a list of reasons that might prevent some people from getting physical exercise. For each of the following please indicate if it is a major, moderate, minor or not a factor at all in keeping you from exercising.

		Not a Factor	Minor Factor	Moderate Factor	Major Factor	Not Sure
A2.	Time.....	41%	17%	19%	23%	<1%
A3.	Health problem.....	63	17	9	10	<1
A4.	Cost.....	71	16	8	5	<1
A5.	Motivation.....	38	19	25	17	<1
A6.	Safety concerns	71	18	4	6	<1

A7. Are you a primary caregiver for an elderly or disabled person but not employed as their caregiver?

Yes..... 7%
 No..... 93
 Not sure <1