

**Dodge County**  
**Community Health Survey**  
Fall 2003

Commissioned by:  
**Aurora Health Care**

Prepared by:  
**JKV Research, LLC**

## Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose .....	1
Methodology .....	1
Summary .....	4
Key Findings .....	9
Rating Their Own Health .....	9
Health Care Coverage .....	11
Routine Checkups .....	13
Vaccinations .....	18
Prevalence of Select Health Conditions .....	19
Prevalence of Select Alternative Treatments.....	22
Physical Well Being and Body Weight .....	23
Nutrition and Diet .....	27
Women’s Health .....	31
Men’s Health .....	33
Other Tests .....	33
Reducing the Risk of Skin Cancer .....	36
Safety: Seat Belts and Bicycle Helmets .....	37
Cigarettes and Tobacco Products.....	40
Alcohol Use.....	44
Mental Health Status.....	46
Detectors in Household .....	49
Presence of Firearms in Household .....	50
Personal Safety Issues .....	51
Appendix A: Additional Questions .....	52
Environmental Problems in Their Community.....	53
Awareness of and Experience with Public Health Department .....	54
Appendix B: Questionnaire Frequencies .....	56

<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables .....	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables .....	15
Table 5. Dental Checkup by Demographic Variables.....	16
Table 6. Eye Exam by Demographic Variables .....	17
Table 7. Flu Vaccination by Demographic Variables.....	18
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables .....	21
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables ....	23
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables .....	25
Table 11. Overweight by Demographic Variables .....	26
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables .....	28
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables .....	30
Table 14. Time Since Last Mammogram by Age.....	31
Table 15. Time Since Last Pap Smear by Demographic Variables .....	32
Table 16. Time Since Last Digital Rectal Exam by Age .....	33

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables .....	34
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables .....	35
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	37
Table 20. Wear Seat Belt by Demographic Variables .....	38
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter) .....	39
Table 22. Current Smokers by Demographic Variables .....	41
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables .....	43
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents .....	45
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables .....	48
Table 26. Detectors in Household by Demographic Variables .....	49
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables .....	54
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables .....	55

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health.....	9
Figure 2. Type of Health Care Coverage .....	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older) .....	19
Figure 4. Told or Received Treatment in the Past Three Years .....	20
Figure 5. Received Alternative Treatment in Past Three Years .....	22
Figure 6. Moderate Physical Activities/Week.....	24
Figure 7. Reducing the Risk of Skin Cancer (Regularly) .....	36
Figure 8. Smoking Preference in Restaurants .....	42
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days .....	46
Figure 10. Managing Stress.....	47
Figure 11. Detectors in Household .....	49
Figure 12. Major or Moderate Environmental Problems in Their Community.....	53

## Purpose

The purpose of this project is to provide Dodge 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 Dodge County Community Health Survey<sup>1</sup> 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 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 400 telephone interviews were completed between February 24 and June 25, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Dodge 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) 439-1399 or janet.vandehy@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

---

<sup>1</sup> Dodge County is defined as all communities except for the city of Watertown.

## Demographic Profile of Dodge County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 34	26%
35 to 44	24
45 to 54	19
55 to 64	13
65 and Older	17
Education	
High School Graduate or Less	48%
Some Post High School	30
College Graduate	23
Household Income	
\$30,000 or Less	25%
\$30,001 to \$60,000	52
\$60,001 or More	20
Not Sure/No Answer	2
Married	62%

## What do the percentages mean?

Results of Dodge County Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 58,593 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 600 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 6,000 residents  $\pm 3,000$  individuals. Meaning that from 3,000 to 9,000 residents may have fair or poor health. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 28,363 households in Dodge 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 280 households. For example, 9% 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 2,520.

## 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/meter<sup>2</sup>. 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 this 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 Dodge County residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

<b>Overall Health</b>		<b>Risk Conditions in the Past 3 Years</b>	
Dodge County	<u>2003</u>	Dodge County	<u>2003</u>
Excellent .....	24%	High Blood Pressure.....	18%
Very Good.....	33%	High Blood Cholesterol .....	17%
Good .....	32%	Heart Disease/Condition .....	9%
Fair or Poor .....	10%	Asthma (Current).....	7%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Diabetes .....	6%
Wisconsin .....	57%	<b>Moderate Physical Activity/Week</b>	
Nation .....	56%	Dodge County	<u>2003</u>
<b>Health Care Coverage</b>		Inactive .....	25%
Dodge County	<u>2003</u>	Insufficient .....	52%
Personally Not Covered .....	4%	Recommended.....	24%
Household Member Not Covered (current) ...	9%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	12%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin.....	27%
Wisconsin .....	10%	Nation .....	26%
Nation .....	13%	<b>Nutrition and Diet</b>	
<b>Advance Care Plan</b>		Dodge County	<u>2003</u>
Dodge County	<u>2003</u>	Fruit Intake (2 or more servings/day) .....	60%
Yes .....	42%	Vegetable Intake (3 or more servings/day) .....	27%
<b>Routine Checkups</b>		Fried Food/Fast Food (a few times/week) .....	51%
Dodge County	<u>2003</u>	Overweight.....	65%
Routine Checkup (2 years or less) .....	84%	<i>Other Research: Overweight</i>	<u>2001</u>
Cholesterol Test (2 years or less).....	68%	Wisconsin.....	59%
Dental Checkup (past year).....	71%	Nation .....	58%
Eye Exam (2 years or less).....	79%	<b>Women's Health</b>	
<b>Vaccinations</b>		Dodge County	<u>2003</u>
Dodge County	<u>2003</u>	Mammogram (50+; past year).....	59%
Flu shot (past year) .....	36%	Pap Smear (past year).....	57%
Pneumonia (ever—65 years or older).....	54%	<i>Other Research: Wisconsin</i>	<u>2001</u>
<b>Alternative Treatment in Past 3 Years</b>		Mammogram (50+; past year).....	69%
Dodge County	<u>2003</u>	Pap Smear (past year) .....	66%
Chiropractor .....	26%	<b>Reduce Risk of Skin Cancer</b>	
Massage Therapy.....	11%	Dodge County	<u>2003</u>
Meditation .....	8%	Avoid Artificial Sources of UV Light .....	74%
Movement Therapy.....	5%	Use Sunscreen with SPF 15 or Higher .....	53%
Aroma Therapy.....	5%	Wear Sun Protective Clothing.....	51%
Acupuncture .....	1%	Avoid Sun Between 10 a.m. and 4 p.m. ....	40%

<b>Men's Health</b>		<b>Alcohol Use</b>	
Dodge County		Dodge County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	8%	Drink in Past Month .....	62%
50 and Older .....	46%	3+ Drinks on Occasion in Past Month.....	28%
<b>Other Tests</b>		Binge in Past Month	
Dodge County	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)] .....	18%
Blood Stool Test (50+; within past 2 years)...	50%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	2%
(50+; within past 2 years).....	27%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
<b>Safety</b>		<i>Wisconsin</i> .....	26%
Dodge County		<i>Nation</i> .....	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<b>Mental Health Status</b>	
Adult.....	84%	Dodge County	
Children .....	92%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always .....	3%
(Of Those Who Ride Bike or In-Line Skate)		Never .....	35%
Adult.....	22%	Managing Stress	
Children .....	53%	Excellent/Good.....	82%
Detectors		Poor .....	2%
Smoke Detector .....	56%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	0%	Never/Seldom.....	3%
Both.....	40%	Considered Suicide (past year).....	3%
Neither .....	3%	<b>Firearms in Household</b>	
<b>Tobacco Use</b>		Dodge County	
Dodge County	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers .....	31%	Have a Firearm.....	43%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm .....	3%
Year Because Trying to Quit (smokers).....	39%	Have a Loaded Firearm Unlocked.....	2%
Health Care Professional Advisement to		<b>Personal Safety in Past Year</b>	
Quit Smoking (smokers).....	57%	Dodge County	<u>2003</u>
Smoking Indoors or in Vehicle.....	23%	Afraid for Their Safety .....	4%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit .....	3%
Smoke-free .....	55%	<b>Additional Questions</b>	
Allow Smoking.....	14%	Dodge County	
No Preference .....	31%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	<u>2003</u>
Establishments		Pollution in Lakes, Rivers and Streams .....	23%
Moderately Favor .....	21%	Pesticides .....	14%
Strongly Favor .....	37%	Safe Drinking Water .....	11%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Sewage/Septic.....	9%
<i>Wisconsin</i> .....	24%	Awareness of/Experience with Public Health Dept.	
<i>Nation</i> .....	23%	Aware of /No Experience.....	63%
		Aware of /Received Limited Services .....	23%
		Aware of /Received Extensive Services .....	5%

## **Overall Health and Health Care Key Findings**

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

Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of less than \$30,001 were more likely to report not having personal health insurance. Nine percent reported someone in their household currently was not covered. Twelve percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Seventy-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents with a household income of \$30,001 to \$60,000 were more likely to report a medical doctor, etc. Forty-two percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Seventy-one percent of all respondents reported a visit to the dentist in the past year while 60% percent reported having a routine checkup and 48% reported a cholesterol test or an eye exam. Female respondents or those 55 and older were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a cholesterol test in the past year while respondents 18 to 44 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report a dental checkup or an eye exam. Respondents with lower household income were more likely to report a cholesterol test while respondents with higher household income were more likely to report a dental exam in the past year.

Thirty-six percent of respondents had an influenza vaccination in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Fifty-four 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, high blood cholesterol, heart disease/condition or cancer, not including skin cancer. Respondents 55 and older were more likely to report diabetes. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Married respondents were more likely to report current asthma while unmarried respondents were more likely to report high blood cholesterol or heart disease/condition. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes while respondents who were not overweight were more likely to report cancer (not including skin cancer). Inactive respondents were more likely to report high blood cholesterol, heart disease/condition or cancer (not including skin cancer).

Three percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-seven percent felt they were excellent at managing stress; 2% reported poor. Three percent reported they never or seldom find meaning and purpose in their daily life. Three 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 (26% and 11%, respectively). Female respondents were more likely to report massage therapy. Respondents 18 to 34 years old were more likely to report massage therapy or movement therapy. Respondents with some post high school education were more likely to report aroma therapy while respondents with at least some post high school education were more likely to report movement therapy. Unmarried respondents were more likely to report meditation or movement therapy in the past three years.

Twenty-four percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 25% were classified as inactive. Respondents 55 to 64 years old or with some post high school education were more likely to meet the recommendation. Sixty-five percent of respondents were classified as overweight (40% overweight and 25% obese). Male respondents or those with a household income of less than \$30,001 were more likely to be overweight.

Sixty 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 were more likely to eat at least two servings of fruit a day. Female respondents, those who were not overweight or who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; respondents who were male, younger, with higher household income, married or inactive were more likely to report this.

Seventy-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-four percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old or married were more likely to have had a pap smear within the past three years.

Eight percent of male respondents 40 to 49 years old and 46% of males 50 and older had a digital rectal exam in the past year.

Fifty percent of respondents 50 years old and older had their blood stool tested within the past two years while 27% 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 between 10 a.m. and 4 p.m. Respondents 35 to 44 years old or married respondents were more likely to report using sunscreen. Respondents with at least some post high school education were more likely to report wearing sun protective clothing.

Eighty-four percent of respondents wore seat belts always or nearly always. Female respondents, those 55 and older, with a high school education or less or with a college education were more likely to report they wore seat belts always. Eighty-six 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, 22% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 39% reported their child always wore a helmet.

Thirty-one percent of respondents were current smokers; male respondents or those 35 to 44 years old were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 57% reported a health professional advised them to quit smoking. Twenty-three percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-five percent of all respondents preferred a smoke-free restaurant. Respondents who were 45 and older or nonsmokers were more likely to prefer smoke-free restaurants. Fifty-eight percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with a household income of less than \$30,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-two percent of respondents had an alcoholic drink in the past 30 days. In the past month, 28% had three or more drinks on at least one occasion while 18% binged. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Unmarried respondents were more likely to have had three or more drinks on at least three occasions. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-six percent of households had a working smoke detector while 40% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Forty-three percent of households had a firearm in around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Four percent of respondents reported someone had made them afraid for their personal safety in the past year while 3% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Out of four environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (23%). Respondents 55 to 64 years old were more likely to report water pollution or safe drinking water as a major or moderate problem. Respondents with some post high school education were more likely to report sewage or septic as a major or moderate problem.

Ten percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were female or 65 and older were more likely to report services.

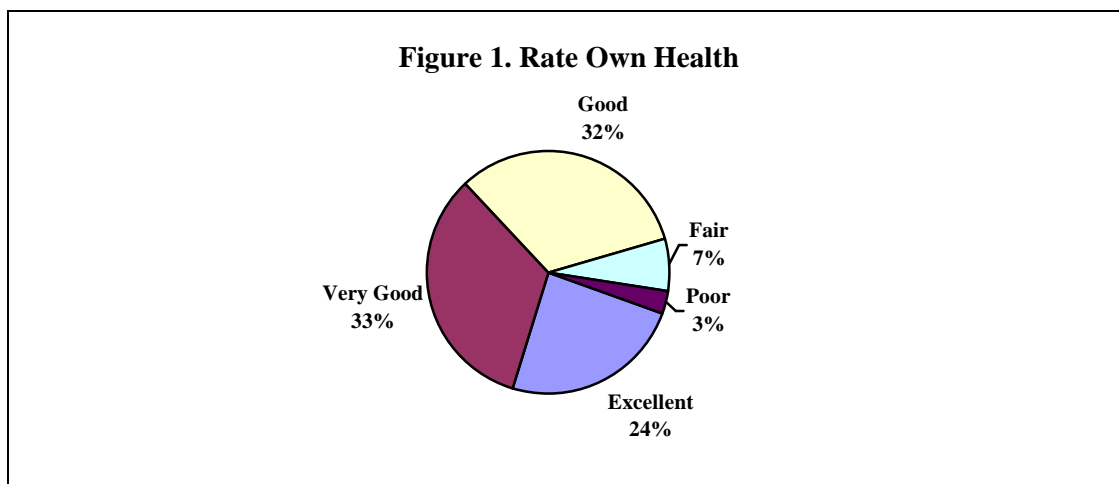
## Key Findings

### Rating Their Own Health (Figure 1; Table 2)

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

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

- Fifty-seven percent of respondents said their own health, generally speaking, was either excellent (24%) or very good (33%). A total of 10% reported their health was fair (7%) or poor (3%).



- Female respondents were more likely to report their health was fair or poor (14%) compared to male respondents (7%).
- Respondents 65 and older were more likely to report their health was fair or poor (21%) compared to those 18 to 34 years old (7%) or respondents 55 to 64 years old (6%).
- Thirteen percent of respondents with a high school education or less reported their health was fair or poor compared to 9% of those with a college education or 8% of respondents with some post high school education.
- Eighteen percent of respondents with a household income of less than \$30,001 reported their health condition as fair/poor compared to 7% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report fair or poor health (17%) compared to married respondents (7%).

- Inactive respondents were more likely to report their health as fair/poor (19%) compared to those who did an insufficient amount of physical activity (9%) or respondents who met the recommended amount of physical activity in a typical week (5%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	32%	33%	24%
Gender**				
Male	7	35	28	30
Female	14	29	38	19
Age**				
18 to 34	7	23	42	28
35 to 44	11	27	33	30
45 to 54	12	36	29	24
55 to 64	6	39	42	14
65 and Older	21	43	21	16
Education**				
High School or Less	13	35	36	16
Some Post High School	8	34	32	26
College Graduate	9	21	32	38
Household Income**				
\$30,000 or Less	18	38	31	14
\$30,001 to \$60,000	7	31	36	26
\$60,001 or More	5	27	34	35
Marital Status**				
Married	7	31	38	24
Not Married	17	33	27	23
Overweight				
Not Overweight	14	27	36	24
Overweight	9	34	33	25
Physical Activity**				
Inactive	19	39	28	14
Insufficient	9	29	37	25
Recommended	5	30	31	35
Smoker				
Nonsmoker	11	29	34	26
Smoker	10	38	32	20

\*= p≤0.05; \*\*= p≤0.01

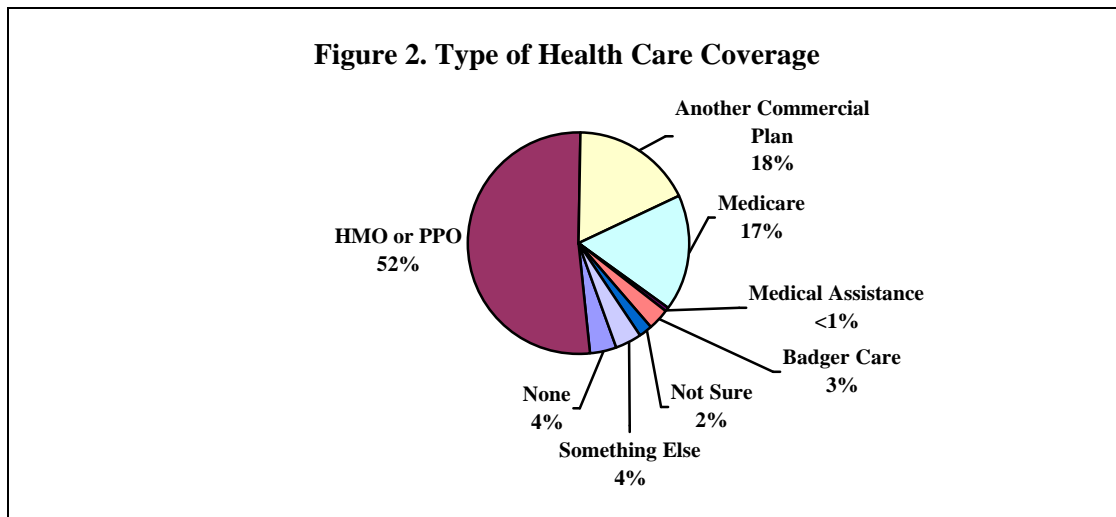
## Health Care Coverage (Figure 2)

**KEY FINDING:** Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of less than \$30,001 were more likely to report not having personal health insurance. Nine percent reported someone in their household currently was not covered. Twelve percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Seventy-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents with a household income of \$30,001 to \$60,000 were more likely to report a medical doctor, etc. Forty-two percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

### *Personally Not Covered*

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

- Four percent of respondents reported they were not currently covered by any health insurance. Fifty-two percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Eighteen percent reported another commercial plan, 17% reported Medicare and less than one percent reported medical assistance.



- Eight percent of respondents with a household income of less than \$30,001 reported they were not currently covered by any health insurance compared to 3% of those with an income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.

### *Someone in Household Currently Not Covered*

- Nine percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 2,520 households.
- There were no statistically significant differences between household income or marital status and someone in their household not currently covered.

### *Someone in Household Not Covered in the Past 12 Months*

- Twelve percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Nineteen percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 10% of those with an income of \$30,001 to \$60,000 or 8% of respondents with a household income of at least \$60,001.

### *Primary Health Care Services*

- Seventy-two percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Sixteen percent reported walk-in or urgent care while 5% reported hospital emergency room and 4% reported community health center.
- Seventy-seven percent of respondents with a household income of \$30,001 to \$60,000 reported a medical doctor, internist, OBGYN or family practice compared to 68% of those with an income of less than \$30,001 or 59% of respondents with a household income of at least \$60,001.

### *Advance Care Plan*

- Forty-two percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Sixty-six percent of respondents 65 and older reported having an advance care plan compared to 22% of respondents 18 to 34 years old. Fifty-eight percent of respondents 55 to 64 years old reported having an advance care plan along with 41% of those 35 to 44 years old or 37% of respondents 45 to 54 years old.

## **Routine Checkups (Tables 3 - 6)**

**KEY FINDING:** Seventy-one percent of all respondents reported a visit to the dentist in the past year while 60% percent reported having a routine checkup and 48% reported a cholesterol test or an eye exam. Female respondents or those 55 and older were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a cholesterol test in the past year while respondents 18 to 44 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report a dental checkup or an eye exam. Respondents with lower household income were more likely to report a cholesterol test while respondents with higher household income were more likely to report a dental exam in the past year.

### *Routine Checkup*

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

- Sixty percent of respondents reported they had a routine checkup in the past year. An additional 24% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (68%) than male respondents (52%).
- Respondents 55 and older were more likely to have had a routine checkup in the past year (69%) compared to those 35 to 44 years old (56%) or respondents 18 to 34 years old (54%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	60%	24%	4%	10%	1%
Gender**					
Male	52	25	5	16	2
Female	68	23	4	4	1
Age*					
18 to 34	54	20	8	17	2
35 to 44	56	27	2	14	1
45 to 54	57	28	8	7	0
55 to 64	69	20	2	7	2
65 and Older	69	25	0	0	5
Education					
High School or Less	63	22	3	10	2
Some Post High School	51	27	9	11	2
College Graduate	65	24	2	9	0
Household Income					
\$30,000 or Less	67	18	4	6	4
\$30,001 to \$60,000	54	26	6	13	<1
\$60,001 or More	62	26	2	8	1
Marital Status					
Married	62	23	3	11	1
Not Married	57	25	7	9	1

\*= p≤0.05; \*\*= p≤0.01

### Cholesterol Test

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

- Forty-eight percent of respondents reported having their cholesterol tested within the past year. Twenty percent reported one to two years ago. Twenty percent reported never having their cholesterol tested.
- Respondents 65 and older were more likely to have had their cholesterol tested in the past year (72%) compared to those 35 to 44 years old (36%) or respondents 18 to 34 years old (31%).
- Fifty percent of respondents with a high school education or less and 48% of those with some post high school education reported a cholesterol test within the past year compared to 46% of respondents with a college education. Twenty-seven percent of respondents with some post high school education reported never compared to 20% of those with a high school education or less or 10% of respondents with a college education.

- Fifty-one percent of respondents with a household income of less than \$30,001 reported having a cholesterol test within the past year compared to 48% of those with an income of \$30,001 to \$60,000 or 41% of respondents with a household income of at least \$60,001.

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	48%	20%	4%	6%	20%
Gender					
Male	45	22	3	9	17
Female	50	18	5	3	22
Age**					
18 to 34	31	14	3	9	39
35 to 44	36	23	4	7	25
45 to 54	51	25	3	5	15
55 to 64	66	21	4	4	6
65 and Older	72	16	7	3	2
Education**					
High School or Less	50	14	5	8	20
Some Post High School	48	20	2	3	27
College Graduate	46	32	5	6	10
Household Income*					
\$30,000 or Less	51	17	4	6	22
\$30,001 to \$60,000	48	16	4	6	21
\$60,001 or More	41	34	2	6	16
Marital Status					
Married	45	21	4	7	21
Not Married	53	18	4	5	18

\*= 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.<sup>2</sup>*

*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-one percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.

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

- Seventy-six percent of respondents 35 to 44 years old and 74% of those 18 to 34 years old reported a dental checkup in the past year compared to 67% of respondents 65 and older.
- Eighty-seven percent of respondents with a college education reported a dental checkup in the past year compared to 68% of those with some post high school education or 67% of respondents with a high school education or less.
- As household income increased, so did the likelihood of respondents reporting a dental checkup in the past year. Fifty-eight percent of respondents with a household income of less than \$30,001 reported a dental checkup in the past year compared to 73% of those with an income of \$30,001 to \$60,000 or 81% of respondents with a household income of at least \$60,001.

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	71%	14%	4%	8%	2%
Gender					
Male	67	15	4	10	3
Female	75	13	4	6	1
Age*					
18 to 34	74	14	5	3	3
35 to 44	76	15	1	9	0
45 to 54	71	20	7	3	0
55 to 64	70	11	6	11	2
65 and Older	67	6	5	18	3
Education*					
High School or Less	67	13	6	12	2
Some Post High School	68	19	4	7	2
College Graduate	87	8	0	2	2
Household Income**					
\$30,000 or Less	58	10	6	19	6
\$30,001 to \$60,000	73	16	4	5	<1
\$60,001 or More	81	16	1	2	0
Marital Status					
Married	74	14	3	6	3
Not Married	69	12	5	12	1

\*= p≤0.05; \*\*= p≤0.01

## Eye Exam

- Forty-eight percent of respondents had an eye exam in the past year, while 31% reported one to two years ago. Four percent reported never.
- Sixty-six percent of respondents with a college education reported an eye exam in the past year compared to 46% of those with a high school education or less or 38% of respondents with some post high school education.
- Married and unmarried respondents were somewhat similar in reporting an eye exam in the past (49% and 46%, respectively). However, married respondents were more likely to report an eye exam in the past two years (84%) compared to unmarried respondents (71%).

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	48%	31%	8%	8%	4%
Gender					
Male	44	30	10	9	5
Female	51	32	7	7	2
Age					
18 to 34	43	28	12	11	6
35 to 44	47	29	5	13	5
45 to 54	43	43	5	7	3
55 to 64	45	32	13	6	2
65 and Older	61	27	8	3	2
Education**					
High School or Less	46	29	9	11	4
Some Post High School	38	37	10	8	7
College Graduate	66	27	5	2	0
Household Income					
\$30,000 or Less	44	31	11	8	5
\$30,001 to \$60,000	48	31	8	7	4
\$60,001 or More	49	33	6	10	1
Marital Status**					
Married	49	35	6	6	3
Not Married	46	25	12	12	5

\*= p≤0.05; \*\*= p≤0.01

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-six percent of respondents had an influenza vaccination in the past year. Respondents who were female or 65 and older were more likely to report a flu vaccination. Fifty-four 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-six percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination compared to male respondents (44% and 27%, respectively).
- Respondents 65 and older were more likely to report receiving a flu vaccination (79%) compared to those 35 to 54 years old (26%) or respondents 18 to 34 years old (17%).

Table 7. Flu Vaccination by Demographic Variables

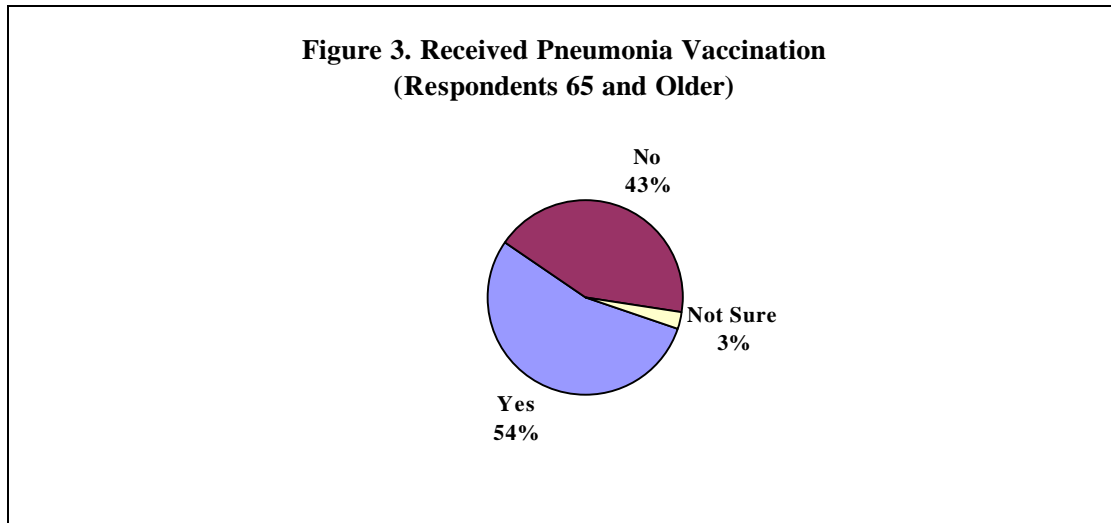
	Percent
TOTAL	36%
Gender**	
Male	27
Female	44
Age**	
18 to 34	17
35 to 44	26
45 to 54	26
55 to 64	50
65 and Older	79
Education	
High School or Less	38
Some Post High School	33
College Graduate	36
Household Income	
\$30,000 or Less	42
\$30,001 to \$60,000	35
\$60,001 or More	25
Marital Status	
Married	35
Not Married	37

\*= 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).*

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



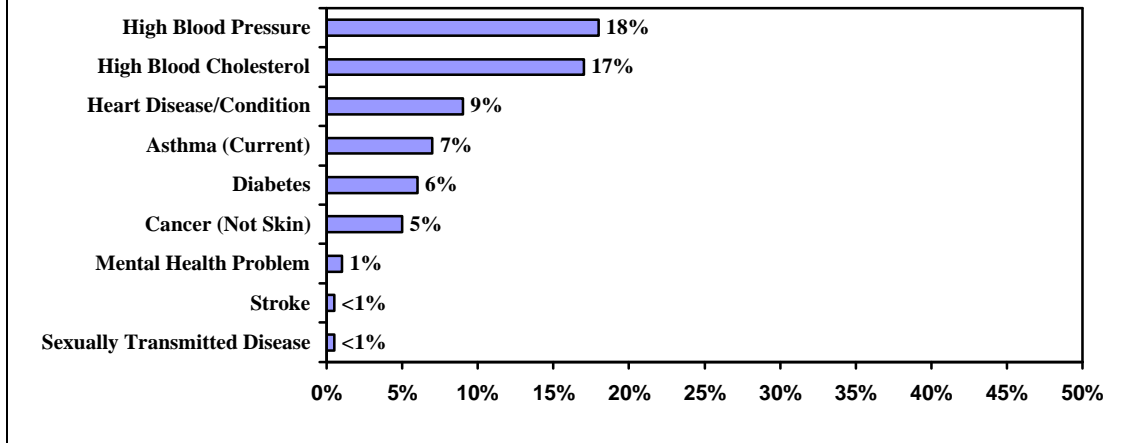
### **Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

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

- Respondents were more likely to report they have been told or been treated for high blood pressure (18%), high blood cholesterol (17%), heart disease/condition (9%), asthma (current, 7%), diabetes (6%) or cancer (not including skin cancer, 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, high blood cholesterol, heart disease/condition or cancer (not including skin cancer) while respondents 55 and older were more likely to report diabetes.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol or heart disease/condition.
- Married respondents were more likely to report current asthma while unmarried respondents were more likely to report high blood cholesterol or heart disease/condition.
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes while respondents who were not overweight were more likely to report cancer (not skin).
- Inactive respondents were more likely to report high blood cholesterol, heart disease/condition or cancer (not skin).

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease or Condition	Asthma (Current)	Diabetes	Cancer (Not Skin)
TOTAL	18%	17%	9%	7%	6%	5%
Gender						
Male	17	17	9	6	6	4
Female	20	18	8	9	7	6
Age						
18 to 34	4**	1**	0**	9	2*	2*
35 to 44	10**	18**	1**	7	3*	5*
45 to 54	22**	24**	9**	5	8*	3*
55 to 64	25**	19**	14**	6	12*	6*
65 and Older	40**	35**	28**	10	12*	13*
Education						
High School or Less	21	21	9	8	5	5
Some Post High School	17	17	5	9	8	3
College Graduate	15	10	11	6	8	9
Household Income						
\$30,000 or Less	35**	27*	17**	8	10	5
\$30,001 to \$60,000	12**	12*	3**	6	5	3
\$60,001 or More	15**	19*	5**	10	6	4
Marital Status						
Married	18	14*	5**	10*	6	4
Not Married	20	23*	15**	4*	8	8
Overweight						
Not Overweight	9**	7**	6	8	2**	8*
Overweight	23**	24**	11	8	8**	3*
Physical Activity						
Inactive	25	28**	14*	11	8	13**
Insufficient	17	15**	6*	6	4	3**
Recommended	15	12**	8*	6	10	3**

\*= p≤0.05; \*\*= p≤0.01

### Diabetes

- One hundred percent of the 26 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

### Asthma

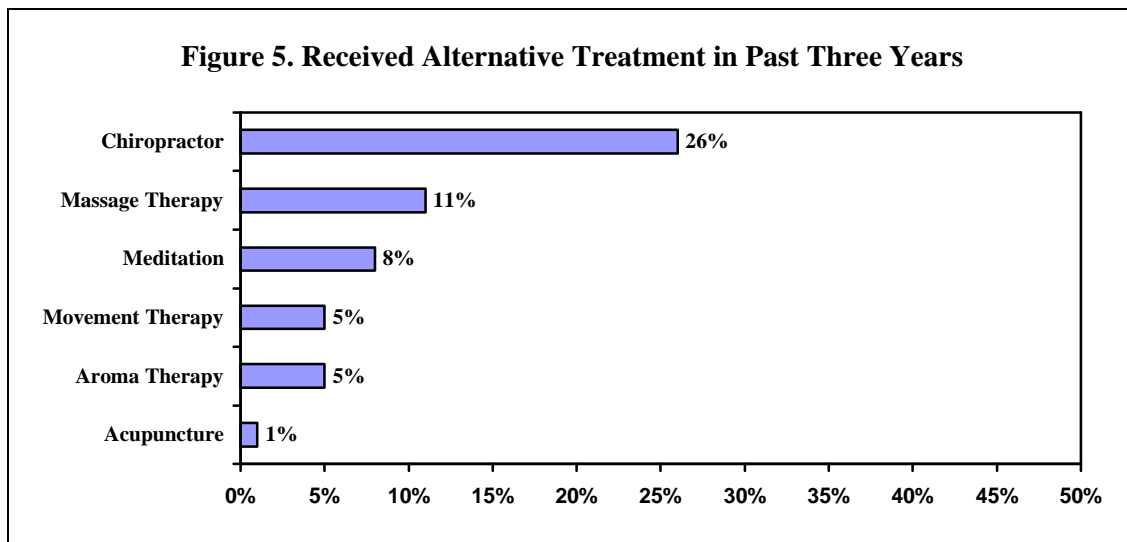
- Of the 30 respondents who currently had asthma, 72% had an asthma action plan.

## 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 (26% and 11%, respectively). Female respondents were more likely to report massage therapy. Respondents 18 to 34 years old were more likely to report massage therapy or movement therapy. Respondents with some post high school education were more likely to report aroma therapy while respondents with at least some post high school education were more likely to report movement therapy. Unmarried respondents were more likely to report meditation or movement therapy in the past three years.

- Respondents were more likely to have gone to a chiropractor (26%) or used massage therapy (11%) in the past three years.



- Female respondents were more likely to have reported massage therapy in the past three years (17%) compared to male respondents (4%).
- Respondents 18 to 34 years old were more likely to report massage therapy or movement therapy in the past three years.
- Respondents with some post high school education were more likely to report aroma therapy while respondents with at least some post high school education were more likely to report movement therapy in the past three years.
- Unmarried respondents were more likely to report meditation or movement therapy than married respondents.

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	26%	11%	8%	5%	5%
Gender					
Male	28	4**	5	4	4
Female	24	17**	10	6	6
Age					
18 to 34	29	18*	10	11*	10
35 to 44	21	6*	3	2*	4
45 to 54	33	13*	8	5*	4
55 to 64	27	13*	6	4*	6
65 and Older	22	3*	13	0*	0
Education					
High School or Less	28	8	5	1**	2*
Some Post High School	26	14	9	8**	10*
College Graduate	22	12	12	9**	5*
Household Income					
\$30,000 or Less	27	10	12	7	5
\$30,001 to \$60,000	26	12	7	5	7
\$60,001 or More	25	11	5	2	2
Marital Status					
Married	26	10	5*	3*	5
Not Married	27	12	11*	8*	7

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-four percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 25% were classified as inactive. Respondents 55 to 64 years old or with some post high school education were more likely to meet the recommendation. Sixty-five percent of respondents were classified as overweight (40% overweight and 25% obese). Male respondents or those with a household income of less than \$30,001 were more likely to be overweight.

#### *Physical Activities in Past Month*

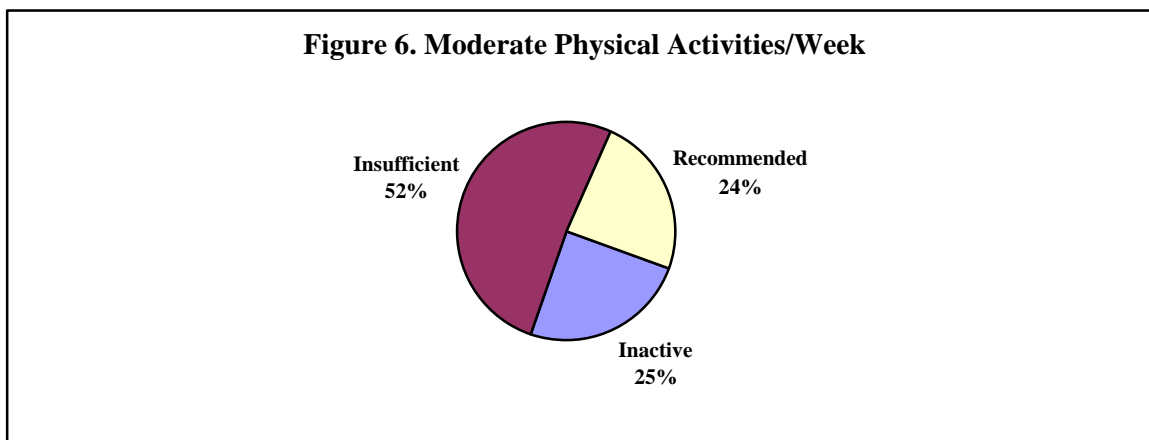
- Seventy-five percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

- Twenty-four percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-two percent did some activity, but not to the extent of the recommendation while 25% were classified as inactive.



- Respondents 55 to 64 years old were more likely to meet the recommended amount of moderate physical activity in a week (33%) compared to those 45 to 54 years old (22%) or respondents 65 and older (16%).
- Thirty-four percent of respondents with some post high school education met the recommendation compared to 23% of those with a college education or 18% of respondents with a high school education or less.

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

	Inactive	Insufficient	Recommended
TOTAL	25%	52%	24%
Gender			
Male	22	54	24
Female	28	49	23
Age**			
18 to 34	22	54	25
35 to 44	20	57	23
45 to 54	22	56	22
55 to 64	19	48	33
65 and Older	46	37	16
Education**			
High School or Less	35	48	18
Some Post High School	16	50	34
College Graduate	15	63	23
Household Income			
\$30,000 or Less	32	46	22
\$30,001 to \$60,000	21	54	25
\$60,001 or More	19	57	24
Marital Status			
Married	23	55	21
Not Married	28	46	26
Overweight			
Not Overweight	31	46	23
Overweight	23	54	23

\*= 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.<sup>3</sup> Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. 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).*

<sup>3</sup> Body Mass Index = (kg/m<sup>2</sup>). Developed by the Centers for Disease Control (CDC).

- According to the definition, 65% of respondents were overweight (40% overweight and 25% obese).
- Male respondents were more likely to be classified as overweight (75%) compared to female respondents (53%).
- Seventy-three percent of respondents with a household income of less than \$30,001 were overweight compared to 70% of those with an income of at least \$60,001 or 59% of respondents with a household income of \$30,001 to \$60,000.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	65%
Gender**	
Male	75
Female	53
Age	
18 to 34	55
35 to 44	66
45 to 54	66
55 to 64	73
65 and Older	68
Education	
High School or Less	61
Some Post High School	71
College Graduate	61
Household Income*	
\$30,000 or Less	73
\$30,001 to \$60,000	59
\$60,001 or More	70
Marital Status	
Married	66
Not Married	62
Moderate Physical Activities	
Inactive	57
Insufficient	68
Recommended	64

\*= p≤0.05; \*\*= p≤0.01

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Sixty 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 were more likely to eat at least two servings of fruit a day. Female respondents, those who were not overweight or who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; respondents who were male, younger, with higher household income, married or inactive 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 percent of respondents eat two or more servings of fruit on an average day. Forty 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 (66% and 52%, respectively).

### *Vegetable Intake*

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

- Twenty-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 compared to male respondents (35% and 19%, respectively).
- Respondents who were not overweight were more likely to eat three or more servings of vegetables per day (37%) compared to overweight respondents (23%).
- Forty-five percent of respondents who met the recommended amount of physical activity reported eating at least three servings of vegetables a day compared to 23% of those who did an insufficient amount of physical activity or 20% of respondents were inactive.

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	40%	60%	72%	27%
Gender				
Male	48**	52**	81**	19**
Female	34**	66**	65**	35**
Age				
18 to 34	44	55	75	25
35 to 44	48	52	67	33
45 to 54	38	61	75	25
55 to 64	35	65	72	28
65 and Older	31	69	72	28
Education				
High School or Less	43	57	76	24
Some Post High School	38	60	69	31
College Graduate	39	61	69	32
Household Income				
\$30,000 or Less	37	62	74	25
\$30,001 to \$60,000	41	59	72	28
\$60,001 or More	42	58	71	29
Marital Status				
Married	37	62	71	28
Not Married	46	54	74	26
Overweight				
Not Overweight	46	54	63*	37*
Overweight	39	60	76*	23*
Moderate Physical Activities				
Inactive	51	50	80**	20**
Insufficient	40	60	77**	23**
Recommended	33	66	54**	45**

\*= p≤0.05; \*\*= p≤0.01

### *Fried Food/Fast Food Intake*

- Eight percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-three percent reported a few times per week. Thirty-four percent reported a few times per month while 15% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (59%) compared to female respondents (44%).
- Younger respondents were more likely to eat fried/fast foods. Sixty-seven percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 33% of those 65 and older or 31% of those 55 to 64 years old.
- Respondents with higher household income were more likely to eat fried/fast foods. Sixty-four percent of respondents with a household income of at least \$60,001 reported eating fried/fast food at least a few times per week compared to 53% of those with an income of \$30,001 to \$60,000 or 38% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report eating fried/fast foods compared to unmarried respondents (54% and 45%, respectively).
- Sixty percent of inactive respondents reported eating fried/fast foods at least few times per week compared to 52% of those who met the recommended amount of physical activity in a typical week or 46% of respondents who did an insufficient amount of physical activity.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	34%	51%
Gender**		
Male	34	59
Female	35	44
Age**		
18 to 34	28	67
35 to 44	37	59
45 to 54	42	47
55 to 64	37	31
65 and Older	31	33
Education		
High School or Less	31	52
Some Post High School	33	53
College Graduate	46	46
Household Income**		
\$30,000 or Less	31	38
\$30,001 to \$60,000	37	53
\$60,001 or More	29	64
Marital Status**		
Married	36	54
Not Married	33	45
Overweight		
Not Overweight	35	50
Overweight	37	50
Moderate Physical Activities**		
Inactive	25	60
Insufficient	43	46
Recommended	26	52

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

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Seventy-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-four percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old or married 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.<sup>4</sup>*

*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 52% had a mammogram within the past two years (39% within past year and 13% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (72% of those 50 and older; 73% of those 40 to 49 years old).
  - Of respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (nine responses), too young (seven responses), not recommended by provider (five responses) or don’t like (three responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
<b>TOTAL</b>	39%	13%	14%	34%
<b>Age**</b>				
18 to 39	11	4	11	74
40 to 49	44	29	11	16
50 and Older	59	13	18	11

\*= p≤0.05; \*\*= p≤0.01

<sup>4</sup>“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> 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.<sup>5</sup>

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

- Fifty-seven 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 35 to 44 years old were more likely to report a pap smear within the past three years (96%) compared to those 55 to 64 years old (85%) or respondents 65 and older (57%).
- Married respondents were more likely to have had a pap smear within the past three years (91%) compared to unmarried respondents (71%).

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	57%	20%	7%	13%	2%
Age**					
18 to 34	69	14	6	0	6
35 to 44	61	26	9	2	2
45 to 54	55	24	11	8	3
55 to 64	52	26	7	15	0
65 and Older	36	14	7	43	0
Education					
High School or Less	57	16	8	14	2
Some Post High School	63	20	10	5	2
College Graduate	49	27	2	18	4
Household Income					
\$30,000 or Less	57	13	10	19	2
\$30,001 to \$60,000	59	20	7	7	4
\$60,001 or More	58	33	3	6	0
Marital Status**					
Married	61	23	7	5	2
Not Married	47	15	9	25	4

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

<sup>5</sup>“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 105.

**Men’s Health (Table 16)**

**KEY FINDING:** Eight percent of male respondents 40 to 49 years old and 46% 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.<sup>6</sup>*

*Digital Rectal Exam*

- Forty-one percent of all male respondents never had a digital rectal exam. Twenty-two percent had an exam in the past year while 16% reported within the past two years (one year but less than two years). Four percent were not sure.
- Forty-six percent of male respondents 50 and older had an exam less than a year ago while 8% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	22%	16%	17%	41%
Age**				
18 to 39	11	5	7	76
40 to 49	8	21	35	27
50 and Older	46	22	16	13

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

**Other Tests (Tables 17 & 18)**

**KEY FINDING:** Fifty percent of respondents 50 years old and older had their blood stool tested within the past two years while 27% reported a sigmoidoscopy or colonoscopy within the past two years.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>7</sup>*

*Blood Stool Test*

- Fifty-one percent of all respondents never had a blood stool test. Thirty-one percent were tested within the past two years (20% less than a year ago and 11% more than one year ago, but less than two).

<sup>6</sup>“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

<sup>7</sup>“Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 89.

- Fifty percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 26% of those 40 to 49 years old or 14% of respondents 18 to 39 years old. Twenty-eight percent of respondents 50 and older reported never compared to 75% of respondents 18 to 39 years old.
- Thirty-six percent of respondents with a high school education or less reported a blood stool test within the past two years compared to 27% of those with some post high school education or 26% of respondents with a college education. Forty-nine percent of respondents with some post high school education reported never compared to 54% of respondents with a college education.
- Forty-one percent of respondents with a household income of less than \$30,001 reported a blood stool test within the past two years compared to 36% of those with an income of at least \$60,001 or 24% of respondents with a household income of \$30,001 to \$60,000. Thirty-nine percent of respondents with a household income of less than \$30,001 reported never compared to 60% of respondents with a household income of \$30,001 to \$60,000.

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%	11%	15%	51%
Gender				
Male	21	10	20	47
Female	20	11	11	55
Age**				
18 to 39	9	5	10	75
40 to 49	15	11	18	52
50 and Older	34	16	18	28
Education*				
High School or Less	26	10	10	52
Some Post High School	17	10	21	49
College Graduate	14	12	20	54
Household Income**				
\$30,000 or Less	28	13	15	39
\$30,001 to \$60,000	18	6	12	60
\$60,001 or More	17	19	15	48
Marital Status				
Married	23	10	12	54
Not Married	16	12	20	48

\*= p≤0.05; \*\*= p≤0.01

*Sigmoidoscopy or Colonoscopy Exam*

- Sixty-five percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Sixteen percent were examined within the past two years (8% less than a year ago and 8% more than one year ago, but less than two).
- A total of 27% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 9% of those 40 to 49 years old or 7% of respondents 18 to 39 years old. Forty-one percent of respondents 50 and older reported never compared to 84% of respondents 18 to 39 years old.
- Twenty-four percent of respondents with a household income of less than \$30,001 reported a sigmoidoscopy or colonoscopy within the past two years compared to 14% of those with an income of \$30,001 to \$60,000 or 13% of respondents with a household income of at least \$60,001. Fifty-four percent of respondents with a household income of less than \$30,001 reported never compared to 72% of respondents with a household income of at least \$60,001.

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

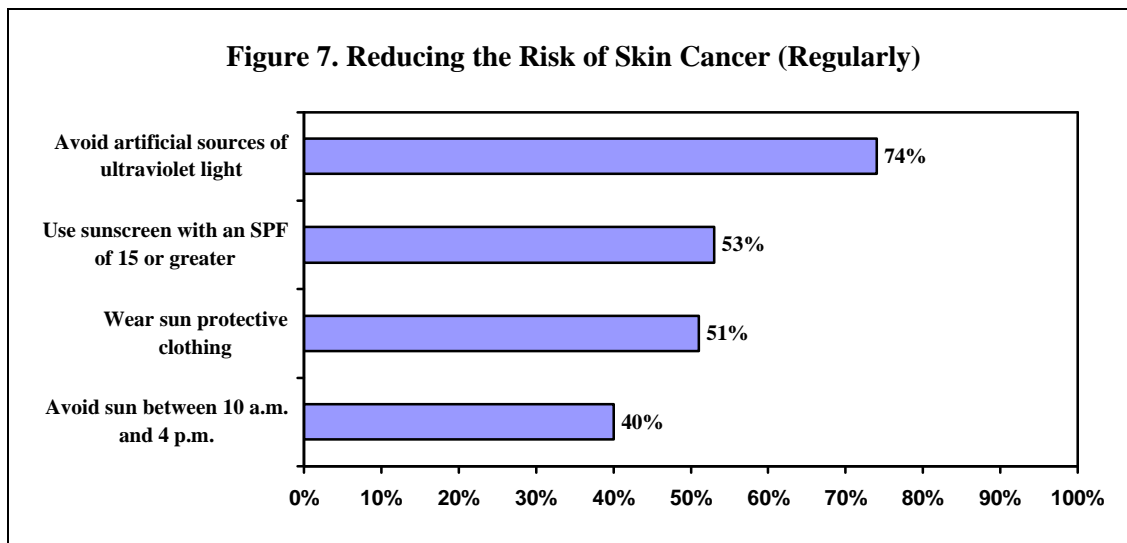
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	8%	8%	9%	8%	65%
Gender					
Male	8	10	7	7	66
Female	8	6	12	9	63
Age**					
18 to 39	6	1	3	5	84
40 to 49	5	4	7	4	75
50 and Older	12	15	17	13	41
Education					
High School or Less	12	7	8	8	64
Some Post High School	7	6	13	4	68
College Graduate	3	11	8	14	64
Household Income*					
\$30,000 or Less	11	13	7	14	54
\$30,001 to \$60,000	9	5	10	5	68
\$60,001 or More	5	8	11	4	72
Marital Status					
Married	8	7	10	6	67
Not Married	8	9	9	12	62

\*= 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 between 10 a.m. and 4 p.m. Respondents 35 to 44 years old or married respondents were more likely to report using sunscreen. Respondents with at least some post high school education were more likely to report wearing sun protective clothing.

- To reduce the risk of skin cancer, 74% of respondents regularly avoid artificial sources of ultraviolet light, 53% use sunscreen with a SPF of 15 or higher, 51% wear sun protective clothing while 40% avoid the sun between 10 a.m. and 4 p.m.
- Thirteen percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-four percent reported two of the four actions while 24% reported three and 20% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen with a SPF of at least 15 or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents 35 to 44 years old were more likely to report using sunscreen (66%) compared to those 18 to 34 years old (48%) or respondents 65 and older (32%).
- Fifty-eight percent of respondents with some post high school education and 56% of those with a college education reported wearing sun protective clothing compared to 45% of respondents with a high school education or less.
- Married respondents were more likely to report using sunscreen with SPF 15 or higher compared to unmarried respondents (60% and 43%, respectively).

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	74%	53%	51%	40%
Gender				
Male	77	45**	49	30**
Female	71	61**	52	50**
Age				
18 to 34	67	48**	47	43
35 to 44	78	66**	48	32
45 to 54	80	58**	55	47
55 to 64	72	60**	58	40
65 and older	72	32**	52	40
Education				
High School or Less	70	52	45*	41
Some Post High School	75	53	58*	41
College Graduate	78	57	56*	38
Household Income				
\$30,000 or Less	71	53	59	49
\$30,001 to \$60,000	71	51	46	37
\$60,001 or More	81	64	55	40
Marital Status				
Married	73	60**	51	39
Not Married	75	43**	52	43

\*= 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 55 and older, with a high school education or less or with a college education were more likely to report they wore seat belts always. Eighty-six 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, 22% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 39% reported their child always wore a helmet.

#### Seat Belts

- Eighty-four percent of respondents reported they wore seat belts always or nearly always (70% and 14%, respectively).
- Female respondents were more likely to report wearing seat belts always (77%) compared to male respondents (63%).

- Eighty-one percent of respondents 65 and older and 79% of those 55 to 64 years old reported always compared to 57% of respondents 18 to 34 years old.
- Seventy-five percent of respondents with a high school education or less and 73% of those with a college education reported always compared to 60% of respondents with some post high school education.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	1%	9%	14%	70%
Gender**					
Male	7	2	8	20	63
Female	3	<1	11	8	77
Age**					
18 to 34	4	2	22	16	57
35 to 44	10	1	5	11	74
45 to 54	3	0	8	24	66
55 to 64	2	4	9	6	79
65 and older	6	0	0	12	81
Education**					
High School or Less	6	2	8	8	75
Some Post High School	3	<1	16	20	60
College Graduate	3	0	5	19	73
Household Income					
\$30,000 or Less	7	2	9	12	70
\$30,001 to \$60,000	5	1	13	13	69
\$60,001 or More	2	1	4	20	73
Marital Status					
Married	4	2	8	16	71
Not Married	7	<1	13	10	70

\*= p≤0.05; \*\*= p≤0.01

### Children and Seat Belts

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

#### *Of households with children...*

- Eighty-six percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 6% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

### Bicycle Helmet Usage

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

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

- Twenty-two percent of respondents who bicycled, in-line roller skated or rode a scooter always (17%) or nearly always (5%) wore a helmet. Sixty-nine percent reported never.
- Respondents 45 to 54 years old were more likely to report always (33%) compared to those 35 to 44 years old (14%) or respondents 18 to 34 years old (7%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	69%	5%	4%	5%	17%
Gender					
Male	73	1	6	8	12
Female	65	7	4	2	21
Age*					
18 to 34	70	11	6	6	7
35 to 44	75	0	2	9	14
45 to 54	52	3	6	3	33
55 and older	75	0	5	0	20
Education					
High School or Less	73	3	5	2	18
Some Post High School	62	8	4	11	13
College Graduate	65	5	3	5	22
Household Income					
\$30,000 or Less	68	10	5	8	10
\$30,001 to \$60,000	65	3	5	7	19
\$60,001 or More	74	3	5	0	18
Marital Status					
Married	68	2	5	3	20
Not Married	68	11	2	9	11

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

### *Children and Helmets*

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

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

- Thirty-nine percent of respondents reported their child always wore a helmet while 14% reported nearly always. Twenty-six percent reported never.
- There were no statistically significant differences between household income or marital status and children wearing helmets.

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

**KEY FINDING:** Thirty-one percent of respondents were current smokers; male respondents or those 35 to 44 years old were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 57% reported a health professional advised them to quit smoking. Twenty-three percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-five percent of all respondents preferred a smoke-free restaurant. Respondents who were 45 and older or nonsmokers were more likely to prefer smoke-free restaurants. Fifty-eight percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with a household income of less than \$30,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

#### *Current Smokers*

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

- Thirty-one percent of respondents were current smokers. Two percent smoked between one and 29 days while the remaining 29% smoked every day.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	31%
Gender*	
Male	37
Female	27
Age**	
18 to 34	32
35 to 44	46
45 to 54	34
55 to 64	31
65 and older	12
Education	
High School or Less	36
Some Post High School	30
College Graduate	25
Household Income	
\$30,000 or Less	27
\$30,001 to \$60,000	34
\$60,001 or More	35
Marital Status	
Married	31
Not Married	33

\*= p≤0.05; \*\*= p≤0.01

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

*Of current smokers...*

- Thirty-nine percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- There were no statistically significant differences between demographic variables and respondents who quit smoking for one day or longer in the past year.

## *Doctor, Nurse or Other Health Professional Advisement to Quit Smoking*

### *Of current smokers...*

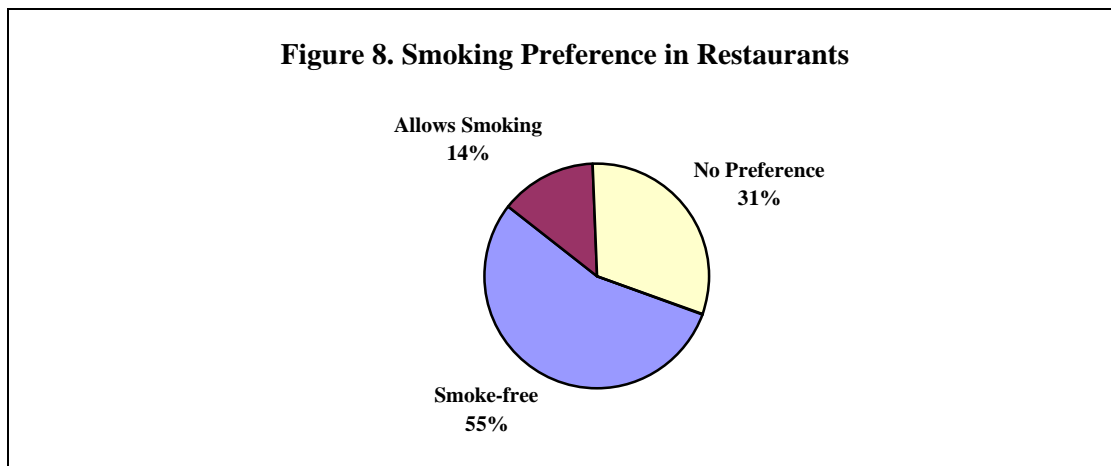
- Fifty-seven percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Seventy percent of respondents with a high school education or less reported a health professional advised them to quit smoking in the past year compared to 51% of those with some post high school education or 32% of respondents with a college education.

### *Smoking Indoor or in Vehicle*

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

### *Smoking Preference in Restaurants*

- Fifty-five percent of respondents reported they preferred to eat in smoke-free restaurants while 14% preferred restaurants that allow smoking. Thirty-one percent reported they did not have a preference.



- Sixty-four percent of respondents 45 to 54 years old or 65 and older and 62% of those 55 to 64 years old preferred smoke-free restaurants compared to 51% of those 35 to 44 years old or 44% of respondents 18 to 34 years old. Respondents 35 to 44 years old were more likely to prefer restaurants that allow smoking (20%) compared to respondents 65 and older (5%). Fifteen percent of respondents 45 to 54 years old preferred restaurants that allow smoking along with 13% of respondents 18 to 34 years old or 55 to 64 years old.
- Seventy percent of nonsmokers preferred smoke-free restaurants compared to 23% of smokers. Thirty-nine percent of smokers preferred restaurants that allow smoking while 2% of nonsmokers reported this.

*Community Ordinance Prohibiting Smoking in Eating Establishments*

- Fifty-eight percent of respondents favored a community ordinance prohibiting smoking in eating establishments (37% strongly favor, 21% moderately favor).
- Respondents with a household income of less than \$30,001 were more likely to favor an ordinance (63%) compared to those with an income of \$30,001 to \$60,000 (58%) or respondents with a household income of at least \$60,001 (53%).
- Seventy-one percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 30% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (47%) compared to smokers (14%).

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

	Moderately Favor	Strongly Favor
TOTAL	21%	37%
Gender		
Male	21	31
Female	21	41
Age		
18 to 34	18	33
35 to 44	21	35
45 to 54	30	37
55 to 64	21	40
65 and older	18	41
Education		
High School or Less	23	34
Some Post High School	21	44
College Graduate	17	32
Household Income*		
\$30,000 or Less	26	37
\$30,001 to \$60,000	19	39
\$60,001 or More	23	30
Marital Status		
Married	21	37
Not Married	21	35
Smoking Status**		
Nonsmoker	24	47
Smoker	16	14

\*= p≤0.05; \*\*= p≤0.01

### *Snuff or Chewing Tobacco*

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

### **Alcohol Use (Table 24)**

**KEY FINDING:** Sixty-two percent of respondents had an alcoholic drink in the past 30 days. In the past month, 28% had three or more drinks on at least one occasion while 18% binged. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Unmarried respondents were more likely to have had three or more drinks on at least three occasions. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five 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-two percent of respondents had a drink in the past 30 days. Twenty-nine percent reported they drank on at least five days, while 14% reported three to four days, and 19% reported drinking on one or two days in the past 30 days.
- Fifteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 8% reported three, 23% reported two and 17% reported one drink on average on the days they drank. Thirty-eight percent reported having no drinks in the past month.

### *Three or More Drinks on an Occasion in Past Month*

- Twenty-eight percent of all respondents had three or more drinks on an occasion in the past month. Fourteen percent reported this one to two times and 14% reported three or more times.
- Male respondents were more likely to have had three or more drinks (35%) than female respondents (21%). Males were also more likely to have had three or more drinks on at least three occasions (21%) compared to female respondents (7%).
- Respondents 18 to 34 years old were more likely to have had three or more drinks and more often. Forty-two percent of respondents 18 to 34 years old reported three or more drinks (20% one to two occasions and 22% three or more occasions) compared to 6% of respondents 65 and older (6% one to two occasions and 0% three or more occasions).
- Unmarried and married respondents were similar in reporting three or more drinks (29% and 27%, respectively). However, unmarried respondents were more likely to have had three or more drinks on at least three occasions (20%) compared to married respondents (9%).

### 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).

- Eighteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged (23%) than female respondents (14%).
- Respondents 18 to 44 years old were more likely to have binged (28%) compared to those 55 to 64 years old (4%) or respondents 65 and older (2%).

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	14%	14%	18%
Gender			
Male	14**	21**	23*
Female	14**	7**	14*
Age			
18 to 34	20**	22**	28**
35 to 44	18**	16**	28**
45 to 54	13**	19**	17**
55 to 64	11**	4**	4**
65 and Older	6**	0**	2**
Education			
High School or Less	13	16	18
Some Post High School	20	12	23
College Graduate	11	9	9
Household Income			
\$30,000 or Less	14	12	18
\$30,001 to \$60,000	12	15	18
\$60,001 or More	23	16	18
Marital Status			
Married	18**	9**	16
Not Married	9**	20**	20

\*= p≤0.05; \*\*= p≤0.01

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

- Two percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.

### *Family Problem Associated with Alcohol in Past Year*

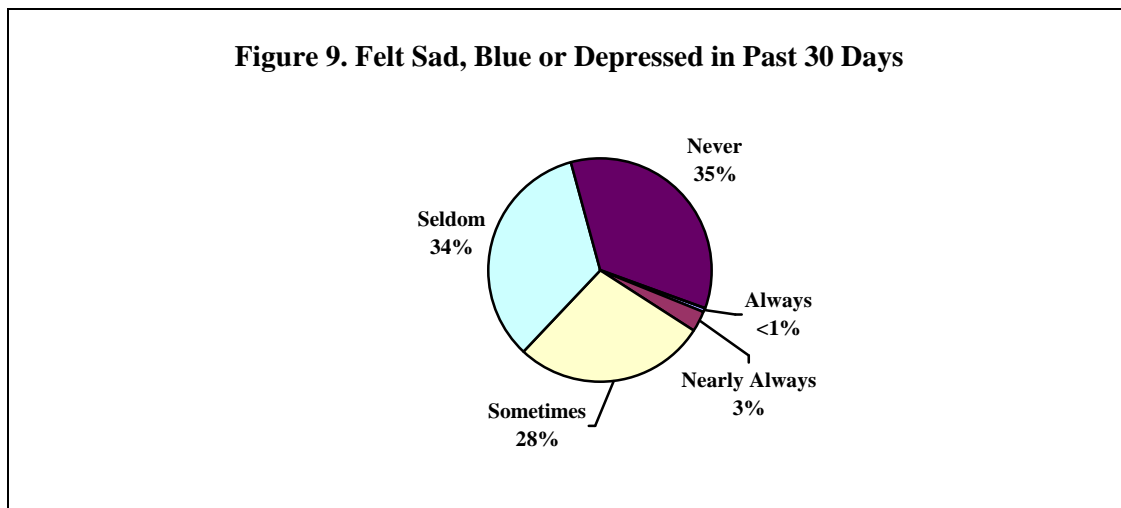
- Five percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Three percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-seven percent felt they were excellent at managing stress; 2% reported poor. Three percent reported they never or seldom find meaning and purpose in their daily life. Three 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,” three percent of survey respondents answered always or nearly always. This equates up to 4,800 residents. Twenty-eight percent reported sometimes and the remaining 69% reported seldom (34%) or never (35%).



- Female respondents were more likely to report they always/nearly always felt sad, blue or depressed during the past 30 days compared to male respondents (5% and 2%, respectively). Forty-two percent of male respondents reported never compared to 29% of female respondents.
- Married and unmarried respondents were similar in reporting always/nearly always (4% and 3%, respectively). However, 38% of married respondents reported they never felt sad, blue or depressed during the past 30 days compared to 31% of unmarried respondents.

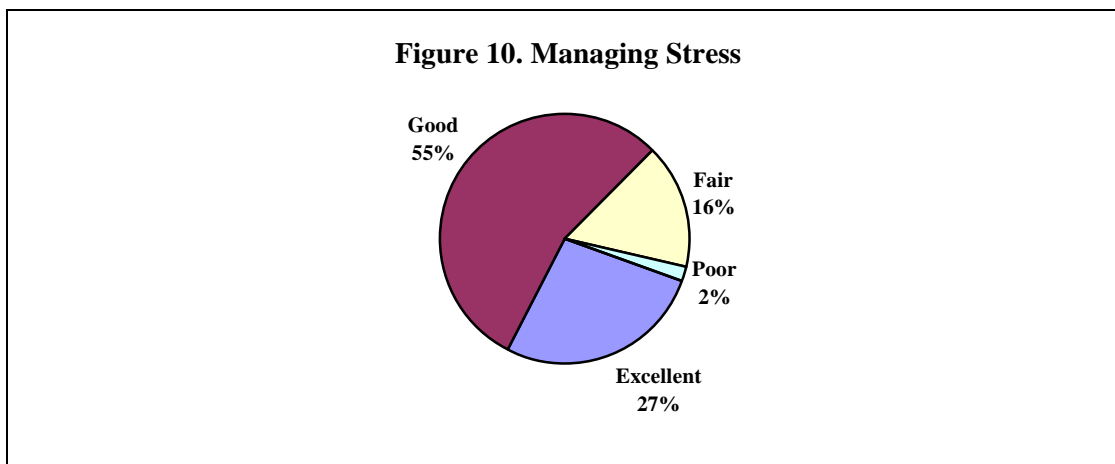
### *Considered Suicide*

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Dodge 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.

- Three 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 4,800 residents who considered suicide in the past year.

### *Managing Stress*

- Twenty-seven percent reported they were excellent at managing stress. Fifty-five percent reported good while 16% reported fair and 2% reported poor.



- Two percent of respondents with some post high school education or less and 1% of respondents with a college education reported poor. Twenty-four percent of respondents with a high school education or less reported fair or poor compared to 13% of those with some post high school education or 12% of respondents with a college education.

### *Finding Meaning and Purpose in Daily Life*

- Forty-four percent of respondents reported they always find meaning and purpose in their daily life, an additional 39% reported nearly always. Thirteen percent reported sometimes while 2% reported seldom and less than one percent reported never.
- Five percent of respondents with a high school education or less and 3% of those with some post high school education reported never/seldom compared to 0% of respondents with a college education. Respondents with a high school education or less were more likely to report always (47%) compared to those with a college education (40%) or respondents with some post high school education (39%).
- Unmarried and married respondents were similar in reporting never/seldom (4% and 3%, respectively). However, married respondents were more likely to report always (48%) compared to unmarried respondents (36%).

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

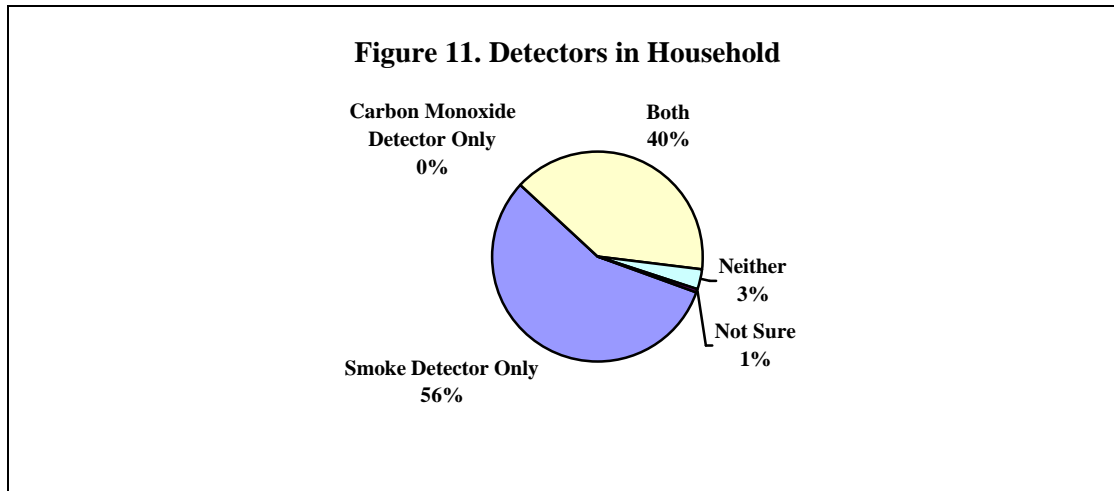
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	13%	39%	44%
Gender				
Male	4	16	36	44
Female	2	11	42	44
Age				
18 to 34	4	16	49	31
35 to 44	3	15	36	45
45 to 54	3	12	41	45
55 to 64	0	10	31	58
65 and older	6	7	37	47
Education**				
High School or Less	5	17	30	47
Some Post High School	3	12	46	39
College Graduate	0	7	52	40
Household Income				
\$30,000 or Less	6	17	34	41
\$30,001 to \$60,000	2	15	38	45
\$60,001 or More	1	6	45	48
Marital Status**				
Married	3	9	41	48
Not Married	4	20	38	36

\*= p≤0.05; \*\*= p≤0.01

**Detectors in Household (Figure 11; Table 26)**

**KEY FINDING:** Ninety-six percent of households had a working smoke detector while 40% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

- Forty percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Fifty-six percent reported only a working smoke detector while 0% reported only a carbon monoxide detector. Three percent had neither.



- Married households were more likely to have both detectors (46%) compared to unmarried households (32%). Five 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
<b>TOTAL</b>	56%	0%	40%	3%
<b>Household Income</b>				
\$30,000 or Less	64	0	32	4
\$30,001 to \$60,000	55	0	43	3
\$60,001 or More	47	0	49	5
<b>Marital Status*</b>				
Married	52	0	46	2
Not Married	64	0	32	5

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Forty-three percent of households had a firearm in around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

### *Firearm in Household*

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

- At the time of the survey administration, 43% of households had one or more firearms.
- Households with higher income were more likely to have a firearm. Fifty-seven percent of respondents with a household income of at least \$60,001 reported a firearm compared to 47% of those with an income of \$30,001 to \$60,000 or 24% of respondents with a household income of less than \$30,001.
- Married households were more likely to have a firearm (53%) compared to unmarried households (28%).

### *Loaded Firearm*

- Three percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

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

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

## **Personal Safety Issues**

**KEY FINDING:** Four percent of respondents reported someone had made them afraid for their personal safety in the past year while 3% 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,” four percent reported yes.
- There were no statistically significant differences between demographic variables and feeling afraid for their personal safety.
  - A stranger was most often mentioned as the perpetrator (seven responses) followed by an acquaintance (five responses). Each of the following was reported by one respondent: spouse, ex-spouse or someone else.

### *Pushed, Kicked, Slapped or Hit*

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - An acquaintance or stranger was reported by three respondents each. Each of the following was reported by one respondent: spouse, ex-spouse, boyfriend/girlfriend or parent.

### *Combined Personal Safety Threats*

- A total of 6% of all respondents reported at least one of the two threats and 1% reported both threats.

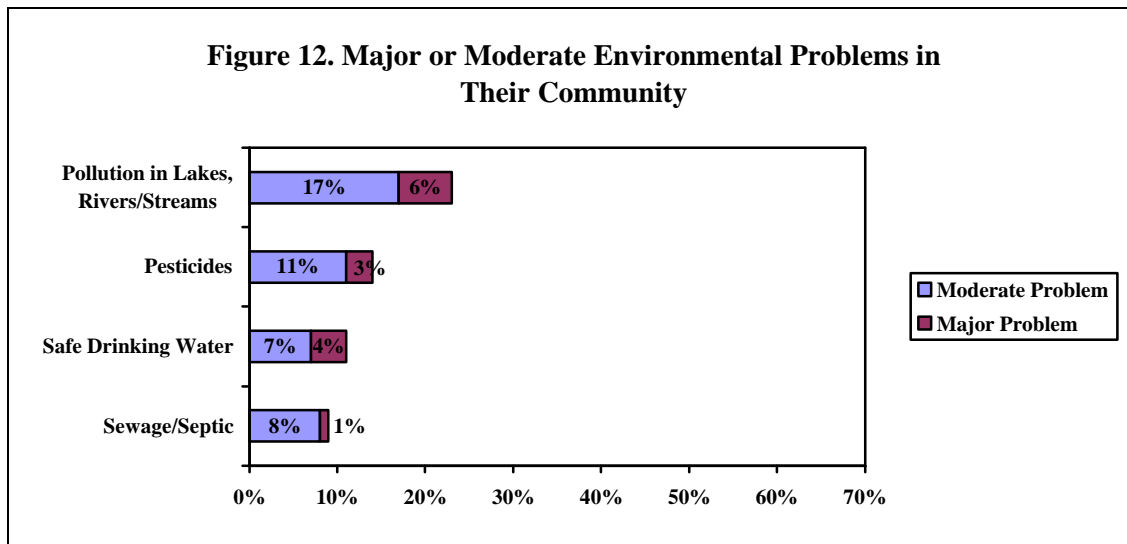
**APPENDIX A: ADDITIONAL QUESTIONS**

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

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

**KEY FINDING:** Out of four environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (23%). Respondents 55 to 64 years old were more likely to report water pollution or safe drinking water as a major or moderate problem. Respondents with some post high school education were more likely to report sewage or septic as a major or moderate problem.

- Out of four environmental problems that communities may face, 23% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Fourteen percent reported pesticides followed by 11% reporting safe drinking water and 9% reporting sewage/septic.



- Respondents 55 to 64 years old were more likely to report water pollution or safe drinking water as a major/moderate problem in their community.
- Fifteen percent of respondents with some post high school education reported sewage/septic as a major/moderate problem compared to 7% of those with a college education or 6% of respondents with a high school education or less.

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

	Lake, River & Stream Pollution	Pesticides	Safe Drinking Water	Sewage or Septic
TOTAL	23%	14%	11%	9%
Gender				
Male	22	11	9	8
Female	24	17	12	10
Age				
18 to 34	23*	10	10*	13
35 to 44	16*	18	13*	9
45 to 54	20*	12	5*	5
55 to 64	40*	25	23*	11
65 and older	22*	10	9*	7
Education				
High School or Less	19	14	13	6*
Some Post High School	24	16	9	15*
College Graduate	31	14	10	7*
Household Income				
\$30,000 or Less	27	13	13	12
\$30,001 to \$60,000	21	15	11	10
\$60,001 or More	24	15	10	4
Marital Status				
Married	21	15	12	8
Not Married	26	13	10	11

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ten percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were female or 65 and older were more likely to report services.

- Ten percent of respondents were not aware of the public health department prior to the interview. Sixty-three percent were aware of the department but had no experience with it. Twenty-three 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 compared to male respondents (29% and 25%, respectively). Fifteen percent of male respondents reported they were not aware of the health department compared to 6% of female respondents.
- Respondents 65 and older were more likely to report receiving services from the health department (42%) compared to those 55 to 64 years old (21%) or respondents 18 to 34 years old (16%).

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	10%	63%	23%	5%
Gender*				
Male	15	60	21	4
Female	6	65	24	5
Age**				
18 to 34	17	67	10	6
35 to 44	7	61	27	4
45 to 54	5	66	26	3
55 to 64	13	64	19	2
65 and older	9	49	36	6
Education				
High School or Less	13	64	22	2
Some Post High School	9	59	23	8
College Graduate	6	64	25	6
Household Income				
\$30,000 or Less	11	61	22	6
\$30,001 to \$60,000	12	65	20	2
\$60,001 or More	6	62	24	7
Marital Status				
Married	9	60	25	5
Not Married	12	65	20	3

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

DODGE COUNTY  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 24 through June 25, 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 .....	3%
Fair .....	7
Good .....	32
Very good .....	33
Excellent .....	24
Not sure .....	0

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

No health care coverage.....	4%
Medical Assistance or Title 19.....	<1
Badger Care .....	3
Medicare .....	17
A prepaid plan such as a HMO, PPO .....	52
Another commercial health plan .....	18
Something else .....	4
Not sure .....	2

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

Not all members covered.....	9%
All members covered.....	91
Not sure .....	0

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

Not all members covered.....	12%
All members covered.....	88
Not sure .....	0

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

Medical doctor, internist, OBGYN, family practice .....	72%
Walk-in or urgent care clinic .....	16
Hospital emergency room.....	5
Community health center .....	4
Other .....	1
Not sure .....	1

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

Yes..... 42%  
 No..... 57  
 Not sure ..... <1

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	60%	24%	4%	10%	1%	<1%
8. Cholesterol testing .....	48	20	4	6	20	3
9. Visit to a dentist/dental clinic..	71	14	4	8	2	1
10. Eye exam.....	48	31	8	8	4	1

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

Yes..... 36%  
 No..... 65  
 Not sure ..... 0

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

Yes..... 15%  
 No..... 85  
 Not sure ..... <1

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?.....	18%	82%	0%
14. Your blood cholesterol is high? .....	17	82	<1
15. You had a stroke?.....	<1	99	<1
16. You have heart disease or a heart condition?...	9	92	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	0
18. ....if yes, have you had your blood sugar tested in the past year? [26 Respondents]	100	0	0
19. You had a mental health problem?.....	1	99	0
20. You had cancer, other than skin cancer .....	5	95	0
21. You had a sexually transmitted disease.....	<1	99	<1

	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%	92%	0%
23. Do you still have asthma? [All Respondents] ...	7	93	0
24. ....(if yes), do you have an asthma action plan? [30 Respondents].....	72	24	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..... 40%  
Two servings ..... 29  
Three or more servings ..... 31  
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..... 37%  
Two servings ..... 35  
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 ..... 34%  
A few times per week..... 43  
Daily or nearly so ..... 8  
Hardly ever or never ..... 15  
Not sure ..... 0

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

Yes..... 75%  
No..... 25  
Not sure ..... 0

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

Yes..... 76%  
No..... 24  
Not sure ..... 0

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.....	14
Four .....	15
Five.....	13
Six .....	2
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 .....	16%
30 to 44 minutes .....	19
45 to 59 minutes .....	9
60 or more minutes .....	31
Not sure .....	<1
No moderate exercise/no answer.....	25

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [208 Respondents]

Within the past year (anytime less than 12 months ago) .....	39%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	13	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	4	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	4	üCONTINUE WITH Q33
5 or more years ago .....	6	üCONTINUE WITH Q33
Never .....	34	üCONTINUE WITH Q33
Not sure .....	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [28 Respondents 40 years old or older]

Don't need ..... 9 responses  
 Too young ..... 7 responses  
 Not recommended by provider..... 5 responses  
 Don't like ..... 3 responses  
 No time ..... 1 response  
 Too expensive ..... 1 response  
 Not sure ..... 2 responses

[61 Respondents 18 to 39 years old]

Too young..... 53 responses  
 Don't need ..... 4 responses  
 Not insured..... 2 responses  
 Not recommended by provider..... 1 response  
 Not sure ..... 1 response

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [208 Respondents]

Within the past year (anytime less than 12 months ago) .....57%  
 Within the past 2 years (1 year, but less than 2 years ago) .....20  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 7  
 Within the past 5 years (3 years, but less than 5 years ago)..... 6  
 5 or more years ago ..... 7  
 Never ..... 2  
 Not sure..... 2

**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? [191 Respondents]

Within the past year (anytime less than 12 months ago) .....22%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 16  
 Within the past 5 years (2 years, but less than 5 years ago)..... 8  
 5 or more years ago ..... 9  
 Never .....41  
 Not sure..... 4

**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) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 9
- 5 or more years ago ..... 6
- Never .....51
- Not sure..... 3

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) ..... 8%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 8
- Within the past 5 years (2 years, but less than 5 years ago)..... 9
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 5
- Never .....65
- Not sure..... 2

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	40%	59%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	51	49	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	53	47	<1
41. Avoid artificial sources of ultraviolet light?.....	74	26	<1

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

Do not ride/skate/scoot..... 61%

Frequency of those who bicycle, use in-line roller skates or scooters [155 Respondents]

- Never ..... 69%
- Seldom..... 5
- Sometimes..... 4
- Nearly always..... 5
- Always ..... 17
- Not sure ..... <1

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

Never .....	5%
Seldom.....	1
Sometimes.....	9
Nearly always.....	14
Always .....	70
Not sure .....	<1

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

One .....	15%
Two.....	19
Three or more.....	7
None .....	59

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? [166 Respondents]

Do not ride/skate/scoot.....22%

Frequency of those who bicycle, use in-line roller skates or scooters [130 Respondents]

Never .....	26%
Seldom.....	9
Sometimes.....	10
Nearly always.....	14
Always .....	39
It depends.....	1
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [166 Respondents]

Never .....	3%
Seldom.....	<1
Sometimes.....	5
Nearly always.....	6
Always .....	86
Not sure .....	0

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

Never .....	35%
Seldom.....	34
Sometimes.....	28
Nearly always.....	3
Always .....	<1
Not sure .....	0

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 .....	16
Good .....	55
Excellent .....	27
Not sure .....	0

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.....	2
Sometimes.....	13
Nearly always.....	39
Always .....	44
Not sure .....	<1

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

Yes.....	3%
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 .....	38%
One to two days.....	19
Three to four days .....	14
Five or more days .....	29
Not sure .....	0

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

None .....	38%
One drink .....	17
Two drinks .....	23
Three drinks .....	8
Four or more drinks .....	15
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 .....	72%
One to two times .....	14
Three or more times .....	14
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 .....	82%
Once .....	6
Two or more times .....	12
Not sure .....	<1

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

Yes.....	2%
No.....	98
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.....	5%
No.....	95
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.....	68%
1 to 29 days .....	2
30 days.....	29
Not sure .....	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [127 Respondents]

0 days..... 61%  
At least 1 day ..... 39  
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? [127 Respondents]

Yes..... 57%  
No..... 43  
Not sure ..... 0

60. Do you currently use snuff or chewing tobacco?

Yes..... 3%  
No..... 98  
Not sure ..... 0

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

Yes..... 23%  
No..... 36  
No smokers in the household..... 41  
Not sure ..... <1

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

Smoke-free restaurants ..... 55%  
Restaurants that allow smoking ..... 14  
No preference..... 31  
Not sure ..... 0

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

Strongly oppose..... 19%  
Moderately oppose ..... 16  
Moderately favor ..... 21  
Strongly favor ..... 37  
Not sure ..... 7

Another issue being discussed these days deals with firearms.

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

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

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

Yes..... 3%  
 No..... 40  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 57

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	26%	74%	<1%
68. Having acupuncture? .....	1	99	0
69. Massage therapy? .....	11	89	<1
70. Aroma therapy? .....	5	95	<1
71. Movement therapy, such as yoga or tai' chi? .....	5	95	0
72. Meditation? .....	8	92	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 48%  
 Female ..... 52

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

18 to 34 years old .....	26%
35 to 44 years old .....	24
45 to 54 years old .....	19
55 to 64 years old .....	13
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.....	36%
Overweight.....	40
Obese.....	25

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	17%
A member of an unmarried couple.....	3
Married .....	59
Separated .....	<1
Divorced .....	12
Widowed.....	9
Not sure .....	0

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

8th grade or less .....	2%
Some high school .....	6
High school graduate or GED .....	40
Some college .....	23
Technical school graduate .....	7
College graduate .....	17
Advanced or professional degree .....	6
Not sure .....	0

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

Dodge .....	100%
-------------	------

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

Beaver Dam city .....	18%
Waupun city .....	8
Ashippun town .....	6
Beaver Dam town .....	6
Horicon city .....	6
Mayville city .....	6
Randolph village .....	6
Juneau city .....	5
Reeseville village .....	4
All others (3% or less) .....	36

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

53916 .....	23%
53963 .....	8
53032 .....	7
53050 .....	7
53039 .....	6
53956 .....	6
53048 .....	5
53579 .....	5
All others (3% or less) .....	22
No answer .....	11

84. What is your annual household income before taxes?

Less than \$10,000.....	5%
\$10,000 to \$20,000.....	9
\$20,001 to \$30,000.....	11
\$30,001 to \$40,000.....	20
\$40,001 to \$50,000.....	17
\$50,001 to \$60,000.....	15
\$60,001 to \$75,000.....	8
\$75,001 to \$90,000.....	6
Over \$90,000.....	6
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.....	4%	üCONTINUE WITH Q86
No.....	96	üGO TO Q87
Not sure .....	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [15 Respondents; More than 1 response accepted]

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? [12 Respondents; More than 1 response accepted]

Acquaintance .....	3 responses
Stranger.....	3 responses
Spouse.....	1 response
Ex-spouse .....	1 response
Boyfriend or girlfriend.....	1 response
Parent.....	1 response
Someone else .....	2 responses

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

Smoke detectors .....	.56%
Carbon monoxide detectors .....	0
Both .....	.40
Neither .....	3
Not sure .....	<1

### ADDITIONAL QUESTIONS FOR DODGE COUNTY

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

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

		Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1.	Water pollution in lakes, rivers and streams.....	44%	26%	17%	6%	7%
A2.	Sewage or septic.....	62	22	8	1	7
A3.	Safe drinking water.....	69	17	7	4	3
A4.	Pesticides .....	62	18	11	3	5

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

- Not aware of the health department until now..... 10%
- Aware of the health department, but have had no experience with programs or services..... 63
- Aware of the health department and have received limited service like a flu shot or other immunization.. 23
- Aware of the health department and have received more extensive services ..... 5
- Not sure ..... <1