

**Door County
Community Health Survey**
Summer 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.....	30
Men’s Health.....	32
Other Tests	32
Reducing the Risk of Skin Cancer	35
Safety: Seat Belts and Bicycle Helmets	36
Cigarettes and Tobacco Products.....	39
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	55

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	29
Table 14. Time Since Last Mammogram by Age	30
Table 15. Time Since Last Pap Smear by Demographic Variables.....	31
Table 16. Time Since Last Digital Rectal Exam by Age	32

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables	33
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables	34
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	36
Table 20. Wear Seat Belt by Demographic Variables	37
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter)	38
Table 22. Current Smokers by Demographic Variables	40
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 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)	35
Figure 8. Smoking Preference in Restaurants	41
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 Community.....	53

Purpose

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

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

A total of 400 telephone interviews were completed between February 24 and June 16, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Door County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Door County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	45%
Female	56
Age	
18 to 34	17%
35 to 44	21
45 to 54	23
55 to 64	17
65 and Older	23
Education	
High School Graduate or Less	40%
Some Post High School	27
College Graduate	34
Household Income	
\$30,000 or Less	30%
\$30,001 to \$60,000	40
\$60,001 or More	20
Not Sure/No Answer	11
Married	61%

What do the percentages mean?

Results of the Door County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 21,789 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 200 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 2,000 residents $\pm 1,000$ individuals. Meaning that from 1,000 to 3,000 residents may have fair or poor health in the county. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 11,828 households in Door 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 120 households. For example, 15% of survey respondents reported that someone in their household is not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 1,800.

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.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Door County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

Summary

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

Overall Health		Risk Conditions in the Past 3 Years	
Door County	<u>2003</u>	Door County	<u>2003</u>
Excellent	19%	High Blood Pressure.....	26%
Very Good.....	40%	High Blood Cholesterol.....	23%
Good	31%	Heart Disease/Condition.....	9%
Fair or Poor	10%	Asthma (Current)	6%
		Diabetes	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Door County	<u>2003</u>
Nation	56%	Inactive	14%
		Insufficient.....	53%
Health Care Coverage		Recommended.....	33%
Door County	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	9%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	15%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	18%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Door County	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	68%
		Vegetable Intake (3 or more servings/day)	30%
Advance Care Plan		Fried Food/Fast Food (a few times/week)	45%
Door County	<u>2003</u>	Overweight.....	66%
Yes	40%	<i>Other Research: Overweight</i>	<u>2001</u>
		Wisconsin.....	59%
Routine Checkups		Nation	58%
Door County	<u>2003</u>	Women's Health	
Routine Checkup (2 years or less)	81%	Door County	<u>2003</u>
Cholesterol Test (2 years or less)	65%	Mammogram (50+; past year).....	56%
Dental Checkup (past year).....	73%	Pap Smear (past year).....	50%
Eye Exam (2 years or less).....	83%	<i>Other Research: Wisconsin</i>	<u>2001</u>
		Mammogram (50+; past year).....	69%
Vaccinations		Pap Smear (past year).....	66%
Door County	<u>2003</u>	Reduce Risk of Skin Cancer	
Flu shot (past year)	40%	Door County	<u>2003</u>
Pneumonia (ever—65 years or older).....	52%	Avoid Artificial Sources of UV Light	76%
		Use Sunscreen with SPF 15 or Higher	64%
Alternative Treatment in Past 3 Years		Wear Sun Protective Clothing.....	59%
Door County	<u>2003</u>	Avoid Sun Between 10 a.m. and 4 p.m.	42%
Chiropractor	27%		
Massage Therapy.....	20%		
Meditation	8%		
Movement Therapy.....	8%		
Aroma Therapy.....	4%		
Acupuncture	3%		

Men's Health		Alcohol Use	
Door County		Door County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	17%	Drink in Past Month	67%
50 and Older	47%	3+ Drinks on Occasion in Past Month.....	31%
		Binge in Past Month	
Other Tests		[5+ Drinks (Male): 4+ Drinks (Female)]	18%
Door County	<u>2003</u>	Drive or Ride When Driver Had Perhaps Too	
Blood Stool Test (50+; within past 2 years)....	44%	Much to Drink (past month)	2%
Sigmoidoscopy or Colonoscopy			
(50+; within past 2 years).....	32%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
		<i>Wisconsin</i>	26%
Safety		<i>Nation</i>	15%
Door County			
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	87%	Door County	
Children.....	96%	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	29%
Adult.....	29%	Managing Stress	
Children	59%	Excellent/Good.....	82%
Detectors		Poor	2%
Smoke Detector	42%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom	6%
Both.....	54%	Considered Suicide (past year).....	3%
Neither	4%		
		Firearms in Household	
Tobacco Use		Door County	
Door County	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	26%	Have a Firearm.....	50%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	4%
Year Because Trying to Quit (smokers).....	39%	Have a Loaded Firearm Unlocked.....	3%
Health Care Provider Advisement to			
Quit Smoking (smokers)	41%	Personal Safety in Past Year	
Smoking Indoors or in Vehicle.....	16%	Door County	<u>2003</u>
Smoking Preference in Restaurants		Afraid for Their Safety	4%
Smoke-free	68%	Pushed/Kicked/Slapped/Hit	2%
Allow Smoking.....	9%		
No Preference	24%	Additional Questions	
Ordinance Prohibiting Smoking in Eating		Door County	
Establishments		Major/Moderate Community Environmental	
Moderately Favor.....	22%	Problems	<u>2003</u>
Strongly Favor	40%	Pollution in Lakes, Rivers or Streams	58%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Sewage/Septic	37%
<i>Wisconsin</i>	24%	Safe Drinking Water.....	27%
<i>Nation</i>	23%	Pesticides	27%
		Awareness of/Experience with Public Health Dept.	
		Aware of/No Experience	47%
		Aware of/Received Limited Services	43%
		Aware of/Received Extensive Services.....	5%

Overall Health and Health Care Key Findings

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

Nine percent of respondents reported they personally did not have health care coverage. Fifteen percent reported someone in their household currently was not covered while 18% reported in the past 12 months someone was not covered. Respondents 18 to 34 years old, with lower education, with lower household income, or unmarried respondents were more likely to report not personally covered by any health insurance. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Seventy percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 65 and older were more likely to report this. Forty percent of respondents had an advance care plan; older respondents, those with a college education or with a household income of at least \$60,001 were more likely to report this.

Seventy-three percent of all respondents reported a visit to the dentist in the past year while 57% reported having a routine medical checkup, 54% an eye exam and 45% reported a cholesterol test. Female respondents were more likely to report a routine checkup or a cholesterol test in the past year. Respondents 65 and older were more likely to report a routine checkup or a cholesterol test in the past year. Respondents with a higher household income were more likely to report a routine checkup or dental exam in the past year. Married respondents were more likely to report a dental checkup in the past year.

Forty percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents. Fifty-two percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, high blood pressure, high blood cholesterol or heart disease/heart condition were the most often treated conditions in the past three years. Older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition or diabetes. When household income was lower, the prevalence of high blood pressure, heart disease/condition or diabetes was higher. Unmarried respondents were more likely to report high blood pressure. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Respondents who were classified as inactive were more likely to report diabetes.

Three percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-one percent felt they were excellent at managing stress. Respondents 45 to 54 years old were more likely to report being poor managers of stress. Six percent reported they never or seldom find meaning and purpose in their daily life; respondents 18 to 34 years old, with a high school education or less, with a household income of less than \$30,001 or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, chiropractic care or massage therapy were mentioned most often in the past three years (27% and 20%, respectively). Chiropractic care was more likely for respondents 35 to 44 years old or respondents with some post high school education. Respondents with at least some post high school education were more likely to use massage therapy. Movement therapy was more likely for female respondents, those with higher education or who were unmarried. Respondents with a household income of less than \$30,001 or who were unmarried were more likely to report aroma therapy in the past three years.

Thirty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis. Fourteen percent was classified as inactive. Respondents 35 to 44 years old or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Sixty-six percent of respondents were classified as overweight (41% overweight and 25% obese). Male respondents, those 55 to 64 years old or with a household income of less than \$60,001 were more likely to be classified as overweight.

Sixty-eight percent of respondents eat two or more servings of fruit while 30% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with higher education or who did an insufficient amount of physical activity were more likely to eat fruit. Forty-five percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, those with some post high school education or less or inactive respondents were more likely to report this. Eating habits were not significantly different for those classified as overweight or those not overweight.

Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Seventy-nine percent of female respondents reported a pap smear within the past three years. Respondents who were 45 to 54 years old were more likely to have had a pap smear within the past three years.

Seventeen percent of males 40 to 49 years old and 47% of males 50 and older had a digital rectal exam in the past year.

Forty-four percent of respondents 50 years of age and older had their blood stool tested within the past two years while 32% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported using sunscreen or avoiding the sun more often than male respondents. Older respondents reported wearing sun protective clothing or avoiding the sun more often than younger respondents. Respondents with a college education were more likely to report wearing sun protective clothing. Respondents with a household income of at least \$60,001 or married respondents were more likely to report avoiding artificial sources of UV light or using sunscreen.

Eighty-seven percent of respondents wore seat belts always or nearly always. Female respondents, those 55 to 64 years old, with a college education, a high school education or less or married respondents were more likely to report they always wore seat belts. Eighty-nine percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or used a scooter, 29% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 45% reported their child always wore a helmet.

Twenty-six percent of respondents were current smokers. Respondents who were male, younger, with less education or unmarried were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 41% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-eight percent of all respondents preferred a smoke-free restaurant. Sixty-two percent favored a community ordinance prohibiting smoking in eating establishments. Older respondents, those with higher education, with higher household income, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents, those 55 to 64 years old, married respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-seven percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks at least on one occasion while 18% binged. Generally, respondents who were male, younger or unmarried were more likely to have three or more drinks on more occasions or binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-six percent of households had a working smoke alarm while fifty-four percent had a working carbon monoxide detector. Respondents with a higher household income were more likely to have both a smoke alarm and a carbon monoxide detector.

Fifty percent of households had a firearm in their household. Married households were more likely to have a firearm. Of all households, 4% had a loaded firearm; respondents with no children in the household were more likely to report a loaded firearm. Three percent of all households had a firearm loaded and unlocked.

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

Additional Questions Key Findings

Out of four environmental problems that communities may face, water pollution in lakes, rivers or streams was the most often cited major or moderate problem (58%). Respondents with a higher household income were more likely to report water pollution as a major/moderate problem. Sewage/septic was more likely to be reported by respondents 55 to 64 years old, with higher education or a household income of at least \$30,001. Safe drinking water was more likely to be reported as a major/moderate problem by respondents 45 to 54 years old. The community problem of pesticides was more likely to be reported as a major/moderate problem by male respondents, those who were 35 to 44 years old, with higher education, with a household income of \$30,001 to \$60,000 or married respondents.

Five percent of respondents were not aware of the public health department prior to the interview; 48% received services from the health department. Female respondents or those 35 to 44 years old were more likely to report services.

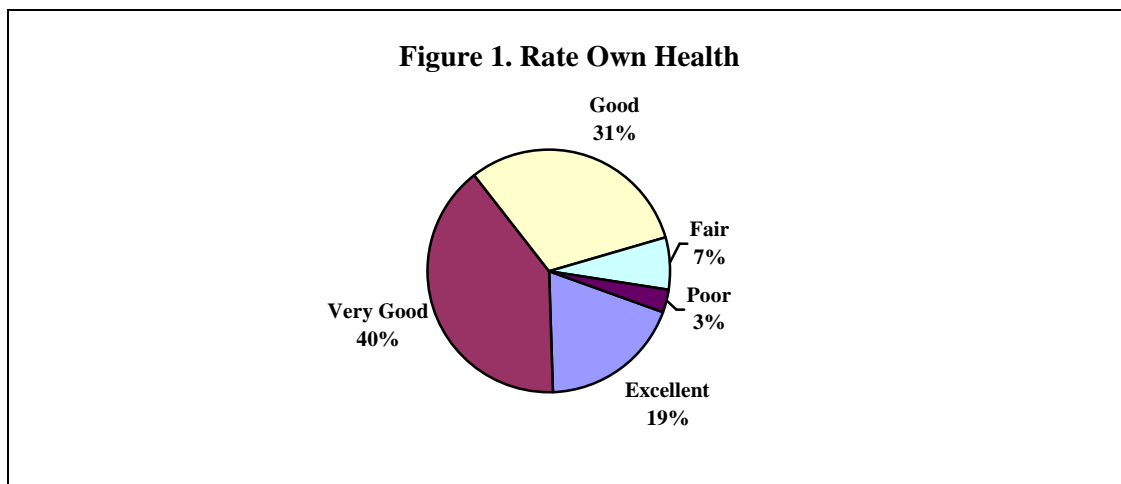
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-nine percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a household income of less than \$30,001, unmarried, physically inactive, or a current smoker 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-nine percent of respondents said their own health, generally speaking, was either excellent (19%) or very good (40%). A total of 10% reported their health was fair (7%) or poor (3%).



- Respondents 65 and older or 45 to 54 years old were more likely to report fair or poor (17% and 14%, respectively) than respondents 18 to 34 years old (3%).
- Respondents with a household income of less than \$30,001 were more likely to report fair/poor health than those with a household income of more than \$60,000 (22% and 2%, respectively).
- Unmarried respondents were more likely to report fair/poor compared to married respondents (19% and 5%, respectively).
- Respondents who were not overweight were more likely to report their health as excellent (29%) compared to overweight respondents (15%).
- Respondents who were classified as inactive were more likely to report their health as fair/poor compared to respondents who engage in the recommended amount of physical activity (23% and 10%, respectively).

- Current smokers were more likely to report their health as fair/poor (18%) compared to nonsmokers (7%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	31%	40%	19%
Gender				
Male	11	30	40	19
Female	9	32	40	19
Age*				
18 to 34	3	22	55	20
35 to 44	9	35	34	22
45 to 54	14	32	34	21
55 to 64	4	29	44	22
65 and Older	17	36	36	11
Education				
High School or Less	11	31	44	14
Some Post High School	11	35	33	21
College Graduate	8	28	40	24
Household Income**				
\$30,000 or Less	22	30	34	14
\$30,001 to \$60,000	5	34	41	20
\$60,001 or More	2	28	43	27
Marital Status**				
Married	5	32	41	22
Not Married	19	30	38	14
Overweight**				
Not Overweight	9	24	37	29
Overweight	10	36	40	15
Physical Activity*				
Inactive	23	23	42	13
Insufficient	7	33	41	19
Recommended	10	31	38	21
Smoker**				
Nonsmoker	7	31	41	21
Smoker	18	32	36	13

*= p≤0.05; **= p≤0.01

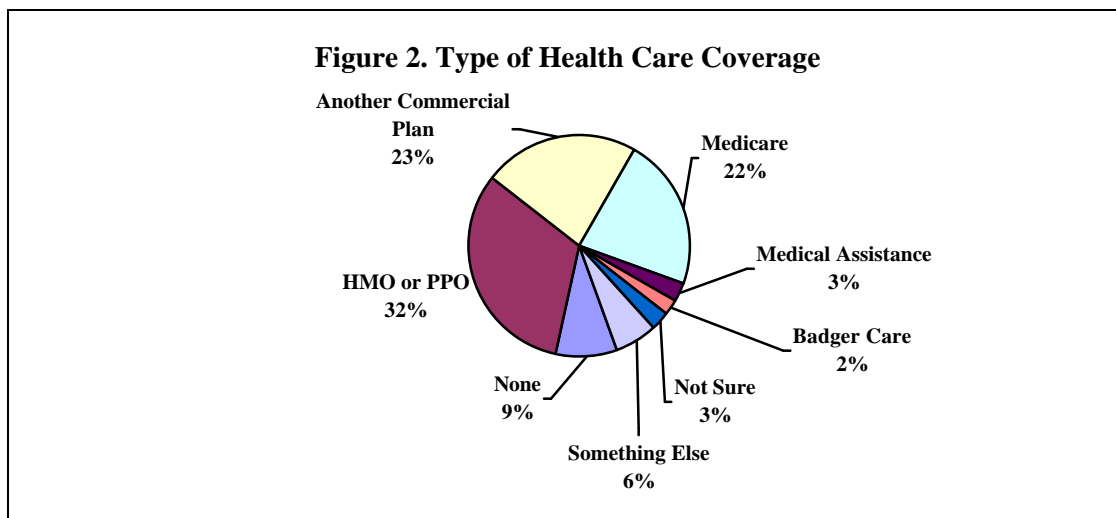
Health Care Coverage (Figure 2)

KEY FINDING: Nine percent of respondents reported they personally did not have health care coverage. Fifteen percent reported someone in their household currently was not covered while 18% reported in the past 12 months someone was not covered. Respondents 18 to 34 years old, with lower education, with lower household income, or unmarried respondents were more likely to report not personally covered by any health insurance. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Seventy percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 65 and older were more likely to report this. Forty percent of respondents had an advance care plan; older respondents, those with a college education or with a household income of at least \$60,001 were more likely to report this.

Personally Not Covered

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

- Nine percent of respondents reported they were not currently covered by any health insurance. Thirty-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). Twenty-three percent reported another commercial plan, 22% reported Medicare and 3% reported medical assistance.



- Fifteen percent of respondents 18 to 34 years old reported they were not currently covered by any health insurance compared to 0% of respondents 65 and older. Eleven percent of respondents 35 to 44 years old, 12% of those 45 to 54 years old and 9% of respondents 55 to 64 years old reported no personal coverage.
- Thirteen percent of respondents with a high school education or less reported they were not currently covered by any health insurance compared to 9% of respondents with some post high school education and 6% of those with a college education.

- Eighteen percent of respondents with a household income of \$30,000 or less reported they were not currently covered by any health insurance compared to 8% of respondents with a household income of \$30,001 to \$60,000 and 2% of respondents whose household earnings was more than \$60,000.
- Unmarried respondents were more likely to report no current personal health insurance (13%) compared to married respondents (7%).

Someone in Household Currently Not Covered

- Fifteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,800 households.
- Twenty-eight percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 14% of respondents with a household income of \$30,001 to \$60,000 and 5% of respondents whose household earnings was more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (21%) compared to married respondents (12%).

Someone in Household Not Covered in the Past 12 Months

- Eighteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty-two percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered in the past 12 months compared to 18% of those with a household income of \$30,001 to \$60,000 and 5% of those with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (25%) compared to married respondents (14%).

Primary Health Care Services

- Seventy percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twelve percent reported walk-in or urgent care while 11% reported hospital emergency room, 3% reported community health center and 2% reported nurse practitioner.
- Respondents 65 and older were more likely to report medical doctor, internist, OBGYN or family practice (80%) compared to respondents 18 to 44 years old (59%), 45 to 54 years old (72%) or those 55 to 64 years old (75%).

Advance Care Plan

- Forty percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Respondents 65 and older were more likely to report having an advance care plan (62%) compared to respondents 35 to 44 years old (27%) and those 18 to 34 years old (23%). Thirty-four percent of respondents 45 to 54 years old and 57% of those 55 to 64 years old reported an advance care plan.

- Respondents with a college education were more likely to have an advance care plan (52%) compared to respondents with some post high school education (40%) and those with a high school degree or less (32%).
- Fifty-one percent of respondents with a household income of at least \$60,001 reported having an advance care plan compared to 39% of respondents with a household income of \$30,000 or less and 37% of those with a household income of \$30,001 to \$60,000.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-three percent of all respondents reported a visit to the dentist in the past year while 57% reported having a routine medical checkup, 54% an eye exam and 45% reported a cholesterol test. Female respondents were more likely to report a routine checkup or a cholesterol test in the past year. Respondents 65 and older were more likely to report a routine checkup or a cholesterol test in the past year. Respondents with a higher household income were more likely to report a routine checkup or dental exam in the past year. Married respondents were more likely to report a dental checkup in the past year.

Routine Checkup

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

- Fifty-seven percent of residents 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 (64%) than male respondents (48%).
- Eighty-two percent of respondents 65 and older had a routine checkup in the past year compared to 46% of respondents 18 to 34 years old and 36% of respondents 35 to 44 years old.
- As income increased so did the likelihood of a routine checkup. Fifty percent of respondents with a household income of \$30,000 or less reported a routine checkup in the past year compared to 55% of respondents with a household income of \$30,001 to \$60,000 and 62% of respondents with a household income of \$60,001 or more.

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	57%	24%	8%	10%	1%
Gender**					
Male	48	20	14	16	2
Female	64	28	3	5	0
Age**					
18 to 34	46	32	11	11	0
35 to 44	36	37	12	12	3
45 to 54	51	20	14	14	2
55 to 64	68	22	1	9	0
65 and Older	82	14	1	2	0
Education					
High School or Less	56	26	5	13	1
Some Post High School	56	24	11	9	1
College Graduate	59	23	10	8	<1
Household Income**					
\$30,000 or Less	50	32	3	13	2
\$30,001 to \$60,000	55	20	14	10	<1
\$60,001 or More	62	26	2	9	1
Marital Status					
Married	56	26	9	8	<1
Not Married	58	22	6	12	1

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Forty-five percent of respondents reported having their cholesterol tested within the past year. Twenty percent reported one to two years ago. Fifteen percent reported never having their cholesterol tested.
- Female respondents were more likely to report a cholesterol test in the past year compared to male respondents (50% and 40%, respectively).
- As age increased, so did the likelihood of having a cholesterol test in the past year. Eight percent of respondents 18 to 34 years old reported this compared to 51% of those 45 to 54 years old and 75% of respondents 65 and older.

- Having a cholesterol test within the past year or two years was similar across income levels. However, respondents with a household income of less than \$30,001 were more likely to report never had a cholesterol test (20%) compared to respondents with an income of \$30,001 to \$60,000 (12%) or respondents with a household income of \$60,001 or more (13%). In addition, 9% of respondents with a household income of \$30,000 or less reported not sure compared to 0% of all others.

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	45%	20%	8%	8%	15%
Gender**					
Male	40	22	13	9	15
Female	50	18	4	8	15
Age**					
18 to 34	8	22	9	5	54
35 to 44	23	29	10	19	18
45 to 54	51	19	14	9	7
55 to 64	64	16	3	6	6
65 and Older	75	15	3	1	1
Education					
High School or Less	45	16	4	10	21
Some Post High School	43	21	12	6	14
College Graduate	48	24	9	7	10
Household Income**					
\$30,000 or Less	45	18	2	7	20
\$30,001 to \$60,000	45	19	15	9	12
\$60,001 or More	45	24	6	12	13
Marital Status					
Married	45	21	10	8	12
Not Married	46	18	4	8	20

*= p≤0.05; **= p≤0.01

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.¹

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

- Seventy-three percent of residents reported a dental visit in the past year. An additional 15% had a visit in the past one to two years.
- Fifty-six percent of respondents with a household income of \$30,000 or less reported a dental checkup in the past year compared to 77% of respondents with an income of \$30,001 to \$60,000 and 86% of those with a household income of \$60,001 or more.
- Married respondents were more likely to report a dental checkup in the past year (76%) compared to unmarried respondents (67%).

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	73%	15%	5%	6%	<1%
Gender					
Male	71	15	6	8	0
Female	74	15	5	5	<1
Age					
18 to 34	74	11	8	8	0
35 to 44	72	12	6	10	0
45 to 54	73	20	1	4	1
55 to 64	68	19	6	6	0
65 and Older	76	12	6	4	1
Education					
High School or Less	66	16	7	11	<1
Some Post High School	73	16	9	3	0
College Graduate	79	14	2	4	0
Household Income**					
\$30,000 or Less	56	21	11	11	<1
\$30,001 to \$60,000	77	15	3	5	0
\$60,001 or More	86	11	0	4	0
Marital Status**					
Married	76	17	3	4	0
Not Married	67	13	8	10	<1

*= p≤0.05; **= p≤0.01

¹ “Chapter 61: Counseling to Prevent Dental and Periodontal Diseases.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 711.

Eye Exam

- Fifty-four percent of respondents had an eye exam in the past year, while 29% reported one to two years ago. Three percent reported never.
- There were no statistically significant differences between demographic variables and having an eye exam.

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	54%	29%	8%	7%	3%
Gender					
Male	49	29	10	9	3
Female	59	29	5	5	2
Age					
18 to 34	57	25	5	6	6
35 to 44	49	27	10	11	4
45 to 54	52	30	9	7	2
55 to 64	59	34	3	3	1
65 and Older	58	26	10	6	0
Education					
High School or Less	54	27	9	8	2
Some Post High School	49	35	5	7	5
College Graduate	59	27	7	5	2
Household Income					
\$30,000 or Less	51	30	9	8	3
\$30,001 to \$60,000	54	28	9	8	1
\$60,001 or More	58	29	2	4	7
Marital Status					
Married	54	32	7	6	2
Not Married	55	24	9	8	4

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Forty percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents. Fifty-two percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Forty percent of respondents had a flu vaccination in the past year.
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (76%) compared to respondents 18 to 34 years old (8%).

Table 7. Flu Vaccination by Demographic Variables

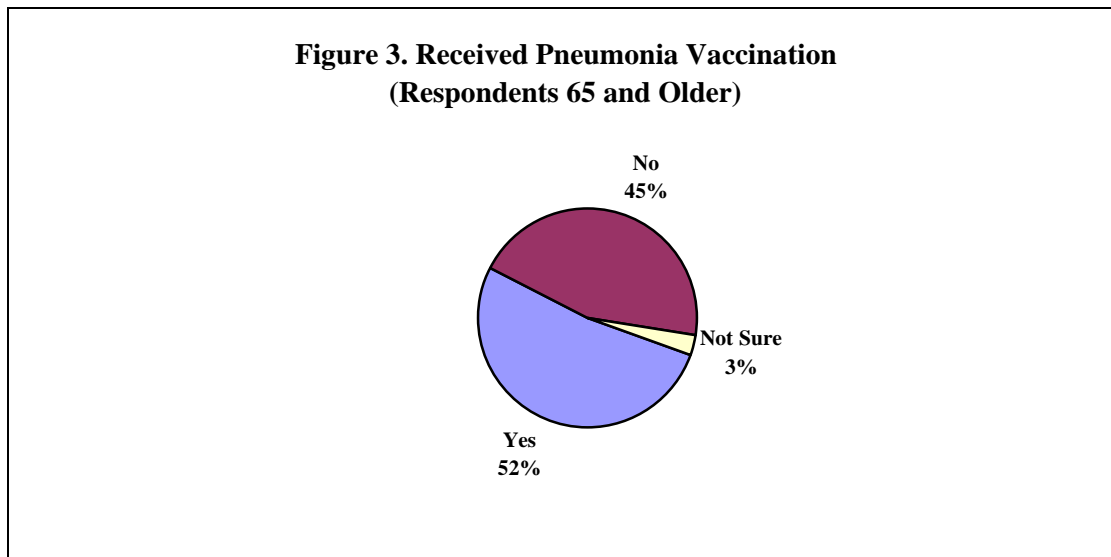
	Percent
TOTAL	40%
Gender	
Male	37
Female	43
Age**	
18 to 34	8
35 to 44	28
45 to 54	33
55 to 64	48
65 and Older	76
Education	
High School or Less	35
Some Post High School	40
College Graduate	47
Household Income	
\$30,000 or Less	41
\$30,001 to \$60,000	36
\$60,001 or More	41
Marital Status	
Married	39
Not Married	41

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

Pneumonia Vaccination

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

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



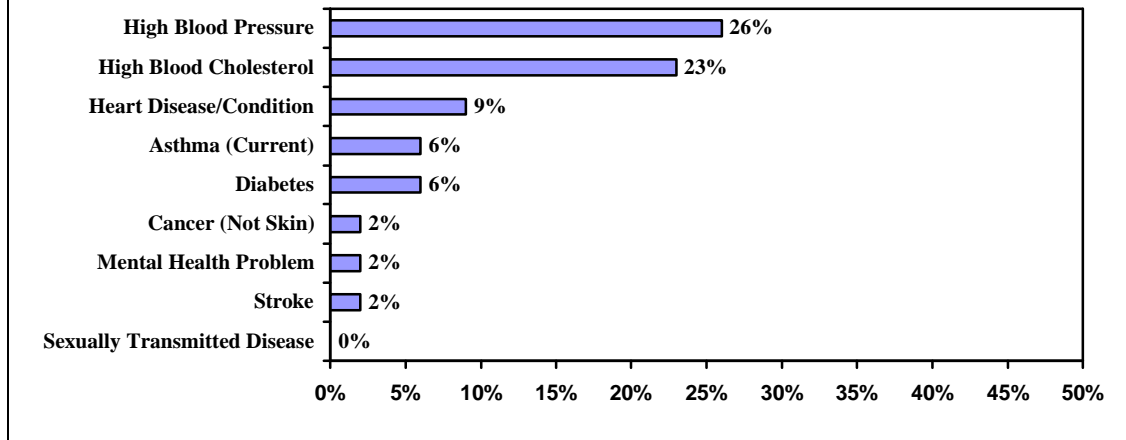
Prevalence of Select Health Conditions (Figure 4; Table 8)

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, high blood pressure, high blood cholesterol or heart disease/heart condition were the most often treated conditions in the past three years. Older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition or diabetes. When household income was lower, the prevalence of high blood pressure, heart disease/condition or diabetes was higher. Unmarried respondents were more likely to report high blood pressure. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Respondents who were classified as inactive were more likely to report diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (26%), high blood cholesterol (23%), heart disease/heart condition (9%) asthma (current, 6%) or diabetes (6%).

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



- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol or diabetes increased as age increased. Heart disease/condition was more likely for respondents 65 and older than all other age groups.
- Respondents with lower household income reported high blood pressure, heart disease/condition or diabetes more often.
- Unmarried respondents were more likely to report high blood pressure.
- Respondents who were considered overweight were more likely to have high blood pressure or high blood cholesterol.
- Respondents who were classified as inactive were more likely to report diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Asthma (Current)	Diabetes
TOTAL	26%	23%	9%	6%	6%
Gender					
Male	28	25	10	5	7
Female	24	21	9	8	5
Age					
18 to 34	8**	2**	2**	12	0**
35 to 44	12**	17**	6**	4	4**
45 to 54	19**	28**	1**	7	3**
55 to 64	39**	29**	7**	1	10**
65 and Older	46**	34**	26**	7	12**
Education					
High School or Less	28	24	12	6	8
Some Post High School	27	18	9	4	5
College Graduate	22	24	7	7	4
Household Income					
\$30,000 or Less	35**	24	16*	5	10*
\$30,001 to \$60,000	28**	26	10*	6	6*
\$60,001 or More	14**	18	2*	8	1*
Marital Status					
Married	22*	24	7	6	5
Not Married	32*	20	13	6	7
Overweight					
Not Overweight	13**	5**	6	9	7
Overweight	32**	32**	11	5	5
Physical Activity					
Inactive	35	15	15	2	15**
Insufficient	25	20	10	6	2**
Recommended	20	24	5	7	7**

*= p≤0.05; **= p≤0.01

Diabetes

- All 23 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

Asthma

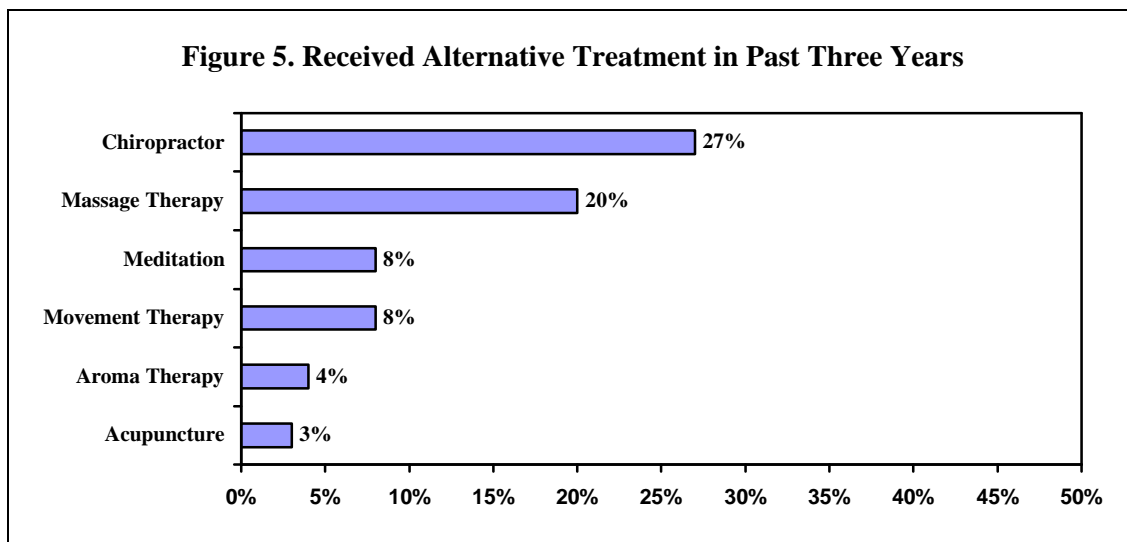
- Of the 24 respondents who reported currently having asthma, 52% had an asthma action plan.

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, chiropractic care or massage therapy were mentioned most often in the past three years (27% and 20%, respectively). Chiropractic care was more likely for respondents 35 to 44 years old or respondents with some post high school education. Respondents with at least some post high school education were more likely to use massage therapy. Movement therapy was more likely for female respondents, those with higher education or who were unmarried. Respondents with a household income of less than \$30,001 or who were unmarried were more likely to report aroma therapy in the past three years.

- Respondents were more likely to have used a chiropractor (27%) or massage therapy (20%) in the past three years.



- Female respondents were more likely to have used movement therapy in the past three years (13%) compared to male respondents (2%).
- Respondents 35 to 44 years old were more likely to report going to the chiropractor in the past three years (40%) compared to respondents 18 to 34 years old (15%).
- Respondents with some post high school education were more likely to report going to the chiropractor. Respondents with a college education were more likely to report movement therapy. Those with at least some post high school education were more likely to report massage therapy.
- Ten percent of respondents with a household income of less than \$30,001 used aroma therapy in the past three years compared to 1% of respondents with a household income of \$30,001 to \$60,000 or 2% of those with a household income of \$60,001 or more.
- Respondents who were not married were more likely to report movement therapy or aroma therapy (12% and 8%, respectively) compared to married respondents (6% and 1%, respectively).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	27%	20%	8%	8%	4%
Gender					
Male	26	18	6	2**	2
Female	28	21	10	13**	6
Age					
18 to 34	15**	15	6	11	2
35 to 44	40**	29	5	7	6
45 to 54	29**	21	13	8	2
55 to 64	19**	17	4	10	4
65 and Older	22**	13	9	6	3
Education					
High School or Less	19*	11**	8	4*	3
Some Post High School	34*	24**	9	9*	5
College Graduate	29*	26**	8	13*	4
Household Income					
\$30,000 or Less	33	17	10	8	10**
\$30,001 to \$60,000	23	22	7	7	1**
\$60,001 or More	29	24	2	10	2**
Marital Status					
Married	29	17	7	6*	1**
Not Married	23	23	9	12*	8**

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Thirty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis. Fourteen percent was classified as inactive. Respondents 35 to 44 years old or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Sixty-six percent of respondents were classified as overweight (41% overweight and 25% obese). Male respondents, those 55 to 64 years old or with a household income of less than \$60,001 were more likely to be classified as overweight.

Physical Activities in Past Month

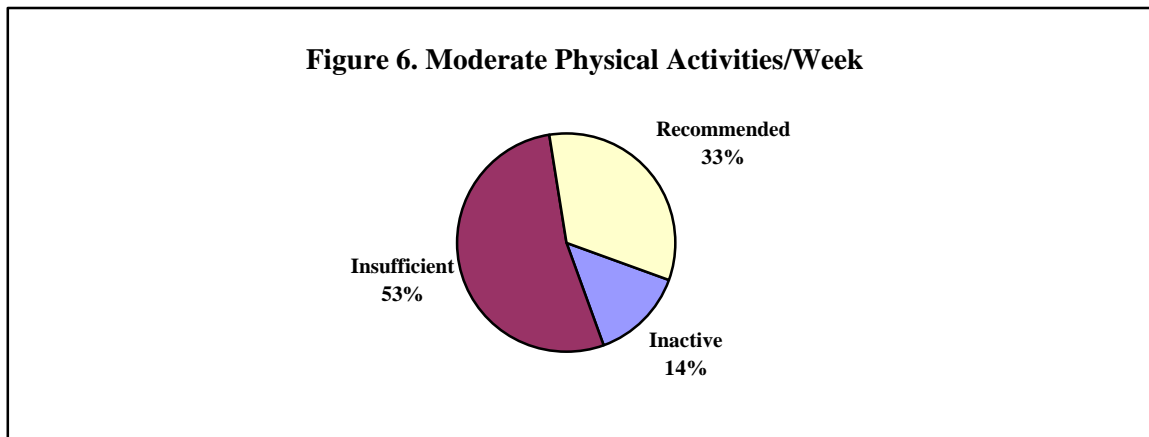
- Seventy-nine percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Thirty-three percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-three percent do some activity, but not to the extent of the recommendation while 14% were classified as inactive.



- Forty-seven percent of respondents 35 to 44 years old met the recommended activity level compared to 31% of respondents 45 to 54 years old and 29% of all other age categories.
- Respondents with a household income of at least \$60,001 were more likely to meet the recommendation (44%) compared to respondents with an income of \$30,001 to \$60,000 (30%) or those with less than \$30,001 (25%). Twenty-two percent of those with a household income of \$30,000 or less were classified as inactive.

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

	Inactive	Insufficient	Recommended
TOTAL	14%	53%	33%
Gender			
Male	14	55	32
Female	14	52	34
Age*			
18 to 34	15	55	29
35 to 44	4	49	47
45 to 54	13	56	31
55 to 64	12	59	29
65 and Older	24	47	29
Education			
High School or Less	16	51	34
Some Post High School	17	55	28
College Graduate	8	55	37
Household Income**			
\$30,000 or Less	22	53	25
\$30,001 to \$60,000	12	58	30
\$60,001 or More	4	52	44
Marital Status			
Married	14	54	32
Not Married	13	52	35
Overweight			
Not Overweight	12	49	39
Overweight	14	57	30

*= p≤0.05; **= p≤0.01

Body Weight

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

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

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

- According to the definition, 66% of Door County residents were considered overweight (41% overweight and 25% obese).
- Male respondents were more likely to be classified as overweight (78%) compared to female respondents (57%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (82%) compared to respondents 18 to 34 years old or 35 to 44 years old (57% and 59%, respectively).
- Seventy-one percent of respondents with a household income of \$30,001 to \$60,000 and 70% of respondents with an income of less than \$30,001 were classified as overweight compared to 53% of those with a household income of \$60,001 or more.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	66%
Gender**	
Male	78
Female	57
Age*	
18 to 34	57
35 to 44	59
45 to 54	66
55 to 64	82
65 and Older	69
Education	
High School or Less	69
Some Post High School	67
College Graduate	63
Household Income*	
\$30,000 or Less	70
\$30,001 to \$60,000	71
\$60,001 or More	53
Marital Status	
Married	68
Not Married	64
Moderate Physical Activities	
Inactive	68
Insufficient	69
Recommended	59

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-eight percent of respondents eat two or more servings of fruit while 30% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with higher education or who did an insufficient amount of physical activity were more likely to eat fruit. Forty-five percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, those with some post high school education or less or inactive respondents were more likely to report this. Eating habits were not significantly different for those classified as overweight or those not overweight.

Fruit Intake

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

- Sixty-eight percent of respondents eat two or more servings of fruit per day. Thirty-one 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 (75% and 60%, respectively).
- As education increased, so was the likelihood of eating two or more servings of fruit per day. Sixty percent of respondents with a high school education or less reported this compared to 68% of respondents with some post high school education and 79% of those with a college education.
- Seventy-four percent of respondents who did an insufficient amount of physical activity reported two or more servings of fruit a day compared to 68% of respondents who met the recommendation and 52% of inactive respondents.

Vegetable Intake

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

- Thirty percent of respondents eat three or more servings of vegetables per day. Seventy percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (36% and 22%, respectively).

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	31%	68%	70%	30%
Gender				
Male	39**	60**	77**	22**
Female	24**	75**	64**	36**
Age				
18 to 34	36	64	68	32
35 to 44	26	74	73	26
45 to 54	32	67	72	28
55 to 64	33	66	61	38
65 and Older	28	70	73	28
Education				
High School or Less	39**	60**	73	26
Some Post High School	32**	68**	73	27
College Graduate	20**	79**	64	36
Household Income				
\$30,000 or Less	39	60	71	29
\$30,001 to \$60,000	27	72	71	27
\$60,001 or More	23	77	64	36
Marital Status				
Married	29	71	65	34
Not Married	34	65	77	23
Overweight				
Not Overweight	28	72	66	34
Overweight	32	67	71	28
Moderate Physical Activities				
Inactive	46*	52*	85	15
Insufficient	26*	74*	70	30
Recommended	31*	68*	64	35

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Five percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty percent reported a few times per week. Thirty-seven percent reported a few times per month while 17% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (52%) compared to female respondents (39%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-eight percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 35% of those 55 to 64 years old and 28% of those 65 and older.
- Fifty percent of respondents with some post high school education and 48% of respondents with a high school education or less reported eating fried/fast food at least a few times per week compared to 36% of those with a college degree.
- Fifty-three percent of inactive respondents and 50% of respondents who exercised but not to the extent of the recommendation reported eating fried/fast food at least a few times per week compared to 33% of those who participated in the recommended 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	37%	45%
Gender**		
Male	37	52
Female	38	39
Age**		
18 to 34	26	68
35 to 44	47	47
45 to 54	35	51
55 to 64	41	35
65 and Older	40	28
Education*		
High School or Less	30	48
Some Post High School	40	50
College Graduate	44	36
Household Income		
\$30,000 or Less	35	41
\$30,001 to \$60,000	38	48
\$60,001 or More	39	45
Marital Status		
Married	38	46
Not Married	37	44
Overweight		
Not Overweight	44	37
Overweight	34	50
Moderate Physical Activities**		
Inactive	28	53
Insufficient	35	50
Recommended	44	33

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Seventy-nine percent of female respondents reported a pap smear within the past three years. Respondents who were 45 to 54 years old were more likely to have had a pap smear within the past three years.

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.³

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

- Twenty-five percent of all female respondents never had a mammogram while 58% had a mammogram within the past two years (41% within past year and 17% more than one year but less than two years).
- More specifically, respondents aged 40 and older were likely to have received a mammogram in the past two years (79% of those 50 and older; 64% of those 40 to 49 years of age).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: no time (seven responses), don’t need or not recommended by provider (five responses each), don’t like or too young (three responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	41%	17%	16%	25%
Age**				
18 to 39	9	2	7	82
40 to 49	43	21	23	13
50 and Older	56	23	19	3

*= p≤0.05; **= p≤0.01

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

Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.⁴

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

- Fifty percent of respondents in Door County reported they had a pap smear within the past year. An additional 29% reported between one year and less than three years.
- Respondents 18 to 34 years old were less likely to have had a pap smear within the past three years. In addition, 18% of respondents 18 to 34 years old reported never having a pap smear.

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	50%	23%	6%	16%	4%
Age**					
18 to 34	50	24	0	6	18
35 to 44	44	26	9	22	0
45 to 54	57	25	2	11	5
55 to 64	66	11	0	23	0
65 and Older	37	25	14	20	2
Education					
High School or Less	41	28	8	17	6
Some Post High School	53	20	8	16	0
College Graduate	59	16	3	16	4
Household Income					
\$30,000 or Less	46	20	9	23	1
\$30,001 to \$60,000	51	29	6	13	1
\$60,001 or More	64	23	0	9	4
Marital Status					
Married	48	24	7	20	1
Not Married	54	20	5	12	8

*= p≤0.05; **= p≤0.01

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

Men’s Health (Table 16)

KEY FINDING: Seventeen percent of males 40 to 49 years old and 47% of males 50 and older had a digital rectal exam in the past year.

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

Digital Rectal Exam

- Thirty-five percent of all male respondents never had a digital rectal exam. Twenty-seven percent had an exam in the past year while 13% reported within the past two years (one year but less than two years).
- Forty-seven percent of men 50 years of age and older had an exam less than a year ago while 17% of men 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	27%	13%	23%	35%
Age**				
18 to 39	2	6	16	69
40 to 49	17	7	31	45
50 and Older	47	20	23	11

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

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-four percent of respondents 50 years of age and older had their blood stool tested within the past two years while 32% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

- Forty-six percent of all respondents never had a blood stool test. Twenty-nine percent were tested within the past two years (21% less than a year ago and 8% more than one year ago, but less than two).

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

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

- Forty-four percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 21% of respondents 40 to 49 years of age and 7% of respondents 18 to 39 years old. Twenty-nine percent of respondents 50 and older reported never compared to 73% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	21%	8%	19%	46%
Gender				
Male	18	8	17	49
Female	23	8	20	44
Age**				
18 to 39	7	0	11	73
40 to 49	15	6	19	55
50 and Older	32	12	23	29
Education				
High School or Less	25	9	15	47
Some Post High School	15	6	16	54
College Graduate	22	9	26	41
Household Income				
\$30,000 or Less	21	6	17	52
\$30,001 to \$60,000	22	8	18	48
\$60,001 or More	19	5	26	42
Marital Status				
Married	23	7	21	44
Not Married	18	10	15	50

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

Sigmoidoscopy or Colonoscopy Exam

- Sixty percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty percent were examined within the past two years (12% less than a year ago and 8% more than one year ago, but less than two).
- A total of 32% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 9% of respondents 40 to 49 years of age and 6% of respondents 18 to 39 years old. Thirty-seven percent of respondents 50 and older reported never compared to 89% of respondents 18 to 39 years old.

- Twenty-two percent of respondents with a high school education or less and 21% of respondents with a college education reported an exam in the past two years compared to 16% of respondents with some post high school education (8%). Fifty-five percent of respondents with a college education reported never compared to 61% of those with a high school education or less or 65% of those with some post high school education.
- Married and unmarried respondents were similar in having an exam in the past year or past two years. However, 9% of married respondents reported five or more years ago compared to 2% of unmarried respondents and 5% of unmarried respondents were not sure compared to less than one percent of married respondents.

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

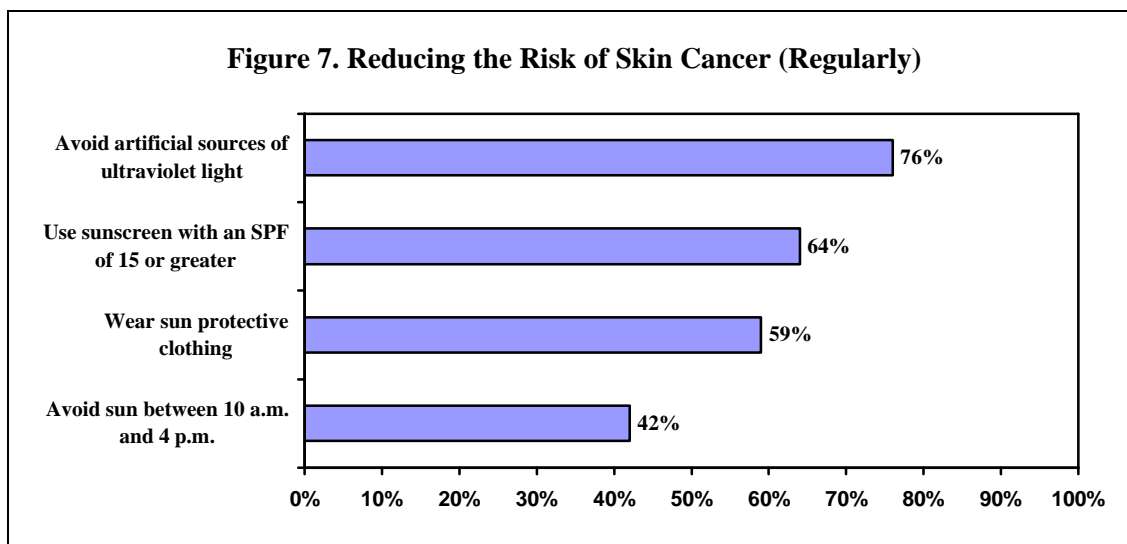
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	12%	8%	12%	6%	60%
Gender					
Male	10	7	11	7	60
Female	14	8	12	5	60
Age**					
18 to 39	5	<1	<1	<1	89
40 to 49	7	2	7	5	78
50 and Older	19	13	19	10	37
Education*					
High School or Less	14	8	8	6	61
Some Post High School	8	8	9	7	65
College Graduate	14	7	19	5	55
Household Income					
\$30,000 or Less	11	10	10	7	56
\$30,001 to \$60,000	10	7	15	6	60
\$60,001 or More	15	4	8	5	66
Marital Status**					
Married	14	6	12	9	59
Not Married	10	10	11	2	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 or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported using sunscreen or avoiding the sun more often than male respondents. Older respondents reported wearing sun protective clothing or avoiding the sun more often than younger respondents. Respondents with a college education were more likely to report wearing sun protective clothing. Respondents with a household income of at least \$60,001 or married respondents were more likely to report avoiding artificial sources of UV light or using sunscreen.

- To reduce the risk of skin cancer, 76% of respondents regularly avoid artificial sources of ultraviolet light, 64% use sunscreen with a SPF of 15 or higher, 59% wear sun protective clothing while 42% avoid the sun between 10 a.m. and 4 p.m.
- Seven percent of respondents did not reduce their risk by any of these four measures. Eighteen percent reported one measure. Twenty-three percent reported two of the four actions while 31% reported three and 21% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen with SPF 15 or higher or avoiding the sun between 10 a.m. to 4 p.m. than male respondents.
- Older respondents were more likely to report using sun protective clothing or avoiding the sun between 10 a.m. to 4 p.m.
- Respondents with a college education were more likely to report the use of sun protective clothing.
- Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial sources of UV light or using sunscreen.
- Married respondents were more likely to avoid artificial sources of UV light or use sunscreen.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	76%	64%	59%	42%
Gender				
Male	74	57*	58	29**
Female	78	70*	59	51**
Age				
18 to 34	71	72	46*	23**
35 to 44	84	64	49*	33**
45 to 54	76	68	63*	48**
55 to 64	81	68	67*	47**
65 and older	69	52	67*	52**
Education				
High School or Less	75	57	59*	41
Some Post High School	75	68	48*	35
College Graduate	79	70	67*	47
Household Income				
\$30,000 or Less	72*	56*	64	46
\$30,001 to \$60,000	72*	61*	59	37
\$60,001 or More	89*	75*	52	47
Marital Status				
Married	81*	69*	57	42
Not Married	69*	57*	61	41

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-seven percent of respondents wore seat belts always or nearly always. Female respondents, those 55 to 64 years old, with a college education, a high school education or less or married respondents were more likely to report they always wore seat belts. Eighty-nine percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or used a scooter, 29% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 45% reported their child always wore a helmet.

Seat Belts

- Eighty-seven percent of respondents stated they used seat belts always or nearly always (71% and 16%, respectively).
- Females were more likely to report always (81%) compared to male respondents (58%).
- Respondents 55 to 64 years old were more likely to report they wore seat belts always (84%) compared to respondents 35 to 44 years old (64%) and respondents 45 to 54 years old (65%).

- Seventy-four percent of respondents with a college education or a high school education or less reported always compared to 62% who had some post high school education.
- Married respondents were more likely to report always (76%) compared to unmarried respondents (63%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	2%	7%	16%	71%
Gender**					
Male	8	2	10	22	58
Female	<1	2	5	11	81
Age*					
18 to 34	6	2	12	6	74
35 to 44	5	4	11	16	64
45 to 54	7	1	6	22	65
55 to 64	1	0	4	10	84
65 and older	1	3	3	19	74
Education*					
High School or Less	6	3	5	12	74
Some Post High School	6	4	11	17	62
College Graduate	0	<1	7	19	74
Household Income					
\$30,000 or Less	7	3	11	19	61
\$30,001 to \$60,000	5	3	6	13	73
\$60,001 or More	2	0	6	14	78
Marital Status**					
Married	3	2	3	16	76
Not Married	6	3	13	15	63

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of the households who have children...

- Eighty-nine percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 7% reported nearly always.
- There were no statistically significant differences between children wearing seat belts and household income level or marital status.

Bicycle Helmet Usage

- Fifty-two percent of respondents rode a bike, used in-line roller skates or scooters.

Of respondents who ride a bike, use in-line roller skates or scooters...

- Twenty-nine percent of respondents who bicycle, in-line roller skate or use scooters always (26%) or nearly always (3%) used a helmet. Sixty-two percent reported never.
- Respondents with a college education were more likely to report always (41%) compared to those with some post high school education or a high school degree or less (17% and 18%, respectively).
- Thirty percent of respondents with a household income of at least \$60,001 and 28% of those with an income of \$30,001 to \$60,000 reported always compared to 11% of those with a household income of less than \$30,001.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	62%	3%	6%	3%	26%
Gender					
Male	62	2	7	4	26
Female	63	4	5	3	26
Age					
18 to 34	60	4	4	2	30
35 to 44	77	0	7	4	13
45 to 54	50	5	2	5	39
55 and older	62	4	8	4	23
Education**					
High School or Less	71	5	4	3	18
Some Post High School	63	2	11	7	17
College Graduate	51	3	4	1	41
Household Income*					
\$30,000 or Less	77	2	7	2	11
\$30,001 to \$60,000	63	4	1	4	28
\$60,001 or More	56	0	13	2	30
Marital Status					
Married	62	3	6	2	27
Not Married	63	2	6	5	23

*= p≤0.05; **= p≤0.01

Children and Helmets

- Thirty-two percent of all respondents reported at least one child in the household and a child who rides/skates.

Of children who ride a bike, use in-line roller skates or a scooter...

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

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

KEY FINDING: Twenty-six percent of respondents were current smokers. Respondents who were male, younger, with less education or unmarried were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 41% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-eight percent of all respondents preferred a smoke-free restaurant. Sixty-two percent favored a community ordinance prohibiting smoking in eating establishments. Older respondents, those with higher education, with higher household income, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents, those 55 to 64 years old, married respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-six percent of respondents in Door County were current smokers. Two percent smoked between one and 29 days while the remaining 24% smoked every day.
- Male respondents were more likely to be current smokers compared to female respondents (33% and 20%, respectively).
- Younger respondents were more likely to be current smokers. Forty percent of respondents 18 to 34 years old were smokers compared to 8% of those 65 and older.
- Thirty-five percent of respondents with a high school degree or less were current smokers compared to 28% of those with some post high school education and 14% of those with a college degree.

- Unmarried respondents were more likely to be smokers than married respondents (39% and 17%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	26%
Gender**	
Male	33
Female	20
Age**	
18 to 34	40
35 to 44	33
45 to 54	31
55 to 64	22
65 and older	8
Education**	
High School or Less	35
Some Post High School	28
College Graduate	14
Household Income	
\$30,000 or Less	33
\$30,001 to \$60,000	24
\$60,001 or More	23
Marital Status**	
Married	17
Not Married	39

*= 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.
- Female respondents were more likely to quit for at least one day compared to male respondents (56% and 27%, respectively).
- Fifty-two percent of respondents 18 to 34 years old and 48% of respondents 55 and older reported quitting for at least one day compared to 18% of respondents 35 to 44 years old and 41% of those 45 to 54 years old.
- Respondents with a household income of at least \$30,001 were more likely to quit smoking for at least one day (51%) compared to respondents with a household income of \$30,000 or less (24%).

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

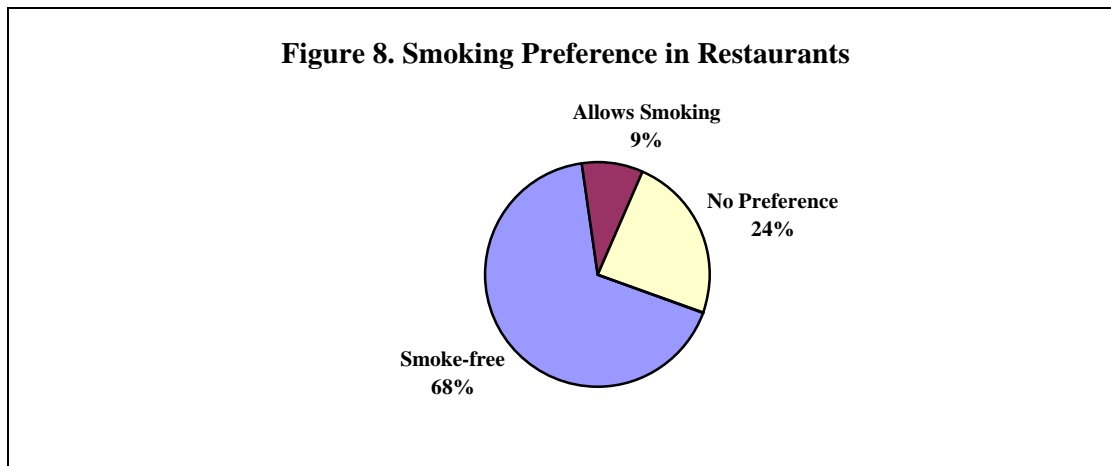
- Forty-one percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (53%) compared to male respondents (31%).

Smoking Indoor or in Vehicle

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

Smoking Preference in Restaurants

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



- Seventy-six percent of respondents 65 and older and 74% of respondents 55 to 64 years old preferred smoke-free restaurants compared to 60% of respondents 35 to 44 years old. Sixty-four percent of the remaining age groups preferred smoke-free restaurants. Fifteen percent of respondents 18 to 34 years old reported the preference for restaurants that allow smoking; 10% of respondents 35 to 44 years old and 12% of those 45 to 54 years old did as well. The remaining age groups reported 4% or less.
- As education increased, so did the likelihood of preferring a smoke-free restaurant. Sixty-one percent of respondents with a high school education or less reported this preference compared to 67% of respondents with some post high school education and 76% of respondents with a college education. Eleven percent of respondents with some post high school education or less preferred restaurants that allow smoking while 4% of respondents with a college education reported this.

- Respondents with a household income of at least \$60,001 were more likely to prefer smoke-free restaurants (77%) compared to respondents with a household income of \$30,001 to \$60,000 (68%) or those with a household income of \$30,000 or less (58%). Sixteen percent of respondents with a household income of \$30,000 or less reported the preference for restaurants that allow smoking compared to 7% of those with an income of \$30,001 to \$60,000 and 4% with a household income of \$60,001 or more.
- Married respondents were more likely to prefer smoke-free restaurants (76%) than unmarried respondents (55%). Seventeen percent of unmarried respondents preferred restaurants that allow smoking in comparison to 3% of married respondents.
- Eighty-two percent of nonsmokers preferred smoke-free restaurants compared to 29% of smokers. Thirty-one percent of smokers preferred restaurants that allow smoking compared to less than one percent of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-two percent of respondents favored a community ordinance prohibiting smoking in eating establishments (40% strongly favor, 22% moderately favor).
- Female respondents were more likely to favor an ordinance (70%) compared to male respondents (50%).
- Seventy-six percent of respondents 55 to 64 years old were in favor of an ordinance compared to 47% of respondents 18 to 34 years old.
- Married respondents were more likely to favor an ordinance than unmarried respondents (69% and 50%, respectively).
- Seventy-three percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 28% of smokers. Nonsmokers were much more likely to strongly favor (50%) compared to smokers (8%).

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

	Moderately Favor	Strongly Favor
TOTAL	22%	40%
Gender**		
Male	19	31
Female	24	46
Age*		
18 to 34	21	26
35 to 44	18	35
45 to 54	28	40
55 to 64	31	45
65 and older	15	49
Education		
High School or Less	20	37
Some Post High School	27	33
College Graduate	20	47
Household Income		
\$30,000 or Less	17	36
\$30,001 to \$60,000	25	38
\$60,001 or More	24	51
Marital Status**		
Married	24	45
Not Married	19	31
Smoking Status**		
Nonsmoker	23	50
Smoker	20	8

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

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty-seven percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks at least on one occasion while 18% binge. Generally, respondents who were male, younger or unmarried were more likely to have three or more drinks on more occasions or binge at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three 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-seven percent of respondents had a drink in the past 30 days. Thirty-seven percent reported they drank at least on five days, while 13% reported 3 to 4 days, and 17% reported drinking on one or two days in the past 30 days.
- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 19% reported two and 28% reported one drink on average on the days they drank. Thirty-three percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-one percent of all respondents had three or more drinks on an occasion in the past month. Twelve percent reported this one to two times and 19% reported three or more times.
- Male respondents were more likely to have three or more drinks (45%) than female respondents (20%). Males were much more likely to have three or more drinks on three or more occasions (31%) compared to female respondents (9%).
- 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 (14% one to two occasions and 28% three or more occasions) compared to 9% of respondents 65 and older (7% one to two occasions and 2% three or more occasions).
- Unmarried respondents were more likely to have three or more drinks on three or more occasions (25%) compared to married respondents (14%).

Binge Drinking in Past Month

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

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

- Eighteen percent of all respondents binged in the past month.
- Male respondents were three times as likely to have binged in the past month (28%) than female respondents (9%).
- Thirty-four percent of respondents 18 to 34 years old binged. Twenty-four percent of respondents 35 to 44 years old and 25% of respondents 45 to 54 years old binged. One percent of respondents 65 and older binged.
- Respondents who were not married were more likely to have binged in the past month (24%) compared to married respondents (14%).

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	12%	19%	18%
Gender			
Male	14**	31**	28**
Female	11**	9**	9**
Age			
18 to 34	14**	28**	34**
35 to 44	13**	26**	24**
45 to 54	15**	26**	25**
55 to 64	15**	13**	9**
65 and Older	7**	2**	1**
Education			
High School or Less	10	17	17
Some Post High School	13	20	19
College Graduate	14	19	17
Household Income			
\$30,000 or Less	10	11	16
\$30,001 to \$60,000	13	22	22
\$60,001 or More	16	22	14
Marital Status			
Married	14*	14*	14*
Not Married	10*	25*	24*

*= 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 when the driver had perhaps too much alcohol to drink.

Family Problem Associated with Alcohol in Past Year

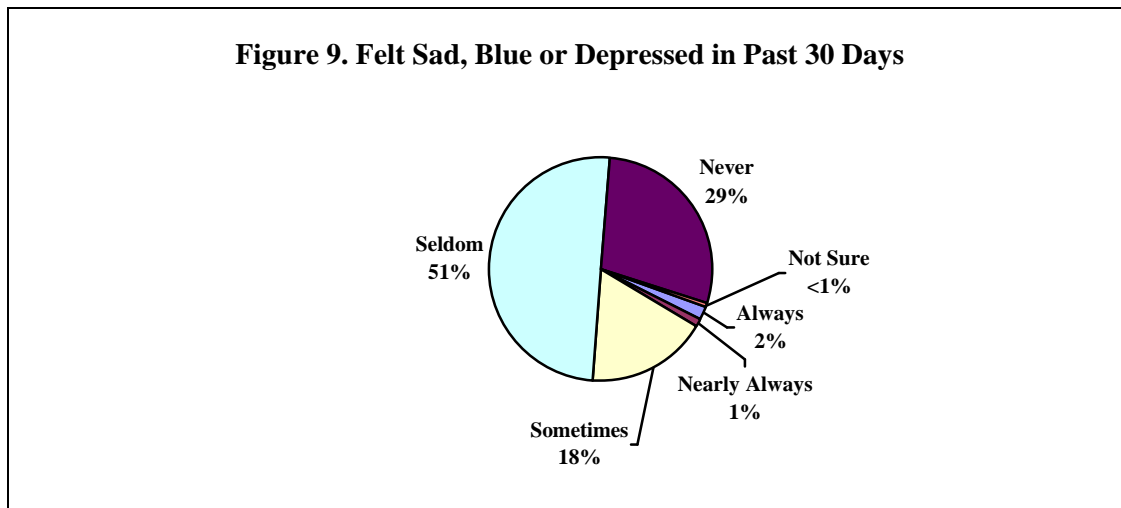
- Three percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Three percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-one percent felt they were excellent at managing stress. Respondents 45 to 54 years old were more likely to report being poor managers of stress. Six percent reported they never or seldom find meaning and purpose in their daily life; respondents 18 to 34 years old, with a high school education or less, with a household income of less than \$30,001 or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide.

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 1,600 residents. Eighteen percent reported sometimes and the remaining 80% reported seldom (51%) or never (29%).



- Male and female respondents were similar when looking at always/nearly always feeling sad, blue or depressed (3% and 2%, respectively). However, male respondents were more likely to report they never felt sad, blue or depressed compared to female respondents (34% and 24%, respectively).

- Six percent of respondents 45 to 54 years old reported they always or nearly always felt sad, blue or depressed followed by 4% of those 35 to 44 years old and 2% of those 65 and older. The remaining age groups were one percent or less. Seventeen percent of respondents 45 to 54 years reported they never felt sad, etc., compared to 38% of respondents 55 to 64 years old. All other age groups ranged from 28% to 35%.

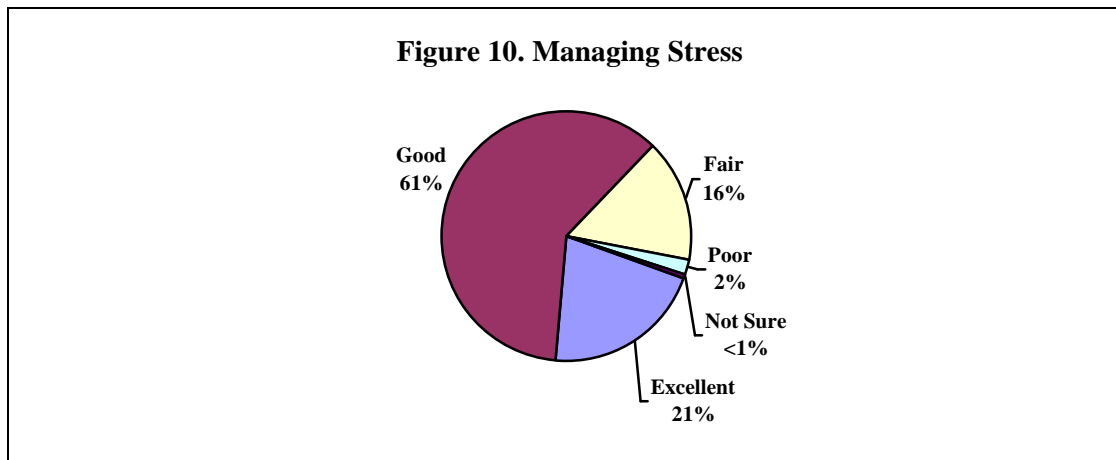
Considered Suicide

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Door 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 1,600 residents who considered suicide in the past year.

Managing Stress

- Twenty-one percent reported they were excellent at managing stress. Sixty-one percent reported good while 16% reported fair and 2% reported poor.



- Respondents 45 to 54 years old were more likely to report poor (8%) compared to respondents 55 to 64 years old (1%) or 18 to 44 years old (0%). In fact, 33% of respondents 45 to 54 years old reported they were poor or fair managers compared to all others (12% to 18%).

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 37% reported nearly always. Thirteen percent reported sometimes while 4% reported seldom and 2% percent reported never.
- Respondents 18 to 34 years old were more likely to report never/seldom compared to respondents 35 to 44 years old (12% and 1%, respectively). Respondents 55 to 64 years old were more likely to report always (61%) than respondents 18 to 34 years old (35%).

- Respondents with a high school education or less were more likely to report never/seldom (9%) compared to respondents with a college education (5%) and those with some post high school education (0%).
- Eight percent of respondents with a household income of less than \$30,001 reported never or seldom compared to 4% of those with an income of \$30,001 to \$60,000 and 5% of those with a household income of \$60,001 or more.
- Unmarried respondents were more likely to report never/seldom (9%) compared to married respondents (3%).

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

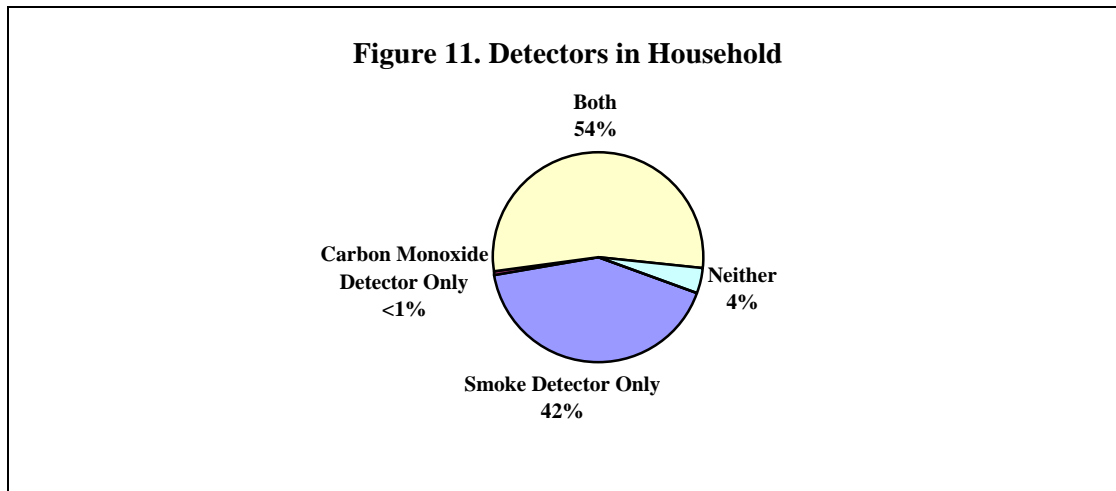
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	13%	37%	44%
Gender				
Male	5	18	38	39
Female	6	10	36	48
Age*				
18 to 34	12	20	32	35
35 to 44	1	11	40	48
45 to 54	3	18	40	37
55 to 64	3	7	29	61
65 and older	7	11	40	42
Education**				
High School or Less	9	16	29	46
Some Post High School	0	17	35	47
College Graduate	5	8	48	40
Household Income*				
\$30,000 or Less	8	17	24	50
\$30,001 to \$60,000	4	10	47	39
\$60,001 or More	5	17	35	44
Marital Status**				
Married	3	10	39	47
Not Married	9	19	33	40

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-six percent of households had a working smoke alarm while fifty-four percent had a working carbon monoxide detector. Respondents with a higher household income were more likely to have both a smoke alarm and a carbon monoxide detector.

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



- Seventy-three percent of households with \$60,001 or more reported having both a smoke detector and a carbon monoxide detector compared to 60% of respondents with \$30,001 to \$60,000 and 37% with a household income of \$30,000 or less. Seven percent of respondents with a household income of \$30,000 or less reported having neither.

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	42%	<1%	54%	4%
Household Income**				
\$30,000 or Less	56	0	37	7
\$30,001 to \$60,000	38	0	60	2
\$60,001 or More	21	1	73	5
Marital Status				
Married	40	0	58	3
Not Married	47	<1	48	5

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Fifty percent of households had a firearm in their household. Married households were more likely to have a firearm. Of all households, 4% had a loaded firearm; respondents with no children in the household were more likely to report a loaded firearm. Three 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, 50% of households had one or more firearm.
- Married households were more likely to own a firearm (57%) compared to unmarried households (39%).

Loaded Firearm

- Four percent of all households had a loaded firearm.
- Respondents with no children in the household were more likely to report a loaded firearm compared to households with children (6% and 1%, respectively).

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.

- Three percent of all households had loaded firearm also unlocked.

Personal Safety Issues

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

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” four percent reported yes.
- Nine percent of respondents 18 to 34 years old reported being afraid for their personal safety compared to 0% of respondents 55 and older. Six percent of respondents 35 to 44 years old and 7% of respondents 45 to 54 years old reported this.
 - A stranger or acquaintance (7 responses each) was most often mentioned as the perpetrator.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - An acquaintance was reported by five respondents while two or fewer respondents reported each of the following: spouse, friend, boyfriend/girlfriend or stranger.

Combined Personal Safety Threats

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

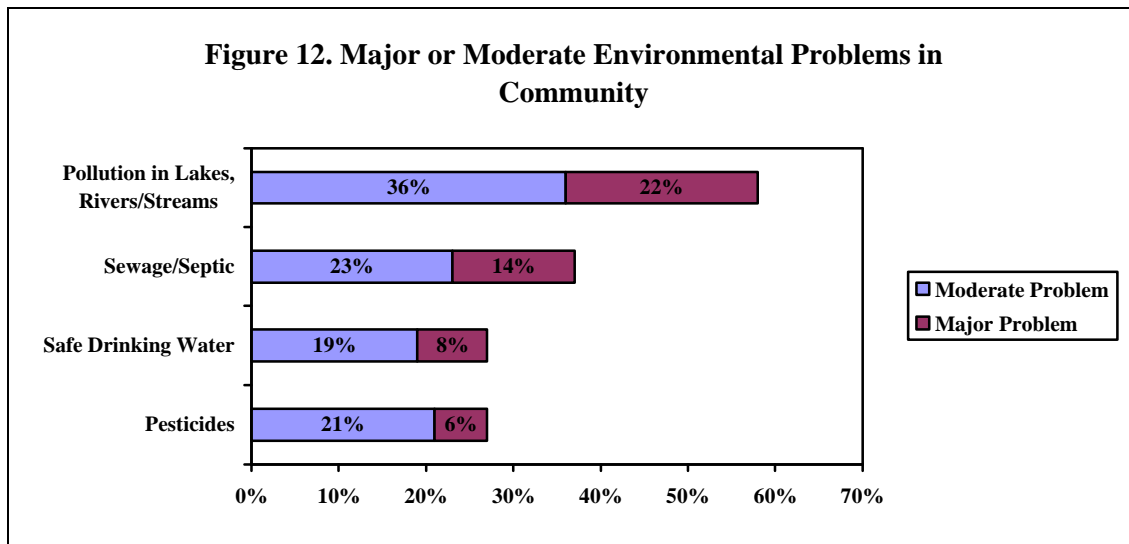
APPENDIX A: ADDITIONAL QUESTIONS

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

Environmental Problems in Community (Figure 12; Table 27)

KEY FINDING: Out of four environmental problems that communities may face, water pollution in lakes, rivers or streams was the most often cited major or moderate problem (58%). Respondents with a higher household income were more likely to report water pollution as a major/moderate problem. Sewage/septic was more likely to be reported by respondents 55 to 64 years old, with higher education or a household income of at least \$30,001. Safe drinking water was more likely to be reported as a major/moderate problem by respondents 45 to 54 years old. The community problem of pesticides was more likely to be reported as a major/moderate problem by male respondents, those who were 35 to 44 years old, with higher education, with a household income of \$30,001 to \$60,000 or married respondents.

- Out of four environmental problems that communities may face, 58% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in Door County. Sewage/septic was listed by 37% of respondents as a major or moderate problem followed by safe drinking water or pesticides (27% each).



- Male respondents were more likely to report pesticides as a major or moderate problem in the community compared to female respondents (35% and 22%, respectively).
- Reporting sewage/septic, safe drinking water or pesticides as a major or moderate problem varied by age. Respondents 55 to 64 years old were more likely to report sewage/septic as a major/moderate problem. Respondents 45 to 54 years old reported safe drinking water while respondents 35 to 44 years old were more likely to report pesticides as a major or moderate problem.
- As education increased, so did the likelihood of reporting sewage/septic or pesticides as a major or moderate problem in the community.

- Reporting pollution in lakes, rivers or streams, sewage/septic problems or pesticides as a major or moderate problem varied by household income level. Respondents with a household income of at least \$60,001 were more likely to report water pollution while respondents with at least \$30,001 were more likely to report sewage/septic. Respondents with a household income of \$30,001 to \$60,000 were more likely to report pesticides as a major/moderate problem.
- Thirty-three percent of married respondents were more likely to report pesticides as a major or moderate problem in the community compared to 20% of unmarried respondents.

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

	Lake, River or Stream Pollution	Sewage or Septic	Safe Drinking Water	Pesticides
TOTAL	58%	37%	27%	27%
Gender				
Male	57	41	30	35**
Female	60	34	23	22**
Age				
18 to 34	68	21**	20*	15**
35 to 44	58	42**	27*	38**
45 to 54	56	38**	38*	34**
55 to 64	62	50**	30*	29**
65 and older	54	33**	17*	20**
Education				
High School or Less	54	25**	24	19**
Some Post High School	55	40**	26	26**
College Graduate	67	49**	31	39**
Household Income				
\$30,000 or Less	50*	27*	20	16**
\$30,001 to \$60,000	62*	41*	29	38**
\$60,001 or More	66*	42*	31	31**
Marital Status				
Married	59	38	29	33**
Not Married	58	34	23	20**

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Five percent of respondents were not aware of the public health department prior to the interview; 48% received services from the health department. Female respondents or those 35 to 44 years old were more likely to report services.

- Five percent of respondents were not aware of the public health department prior to the interview. Forty-seven percent were aware of the department but had no experience with it. Forty-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 public health department. Six percent of female respondents reported extensive services while 50% reported limited services. Two percent of male respondents reported extensive services and 34% reported limited services.
- Respondents 35 to 44 years old were more likely to have received services from the public health department (58%) compared to respondents 18 to 34 years old (41%) or 45 to 64 years old (42%).

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	5%	47%	43%	5%
Gender**				
Male	6	57	34	2
Female	4	40	50	6
Age*				
18 to 34	8	52	33	8
35 to 44	4	38	52	6
45 to 54	7	52	34	8
55 to 64	3	55	42	0
65 and older	3	42	49	2
Education				
High School or Less	6	53	37	4
Some Post High School	5	36	54	4
College Graduate	3	50	41	6
Household Income				
\$30,000 or Less	3	44	44	8
\$30,001 to \$60,000	7	49	40	4
\$60,001 or More	4	45	46	5
Marital Status				
Married	4	47	44	5
Not Married	7	48	41	4

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

DOOR COUNTY
COMMUNITY HEALTH SURVEY
Conducted: February 24 through June 16, 2003
(Due to rounding, some questions may total more/less than 100%)

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

Poor	3%
Fair	7
Good	31
Very good	40
Excellent	19
Not sure	0

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

No health care coverage	9%
Medical Assistance or Title 19.....	3
Badger Care	2
Medicare	22
A prepaid plan such as a HMO, PPO	32
Another commercial health plan	23
Something else	6
Not sure	3

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

Not all members covered.....	15%
All members covered.....	85
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.....	18%
All members covered.....	82
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	70%
Walk-in or urgent care clinic	12
Hospital emergency room.....	11
Community health center.....	3
Nurse practitioner	2
Other.....	1
Not sure	<1

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

Yes..... 40%
 No..... 57
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	57%	24%	8%	10%	1%	0%
8. Cholesterol testing	45	20	8	8	15	3
9. Visit to a dentist/dental clinic..	73	15	5	6	<1	<1
10. Eye exam.....	54	29	8	7	3	<1

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

Yes..... 40%
 No..... 60
 Not sure 0

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

Yes..... 21%
 No..... 78
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?.....	26%	75%	0%
14. Your blood cholesterol is high?	23	76	2
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition? ..	9	90	<1
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? [23 Respondents]	100	0	0
19. You had a mental health problem?.....	2	98	0
20. You had cancer, other than skin cancer.....	2	98	0
21. You had a sexually transmitted disease.....	0	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	9%	91%	<1%
23. Do you still have asthma? [All Respondents] ...	6	94	<1
24.(if yes), do you have an asthma action plan? [24 Respondents].....	52	48	0

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

One or fewer servings..... 31%
Two servings 29
Three or more servings 39
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 33
Three or more servings 30
Not sure <1

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

A few times per month 37%
A few times per week..... 40
Daily or nearly so 5
Hardly ever or never 17
Not sure <1

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

Yes..... 79%
No..... 22
Not sure 0

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

Yes..... 87%
No..... 13
Not sure <1

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

One	3%
Two	9
Three.....	22
Four	12
Five.....	11
Six	5
Seven	24
Not sure	<1
No moderate exercise/no answer.....	13

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	18%
30 to 44 minutes	30
45 to 59 minutes	7
60 or more minutes.....	30
Not sure	2
No moderate exercise/no answer.....	14

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [221 Respondents]

Within the past year (anytime less than 12 months ago)	41%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	17	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	5	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	4	üCONTINUE WITH Q33
5 or more years ago	7	üCONTINUE WITH Q33
Never	25	üCONTINUE WITH Q33
Not sure	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [35 Respondents 40 years old or older]

No time 7 responses
 Don't need 5 responses
 Not recommended by provider 5 responses
 Don't like 3 responses
 Too young 3 responses
 Too expensive 2 responses
 Not insured 1 response
 Other 4 responses
 Not sure 5 responses

[46 Respondents 18 to 39 years old]

Too young 40 responses
 Not recommended by provider 3 responses
 Not insured 1 response
 Don't need 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? [221 Respondents]

Within the past year (anytime less than 12 months ago) 50%
 Within the past 2 years (1 year, but less than 2 years ago) 23
 Within the past 3 years (2 years, but less than 3 years ago) 6
 Within the past 5 years (3 years, but less than 5 years ago) 7
 5 or more years ago 9
 Never 4
 Not sure <1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [178 Respondents]

Within the past year (anytime less than 12 months ago) 27%
 Within the past 2 years (1 year, but less than 2 years ago) 13
 Within the past 5 years (2 years, but less than 5 years ago) 10
 5 or more years ago 13
 Never 35
 Not sure 2

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago) 21%
- 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
- 5 or more years ago 10
- Never 46
- Not sure..... 6

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) 12%
- 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)..... 12
- Within the past 10 years (5 years but less than 10 years ago) ... 3
- 10 years ago or more 3
- Never 60
- Not sure..... 3

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	42%	58%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	59	41	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	64	36	<1
41. Avoid artificial sources of ultraviolet light?.....	76	22	1

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

Do not ride/skate/scoot..... 48%

Frequency of those who bicycle, use in-line roller skates or scooters [207 Respondents]

- Never 62%
- Seldom..... 3
- Sometimes 6
- Nearly always..... 3
- Always 26
- Not sure 0

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

Never	4%
Seldom.....	2
Sometimes	7
Nearly always.....	16
Always	71
Not sure	0

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

One	14%
Two	14
Three or more.....	7
None	65

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? [139 Respondents]

Do not ride/skate/scoot..... 9%

Frequency of those who bicycle, use in-line roller skates or scooters [126 Respondents]

Never	18%
Seldom.....	7
Sometimes	17
Nearly always.....	14
Always	45
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? [139 Respondents]

Never	4%
Seldom.....	0
Sometimes	1
Nearly always.....	7
Always	89
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	29%
Seldom.....	51
Sometimes	18
Nearly always.....	1
Always	2
Not sure	<1

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

Poor	2%
Fair	16
Good	61
Excellent	21
Not sure	<1

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

Never	2%
Seldom.....	4
Sometimes	13
Nearly always.....	37
Always.....	44
Not sure	<1

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

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

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

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

None	32%
One to two days.....	17
Three to four days	13
Five or more days	37
Not sure	<1

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

None	33%
One drink	28
Two drinks	19
Three drinks	9
Four or more drinks	11
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	69%
One to two times	12
Three or more times	19
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%
One	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	<1

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

Yes.....	3%
No.....	96
Not sure	<1

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

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

0 days.....	74%
1 to 29 days.....	2
30 days.....	24
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? [104 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? [104 Respondents]

Yes..... 41%
No..... 60
Not sure 0

60. Do you currently use snuff or chewing tobacco?

Yes..... 1%
No..... 99
Not sure 0

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

Yes..... 16%
No..... 31
No smokers in the household..... 52
Not sure 0

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

Smoke-free restaurants 68%
Restaurants that allow smoking 9
No preference..... 24
Not sure 0

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

Strongly oppose..... 18%
Moderately oppose 15
Moderately favor 22
Strongly favor 40
Not sure 6

Another issue being discussed these days deals with firearms.

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

Yes..... 50%
No..... 50
Not sure 0

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

Yes..... 4%
 No..... 45
 Not sure 0
 No firearms in the household/no answer 50

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..... 3%
 No..... 1
 Not sure 0
 No firearms in household/not loaded/no answer96

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	27%	73%	0%
68. Having acupuncture?	3	97	<1
69. Massage therapy?	20	80	0
70. Aroma therapy?	4	96	<1
71. Movement therapy, such as yoga or tai' chi?	8	92	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..... 45%
 Female 56

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

18 to 34 years old 17%
 35 to 44 years old 21
 45 to 54 years old 23
 55 to 64 years old 17
 65 and older 23

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	34%
Overweight	41
Obese.....	25

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

Yes.....	1%
No.....	99
Not sure	0

79. What is your current marital status?

Single, never married	19%
A member of an unmarried couple.....	<1
Married	60
Separated	0
Divorced	9
Widowed.....	12
Not sure	0

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

8th grade or less	3%
Some high school	4
High school graduate or GED.....	33
Some college.....	19
Technical school graduate	8
College graduate	23
Advanced or professional degree	11
Not sure	0

81. What county do you live in [FILTER]

Door.....	100%
-----------	------

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

Sturgeon Bay city	43%
Baileys Harbor town.....	6
Sevastopol town	6
Sister Bay village	6
Sturgeon Bay town.....	6
Forestville town.....	5
Brussels town.....	4
Nasewaupee town.....	4
All others (3% or less).....	20

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

54235	64%
54202.....	6
54204.....	5
54213.....	5
54234.....	5
All others (3% or less).....	11
No answer	5

84. What is you annual household income before taxes?

Less than \$10,000.....	6%
\$10,000 to \$20,000.....	13
\$20,001 to \$30,000.....	11
\$30,001 to \$40,000.....	12
\$40,001 to \$50,000.....	16
\$50,001 to \$60,000.....	12
\$60,001 to \$75,000.....	7
\$75,001 to \$90,000.....	7
Over \$90,000	6
Not sure	7
No answer	4

The next series of questions deal with personal safety issues.

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

Yes.....	4%	üCONTINUE WITH Q86
No.....	96	üGO TO Q87
Not sure	0	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [17 Respondents; More than 1 response accepted]

Stranger 7 responses
 Acquaintance 7 responses
 Spouse 1 response
 Someone else 1 response
 Not sure 2 responses

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

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

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [9 Respondents; More than 1 response accepted]

Acquaintance 5 responses
 Spouse 2 responses
 Friend 1 response
 Boyfriend or girlfriend 1 response
 Stranger..... 1 response

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

Smoke detectors 42%
 Carbon monoxide detectors <1
 Both 54
 Neither 4
 Not sure 0

ADDITIONAL QUESTIONS FOR DOOR 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	20%	19%	36%	22%	2%
A2. Sewage or septic	38	22	23	14	4
A3. Safe drinking water.....	54	18	19	8	1
A4. Pesticides	41	23	21	6	8

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

- Not aware of the health department until now 5%
- Aware of the health department, but have had no experience with programs or services 47
- Aware of the health department and have received limited service like a flu shot or other immunization 43
- Aware of the health department and have received more extensive services 5
- Not sure..... <1