

**Eastern Wisconsin
Community Health Survey**
Fall 2003

Commissioned by:
Aurora Health Care

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide communities across Eastern Wisconsin with comparative data for their local survey findings 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 Eastern Wisconsin Community Health Survey¹ was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is a regional summary for a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care in partnership with local health departments to identify areas of greatest need.

Respondents were scientifically selected so that the survey would be representative of all Eastern Wisconsin adults 18 years old and older. Due to the nature of the study, some areas were random digit dial which included unlisted and listed numbers while other areas were listed numbers only. 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 6,454 telephone interviews were completed between February 21 and July 16, 2003. With a sample size of 6,454, we can be 95% sure that the sample percentage reported would not vary by more than ± 1 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Eastern Wisconsin. 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 Eastern Wisconsin. 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.vandehey@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

¹ Eastern Wisconsin is defined as the following 20 counties: Brown, Calumet, Dodge, Door, Fond du Lac, Jefferson, Kenosha, Kewaunee, Manitowoc, Marinette, Milwaukee, Oconto, Outagamie, Ozaukee, Racine, Sheboygan, Walworth, Waukesha, Washington and Winnebago.

Demographic Profile of Eastern Wisconsin Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 24	13%
25 to 34	18
35 to 44	23
45 to 54	18
55 to 64	11
65 and Older	17
Race ¹	
White	88%
African American	8
Other	4
Hispanic Origin	
Hispanic	3%
Non-Hispanic	97
Education	
High School Graduate or Less	43%
Some Post High School	29
College Graduate	29
Household Income	
\$30,000 or Less	29%
\$30,001 to \$60,000	42
\$60,001 or More	24
Not Sure/No Answer	5
Married	56%

¹Other includes the following: Asian or Pacific Islander, American Indian or Alaska Native, another race or multiple races.

What do the percentages mean?

Results of the Eastern Wisconsin Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 2,290,221 adult residents in Eastern Wisconsin.

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 Eastern Wisconsin. One percentage point equals approximately 22,900 adults. So, when 12% of respondents reported their health was fair or poor, this roughly equates to 274,800 residents $\pm 22,900$ individuals. Meaning that from 251,900 to 297,700 residents may have fair or poor health in Eastern Wisconsin. Because the margin of error is $\pm 1\%$, events or health risks that are small will include zero.

The 2000 Census counted 1,196,781 households in Eastern Wisconsin. 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 11,970 households. For example, 13% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 155,610.

Definitions

Race: Other race includes the following categories: Asian or Pacific Islander, American Indian or Alaska Native, another race or multiple races.

Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity. Insufficient physical activity includes those who participated in some activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate physical activity in a typical week.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Eastern Wisconsin data and county, state or national data prior to 2000 may occur as a result of definition. 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 Eastern Wisconsin 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	
Eastern Wisconsin	<u>2003</u>	Eastern Wisconsin	<u>2003</u>
Excellent	23%	High Blood Pressure.....	20%
Very Good.....	36%	High Blood Cholesterol.....	18%
Good	29%	Heart Disease/Condition.....	7%
Fair or Poor	12%	Asthma (Current)	7%
		Diabetes	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Eastern Wisconsin	<u>2003</u>
Nation	56%	Inactive	23%
		Insufficient.....	50%
Health Care Coverage		Recommended.....	28%
Eastern Wisconsin	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	7%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	13%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	18%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Eastern Wisconsin	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	66%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	29%
Eastern Wisconsin	<u>2003</u>	Fried Food/Fast Food (a few times/week)	49%
Yes	31%	Overweight.....	60%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Eastern Wisconsin	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	85%	Nation	58%
Cholesterol Test (2 years or less)	67%	Women's Health	
Dental Checkup (past year).....	72%	Eastern Wisconsin	<u>2003</u>
Eye Exam (2 years or less).....	80%	Mammogram (50+; past year).....	61%
Vaccinations		Pap Smear (past year).....	63%
Eastern Wisconsin	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	35%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	57%	Pap Smear (past year).....	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Eastern Wisconsin	<u>2003</u>	Eastern Wisconsin	<u>2003</u>
Chiropractor	19%	Avoid Artificial Sources of UV Light	69%
Massage Therapy.....	15%	Use Sunscreen with SPF 15 or Higher	56%
Meditation	7%	Wear Sun Protective Clothing.....	52%
Movement Therapy.....	7%	Avoid Sun Between 10 a.m. and 4 p.m.	42%
Aroma Therapy.....	4%		
Acupuncture	2%		

Men's Health		Alcohol Use	
Eastern Wisconsin		Eastern Wisconsin	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	27%	Drink in Past Month	59%
50 and Older	48%	3+ Drinks on Occasion in Past Month.....	29%
Other Tests		Binge in Past Month	
Eastern Wisconsin		[5+ Drinks (Male): 4+ Drinks (Female)]	17%
Blood Stool Test (50+; within past 2 years)....	53%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month)	4%
(50+; within past 2 years).....	37%	<i>Other Research: Had 5+ Drinks at One Time</i>	
Safety		<u>2001</u>	
Eastern Wisconsin		Wisconsin.....	
Wear Seat Belt Always/Nearly Always		<u>2003</u>	
Adult.....	86%	Nation	
Children.....	94%	15%	
Wear Bicycle Helmet Always/Nearly Always		Mental Health Status	
(Of Those Who Ride Bike or In-Line Skate)		Eastern Wisconsin	
Adult.....	25%	Felt Sad, Blue or Depressed in Past 30 Days	
Children	63%	<u>2003</u>	
Detectors		Always/Nearly Always	
Smoke Detector	51%	Never	
Carbon Monoxide.....	<1%	Managing Stress	
Both.....	46%	Excellent/Good.....	
Neither	3%	Poor	
Tobacco Use		Find Meaning and Purpose in Daily Life	
Eastern Wisconsin		Never/Seldom	
<u>2003</u>		Considered Suicide (past year).....	
Current Smokers	24%	3%	
Quit Smoking 1 Day or More in Past		Firearms in Household	
Year Because Trying to Quit (smokers).....	48%	Eastern Wisconsin	
Health Care Professional Advisement to		Of all Households...	
Quit Smoking (smokers)	50%	<u>2003</u>	
Smoking Indoors or in Vehicle.....	18%	Have a Firearm.....	
Smoking Preference in Restaurants		Have a Loaded Firearm	
Smoke-free	63%	Have a Loaded Firearm Unlocked.....	
Allow Smoking.....	12%	2%	
No Preference	25%	Personal Safety in Past Year	
Ordinance Prohibiting Smoking in Eating		Eastern Wisconsin	
Establishments		<u>2003</u>	
Moderately Favor.....	24%	Afraid for Their Safety	
Strongly Favor	38%	Pushed/Kicked/Slapped/Hit	
<i>Other Research: Current Smokers</i>		3%	
<u>2001</u>			
Wisconsin.....			
Nation.....			

Overall Health and Health Care Key Findings

Fifty-nine percent of respondents reported their health as excellent or very good. Respondents who were female, older, non-white, Hispanic, with lower education, lower household income, unmarried, overweight, physically inactive or smokers were more likely to report fair or poor conditions.

Seven percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 24 years old, African American, with a high school education or less, with lower household income or unmarried were more likely to report they personally did not have health care coverage. Thirteen percent reported someone in their household currently was not covered while 18% reported in the past 12 months someone was not covered. 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-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female, older, white, those with higher education, with a household income of at least \$30,001 or married were more likely to report this. Thirty-one percent of respondents had an advance care plan; female respondents, those who were older, white, non-Hispanic, with a college degree or married were more likely to report a plan.

Seventy-two percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 52% an eye exam and 49% reported a cholesterol test. Female respondents or married respondents were more likely to report each of these checkup/tests in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 35 to 64 years old were more likely to report a dental checkup. African American respondents were more likely to report a routine checkup or cholesterol test in the past year while white respondents were more likely to report a dental checkup. Non-Hispanic respondents were more likely to report a cholesterol test, dental checkup or eye exam in the past year. Respondents with a high school education or less were more likely to report a routine checkup in the past year while those with a college degree were more likely to report a cholesterol test, dental checkup or eye exam. The likelihood of having each of these checkups/test varied by household income.

Thirty-five percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for respondents who were female, older, non-Hispanic, with a college degree or with a household income of less than \$30,001. Fifty-seven percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Current asthma was at the same percent as heart disease/condition. Female respondents were more likely to report current asthma or a mental health problem. Older respondents were more likely to report high blood pressure, high blood cholesterol, heart disease or condition, diabetes, cancer (not skin) or a stroke, while respondents 45 to 54 years old were more likely to report a mental health problem. White respondents were more likely to report high blood cholesterol or cancer (not skin), while African American respondents were more likely to report high blood pressure or diabetes. Respondents of another race were more likely to report asthma (current). Hispanic respondents were more likely to report asthma (current) while non-Hispanic respondents were more likely to report high blood pressure or high blood cholesterol. Respondents with a high school education or less or a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition, diabetes, cancer, mental health problem or a stroke. Respondents with a household income of less than \$30,001 were also more likely to report asthma. Married respondents were

more likely to report high blood cholesterol while unmarried respondents were more likely to report heart disease or condition, asthma, mental health problem or a stroke. Overweight respondents or physically inactive respondents were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, diabetes, mental health problem or stroke. Overweight respondents were also more likely to report asthma while inactive respondents were also more likely to report cancer (not skin).

Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were 45 to 54 years old, African American, with lower education, lower household income or unmarried were more likely to report feelings of being sad, blue or depressed always or nearly always. Twenty-four percent felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide; respondents who were 18 to 24 years old or 35 to 44 years old, non-white and non-African American, with lower education, lower household income or unmarried respondents were more likely to report this.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (19% and 15%, respectively). Female respondents or those with higher education were more likely to report massage therapy, meditation, movement therapy or aroma therapy. Respondents with higher education were also more likely to report acupuncture. Chiropractor care, massage therapy, movement therapy or aroma therapy varied by age level. White respondents were more likely to report chiropractor care or massage therapy. Respondents who were non-white and non-African American were also more likely to report massage therapy. Hispanic respondents were more likely to report massage therapy or meditation. Massage therapy, meditation, movement therapy or aroma therapy reports varied by household income. Married respondents were more likely to report chiropractic care or massage therapy while unmarried respondents were more likely to report meditation.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 23% were classified as inactive. Respondents 18 to 24 years old, who were non-white and non-African American, Hispanic, with higher education, with a household income of \$30,001 to \$60,000 or not overweight were more likely to meet the recommended activity level. Sixty percent of respondents were classified as overweight (38% overweight and 22% obese). Respondents who were male, 55 to 64 years old, African American, married or who were physically inactive were more likely to be classified as overweight.

Sixty-six percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Respondents who were female, with a college education, higher household income, married, not overweight or who met the recommended amount of physical activity were more likely to eat fruit or vegetables. White respondents were also more likely to eat fruit. Respondents 65 and older were more likely to eat fruit while respondents 25 to 34 years old were more likely to eat vegetables. Forty-nine percent of respondents eat fried/fast food at least a few times a week; respondents who were male, younger, Hispanic, with some post high school education or less, with a household income of \$30,001 to \$60,000, overweight or classified as inactive were more likely to report this.

Eighty-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents who were 25 to 34 years old, African American, with higher education, higher household income or married were more likely to have had a pap smear within the past three years.

Twenty-seven percent of male respondents 40 to 49 years old and 48% of males 50 and older had a digital rectal exam in the past year.

Fifty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 37% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents or those with a college degree were more likely to report each of the measures. Older respondents reported avoiding artificial sources of UV light, wearing sun protective clothing or avoiding the sun more often; wearing sunscreen with SPF 15 or higher varied with age. White respondents or married respondents were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing. Non-Hispanic respondents were more likely to report using sunscreen. Respondents with higher household income reported avoiding artificial sources of UV light or using sunscreen more often while respondents with a household income of \$30,000 or less reported avoiding the sun between 10 a.m. and 4 p.m. more often.

Eighty-six percent of respondents wore seat belts always or nearly always. Respondents who were female, older, with a college education, a household income of at least \$60,001 or married were more likely to always wear seat belts. Ninety percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-lined skated or used a scooter, 25% reported they always or nearly always wore a helmet. Respondents who were 35 to 44 years old, white, non-Hispanic, with a college education, with higher household income or married respondents were more likely to report wearing a helmet. Of respondents who had children who rode a bike, etc., 53% reported their child always wore a helmet.

Twenty-four percent of respondents were current smokers. Respondents who were male, younger, non-white, with lower education, lower household income or unmarried were more likely to be smokers. Forty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 50% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three percent of all respondents preferred a smoke-free restaurant. Sixty-two percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 65 and older, non-African American, with higher education, higher household income, married or nonsmoking were more likely to prefer a smoke-free restaurant. Respondents who were female, 35 to 44 years old, white, with higher education, higher household income, married or nonsmoking were more likely to prefer favor a community ordinance to prohibit smoking in eating establishments.

Fifty-nine percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 17% binged. Respondents who were male, younger, white, with some post high school education, a household income of at least \$60,001 or unmarried were more likely to have three or more drinks on more occasions or binged at least once in the past month. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males, those who were younger, Hispanic, with some post high school education or unmarried respondents were more likely to report this. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of households had a working smoke detector while 46% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

Thirty-one percent of households had a firearm in or around the home. Households with higher income or married households were more likely to have a firearm. Of all households, 3% had a loaded firearm; respondents with a household income of at least \$60,001 were more likely to report this. Two percent of all households had a firearm loaded and unlocked.

Five percent of respondents reported someone had made them afraid for their personal safety in the past year; a stranger was the most often cited person who made them afraid. Three percent reported they had been pushed, kicked, hit or slapped in the past year; a stranger or acquaintance were the most often cited persons. Female respondents were more likely to report they were afraid for their safety while male respondents were more likely to report being pushed etc. Respondents who were younger, non-white and non-African American, with a household income of less than \$30,001 or unmarried were more likely to report they were afraid for their personal safety or were pushed, kicked, etc. Respondents with some post high school education or less were also more likely to report they were pushed, kicked, etc.

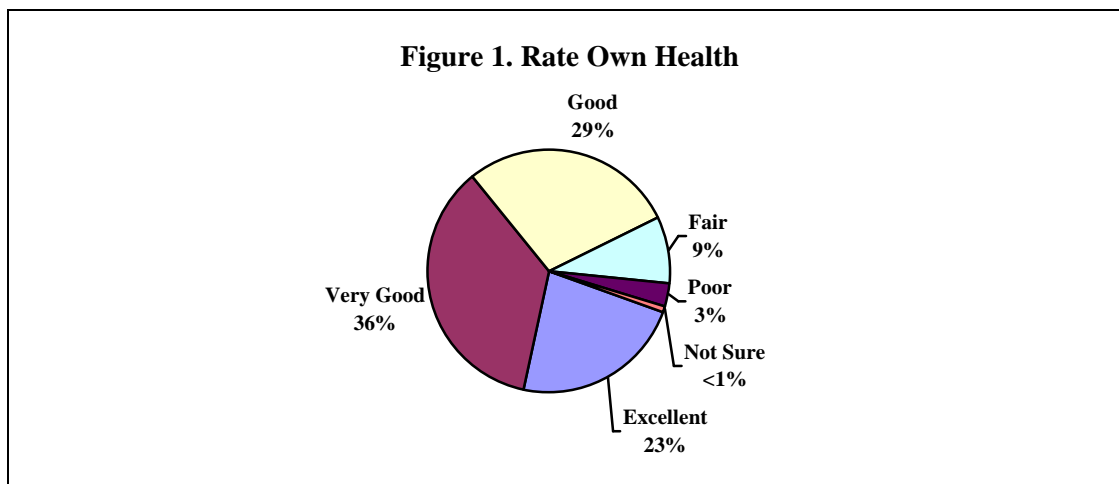
Key Findings

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 female, older, non-white, Hispanic, with lower education, lower household income, unmarried, overweight, physically inactive or smokers 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 (23%) or very good (36%). A total of 12% reported their health was fair (9%) or poor (3%).



- Female respondents were more likely to report fair or poor compared to male respondents (13% and 10%, respectively).
- Respondents 65 and older were more likely to report fair or poor (24%) than respondents 25 to 34 years old (7%), 18 to 24 years old or 35 to 44 years old (8% each).
- White respondents were less likely to report fair or poor health (11%) compared to African American respondents (19%) or respondents of another race (18%).
- Twenty-three percent of Hispanic respondents reported fair or poor health compared to 11% of non-Hispanic respondents.
- Respondents with lower education were more likely to report fair/poor condition. Sixteen percent of respondents with a high school education or less reported fair/poor health compared to 11% of those with some post high school education or 6% of respondents with a college degree.

- Respondents with a household income of less than \$30,001 were more likely to report fair/poor health (19%) than those with an income of \$30,001 to \$60,000 (10%) or respondents with a household income of more than \$60,000 (6%).
- Unmarried respondents were more likely to report their health as fair/poor (15%) compared to married respondents (9%).
- Fourteen percent of overweight respondents reported their health as fair/poor compared to 9% of respondents who were not overweight.
- Inactive respondents were more likely to report fair/poor (19%) compared to all others (9% and 10%).
- Current smokers were more likely to report fair or poor health compared to nonsmokers (14% and 11%, respectively).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	12%	29%	36%	23%
Gender**				
Male	10	30	35	25
Female	13	29	37	21
Age**				
18 to 24	8	31	39	22
25 to 34	7	28	36	30
35 to 44	8	27	39	27
45 to 54	12	26	37	25
55 to 64	14	33	34	20
65 and Older	24	35	30	12
Race**				
White	11	28	37	24
African American	19	38	25	18
Other	18	40	29	13
Hispanic Origin**				
Hispanic	23	30	28	18
Non-Hispanic	11	29	36	23
Education**				
High School or Less	16	34	34	16
Some Post High School	11	29	37	23
College Graduate	6	23	39	32
Household Income**				
\$30,000 or Less	19	35	29	16
\$30,001 to \$60,000	10	28	40	23
\$60,001 or More	6	24	38	32
Marital Status**				
Married	9	28	37	26
Not Married	15	31	34	19
Overweight**				
Not Overweight	9	26	38	27
Overweight	14	32	35	20
Physical Activity**				
Inactive	19	33	31	17
Insufficient	9	29	39	23
Recommended	10	26	35	28
Smoker**				
Nonsmoker	11	28	36	25
Smoker	14	34	36	16

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

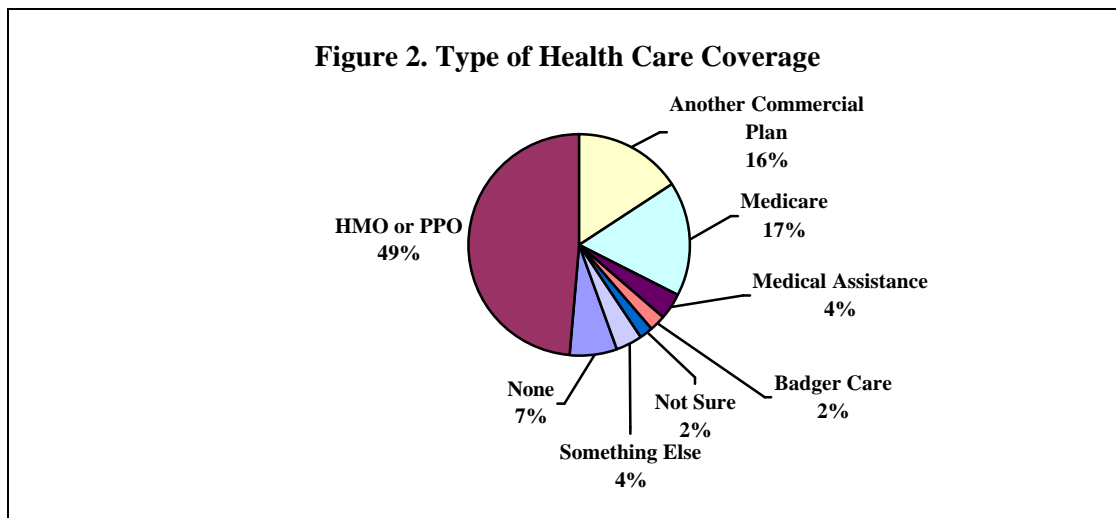
Health Care Coverage (Figure 2)

KEY FINDING: Seven percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 24 years old, African American, with a high school education or less, with lower household income or unmarried were more likely to report they personally did not have health care coverage. Thirteen percent reported someone in their household currently was not covered while 18% reported in the past 12 months someone was not covered. 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-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female, older, white, those with higher education, with a household income of at least \$30,001 or married were more likely to report this. Thirty-one percent of respondents had an advance care plan; female respondents, those who were older, white, non-Hispanic, with a college degree or married were more likely to report a plan.

Personally Not Covered

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

- Seven percent of respondents reported they were not currently covered by any health insurance. Forty-nine percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Sixteen percent reported another commercial plan, 17% reported Medicare and 4% reported medical assistance. 2% reported Badger Care, 4% reported something else, and 2% reported not sure.



- Male respondents were more likely to report they did not have personal health insurance (9%) than female respondents (5%).
- Twelve percent of respondents 18 to 24 years old reported they were not currently covered by any health insurance followed by 9% of those 25 to 34 years old and 7% of respondents 45 to 54 years old. Less than one percent of respondents 65 and older and 6% of respondents in each of the remaining age categories reported this.

- Fourteen percent of African American respondents reported no personal coverage compared to 6% of white respondents or 12% of respondents of another race.
- Ten percent of respondents with a high school degree or less reported they did not have personal health insurance compared to 5% of respondents with some post high school education or 4% of those with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to report they were not currently covered by any health insurance (13%) compared to respondents with an income of \$30,001 to \$60,000 (6%) or those with a household income of more than \$60,000 (2%).
- Unmarried respondents were more likely to report they were not currently covered by any health insurance (12%) than married respondents (3%).

Someone in Household Currently Not Covered

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 155,610 households.
- Twenty-two percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 11% of respondents with an income of \$30,001 to \$60,000 or 6% of respondents with a household income of more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (20%) compared to married respondents (8%).

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.
- Twenty-nine 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 17% of respondents with a household income of \$30,001 to \$60,000 or 9% of those with an income of \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (27%) compared to married respondents (11%).

Primary Health Care Services

- Seventy-two percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Fifteen percent reported walk-in or urgent care while 6% reported hospital emergency room and 4% reported community health center.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (75%) compared to male respondents (68%).

- As age increased, so did the likelihood of reporting medical doctor etc. Sixty-three percent of respondents 18 to 24 years old reported this compared to 73% of respondents 45 to 64 years old or 78% of respondents 65 and older. Sixty-nine percent of respondents 25 to 34 years old and 72% of those 35 to 44 years old reported a medical doctor etc.
- Seventy-two percent of white respondents reported a medical doctor etc., compared to 69% of African American respondents or 65% of respondents of another race.
- Seventy-eight percent of respondents with a college degree reported a medical doctor etc., compared to 72% of respondents with some post high school education or 68% of those with a high school degree or less.
- Seventy-four percent of respondents with a household income of at least \$60,001 and 73% of respondents with a household income of \$30,001 to \$60,000 reported a medical doctor, internist, OBGYN or family practice compared to 67% of those with a household income of less than \$30,001.
- Married respondents were more likely to report a medical doctor etc., compared to unmarried respondents (74% and 68%, respectively).

Advance Care Plan

- Thirty-one percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report having an advance care plan (33%) compared to male respondents (28%).
- Older respondents were more likely to report having an advance care plan. Fifty-four percent of respondents 65 and older reported this followed by 40% of respondents 55 to 64 years old and 32% of those 45 to 54 years old. Twenty-six percent of respondents 35 to 44 years old, 20% of those 25 to 34 years old and 10% of those 18 to 24 years old reported a plan.
- White respondents were more likely to report an advance care plan (32%) compared to African American respondents (23%) or respondents of another race (13%).
- Non-Hispanic respondents were more likely to report an advance care plan (31%) compared to Hispanic respondents (14%).
- Respondents with a college degree were more likely to have an advance care plan (34%) compared to respondents with some post high school education or less (29%).
- Married respondents were more likely to report having an advance care plan (33%) compared to unmarried respondents (27%).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-two percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 52% an eye exam and 49% reported a cholesterol test. Female respondents or married respondents were more likely to report each of these checkup/tests in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 35 to 64 years old were more likely to report a dental checkup. African American respondents were more likely to report a routine checkup or cholesterol test in the past year while white respondents were more likely to report a dental checkup. Non-Hispanic respondents were more likely to report a cholesterol test, dental checkup or eye exam in the past year. Respondents with a high school education or less were more likely to report a routine checkup in the past year while those with a college degree were more likely to report a cholesterol test, dental checkup or eye exam. The likelihood of having each of these checkups/test varied by household income.

Routine Checkup

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

- Sixty-four percent of respondents reported they had a routine checkup in the past year. An additional 21% 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 (72%) than male respondents (55%).
- Respondents 65 and older were more likely to have had a routine checkup in the past year (80%) compared to respondents 25 to 34 years old (55%), 35 to 44 years old (58%) or 18 to 24 years old (59%).
- African American respondents were more likely to report a routine checkup in the past year (78%) compared to white respondents (62%) or respondents of another race (59%).
- Sixty-six percent of respondents with a high school education or less reported a routine checkup in the past year compared to 64% of respondents with a college degree or 60% of those with some post high school education.
- Respondents with a household income of less than \$30,001 were more likely to report a routine checkup in the past year (65%) compared to respondents with a household income of \$30,001 to \$60,000 (63%) or those with a household income of more than \$60,000 (62%).
- Married respondents were more likely to report a routine checkup in the past year (65%) compared to unmarried respondents (61%).

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	64%	21%	6%	8%	1%
Gender**					
Male	55	24	8	12	2
Female	72	18	4	4	<1
Age**					
18 to 24	59	25	8	7	<1
25 to 34	55	24	9	10	1
35 to 44	58	22	7	10	2
45 to 54	63	23	5	9	<1
55 to 64	68	18	5	8	<1
65 and Older	80	13	2	3	1
Race**					
White	62	22	6	8	1
African American	78	14	3	4	<1
Other	59	22	10	7	1
Hispanic Origin					
Hispanic	62	22	8	6	3
Non-Hispanic	64	21	6	8	1
Education**					
High School or Less	66	19	5	8	1
Some Post High School	60	23	8	9	1
College Graduate	64	23	5	8	<1
Household Income**					
\$30,000 or Less	65	18	6	9	1
\$30,001 to \$60,000	63	22	6	8	1
\$60,001 or More	62	25	6	7	<1
Marital Status**					
Married	65	21	6	6	<1
Not Married	61	21	6	10	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-nine percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Nineteen percent reported never having their cholesterol tested.
- Female respondents were more likely to report a cholesterol test in the past year (52%) compared to male respondents (47%).
- As age increased, so did the likelihood of having their cholesterol tested. Nineteen percent of respondents 18 to 24 years old reported this compared to 45% of respondents 35 to 44 years old or 77% of those 65 and older.
- Fifty-three percent of African American respondents reported a cholesterol test in the past year compared to 49% of white respondents or 38% of respondents of another race.
- Non-Hispanic respondents were more likely to report a cholesterol test in the past year (50%) compared to Hispanic respondents (35%).
- Fifty-two percent of respondents with a college degree reported a cholesterol test in the past year compared to 49% of respondents with a high school education or less or 47% of those with some post high school education.
- Fifty percent of respondents with a household income of \$30,001 or more reported a cholesterol test in the past year compared to 48% of those with a household income of \$30,000 or less.
- Married respondents were more likely to report a cholesterol test in the past year (54%) compared to unmarried respondents (43%).

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	49%	18%	5%	6%	19%
Gender**					
Male	47	19	5	7	20
Female	52	18	5	4	19
Age**					
18 to 24	19	14	4	5	52
25 to 34	33	18	6	6	34
35 to 44	45	20	7	8	18
45 to 54	56	22	6	6	9
55 to 64	65	18	4	5	6
65 and Older	77	12	2	3	3
Race**					
White	49	19	5	6	19
African American	53	16	4	3	21
Other	38	17	2	5	29
Hispanic Origin**					
Hispanic	35	21	5	2	34
Non-Hispanic	50	18	5	6	19
Education**					
High School or Less	49	16	4	5	23
Some Post High School	47	18	6	6	21
College Graduate	52	22	6	6	13
Household Income**					
\$30,000 or Less	48	15	5	5	24
\$30,001 to \$60,000	50	19	5	6	18
\$60,001 or More	50	21	6	6	15
Marital Status**					
Married	54	20	5	5	14
Not Married	43	16	5	6	26

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

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.²

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

- Seventy-two percent of respondents reported a dental visit in the past year. An additional 16% had a visit in the past one to two years.
- Female respondents were more likely to have had a dental exam in the past year (74%) compared to male respondents (70%).
- Seventy-six percent of respondents 35 to 64 years old had a dental checkup in the past year compared to 67% of those 65 and older or 68% of respondents 25 to 34 years old.
- Seventy-five percent of white respondents reported a dental visit in the past year compared to 59% of African American respondents or 55% of respondents of another race.
- Non-Hispanic respondents were more likely to report a dental visit in the past year compared to Hispanic respondents (73% and 64%, respectively).
- As education increased, so did the likelihood of reporting a dental checkup in the past year. Sixty-six percent of respondents with a high school education or less reported this compared to 72% of respondents with some post high school education or 82% of respondents with a college degree.
- Respondents with higher household income were more likely to report a dental checkup in the past year. Eighty-four percent of respondents with a household income of at least \$60,001 reported this compared to 76% of respondents with an income of \$30,001 to \$60,000 or 58% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a dental checkup in the past year (78%) compared to unmarried respondents (65%).

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

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	72%	16%	4%	7%	1%
Gender*					
Male	70	17	5	7	1
Female	74	14	4	7	<1
Age**					
18 to 24	71	17	5	6	1
25 to 34	68	20	6	5	<1
35 to 44	76	15	3	6	<1
45 to 54	76	15	4	4	1
55 to 64	76	13	3	8	<1
65 and Older	67	13	4	13	2
Race**					
White	75	14	4	6	<1
African American	59	25	7	7	1
Other	55	21	6	14	3
Hispanic Origin**					
Hispanic	64	20	9	5	2
Non-Hispanic	73	15	4	7	1
Education**					
High School or Less	66	16	5	10	2
Some Post High School	72	18	5	5	<1
College Graduate	82	12	2	3	<1
Household Income**					
\$30,000 or Less	58	20	6	13	2
\$30,001 to \$60,000	76	15	3	5	1
\$60,001 or More	84	12	3	2	<1
Marital Status**					
Married	78	14	3	4	<1
Not Married	65	18	5	10	1

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

Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 28% reported one to two years ago. Four percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (55%) compared to male respondents (49%).
- Respondents 65 and older were more likely to report an eye exam in the past year (64%) compared to respondents 25 to 34 years old (47%) or those 35 to 44 years old (45%).
- Non-Hispanic respondents were more likely to report an eye exam in the past year compared to Hispanic respondents (52% and 38%, respectively).
- Fifty-four percent of respondents who had a college degree and 53% of those with a high school degree or less reported an eye exam in the past year compared to 48% of respondents with some post high school education.
- Fifty-three percent of respondents with a household income of \$30,001 to \$60,000 and 52% of respondents with a household income of at least \$60,001 had an eye exam in the last year compared to 49% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to have had an eye exam in the past year (53%) compared to unmarried respondents (50%).

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	52%	28%	8%	8%	4%
Gender**					
Male	49	27	9	9	5
Female	55	29	6	6	3
Age**					
18 to 24	50	26	9	7	8
25 to 34	47	27	9	10	6
35 to 44	45	28	9	13	4
45 to 54	54	30	7	6	3
55 to 64	53	33	7	6	1
65 and Older	64	27	5	3	<1
Race					
White	52	29	8	8	4
African American	53	26	8	8	6
Other	50	31	7	6	6
Hispanic Origin**					
Hispanic	38	40	10	4	7
Non-Hispanic	52	28	8	8	4
Education**					
High School or Less	53	27	8	9	4
Some Post High School	48	31	8	8	5
College Graduate	54	29	7	7	3
Household Income*					
\$30,000 or Less	49	29	9	8	5
\$30,001 to \$60,000	53	28	7	8	4
\$60,001 or More	52	29	8	7	3
Marital Status**					
Married	53	29	7	7	3
Not Married	50	27	9	9	5

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-five percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for respondents who were female, older, non-Hispanic, with a college degree or with a household income of less than \$30,001. Fifty-seven percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Thirty-five percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination in the past year (37%) compared to male respondents (32%).
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (73%) compared to respondents 25 to 34 years old (20%) or those 18 to 24 years old (19%).
- Non-Hispanic respondents were more likely to report a flu vaccination (35%) compared to Hispanic respondents (26%).
- Thirty-seven percent of respondents with a college degree reported receiving a flu vaccination in the past year compared to 32% of those with some post high school education or 35% of respondents with a high school education or less.
- Respondents with a household income of less than \$30,001 were more likely to have had an influenza vaccination in the past year (40%) compared to respondents with a household income of \$30,001 or more (32%).

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	35%
Gender**	
Male	32
Female	37
Age**	
18 to 24	19
25 to 34	20
35 to 44	24
45 to 54	30
55 to 64	47
65 and Older	73
Race	
White	35
African American	34
Other	27
Hispanic Origin**	
Hispanic	26
Non-Hispanic	35
Education*	
High School or Less	35
Some Post High School	32
College Graduate	37
Household Income**	
\$30,000 or Less	40
\$30,001 to \$60,000	32
\$60,001 or More	32
Marital Status	
Married	36
Not Married	34

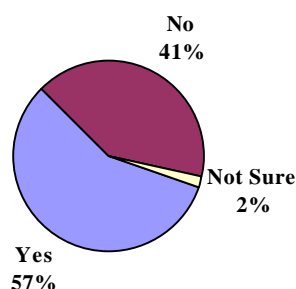
*= p≤0.05; **= p≤0.01

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).

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

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



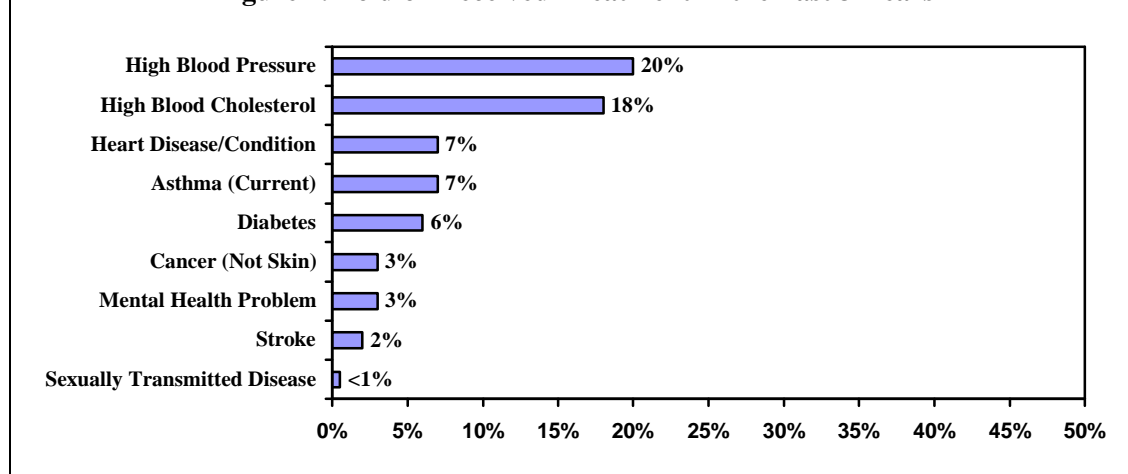
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Current asthma was at the same percent as heart disease/condition. Female respondents were more likely to report current asthma or a mental health problem. Older respondents were more likely to report high blood pressure, high blood cholesterol, heart disease or condition, diabetes, cancer (not skin) or a stroke, while respondents 45 to 54 years old were more likely to report a mental health problem. White respondents were more likely to report high blood cholesterol or cancer (not skin), while African American respondents were more likely to report high blood pressure or diabetes. Respondents of another race were more likely to report asthma (current). Hispanic respondents were more likely to report asthma (current) while non-Hispanic respondents were more likely to report high blood pressure or high blood cholesterol. Respondents with a high school education or less or a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition, diabetes, cancer, mental health problem or a stroke. Respondents with a household income of less than \$30,001 were also more likely to report asthma. Married respondents were more likely to report high blood cholesterol while unmarried respondents were more likely to report heart disease or condition, asthma, mental health problem or a stroke. Overweight respondents or physically inactive respondents were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, diabetes, mental health problem or stroke. Overweight respondents were also more likely to report asthma while inactive respondents were also more likely to report cancer (not skin).

- Respondents were more likely to report they have been told or been treated for high blood pressure (20%), high blood cholesterol (18%), heart disease/heart condition (7%), asthma (current, 7%), or diabetes (6%) in the past three years.

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



- Female respondents were more likely to report asthma (current) or a mental health problem than male respondents.
- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol, heart disease/condition, diabetes, cancer (not skin) or a stroke increased as age increased. Respondents 45 to 54 years old were more likely to report a mental health problem.
- White respondents were more likely to report high blood cholesterol or cancer (not skin) while African American respondents were more likely to report high blood pressure or diabetes. Respondents who were non-white and non-African American were more likely to report asthma (current).
- Hispanic respondents were more likely to report asthma (current) while non-Hispanic respondents were more likely to report high blood pressure or high blood cholesterol.
- Respondents with a high school education or less were more likely to report high blood pressure, heart disease/condition, diabetes, cancer, mental health problem or stroke.
- Respondents with a household income of less than \$30,001 reported high blood pressure, heart disease/condition, asthma (current), diabetes, cancer (not skin), mental health problem or a stroke more often.
- Married respondents were more likely to report high blood cholesterol while unmarried respondents were more likely to report heart disease/condition, asthma (current), mental health problem or a stroke.
- Respondents who were considered overweight were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, asthma, diabetes, a mental health problem or a stroke.
- Respondents who were classified as inactive were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, diabetes, cancer (not skin), mental health problem or a stroke.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease or Condition	Asthma (Current)	Diabetes	Cancer (Not Skin)	Mental Health Problem	Stroke
TOTAL	20%	18%	7%	7%	6%	3%	3%	2%
Gender								
Male	19	18	7	5**	6	3	2**	2
Female	21	18	7	9**	6	3	4**	2
Age								
18 to 24	5**	2**	1**	7	<1**	<1**	3*	0**
25 to 34	7**	7**	2**	9	2**	<1**	3*	<1**
35 to 44	12**	13**	2**	7	2**	<1**	3*	<1**
45 to 54	19**	22**	5**	7	5**	2**	4*	1**
55 to 64	34**	29**	11**	8	11**	4**	3*	2**
65 and Older	50**	36**	22**	7	16**	10**	2*	5**
Race								
White	20**	18**	7	7**	6**	3*	3	2
African American	26**	15**	6	10**	10**	1*	3	2
Other	13**	9**	5	13**	5**	2*	4	<1
Hispanic Origin								
Hispanic	13**	10**	7	12*	5	2	3	3
Non-Hispanic	21**	18**	7	7*	6	3	3	2
Education								
High School or Less	24**	18	8**	8	7**	4*	4**	2**
Some Post High School	18**	18	7**	7	5**	2*	3**	1**
College Graduate	16**	17	5**	7	5**	2*	2**	1**
Household Income								
\$30,000 or Less	28**	19	10**	9**	8**	4**	5**	3**
\$30,001 to \$60,000	18**	17	6**	7**	6**	2**	2**	1**
\$60,001 or More	14**	17	5**	6**	3**	3**	2**	<1**
Marital Status								
Married	20	20**	6*	6**	6	3	2**	1*
Not Married	21	15**	8*	8**	6	3	4**	2*
Overweight								
Not Overweight	11**	12**	5**	6**	2**	3	2*	1**
Overweight	27**	22**	8**	8**	8**	3	4*	2**
Physical Activity								
Inactive	27**	21**	11**	8	9**	5**	4*	3**
Insufficient	19**	17**	6**	7	5**	3**	3*	1**
Recommended	17**	16**	5**	8	5**	2**	2*	1**

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

Diabetes

- Of the 380 respondents who reported being diagnosed with diabetes, 97% had their blood sugar tested in the past year.

Asthma

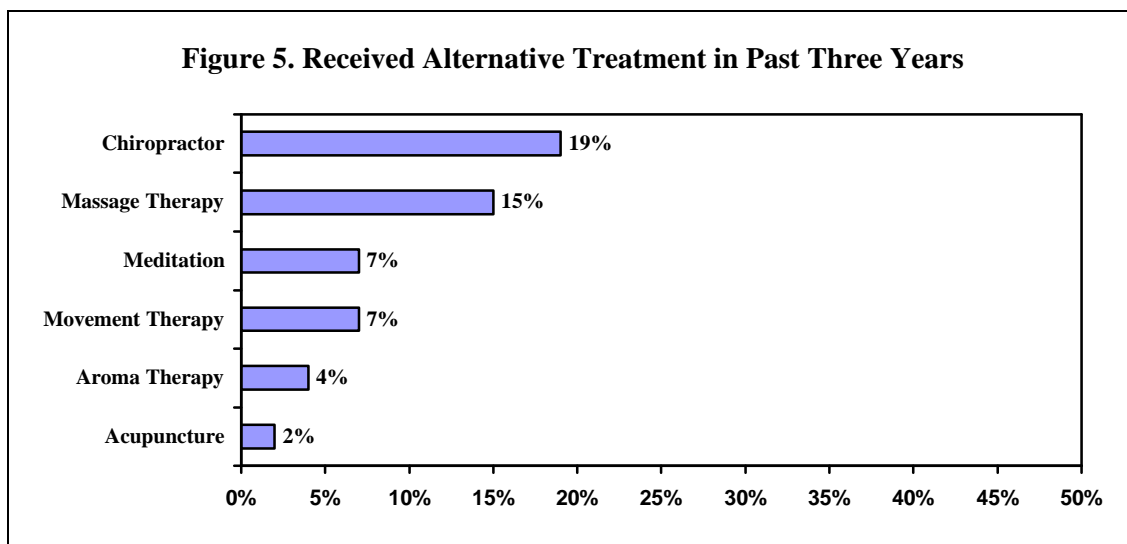
- Of the 466 respondents who currently had asthma, 58% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (19% and 15%, respectively). Female respondents or those with higher education were more likely to report massage therapy, meditation, movement therapy or aroma therapy. Respondents with higher education were also more likely to report acupuncture. Chiropractor care, massage therapy, movement therapy or aroma therapy varied by age level. White respondents were more likely to report chiropractor care or massage therapy. Respondents who were non-white and non-African American were also more likely to report massage therapy. Hispanic respondents were more likely to report massage therapy or meditation. Massage therapy, meditation, movement therapy or aroma therapy reports varied by household income. Married respondents were more likely to report chiropractic care or massage therapy while unmarried respondents were more likely to report meditation.

- Respondents were more likely to have gone to a chiropractor (19%) or used massage therapy (15%) in the past three years.



- Female respondents were more likely to have reported massage therapy, meditation, movement therapy or aroma therapy in the past three years compared to male respondents.
- Respondents 18 to 24 years old were more likely to report movement therapy in the past three years while respondents 35 to 44 years old were more likely to report chiropractic care. Respondents 25 to 54 years old were more likely to report massage therapy while respondents 45 to 54 years old were more likely to report aroma therapy in the past three years.
- White respondents were more likely to report chiropractic care. African American respondents were less likely to report massage therapy than respondents who were white or respondents of another race.
- Hispanic respondents were more likely to report massage therapy or meditation.
- As education increased, so did the likelihood of reporting they used massage therapy, meditation, movement therapy, aroma therapy or acupuncture in the past three years.
- Respondents with a household income of less than \$30,001 reported meditation more often while respondents with a household income of at least \$60,001 reported massage therapy or movement therapy. Respondents with a household income of at least \$30,001 were more likely to report aroma therapy.
- Married respondents were more likely to report chiropractic care or massage therapy while unmarried respondents were more likely to report meditation.

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy	Acupuncture
TOTAL	19%	15%	7%	7%	4%	2%
Gender						
Male	19	12**	6**	5**	3**	1
Female	19	18**	9**	8**	6**	2
Age						
18 to 24	16**	14**	9	10**	4**	<1
25 to 34	19**	18**	7	8**	5**	1
35 to 44	23**	18**	6	6**	5**	2
45 to 54	22**	18**	9	7**	6**	3
55 to 64	18**	13**	8	6**	3**	2
65 and Older	16**	9**	7	3**	2**	2
Race						
White	20**	16*	7	7	4	2
African American	8**	11*	9	7	6	2
Other	15**	16*	7	5	5	3
Hispanic Origin						
Hispanic	18	21*	13*	8	6	3
Non-Hispanic	19	15*	7*	7	4	2
Education						
High School or Less	18	12**	6*	5**	3**	1**
Some Post High School	20	16**	7*	6**	5**	2**
College Graduate	20	20**	9*	9**	6**	3**
Household Income						
\$30,000 or Less	17	13**	9*	6*	4*	2
\$30,001 to \$60,000	19	14**	6*	5*	5*	1
\$60,001 or More	21	20**	6*	8*	5*	2
Marital Status						
Married	21**	16**	6**	6	4	2
Not Married	17**	14**	9**	7	4	2

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

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

KEY FINDING: Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 23% were classified as inactive. Respondents 18 to 24 years old, who were non-white and non-African American, Hispanic, with higher education, with a household income of \$30,001 to \$60,000 or not overweight were more likely to meet the recommended activity level. Sixty percent of respondents were classified as overweight (38% overweight and 22% obese). Respondents who were male, 55 to 64 years old, African American, married or who were physically inactive were more likely to be classified as overweight.

Physical Activities in Past Month

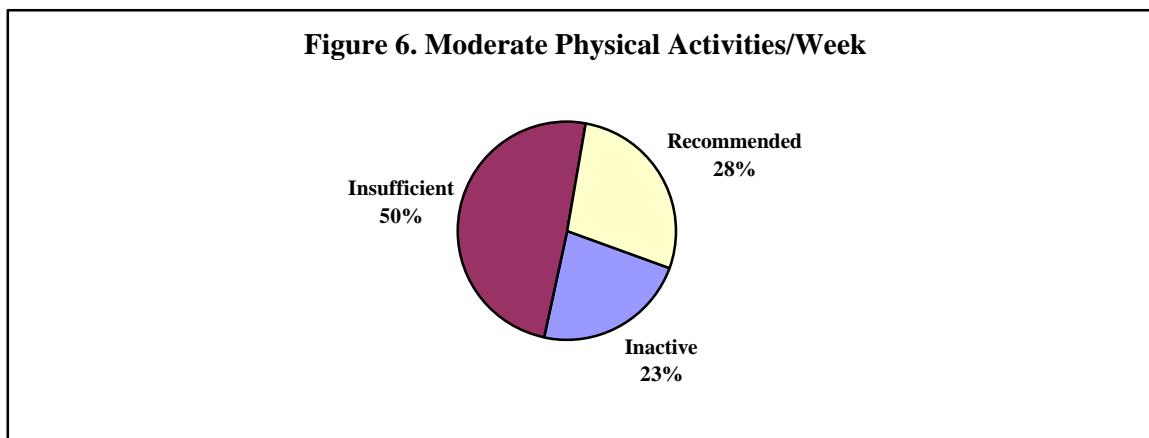
- Seventy-three percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty percent did some activity, but not to the extent of the recommendation while 23% were classified as inactive.



- Respondents 18 to 24 years old were more likely to meet the recommended amount of moderate physical activity in a week (32%) compared to respondents 35 to 54 years old (27%) or those 65 and older (25%). Thirty-six percent of respondents 65 and older were inactive compared to 16% of respondents 18 to 34 years old.
- White respondents or African American respondents were less likely to have met the recommendation (28% and 27%, respectively) compared to respondents of another race (33%).
- Hispanic respondents were more likely to meet the recommendation (38%) compared to non-Hispanic respondents (28%).
- Respondents with higher education were more likely to meet the recommended amount of moderate physical activity in a week. Thirty-one percent of respondents with a college degree reported this compared to 28% of respondents with some post high school education or 26% of those with a high school education or less. Twenty-nine percent of respondents with a high school education or less were inactive compared to 14% of those with a college education.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to meet the recommendation (29%) compared to respondents with an income of more than \$60,000 (27%) or those with a household income of less than \$30,001 (25%). Thirty-one percent of those with a household income of \$30,000 or less were classified as inactive compared to 14% of those with a household income of at least \$60,001.
- Unmarried and married respondents were similar in meeting the recommendation (28% each). However, unmarried respondents were more likely to be inactive (26%) than married respondents (20%).
- Respondents who were not overweight were more likely to meet the recommendation than overweight respondents (32% and 26%, respectively).

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

	Inactive	Insufficient	Recommended
TOTAL	23%	50%	28%
Gender			
Male	22	50	28
Female	23	49	28
Age**			
18 to 24	16	52	32
25 to 34	16	54	30
35 to 44	20	54	27
45 to 54	20	53	27
55 to 64	26	45	28
65 and Older	36	39	25
Race**			
White	22	50	28
African American	29	44	27
Other	19	48	33
Hispanic Origin**			
Hispanic	23	40	38
Non-Hispanic	22	50	28
Education**			
High School or Less	29	45	26
Some Post High School	22	51	28
College Graduate	14	55	31
Household Income**			
\$30,000 or Less	31	44	25
\$30,001 to \$60,000	22	49	29
\$60,001 or More	14	59	27
Marital Status**			
Married	20	53	28
Not Married	26	46	28
Overweight**			
Not Overweight	19	49	32
Overweight	24	50	26

*= p≤0.05; **= p≤0.01

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.³ Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

- According to the definition, 60% of respondents were considered overweight (38% overweight and 22% obese).
- Male respondents were more likely to be classified as overweight (69%) compared to female respondents (50%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (70%) compared to respondents 18 to 24 years old (38%).
- African American respondents were more likely to be classified as overweight (67%) compared to white respondents (59%) or respondents of another race (56%).
- Married respondents were more likely to be classified as overweight (62%) compared to unmarried respondents (56%).
- Sixty-five percent of those who were inactive in a typical week were classified as overweight compared to 60% who did an insufficient amount of physical activity or 54% of respondents who did the recommended amount of physical activity.

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

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	60%
Gender**	
Male	69
Female	50
Age**	
18 to 24	38
25 to 34	56
35 to 44	60
45 to 54	67
55 to 64	70
65 and Older	65
Race**	
White	59
African American	67
Other	56
Hispanic Origin	
Hispanic	62
Non-Hispanic	60
Education	
High School or Less	59
Some Post High School	61
College Graduate	60
Household Income	
\$30,000 or Less	61
\$30,001 to \$60,000	60
\$60,001 or More	57
Marital Status**	
Married	62
Not Married	56
Moderate Physical Activities**	
Inactive	65
Insufficient	60
Recommended	54

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-six percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Respondents who were female, with a college education, higher household income, married, not overweight or who met the recommended amount of physical activity were more likely to eat fruit or vegetables. White respondents were also more likely to eat fruit. Respondents 65 and older were more likely to eat fruit while respondents 25 to 34 years old were more likely to eat vegetables. Forty-nine percent of respondents eat fried/fast food at least a few times a week; respondents who were male, younger, Hispanic, with some post high school education or less, with a household income of \$30,001 to \$60,000, overweight or classified as inactive were more likely to report this.

Fruit Intake

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

- Sixty-six percent of respondents eat two or more servings of fruit per day. Thirty-three 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 (73% and 59%, respectively).
- Respondents 65 and older were more likely to eat two or more servings of fruit (75%) compared to respondents 45 to 54 years old (63%) or those 18 to 24 years old (61%).
- White respondents were more likely to eat two or more servings of fruit on an average day (67%) compared to African American respondents (62%) or respondents of another race (53%).
- Seventy-four percent of respondents with a college degree reported eating two or more servings of fruit per day compared to 64% of respondents with some post high school education or 63% of those with a high school education or less.
- Respondents with higher household income were more likely to eat two or more servings of fruit. Seventy percent of respondents with a household income of \$60,001 or more reported this compared to 67% of respondents with an income of \$30,001 to \$60,000 or 63% of those with a household income of less than \$30,001.
- Married respondents were more likely to eat two or more servings of fruit compared to unmarried respondents (68% and 64%, respectively).
- Respondents who were not overweight were more likely to eat two or more servings of fruit (70%) compared to overweight respondents (64%).
- Respondents who met the recommended amount of physical activity in a typical week were more likely to eat fruits at least twice a day (71%) compared to inactive respondents (60%).

Vegetable Intake

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

- Twenty-nine percent of respondents eat three or more servings of vegetables on an average day. Seventy percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables compared to male respondents (35% and 23%, respectively).
- Respondents 25 to 34 years old were more likely to eat three or more servings of vegetables (32%) compared to respondents 18 to 24 years old or respondents 45 to 54 years old (27% each).
- Thirty-six percent of respondents with a college degree reported eating three or more servings of vegetables per day compared to 28% of respondents with some post high school education or 26% of those with a high school education or less.
- Respondents with higher household income were more likely to eat three or more servings of vegetables. Thirty-three percent of respondents with a household income of \$60,001 or more reported this compared to 29% of respondents with an income of \$30,001 to \$60,000 or 27% of those with a household income of less than \$30,001.
- Married respondents were more likely to eat three or more servings of vegetables per day compared to unmarried respondents (31% and 28%, respectively).
- Respondents who were not overweight were more likely to eat three or more servings of vegetables (31%) compared to overweight respondents (28%).
- Respondents who met the recommended amount of physical activity were more likely to eat vegetables at least three times a day (35%) compared to inactive respondents or those who did some activity, but not to the extent recommended (27% each).

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	33%	66%	70%	29%
Gender				
Male	40**	59**	76**	23**
Female	26**	73**	64**	35**
Age				
18 to 24	39**	61**	73*	27*
25 to 34	32**	67**	67*	32*
35 to 44	35**	64**	71*	28*
45 to 54	36**	63**	72*	27*
55 to 64	32**	67**	71*	28*
65 and Older	24**	75**	69*	31*
Race				
White	32**	67**	69	30
African American	36**	62**	73	26
Other	46**	53**	73	27
Hispanic Origin				
Hispanic	35	63	69	30
Non-Hispanic	33	67	70	29
Education				
High School or Less	36**	63**	73**	26**
Some Post High School	35**	64**	72**	28**
College Graduate	26**	74**	64**	36**
Household Income				
\$30,000 or Less	35**	63**	72**	27**
\$30,001 to \$60,000	32**	67**	70**	29**
\$60,001 or More	30**	70**	66**	33**
Marital Status				
Married	31**	68**	69*	31*
Not Married	35**	64**	71*	28*
Overweight				
Not Overweight	29**	70**	69*	31*
Overweight	35**	64**	72*	28*
Moderate Physical Activities				
Inactive	38**	60**	72**	27**
Insufficient	32**	67**	72**	27**
Recommended	29**	71**	65**	35**

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

Fried Food/Fast Food Intake

- Nine 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-four 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 (59%) compared to female respondents (40%).
- Younger respondents were more likely to eat fried/fast foods. Sixty-seven percent of respondents 18 to 24 years old reported eating fried/fast food at least a few times per week compared to 35% of respondents 55 to 64 years old or 27% of those 65 and older.
- Hispanic respondents were more likely to eat fried/fast food at least a few times per week (62%) compared to non-Hispanic respondents (49%).
- Fifty percent of respondents with some post high school education or less reported eating fried/fast food at least a few times per week compared to 48% of respondents with a college degree. Thirty-six percent of respondents with a college education reported a few times per month compared to 32% of those with a high school education or less.
- Fifty-two percent of respondents with a household income of \$30,001 to \$60,000 reported eating fried/fast food at least a few times per week compared to 50% of respondents with a household income of more than \$60,000 or 46% of those with a household income of less than \$30,001.
- Unmarried and married respondents were similar when looking at eating fried/fast food at least a few times per week (50% and 49%, respectively). However, married respondents were more likely to report a few times per month (36%) than unmarried respondents (30%).
- Overweight respondents were more likely to eat fried/fast food at least a few time per week (52%) compared to respondents who were not overweight (48%).
- Inactive respondents were more likely to eat fried/fast food at least a few times per week (53%) compared to respondents who met the recommended amount of physical activity (47%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	34%	49%
Gender**		
Male	28	59
Female	38	40
Age**		
18 to 24	23	67
25 to 34	29	63
35 to 44	35	55
45 to 54	37	47
55 to 64	40	35
65 and Older	37	27
Race		
White	34	49
African American	30	53
Other	39	45
Hispanic Origin**		
Hispanic	26	62
Non-Hispanic	34	49
Education**		
High School or Less	32	50
Some Post High School	34	50
College Graduate	36	48
Household Income**		
\$30,000 or Less	32	46
\$30,001 to \$60,000	33	52
\$60,001 or More	36	50
Marital Status**		
Married	36	49
Not Married	30	50
Overweight**		
Not Overweight	34	48
Overweight	33	52
Moderate Physical Activities**		
Inactive	30	53
Insufficient	36	50
Recommended	32	47

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

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents who were 25 to 34 years old, African American, with higher education, higher household income or married were more likely to have had a pap smear within the past three years.

Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.⁴

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

- Thirty-two percent of all female respondents never had a mammogram while 57% had a mammogram within the past two years (42% within past year and 15% more than one year but less than two years).
- More specifically, respondents 40 years old and older were very likely to have received a mammogram in the past two years (82% of those 50 and older; 73% of those 40 to 49 years old).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (18%), too young (16%), don’t like (13%), no time (12%) or not recommended by provider (11%).

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	42%	15%	9%	32%
Age**				
18 to 39	18	6	6	69
40 to 49	51	22	12	14
50 and Older	61	21	12	5

*= p≤0.05; **= p≤0.01

⁴“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 73.

Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.⁵

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

- Sixty-three percent of respondents reported they had a pap smear within the past year. An additional 24% reported between one year and less than three years.
- Respondents 25 to 34 years old were more likely to have had a pap smear within the past three years (96%) compared to respondents 65 and older (70%). Twelve percent of respondents 18 to 24 years old never had a pap smear.
- African American respondents were more likely to report a pap smear in the past three years (92%) compared to white respondents (86%) or respondents of another race (74%).
- Ninety-one percent of respondents with a college education reported a pap smear within the past three years compared to 88% with some post high school education or 82% of respondents with a high school education or less.
- As household income increased, so did the likelihood of having a pap smear in the past three years. Eighty percent of respondents with a household income of \$30,000 or less reported this compared to 89% of those with an income of \$30,001 to \$60,000 or 93% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to have had a pap smear within the past three years (92%) compared to unmarried respondents (80%).

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

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	63%	19%	5%	9%	4%
Age**					
18 to 24	70	13	<1	<1	12
25 to 34	78	16	2	2	2
35 to 44	70	20	4	6	1
45 to 54	64	20	5	9	2
55 to 64	56	21	6	12	3
65 and Older	39	22	9	22	5
Race**					
White	62	19	5	10	4
African American	73	16	3	4	2
Other	58	13	3	5	10
Hispanic Origin					
Hispanic	68	15	3	7	5
Non-Hispanic	62	19	5	9	4
Education**					
High School or Less	58	19	5	11	5
Some Post High School	65	18	5	9	2
College Graduate	68	19	4	5	3
Household Income**					
\$30,000 or Less	54	20	6	13	4
\$30,001 to \$60,000	66	19	4	8	3
\$60,001 or More	71	19	3	4	2
Marital Status**					
Married	67	20	5	7	1
Not Married	57	18	5	11	6

*= p≤0.05; **= p≤0.01

Men’s Health (Table 16)

KEY FINDING: Twenty-seven percent of male respondents 40 to 49 years old and 48% of males 50 and older had a digital rectal exam in the past year.

Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.⁶

Digital Rectal Exam

- Forty-two percent of all male respondents never had a digital rectal exam. Twenty-seven percent had an exam in the past year while 14% reported within the past two years (one year but less than two years).
- Forty-eight percent of men 50 years old or older had an exam less than a year ago while 27% 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%	14%	16%	42%
Age**				
18 to 39	10	8	11	70
40 to 49	27	17	21	34
50 and Older	48	20	17	13

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

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 37% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

- Fifty percent of all respondents never had a blood stool test. Thirty-three percent were tested within the past two years (20% less than a year ago and 13% more than one year ago, but less than two).

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

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

- Female respondents were more likely to have had a blood stool test in the past two years compared to male respondents (34% and 31%, respectively).
- Fifty-three percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 30% of respondents 40 to 49 years old or 18% of respondents 18 to 39 years old. Twenty-six percent of respondents 50 and older reported never compared to 72% of respondents 18 to 39 years old.
- Forty-one percent of African American respondents reported a blood stool test within the past two years compared to 32% of white respondents or 38% of respondents of another race.
- Thirty-five percent of respondents with a high school education or less and 34% of respondents with a college degree reported a blood stool test in the past two years compared to 30% of those with some post high school education.
- Respondents with lower household income were more likely to report a blood stool test in the past two years. Thirty-five percent of respondents with a household income of \$30,000 or less reported this compared to 33% of respondents with a household income of \$30,001 to \$60,000 or 31% of those with a household income of more than \$60,000.
- Married respondents were more likely to have had a test within the past two years (35%) compared to unmarried respondents (30%).

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	13%	13%	50%
Gender**				
Male	18	13	14	49
Female	22	12	12	50
Age**				
18 to 39	11	7	7	72
40 to 49	17	13	15	50
50 and Older	34	19	18	26
Race**				
White	19	13	13	50
African American	28	13	10	44
Other	30	8	10	48
Hispanic Origin				
Hispanic	26	8	10	52
Non-Hispanic	20	13	13	50
Education**				
High School or Less	23	12	11	50
Some Post High School	18	12	15	50
College Graduate	20	14	14	49
Household Income**				
\$30,000 or Less	21	14	15	46
\$30,001 to \$60,000	21	12	12	51
\$60,001 or More	19	12	12	53
Marital Status**				
Married	21	14	13	47
Not Married	19	11	12	54

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-four percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty percent were examined within the past two years (11% less than a year ago and 9% more than one year ago, but less than two).
- Male and female respondents were similar in reporting a sigmoidoscopy or colonoscopy exam in the past two years (20% each). However, female respondents were more likely to report within the past year compared to male respondents (12% and 10%, respectively).

- A total of 37% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 15% of respondents 40 to 49 years old or 9% of those 18 to 39 years old. Thirty-nine percent of respondents 50 and older reported never compared to 84% of respondents 18 to 39 years old.
- Twenty-one percent of African American respondents and 20% of white respondents reported a test within the past two years compared to 13% of respondents of another race.
- Twenty-two percent of respondents with a high school education or less reported a sigmoidoscopy or colonoscopy within the past two years compared to 19% of respondents with a college degree or 18% of those with some post high school education.
- Twenty-two percent of respondents with a household income of less than \$30,001 and 21% of those with an income of \$30,001 to \$60,000 reported an exam in the past two years compared to 17% of those with a household income of at least \$60,001. In addition, 59% of respondents with a household income of \$30,000 or less reported never compared to 71% of those with a household income of \$60,001 or more.
- Married respondents were more likely to report a sigmoidoscopy or colonoscopy within the past two years (22%) compared to unmarried respondents (17%).

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

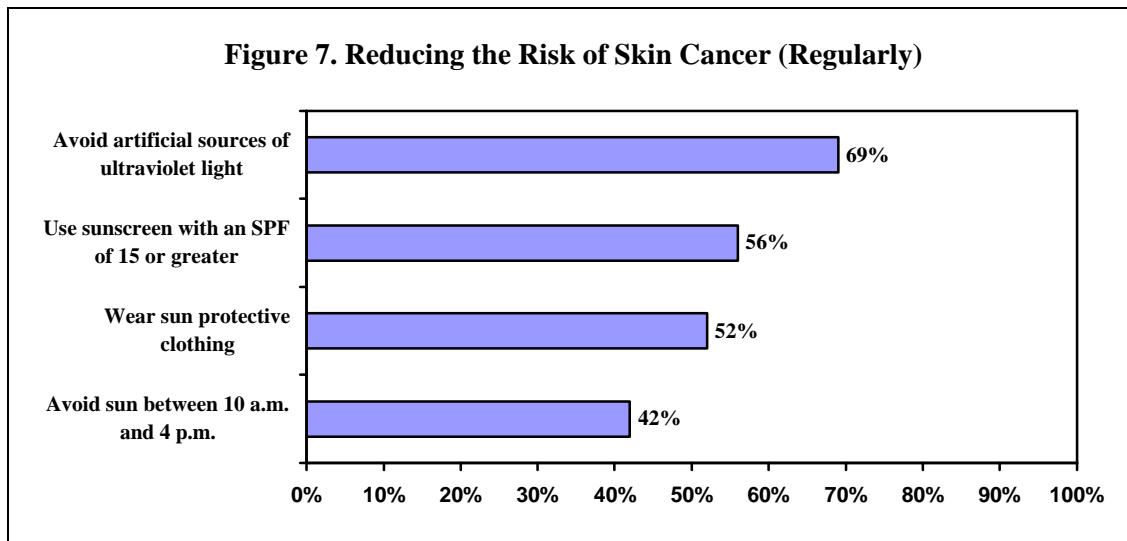
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	9%	8%	6%	64%
Gender*					
Male	10	10	7	7	64
Female	12	8	8	5	65
Age**					
18 to 39	5	4	2	4	84
40 to 49	8	7	5	7	72
50 and Older	21	16	15	8	39
Race**					
White	11	9	8	6	64
African American	13	8	5	4	68
Other	8	5	5	4	77
Hispanic Origin					
Hispanic	6	7	7	5	73
Non-Hispanic	11	9	8	6	64
Education**					
High School or Less	13	9	8	5	63
Some Post High School	9	9	7	7	67
College Graduate	10	9	9	6	65
Household Income**					
\$30,000 or Less	12	10	10	7	59
\$30,001 to \$60,000	12	9	7	6	65
\$60,001 or More	10	7	6	5	71
Marital Status**					
Married	12	10	8	6	62
Not Married	10	7	7	7	68

*= p≤0.05; **= p≤0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents or those with a college degree were more likely to report each of the measures. Older respondents reported avoiding artificial sources of UV light, wearing sun protective clothing or avoiding the sun more often; wearing sunscreen with SPF 15 or higher varied with age. White respondents or married respondents were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing. Non-Hispanic respondents were more likely to report using sunscreen. Respondents with higher household income reported avoiding artificial sources of UV light or using sunscreen more often while respondents with a household income of \$30,000 or less reported avoiding the sun between 10 a.m. and 4 p.m. more often.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 56% use sunscreen with a SPF of 15 or higher, 52% wear sun protective clothing while 42% avoid the sun between 10 a.m. and 4 p.m.
- Twelve percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-four percent reported two of the four actions while 25% reported three and 19% reported they did all four measures regularly.



- Female respondents were more likely to report each of the four measures than male respondents.
- Generally, older respondents were more likely to report avoiding artificial sources of UV light, wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m. while using sunscreen with a SPF of 15 or higher varied by age.
- White respondents were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing.
- Non-Hispanic respondents were more likely to report using sunscreen (57%) compared to Hispanic respondents (43%).

- Respondents with a college education were more likely to report each of the four measures than all other education levels.
- Respondents with higher household income were more likely to report avoiding artificial sources of UV light or using sunscreen while respondents with a household income of less than \$30,001 were more likely to report avoiding the sun between 10 a.m. to 4 p.m.
- Married respondents were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing than unmarried respondents.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	56%	52%	42%
Gender				
Male	67**	49**	50**	33**
Female	72**	63**	54**	51**
Age				
18 to 24	62**	47**	41**	34**
25 to 34	69**	60**	51**	39**
35 to 44	70**	61**	50**	39**
45 to 54	72**	60**	55**	45**
55 to 64	72**	53**	55**	47**
65 and older	71**	50**	61**	50**
Race				
White	71**	60**	53**	42
African American	60**	22**	45**	44
Other	60**	45**	49**	45
Hispanic Origin				
Hispanic	71	43**	47	44
Non-Hispanic	69	57**	53	42
Education				
High School or Less	65**	49**	50**	43**
Some Post High School	69**	56**	50**	39**
College Graduate	76**	68**	58**	44**
Household Income				
\$30,000 or Less	64**	47**	51	46**
\$30,001 to \$60,000	70**	60**	53	40**
\$60,001 or More	74**	63**	54	41**
Marital Status				
Married	72**	63**	55**	42
Not Married	66**	48**	49**	42

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-six percent of respondents wore seat belts always or nearly always. Respondents who were female, older, with a college education, a household income of at least \$60,001 or married were more likely to always wear seat belts. Ninety percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-lined skated or used a scooter, 25% reported they always or nearly always wore a helmet. Respondents who were 35 to 44 years old, white, non-Hispanic, with a college education, with higher household income or married respondents were more likely to report wearing a helmet. Of respondents who had children who rode a bike, etc., 53% reported their child always wore a helmet.

Seat Belts

- Eighty-six percent of respondents stated they wore seat belts always or nearly always (77% and 9%, respectively).
- Females were more likely to report wearing seat belts always (84%) compared to male respondents (70%).
- As age increased, so did the likelihood of always wearing seat belts. Sixty-nine percent of respondents 18 to 24 years old reported this compared to 77% of those 35 to 44 years old or 83% of respondents 65 and older.
- African American respondents were less likely to report always or nearly always (83%) compared to white respondents (86%) or respondents of another race (88%).
- Hispanic and non-Hispanic respondents were similar when looking at always (78% and 77%, respectively), however, non-Hispanic respondents were more likely to report always or nearly always (86%) compared to Hispanic respondents (83%).
- Respondents with a college degree were more likely to report always a wearing seat belt (84%) compared to respondents with some post high school education or less (74%).
- Eighty percent of respondents with a household income of at least \$60,001 reported always wearing a seat belt compared to 76% of respondents with a household income of less than \$30,001 or 75% of those with a household income of \$30,001 to \$60,000.
- Married respondents were more likely to report always wearing a seat belt (80%) compared to unmarried respondents (73%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	3%	6%	9%	77%
Gender**					
Male	6	3	8	12	70
Female	3	3	5	6	84
Age**					

- Married respondents were more likely to report their child always wore a seat belt, used an infant seat or used a car seat (92%) compared to unmarried respondents (85%). Four percent of unmarried respondents reported never compared to 2% of married respondents.

Bicycle Helmet Usage

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

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

- Twenty-five percent of respondents who bicycled, in-line roller skated or rode a scooter always (21%) or nearly always (4%) wore a helmet. Sixty-three percent reported never.
- Respondents 35 to 44 years old were more likely to report always (29%) compared to respondents 25 to 34 years old (18%) or those 18 to 24 years old (13%).
- Twenty-two percent of white respondents reported always compared to 16% of African American respondents or 8% of respondents of another race.
- Twenty-two percent of non-Hispanic respondents reported always compared to 15% of Hispanic respondents.
- Respondents with a college degree were more likely to report always (30%) compared to those with a high school education or less (16%).
- Respondents with a household income of at least \$60,001 were more likely to report always (26%) compared to respondents with an income of \$30,001 to \$60,000 (20%) or those with a household income of \$30,000 or less (16%).
- Married respondents were more likely to always wear a helmet compared to unmarried respondents (26% and 16%, respectively).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	63%	6%	5%	4%	21%
Gender					
Male	64	6	5	4	20
Female	61	6	5	4	23
Age**					
18 to 24	67	12	6	4	13
25 to 34	67	5	6	5	18
35 to 44	57	4	5	5	29
45 to 54	59	4	7	5	25
55 and older	68	5	4	2	20
Race**					
White	63	5	5	4	22
African American	65	9	7	2	16
Other	66	15	6	5	8
Hispanic Origin**					
Hispanic	59	15	8	4	15
Non-Hispanic	63	6	5	4	22
Education**					
High School or Less	70	7	5	3	16
Some Post High School	65	6	5	4	19
College Graduate	53	4	6	7	30
Household Income**					
\$30,000 or Less	70	7	4	3	16
\$30,001 to \$60,000	64	7	5	5	20
\$60,001 or More	57	4	7	5	26
Marital Status**					
Married	59	4	6	5	26
Not Married	69	8	5	3	16

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Fifty-three percent of respondents reported their child always wore a helmet while 10% reported nearly always. Twenty-two percent reported never.

- Married respondents were more likely to report their child always wore a helmet (56%) compared to unmarried respondents (46%). Thirty percent of unmarried respondents reported never compared to 18% of married respondents.
- As household income increased, so did the likelihood of reporting their child always wears a helmet. Forty-four percent of respondents with a household income of less than \$30,001 reported this compared to 51% of respondents with a household income of \$30,001 to \$60,000 or 59% of those with a household income of \$60,001 or more.

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

KEY FINDING: Twenty-four percent of respondents were current smokers. Respondents who were male, younger, non-white, with lower education, lower household income or unmarried were more likely to be smokers. Forty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 50% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three percent of all respondents preferred a smoke-free restaurant. Sixty-two percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 65 and older, non-African American, with higher education, higher household income, married or nonsmoking were more likely to prefer a smoke-free restaurant. Respondents who were female, 35 to 44 years old, white, with higher education, higher household income, married or nonsmoking were more likely to prefer favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-four percent of respondents were current smokers. Four percent smoked between one and 29 days while the remaining 20% smoked every day.
- Male respondents were more likely to be current smokers (26%) than female respondents (22%).
- Younger respondents were more likely to be current smokers. Thirty-seven percent of respondents 18 to 34 years old were smokers compared to 9% of those 65 and older.
- Thirty percent of African American respondents were smokers compared to 24% of white respondents or 29% of respondents of another race.
- Thirty percent of respondents with a high school degree or less were smokers compared to 26% of respondents with some post high school education or 14% of those with a college degree.

- Thirty-one percent of respondents with a household income of \$30,000 or less were smokers compared to 24% of respondents with an income of \$30,001 to \$60,000 or 19% of those with a household income of more than \$60,000.
- Unmarried respondents were more likely to be smokers than married respondents (32% and 18%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	24%
Gender**	
Male	26
Female	22
Age**	
18 to 24	37
25 to 34	29
35 to 44	27
45 to 54	24
55 to 64	22
65 and older	9
Race**	
White	24
African American	30
Other	29
Hispanic Origin	
Hispanic	28
Non-Hispanic	24
Education**	
High School or Less	30
Some Post High School	26
College Graduate	14
Household Income**	
\$30,000 or Less	31
\$30,001 to \$60,000	24
\$60,001 or More	19
Marital Status**	
Married	18
Not Married	32

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-eight percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Sixty percent of respondents 18 to 24 years old and 52% of respondents 25 to 34 years old quit smoking for at least one day compared to 40% of respondents 45 to 54 years old or 35% of those 65 and older. Forty five percent of respondents 35 to 44 years old and 42% of those 55 to 64 years old reported quitting for at least one day.
- Sixty percent of African American respondents reported quitting for at least one day compared to 46% of white respondents or 55% of respondents of another race.
- Respondents with a household income of less than \$30,001 were more likely to quit for at least one day (51%) compared to respondents who had a household income of \$30,001 to \$60,000 (46%) or those with a household income of more than \$60,000 (43%).
- Unmarried respondents were more likely to quit smoking for at least one day compared to married respondents (51% and 43%, respectively).

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

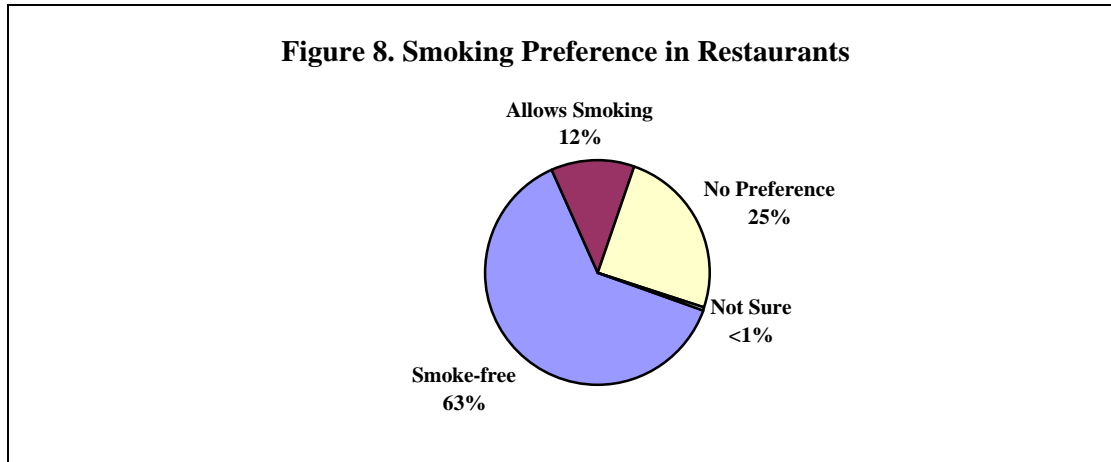
- Fifty percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (55%) compared to male respondents (45%).
- Fifty-eight percent of respondents 45 to 54 years old and 56% of respondents 55 to 64 years old reported a health professional advised them to quit smoking compared to 46% of respondents 18 to 34 years old. Forty-nine percent of respondents 65 and older and 47% of those 35 to 44 years old reported a health professional advised them to quit.
- Fifty-three percent of respondents with a household income of less than \$30,001 and 52% of those with an income of more than \$60,000 reported a health professional advised them to quit smoking in the past year compared to 46% of respondents with a household income of \$30,001 to \$60,000.

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

Smoking Preference in Restaurants

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



- Female respondents were more likely to prefer smoke-free restaurants (67%) than male respondents (58%). Thirteen percent of male respondents preferred restaurants that allow smoking compared to 10% of female respondents.
- Respondents 65 and older were more likely to prefer smoke-free restaurants (69%) compared to respondents 25 to 34 years old (60%) or those 18 to 24 years old (54%). Sixty-four percent of respondents 45 to 54 years old and 63% of respondents in all other age categories reported the preference for smoke-free restaurants. Seventeen percent of respondents 18 to 24 years old preferred restaurants that allow smoking compared to 13% of those 25 to 34 years old, 12% of respondents 35 to 64 years old or 6% of those 65 and older.
- African American respondents were less likely to prefer smoke-free restaurants (60%) compared to white respondents or respondents of another race (63% each). Twelve percent of white respondents preferred restaurants that allow smoking compared to 11% of African American respondents or 7% of respondents of another race.
- As education increased, so did the likelihood of preferring smoke-free restaurants. Fifty-seven percent of respondents with a high school education or less reported this compared to 60% of respondents with some post high school education or 74% of those with a college degree. Fourteen percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 12% of respondents with some post high school education or 8% of those with a college degree.
- Respondents with higher household income were more likely to prefer smoke-free restaurants. Seventy percent of respondents with a household income of at least \$60,001 reported the preference for smoke-free restaurants compared to 63% of respondents with an income of \$30,001 to \$60,000 or 57% of those with a household income of less than \$30,001. Fifteen percent of respondents with a household income of \$30,000 or less preferred restaurants that allow smoking compared to 11% of respondents with an income of \$30,001 to \$60,000 or 10% of those with a household income of at least \$60,001.

- Married respondents were more likely to prefer smoke-free restaurants (69%) than unmarried respondents (56%). Fifteen percent of unmarried respondents preferred restaurants that allow smoking while 9% of married respondents reported this.
- Seventy-five percent of nonsmokers preferred smoke-free restaurants compared to 24% of smokers. Forty percent of smokers reported the preference for restaurants that allow smoking while 3% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-two percent of respondents favored a community ordinance prohibiting smoking in eating establishments (38% strongly favor, 24% moderately favor).
- Female respondents were more likely to favor an ordinance (66%) compared to male respondents (57%).
- Respondents 35 to 44 years old were more likely to favor an ordinance (65%) compared to respondents 18 to 24 years old (51%). All other age groups were 62% or 63%.
- Sixty-two percent of white respondents and 60% of African American respondents favored an ordinance compared to 53% of respondents of another race.
- Respondents with higher education were more likely to favor an ordinance than respondents with lower education. Seventy-one percent of respondents with a college degree reported this compared to 63% of respondents with some post high school education or 55% of those with a high school education or less.
- As household income increased, so did the likelihood of favoring a community ordinance. Fifty-six percent of respondents with a household income of less than \$30,001 reported this compared to 62% of those with an income of \$30,001 to \$60,000 or 69% of respondents with a household income of \$60,001 or more.
- Married respondents were more likely to favor an ordinance than unmarried respondents (67% and 55%, respectively).
- Seventy-one percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 30% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (46%) compared to smokers (12%).

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

	Moderately Favor	Strongly Favor
TOTAL	24%	38%
Gender**		
Male	25	32
Female	22	44
Age**		
18 to 24	23	28
25 to 34	26	36
35 to 44	26	39
45 to 54	21	41
55 to 64	20	43
65 and older	24	39
Race**		
White	24	38
African American	23	37
Other	19	33
Hispanic Origin		
Hispanic	24	33
Non-Hispanic	24	38
Education**		
High School or Less	22	33
Some Post High School	25	38
College Graduate	25	46
Household Income**		
\$30,000 or Less	23	33
\$30,001 to \$60,000	25	37
\$60,001 or More	23	46
Marital Status**		
Married	24	43
Not Married	23	32
Smoking Status**		
Nonsmoker	25	46
Smoker	18	12

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Fifty-nine percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 17% binged. Respondents who were male, younger, white, with some post high school education, a household income of at least \$60,001 or unmarried were more likely to have three or more drinks on more occasions or binged at least once in the past month. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males, those who were younger, Hispanic, with some post high school education or unmarried respondents were more likely to report this. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Fifty-nine percent of respondents had a drink in the past 30 days. Twenty-nine percent reported they drank on at least five days, while 12% reported three to four days, and 18% reported drinking on one or two days in the past 30 days.
- Thirteen 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 18% reported one drink on average on the days they drank. Forty percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-nine percent of all respondents had three or more drinks on an occasion in the past month. Twelve percent reported this one to two times and 17% reported three or more times.
- Male respondents were more likely to have had three or more drinks (38%) than female respondents (20%). And males were much more likely to have had three or more drinks on three or more occasions (25%) compared to female respondents (9%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks and more often. Forty-one percent of respondents 18 to 24 years old reported three or more drinks (12% one to two occasions and 29% three or more occasions) compared to 10% of respondents 65 and older (6% one to two occasions and 4% three or more occasions).
- White respondents were more likely to report at least three drinks and more often. Thirty percent of white respondents reported at least three drinks on an occasion in the past month compared to 21% of the remaining groups.
- Thirty-four percent of respondents with some post high school education reported three or more drinks compared to 28% of respondents with a college degree or 27% of those with a high school education or less.
- As household income increased, so did the likelihood of reporting three or more drinks on an occasion in the past month. Twenty-six percent of respondents with a household income of less than \$30,001 reported this compared to 29% of respondents with a household income of \$30,001 to \$60,000 or 33% of those with a household income of \$60,001 or more.

- Unmarried respondents were more likely to have had at least three drinks on three or more occasions (20%) 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).

- Seventeen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (25%) than female respondents (11%).
- Respondents 18 to 24 years old were more likely to have binged (32%) followed by respondents 25 to 34 years old (27%). It dropped to 4% for respondents 65 and older.
- African American respondents were less likely to have binged in the past month (12%) compared to white respondents (18%) or respondents of another race (17%).
- Twenty-two percent of respondents with some post high school education binged in the past month compared to 17% of those with a high school degree or less or 14% of respondents with a college degree.
- Nineteen percent of respondents with a household income of \$60,001 or more binged in the past month compared to 18% of respondents with an income of less than \$30,001 or 17% of those with a household income of \$30,001 to \$60,000.
- Respondents who were not married were more likely to have binged in the past month (21%) compared to married respondents (15%).

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	12%	17%	17%
Gender			
Male	13**	25**	25**
Female	11**	9**	11**
Age			
18 to 24	12**	29**	32**
25 to 34	16**	23**	27**
35 to 44	15**	20**	21**
45 to 54	11**	15**	14**
55 to 64	12**	10**	9**
65 and Older	6**	4**	4**
Race			
White	13**	17**	18**
African American	10**	11**	12**
Other	9**	12**	17**
Hispanic Origin			
Hispanic	15	15	23
Non-Hispanic	12	17	18
Education			
High School or Less	12**	15**	17**
Some Post High School	14**	20**	22**
College Graduate	12**	16**	14**
Household Income			
\$30,000 or Less	11**	15**	18**
\$30,001 to \$60,000	12**	17**	17**
\$60,001 or More	14**	19**	19**
Marital Status			
Married	14**	14**	15**
Not Married	11**	20**	21**

*= p≤0.05; **= p≤0.01

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

- Four percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.
- Male respondents were more likely to report this than female respondents (5% and 3%, respectively).

- Younger respondents were more likely to report this behavior. Seven percent of respondents 18 to 24 years old and 5% of those 25 to 44 years old reported this followed by 3% of respondents 45 to 54 years old, 2% of those 55 to 64 years old and less than one percent of respondents 65 and older.
- Hispanic respondents were more likely to report this behavior (8%) compared to non-Hispanic respondents (3%).
- Five percent of respondents with some post high school education reported being a driver or passenger compared to 3% of all other education levels.
- Unmarried respondents were more likely to report being a driver or passenger (5%) compared to married respondents (2%).

Family Problem Associated with Alcohol in Past Year

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

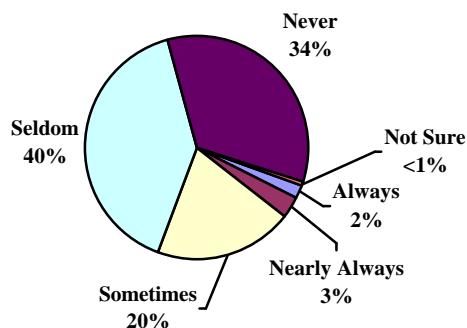
Mental Health Status (Figures 9 & 10; Table 25)

KEY FINDING: Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were 45 to 54 years old, African American, with lower education, lower household income or unmarried were more likely to report feelings of being sad, blue or depressed always or nearly always. Twenty-four percent felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide; respondents who were 18 to 24 years old or 35 to 44 years old, non-white and non-African American, with lower education, lower household income or unmarried respondents were more likely to report this.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” five percent of survey respondents answered always or nearly always. This equates up to 137,400 community residents. Twenty percent reported sometimes and the remaining 74% reported seldom (40%) or never (34%).

Figure 9. Felt Sad, Blue or Depressed in Past 30 Days



- Five percent of male respondents and 6% of female respondents reported they nearly always or always felt sad, blue or depressed. Male respondents were more likely to report never (39%) compared to female respondents (30%).
- Respondents 45 to 54 years old reported nearly always/always felt sad, blue or depressed more often than all other age categories (8% and 5%, respectively).
- Eleven percent of African American respondents reported nearly always/always compared to 5% of white respondents or 7% of respondents of another race.
- Respondents with lower education were more likely to report they nearly always/always felt sad, blue or depressed. Seven percent of respondents with a high school education or less reported this compared to 6% of respondents with some post high school education or 3% of those with a college degree.
- Respondents with lower household income were more likely to report nearly always/always. Nine percent of respondents with a household income of \$30,000 or less reported this compared to 5% of respondents with an income of \$30,001 to \$60,000 or 3% of those with an income of at least \$60,001.
- Unmarried respondents were more likely to report nearly always/always felt sad, blue or depressed than married respondents (8% and 4%, respectively).

Considered Suicide

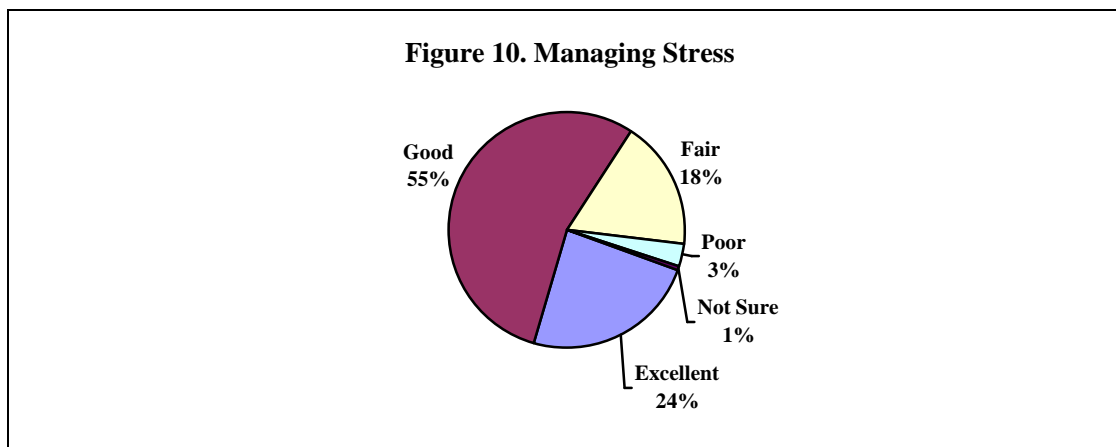
All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Eastern Wisconsin Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.

- 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 91,600 residents who considered suicide in the past year.

- Four percent of respondents 18 to 24 years old and 4% of those 35 to 44 years old reported they felt so overwhelmed they considered suicide compared to 2% of respondents 55 to 64 years old or less than one percent of respondents 65 and older. All other age groups were 3%.
- African American respondents or white respondents were less likely to report they considered suicide (2% and 3%, respectively) compared to respondents of another race (6%).
- Four percent of respondents with a high school education or less reported they considered suicide in the past year compared to 3% with some post high school education or 2% with a college education.
- Five percent of respondents with a household income of \$30,000 or less reported they considered suicide compared to 3% with an income of \$30,001 to \$60,000 or 1% with a household income of \$60,001 or more.
- Four percent of unmarried respondents reported they considered suicide in the past year compared to 2% of married respondents.

Managing Stress

- Twenty-four percent reported they were excellent at managing stress. Fifty-five percent reported good while 18% reported fair and 3% reported poor.



- Three percent of female and male respondents each reported poor. Twenty-two percent of females reported fair or poor compared to 20% of males. Twenty-two percent of females reported excellent compared to 27% of male respondents.
- Respondents 25 to 54 years old were more likely to report poor (4%) compared to respondents 18 to 24 years old or 55 to 64 years old (2% each) or those 65 and older (1%). Twenty-six percent of respondents 35 to 44 years old reported poor/fair compared to 18% of respondents 55 to 64 years old or 13% of those 65 and older. All other age groups were 21% to 24%.
- White respondents were less likely to report poor (3%) compared to African American respondents or respondents of another race (5% each). Twenty-nine percent of African American respondents reported poor or fair compared to 20% of white respondents or 24% of respondents of another race.

- Respondents with lower education were more likely to report poor or fair. Twenty-three percent of respondents with some post high school education or less reported this (4% poor and 19% fair) compared to 18% of respondents with a college degree (2% poor and 16% fair).
- Respondents with a household income of less than \$30,001 were more likely to report poor (6%) compared to respondents with an income of \$30,001 to \$60,000 (3%) or those with a household income of at least \$60,001 (2%). Twenty-seven percent of respondents with a household income of \$30,000 or less reported fair or poor compared to 19% of respondents with a household income of \$30,001 or more.
- Four percent of unmarried respondents reported poor and 3% of married respondents did so. Unmarried respondents were more likely to report poor/fair compared to married respondents (23% and 20%, respectively).

Finding Meaning and Purpose in Daily Life

- Forty-three percent of respondents reported they always find meaning and purpose in their daily life, an additional 36% reported nearly always. Fifteen percent reported sometimes while 4% reported seldom and one percent reported never.
- Male respondents were more likely to report never/seldom (7%) than female respondents (4%).
- Respondents 18 to 24 years old as well as those 65 and older were more likely to report never or seldom (6% each) compared to respondents 25 to 54 years old (5%) or those 55 to 64 years old (4%).
- Six percent of African American respondents reported they never or seldom find meaning and purpose in their daily life compared to 5% of white respondents or 4% of respondents of another race.
- Respondents with lower education were more likely to report never/seldom. Seven percent of respondents with a high school education or less reported this compared to 5% of respondents with some post high school education or 3% of those with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to report never/seldom (9%) compared to respondents with a household income of \$30,001 to \$60,000 (6%) or those with a household income of more than \$60,000 (2%).
- Unmarried respondents were more likely to report never or seldom (7%) compared to married respondents (4%).

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

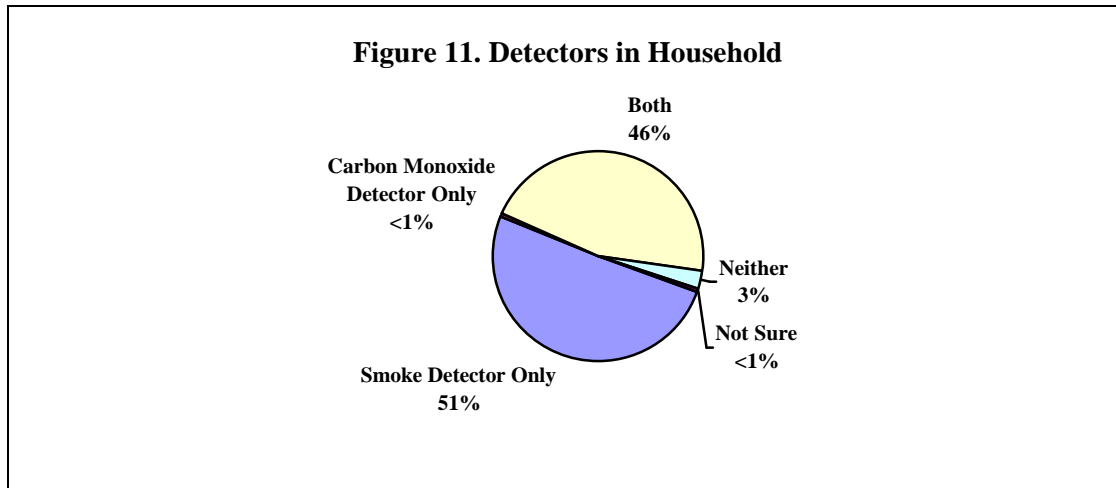
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	15%	36%	43%
Gender**				
Male	7	16	35	41
Female	4	15	36	45
Age**				
18 to 24	6	20	34	39
25 to 34	5	16	34	44
35 to 44	5	16	36	43
45 to 54	5	15	39	40
55 to 64	4	13	38	44
65 and older	6	13	35	45
Race**				
White	5	14	37	43
African American	6	22	25	47
Other	4	30	26	39
Hispanic Origin				
Hispanic	8	20	28	43
Non-Hispanic	5	15	36	43
Education**				
High School or Less	7	18	30	43
Some Post High School	5	15	39	40
College Graduate	3	12	40	45
Household Income**				
\$30,000 or Less	9	22	29	40
\$30,001 to \$60,000	6	13	38	43
\$60,001 or More	2	12	41	46
Marital Status**				
Married	4	12	38	45
Not Married	7	19	33	40

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-seven percent of households had a working smoke detector while 46% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Fifty-three percent of households with an income of \$60,001 or more had both detectors compared to 48% of households with \$30,001 to \$60,000 or 35% with a household income of \$30,000 or less. Four percent of respondents with a household income of \$30,000 or less reported having neither.
- Married households were more likely to have both detectors (54%) compared to unmarried households (36%). Four percent of unmarried respondents reported neither compared to 2% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	51%	<1%	46%	3%
Household Income**				
\$30,000 or Less	60	<1	35	4
\$30,001 to \$60,000	49	<1	48	2
\$60,001 or More	45	<1	53	1
Marital Status**				
Married	44	<1	54	2
Not Married	60	<1	36	4

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-one percent of households had a firearm in or around the home. Households with higher income or married households were more likely to have a firearm. Of all households, 3% had a loaded firearm; respondents with a household income of at least \$60,001 were more likely to report this. Two percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 31% of households had one or more firearms.
- As household income increased so did the likelihood of having a firearm in or around the home. Twenty-one percent of respondents with a household income of less than \$30,001 had a firearm compared to 31% of respondents with a household income of \$30,001 to \$60,000 or 41% of those with \$60,001 or more.
- Married households were more likely to have a firearm (38%) compared to unmarried households (22%).

Loaded Firearm

- Three percent of all households had a loaded firearm.
- Four percent of respondents with a household income of at least \$60,001 reported there was a loaded firearm in or around their home compared to 3% of respondents with less than \$60,001.

Loaded Firearm Also Unlocked

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

- Two percent of all households had a loaded firearm also unlocked.
- There were no statistically significant differences between household demographic variables and having a loaded firearm which was also unlocked.

Personal Safety Issues

KEY FINDING: Five percent of respondents reported someone had made them afraid for their personal safety in the past year; a stranger was the most often cited person who made them afraid. Three percent reported they had been pushed, kicked, hit or slapped in the past year; a stranger or acquaintance were the most often cited persons. Female respondents were more likely to report they were afraid for their safety while male respondents were more likely to report being pushed etc. Respondents who were younger, non-white and non-African American, with a household income of less than \$30,001 or unmarried were more likely to report they were afraid for their personal safety or were pushed, kicked, etc. Respondents with some post high school education or less were also more likely to report they were pushed, kicked, etc.

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” five percent reported yes.
- Female respondents were more likely to report being afraid for their personal safety (6%) compared to male respondents (4%).
- Younger respondents were more likely to report being afraid for their personal safety. Nine percent of respondents 18 to 24 years old and 7% of those 25 to 34 years old reported this followed by 6% of respondents 35 to 54 years old. Four percent of respondents 55 to 64 years old and 2% of those 65 and older reported being afraid.
- White respondents were less likely to report being afraid for their personal safety (5%) compared to African American respondents (7%) or respondents of another race (9%).
- Respondents with a household income of less than \$30,001 were more likely to report being afraid for their personal safety (7%) compared to respondents with a household income of more than \$60,000 (5%) or those with a household income of \$30,001 to \$60,000 (4%).
- Unmarried respondents were more likely to be afraid for their personal safety than married respondents (7% and 4%, respectively).

Of those who felt afraid for their personal safety...

- Fifty-one percent of respondents reported a stranger made them afraid for their personal safety while 21% reported an acquaintance. Seven percent reported a friend followed by 6% reporting either ex-spouse or boyfriend/girlfriend. Three percent or less reported separated spouse, spouse, parent, or brother/sister. Five percent reported someone else not listed.

Pushed, Kicked, Slapped or Hit

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Male respondents were more likely to report they were pushed, etc., (4%) compared to female respondents (2%).

- Younger respondents were more likely to report being afraid for their personal safety than older respondents. Nine percent of respondents 18 to 24 years old and 3% of those 25 to 44 years old reported this followed by 2% of respondents 45 to 54 years old, 1% of those 55 to 64 years old and less than one percent of those 65 and older.
- White or African-American respondents were less likely to report they were pushed, kicked, slapped or otherwise hurt (3% each) compared to respondents of another race (7%).
- Three percent of respondents with some post high school education or less reported being pushed, etc., compared to 2% of those with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report being pushed, etc., in the past year (4%) compared those with a household income of \$30,001 to \$60,000 (3%) or respondents with a household income of at least \$60,001 (2%).
- Unmarried respondents were more likely to report being pushed, etc., than married respondents (5% and 1%, respectively).

Of those who were pushed, kicked, slapped or hit...

- Twenty-nine percent of respondents reported a stranger had pushed, kicked, slapped or hit them while 27% reported an acquaintance. Eleven percent each reported a friend or boyfriend/girlfriend. Five percent each reported spouse or ex-spouse. Three percent or less reported each of the following: separated spouse, parent, or brother/sister. Ten percent reported someone else not listed.

Combined Personal Safety Threats

- A total of 7% of all respondents reported at least one of the two threats.

APPENDIX A: QUESTIONNAIRE FREQUENCIES

EASTERN WISCONSIN
 COMMUNITY HEALTH SURVEY
 Conducted: February 21 through July 16, 2003
 (Due to rounding, some questions may total more/less than 100%)

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

Poor	3%
Fair	9
Good	29
Very good	36
Excellent	23
Not sure	<1

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

No health care coverage	7%
Medical Assistance or Title 19.....	4
Badger Care	2
Medicare	17
A prepaid plan such as a HMO, PPO	49
Another commercial health plan	16
Something else	4
Not sure	2

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

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

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

Not all members covered.....	18%
All members covered.....	81
Not sure	<1

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

Medical doctor, internist, OBGYN, family practice	72%
Walk-in or urgent care clinic	15
Hospital emergency room.....	6
Community health center.....	4
Other.....	2
Not sure	1

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

Yes..... 31%
 No..... 67
 Not sure 3

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	64%	21%	6%	8%	1%	<1%
8. Cholesterol testing	49	18	5	6	19	3
9. Visit to a dentist/dental clinic..	72	16	4	7	1	<1
10. Eye exam.....	52	28	8	8	4	<1

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

Yes..... 35%
 No..... 65
 Not sure <1

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

Yes..... 18%
 No..... 79
 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?.....	20%	80%	<1%
14. Your blood cholesterol is high?	18	81	1
15. You had a stroke?.....	2	98	<1
16. You have heart disease or a heart condition? ..	7	93	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	<1
18.if yes, have you had your blood sugar tested in the past year? [380 Respondents]	97	3	<1
19. You had a mental health problem?.....	3	97	<1
20. You had cancer, other than skin cancer.....	3	97	<1
21. You had a sexually transmitted disease.....	<1	99	<1

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	10%	90%	<1%
23. Do you still have asthma? [All Respondents] ...	7	93	<1
24. (if yes), do you have an asthma action plan? [466 Respondents].....	58	38	4

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..... 33%
Two servings 28
Three or more servings 38
Not sure 1

26. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings..... 36%
Two servings 34
Three or more servings 29
Not sure <1

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

A few times per month 34%
A few times per week..... 40
Daily or nearly so 9
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..... 73%
No..... 27
Not sure <1

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..... 78%
No..... 22
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	10
Three.....	20
Four	11
Five.....	12
Six	4
Seven	17
Not sure	<1
No moderate exercise/no answer.....	22

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Less than 30 minutes	13%
30 to 44 minutes	23
45 to 59 minutes	7
60 or more minutes.....	34
Not sure	<1
No moderate exercise/no answer.....	22

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [3,307 Respondents]

Within the past year (anytime less than 12 months ago)	42%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	15	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	2	üCONTINUE WITH Q33
5 or more years ago	4	üCONTINUE WITH Q33
Never	32	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? [301 Respondents 40 years old or older]

Don't need	18%
Too young.....	16
Don't like.....	13
No time	12
Not recommended by provider	11
Not insured.....	6
Too expensive	5
Other.....	8
Not sure	12

[962 Respondents 18 to 39 years old]

Too young.....	80%
Not recommended by provider	6
Don't need	4
Other.....	4
Not sure	6

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [3,303 Respondents]

Within the past year (anytime less than 12 months ago)	63%
Within the past 2 years (1 year, but less than 2 years ago)	19
Within the past 3 years (2 years, but less than 3 years ago)	5
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	6
Never	4
Not sure.....	2

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [3,133 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)	14
Within the past 5 years (2 years, but less than 5 years ago).....	8
5 or more years ago	8
Never	42
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) 20%
- Within the past 2 years (1 year, but less than 2 years ago) 13
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- 5 or more years ago 6
- Never 50
- Not sure..... 4

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

- Within the past year (anytime less than 12 months ago) 11%
- Within the past 2 years (1 year, but less than 2 years ago) 9
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- Within the past 10 years (5 years but less than 10 years ago) ... 2
- 10 years ago or more 4
- Never 64
- Not sure..... 2

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	42%	57%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	52	47	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	56	43	<1
41. Avoid artificial sources of ultraviolet light?.....	69	30	<1

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

Do not ride/skate/scoot..... 50%

Frequency of those who bicycle, use in-line roller skates or scooters [3,222 Respondents]

- Never 63%
- Seldom..... 6
- Sometimes 5
- Nearly always..... 4
- Always 21
- Not sure <1

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

Never	5%
Seldom.....	3
Sometimes	6
Nearly always.....	9
Always.....	77
Not sure	<1

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

One	16%
Two	15
Three or more.....	9
None	60

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? [2,563 Respondents]

Do not ride/skate/scoot..... 16%

Frequency of those who bicycle, use in-line roller skates or scooters [2,142 Respondents]

Never	22%
Seldom.....	4
Sometimes	10
Nearly always.....	10
Always.....	53
It depends.....	<1
Not sure	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [2,563 Respondents]

Never	3%
Seldom.....	<1
Sometimes	2
Nearly always.....	4
Always.....	90
Not sure	<1

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

Never	34%
Seldom.....	40
Sometimes	20
Nearly always.....	3
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	3%
Fair	18
Good.....	55
Excellent	24
Not sure	<1

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

Never	1%
Seldom.....	4
Sometimes	15
Nearly always.....	36
Always.....	43
Not sure	1

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

Yes.....	3%
No.....	97
Not sure	<1

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

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

None	40%
One to two days.....	18
Three to four days	12
Five or more days	29
Not sure	<1

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

None	40%
One drink.....	18
Two drinks	19
Three drinks	9
Four or more drinks	13
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	71%
One to two times	12
Three or more times	17
Not sure	<1

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

None	82%
Once	5
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.....	4%
No.....	96
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.....	5%
No.....	94
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.....	76%
1 to 29 days.....	4
30 days.....	20
Not sure	<1

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [1,563 Respondents]

0 days.....	53%
At least 1 day	48
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? [1,561 Respondents]

Yes.....	50%
No.....	50
Not sure	<1

60. Do you currently use snuff or chewing tobacco?

Yes.....	2%
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.....	18%
No.....	40
No smokers in the household.....	43
Not sure	<1

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

Smoke-free restaurants	63%
Restaurants that allow smoking	12
No preference.....	25
Not sure	<1

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

Strongly oppose..... 17%
 Moderately oppose 15
 Moderately favor 24
 Strongly favor 38
 Not sure 6

Another issue being discussed these days deals with firearms.

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

Yes..... 31%
 No..... 69
 Not sure <1

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

Yes..... 3%
 No..... 27
 Not sure <1
 No firearms in the household/no answer 69

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

Yes..... 2%
 No..... 1
 Not sure 0
 No firearms in household/not loaded/no answer97

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	19%	81%	<1%
68. Having acupuncture?	2	98	<1
69. Massage therapy?	15	85	<1
70. Aroma therapy?	4	96	<1
71. Movement therapy, such as yoga or tai' chi?	7	93	<1
72. Meditation?	7	93	<1

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

73. Gender [DERIVED, NOT ASKED]

Male.....	49%
Female	51

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

18 to 24 years old	13%
25 to 34 years old	18
35 to 44 years old	23
45 to 54 years old	18
55 to 64 years old	11
65 and older	17

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	40%
Overweight	38
Obese.....	22

77. What is your racial heritage?

White	88%
Black, African American or Negro	8
Asian or Pacific Islander.....	1
American Indian or Alaska Native	<1
Another race	1
Multiple races.....	<1
Not sure	<1

78. Are you of Spanish or Hispanic origin?

Yes.....	3%
No.....	97
Not sure	<1

79. What is your current marital status?

Single, never married	27%
A member of an unmarried couple.....	2
Married	54
Separated	<1
Divorced	8
Widowed.....	8
Not sure	<1

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

8th grade or less	2%
Some high school	6
High school graduate or GED	35
Some college.....	22
Technical school graduate	7
College graduate	21
Advanced or professional degree	8
Not sure	<1

81. What county do you live in [FILTER]

Milwaukee	31%
Waukesha.....	11
Brown.....	8
Outagamie.....	6
Racine.....	6
Kenosha	5
Winnebago.....	5
Sheboygan	4
Washington	4
Dodge	3
Fond du Lac	3
Manitowoc	3
Walworth	3
Jefferson	2
Marinette.....	2
Ozaukee	2
Calumet.....	1
Door.....	1
Oconto	1
Kewaunee	<1

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

Milwaukee city.....	20%
Green Bay city	4
Kenosha city	4
Appleton city.....	3
Racine city	3
All others (2% or less).....	67

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

Zip codes (2% or less)	91%
No answer	9

84. What is your annual household income before taxes?

Less than \$10,000.....	7%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	12
\$30,001 to \$40,000.....	15
\$40,001 to \$50,000.....	14
\$50,001 to \$60,000.....	13
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	7
Over \$90,000	8
Not sure	2
No answer	3

The next series of questions deal with personal safety issues.

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

Yes.....	5%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [340 Respondents; More than 1 response accepted]

Stranger	51%
Acquaintance	21
Friend	7
Ex-spouse.....	6
Boyfriend or girlfriend	6
Separated spouse.....	3
Parent.....	2
Spouse	1
Brother or sister.....	<1
Someone else	5
Not sure	<1

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

Yes.....	3%	üCONTINUE WITH Q88
No.....	97	üGO TO Q89
Not sure	<1	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? [175 Respondents; More than 1 response accepted]

Stranger	29%
Acquaintance	27
Friend	11
Boyfriend or girlfriend	11
Spouse	5
Ex-spouse.....	5
Parent.....	3
Separated spouse.....	2
Brother or sister.....	<1
Someone else	10
Not sure	1

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

Smoke detectors	51%
Carbon monoxide detectors	<1
Both	46
Neither	3
Not sure	<1