

Hales Corners
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Hales Corners Health Department

Prepared by:
JKV Research, LLC

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Purpose

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

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

Methodology

The Hales Corners Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care 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 village adults 18 years old and older. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and April 22, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the village of Hales Corners. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the village. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Hales Corners Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	43%
Female	57
Age	
18 to 34	17%
35 to 44	24
45 to 54	22
55 to 64	13
65 and Older	24
Education	
High School Graduate or Less	32%
Some Post High School	30
College Graduate	39
Household Income	
\$30,000 or Less	20%
\$30,001 to \$60,000	37
\$60,001 or More	33
Not Sure/No Answer	11
Married	69%

What do the percentages mean?

Results of the Hales Corners Community Health Survey can be generalized to the adult population with telephones in the village. In 2000, the U.S. Census Bureau identified 6,050 adult residents in the village.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the village. One percentage point equals approximately 100 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equates to 1,400 residents \pm 500 individuals. Meaning that from 900 to 1,900 residents may have fair or poor health in the village. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2000 Census counted 3,260 households in the village of Hales Corners. 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 30 households. For example, 6% 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 180.

Definitions

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

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

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

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

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

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Hales Corners 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	
Hales Corners	<u>2003</u>	Hales Corners	<u>2003</u>
Excellent	26%	High Blood Pressure.....	26%
Very Good.....	37%	High Blood Cholesterol	18%
Good	23%	Asthma (Current).....	8%
Fair or Poor	14%	Heart Disease/Condition.....	6%
		Diabetes	5%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Hales Corners	<u>2003</u>
Nation	56%	Inactive	17%
		Insufficient	54%
Health Care Coverage		Recommended.....	29%
Hales Corners	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	4%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	6%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	11%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Hales Corners	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	66%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	22%
Hales Corners	<u>2003</u>	Fried Food/Fast Food (a few times/week)	40%
Yes	40%	Overweight.....	57%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Hales Corners	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	83%	Nation	58%
Cholesterol Test (2 years or less).....	72%	Women's Health	
Dental Checkup (past year).....	78%	Hales Corners	<u>2003</u>
Eye Exam (2 years or less).....	83%	Mammogram (50+; past year).....	64%
Vaccinations		Pap Smear (past year).....	53%
Hales Corners	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	40%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	63%	Pap Smear (past year)	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Hales Corners	<u>2003</u>	Hales Corners	<u>2003</u>
Massage Therapy.....	18%	Avoid Artificial Sources of UV Light	68%
Chiropractor	12%	Use Sunscreen with SPF 15 or Higher	62%
Movement Therapy.....	6%	Wear Sun Protective Clothing.....	50%
Meditation	4%	Avoid Sun Between 10 a.m. and 4 p.m.	40%
Aroma Therapy.....	3%		
Acupuncture	1%		

Men's Health		Alcohol Use	
Hales Corners		Hales Corners	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	19%	Drink in Past Month	68%
50 and Older	57%	3+ Drinks on Occasion in Past Month.....	26%
Other Tests		Binge in Past Month	
Hales Corners		[5+ Drinks (Male): 4+ Drinks (Female)]	13%
Blood Stool Test (50+; within past 2 years)...	52%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	3%
(50+; within past 2 years).....	38%	<i>Other Research: Had 5+ Drinks at One Time</i>	
Safety		<u>2001</u>	
Hales Corners		<i>Wisconsin</i>	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<i>Nation</i>	
Adult.....	91%	Mental Health Status	
Children	98%	Hales Corners	
Wear Bicycle Helmet Always/Nearly Always		Felt Sad, Blue or Depressed in Past 30 Days	
(Of Those Who Ride Bike or In-Line Skate)		Always/Nearly Always	
Adult.....	35%	Never	
Children	74%	Managing Stress	
Detectors		Excellent/Good.....	
Smoke Detector	55%	Poor	
Carbon Monoxide.....	<1%	Find Meaning and Purpose in Daily Life	
Both.....	43%	Never/Seldom.....	
Neither	1%	Considered Suicide (past year).....	
Tobacco Use		Firearms in Household	
Hales Corners		Hales Corners	
Current Smokers	21%	Of all Households...	
Quit Smoking 1 Day or More in Past		Have a Firearm.....	
Year Because Trying to Quit (smokers).....	32%	Have a Loaded Firearm	
Health Care Professional Advisement to		Have a Loaded Firearm Unlocked.....	
Quit Smoking (smokers).....	42%	Personal Safety in Past Year	
Smoking Indoors or in Vehicle.....	15%	Hales Corners	
Smoking Preference in Restaurants		Afraid for Their Safety	
Smoke-free	62%	Pushed/Kicked/Slapped/Hit	
Allow Smoking.....	14%	Additional Questions	
No Preference	25%	Hales Corners	
Ordinance Prohibiting Smoking in Eating		<u>2003</u>	
Establishments		Awareness of/Experience of Public Health Dept.	
Moderately Favor	21%	Aware of/No Services	
Strongly Favor	38%	Aware of/Received Limited Services	
<i>Other Research: Current Smokers</i>		Aware of/Received Extensive Services	
<u>2001</u>		Major/Moderate Community Health Problems	
<i>Wisconsin</i>		Lack of Exercise.....	
<i>Nation</i>		Alcohol Abuse.....	
	24%	Smoking.....	
	23%	Illegal Drug Use	
		Neighborhood Safety.....	
		Food Sanitation	
		8%	

Overall Health and Health Care Key Findings

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

Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of \$30,001 to \$60,000 were more likely to report no coverage. Six percent reported someone in their household currently was not covered while 11% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 were more likely to report someone was currently not covered or in the past 12 months. Unmarried respondents were also more likely to report someone was not covered in the past 12 months. Eighty-seven percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 45 to 54 years old were more likely to report this. Forty percent of respondents had an advance care plan; respondents 65 or older were more likely to report an advance care plan.

Seventy-eight percent of all respondents reported a visit to the dentist in the past year while 59% reported having a routine checkup, 53% an eye exam and 51% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Older respondents were more likely to report a routine checkup or cholesterol test in the past year while respondents 55 to 64 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report a routine checkup or dental exam in the past year; respondents with a high school education or less were also more likely to report a routine checkup in the past year. Respondents with a household income of less than \$30,001 were more likely to report a cholesterol test. Respondents with a household income of at least \$60,001 or married respondents were more likely to report having a dental checkup in the past year.

Forty percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Sixty-three percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Currently having asthma was third. Female respondents were more likely to report having cancer, not including skin cancer. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease or cancer (not skin). Respondents with a high school education or less were more likely to report heart disease/condition. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin). Overweight respondents were more likely to report high blood pressure, high blood cholesterol or current asthma. Inactive respondents were more likely to report high blood pressure.

Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were male, with a high school education or less or unmarried were more likely to report they always or nearly always felt sad, blue or depressed. Twenty-three percent felt they were excellent at managing stress; 2% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. One percent of respondents felt so overwhelmed they considered suicide in the past year.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were massage therapy or chiropractic care (18% and 12%, respectively). Female respondents were more likely to report massage therapy or movement therapy. Married respondents were more likely to report movement therapy.

Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 17% were classified as inactive. Respondents who were 35 to 44 years old, with a household income of less than \$30,001, unmarried or not overweight were more likely to meet the recommended activity level. Fifty-seven percent of respondents were classified as overweight (36% overweight and 21% obese). Male respondents, those who were 55 to 64 years old or physically inactive were more likely to be classified as overweight.

Sixty-six percent of respondents eat two or more servings of fruit while 22% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Forty percent of respondents eat fried/fast food at least a few times a week; males, those 18 to 34 years old, with a household income of at least \$60,001, married or overweight 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-six percent of all female respondents reported a pap smear within the past three years. Generally, respondents who were 18 to 44 years old, with higher education, higher household income or married were more likely to have had a pap smear within the past three years.

Nineteen percent of male respondents 40 to 49 years old and 57% of males 50 and older had a digital rectal exam in the past year.

Fifty-two percent of respondents 50 years old or older had their blood stool tested within the past two years while 38% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. Respondents 18 to 34 years old were more likely to report avoiding the sun. Respondents who were 35 to 44 years old or married were more likely to report using sunscreen.

Ninety-one percent of respondents wore seat belts always or nearly always. Ninety-four percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 35% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 61% reported their child always wore a helmet.

Twenty-one percent of respondents were current smokers. Respondents who were male, 18 to 34 years old or with a high school education or less were more likely to be a smoker. Thirty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 42% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-two percent of all respondents preferred a smoke-free restaurant. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with a college education, a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Respondents who were female, with a college degree, married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-eight percent of respondents had an alcoholic drink in the past 30 days. In the past month, 26% had three or more drinks on at least one occasion while 13% binged. Male respondents or those who were 18 to 34 years old were more likely to have had at least three drinks, on more occasions, or binged in the past month. Respondents with a household income of at least \$30,001 were also more likely to have binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke detector while 44% had a working carbon monoxide detector. Married households or those with a household income of at least \$60,001 were more likely to have both a smoke detector and a carbon monoxide detector.

Twenty-eight percent of households had a firearm in or around the home. Married households or households with an income of at least \$30,001 were more likely to have a firearm. Of all households, 4% had a loaded firearm; households with no children were more likely to report a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

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

Additional Questions Key Findings

Six percent of respondents were not aware of the public health department prior to the interview; 35% received services from the health department. Respondents who were female, 45 to 54 years old, 65 and older or those with a household income of less than \$30,001 were more likely to have received services from the public health department.

Out of six health problems that communities may face, lack of exercise was mentioned most often as a major or moderate problem (50%). Respondents 55 to 64 years old were more likely to report lack of exercise, alcohol abuse or illegal drug use as a major or moderate problem. Respondents with higher education or a household income of at least \$60,001 were more likely to report lack of exercise as a major/moderate health problem in the community. Respondents who were nonsmokers were more likely to report smoking as a major/moderate health problem. Respondents who binged in the past month were more likely to report alcohol abuse as a major/moderate problem.

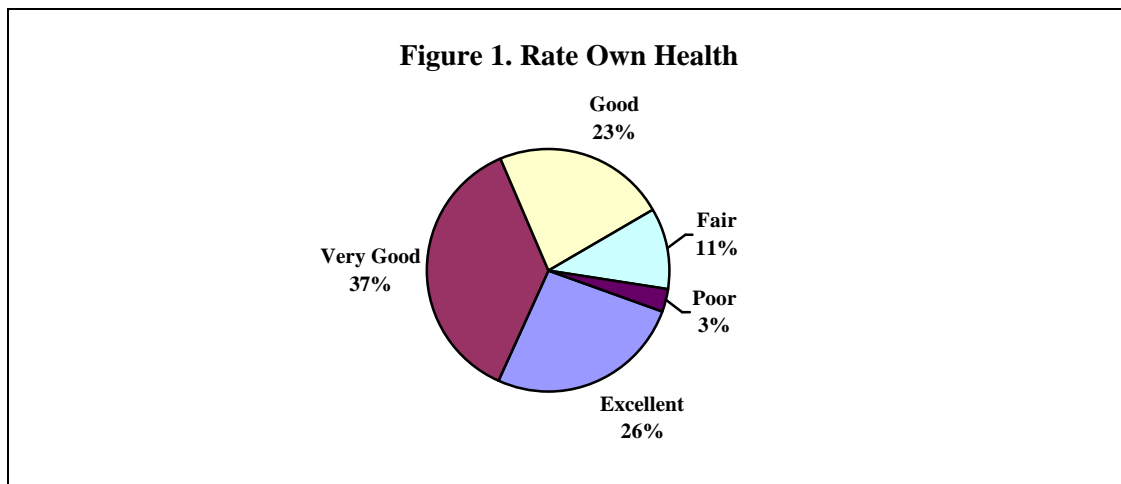
Key Findings

Rating Their Own Health (Figure 1; Table 2)

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

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

- Sixty-three percent of respondents said their own health, generally speaking, was either excellent (26%) or very good (37%). A total of 14% reported their health was fair (11%) or poor (3%).



- Male respondents were more likely to report their health was fair or poor (18%) compared to female respondents (10%).
- Respondents 65 and older were more likely to state their health was fair or poor (16%) compared to those 18 to 34 years old (12%) or respondents 55 to 64 years old (6%). Fourteen percent of respondents 65 and older reported their health as excellent compared to 39% of respondents 18 to 34 years old.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported fair or poor health compared to 13% of those with an income of \$30,001 to \$60,000 or 9% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report fair or poor compared to married respondents (23% and 9%, respectively).
- Respondents who were classified as overweight were more likely to report their health as fair/poor (16%) compared to respondents who were not overweight (11%).

- Respondents who were inactive were more likely to report their health as fair or poor (28%) compared to respondents who engaged in at least some physical activity in a typical week (10%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	14%	23%	37%	26%
Gender*				
Male	18	23	31	28
Female	10	24	42	25
Age**				
18 to 34	12	15	33	39
35 to 44	14	12	37	37
45 to 54	14	24	46	16
55 to 64	6	24	43	28
65 and Older	16	42	29	14
Education				
High School or Less	17	28	35	21
Some Post High School	14	21	41	24
College Graduate	8	21	37	33
Household Income*				
\$30,000 or Less	22	25	37	16
\$30,001 to \$60,000	13	27	36	25
\$60,001 or More	9	20	41	31
Marital Status**				
Married	9	22	39	30
Not Married	23	25	34	18
Overweight**				
Not Overweight	11	20	34	35
Overweight	16	26	39	20
Physical Activity**				
Inactive	28	40	16	15
Insufficient	10	23	42	25
Recommended	10	13	41	36
Smoker				
Nonsmoker	12	22	39	27
Smoker	17	28	32	23

*= p≤0.05; **= p≤0.01

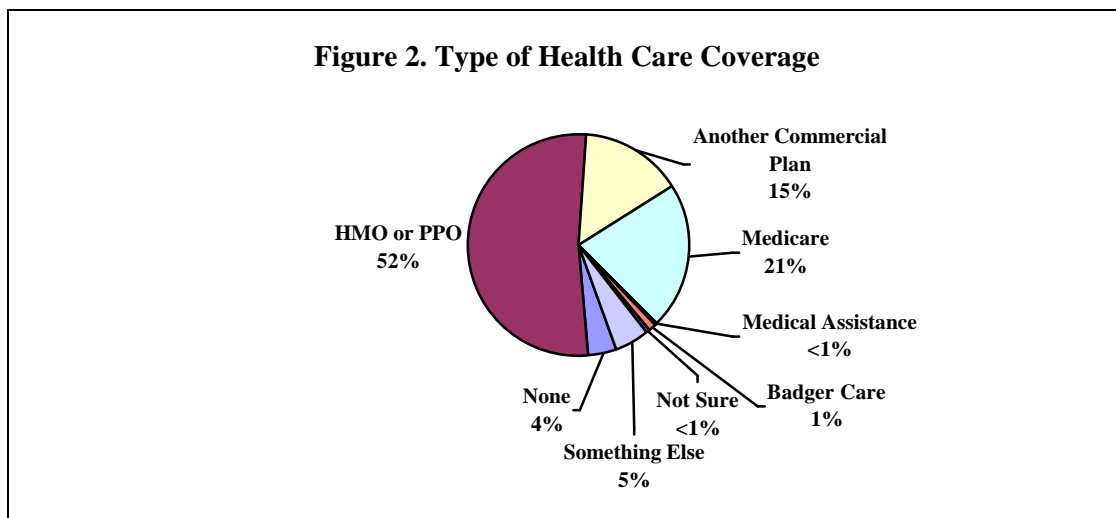
Health Care Coverage (Figure 2)

KEY FINDING: Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of \$30,001 to \$60,000 were more likely to report no coverage. Six percent reported someone in their household currently was not covered while 11% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 were more likely to report someone was currently not covered or in the past 12 months. Unmarried respondents were also more likely to report someone was not covered in the past 12 months. Eighty-seven percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 45 to 54 years old were more likely to report this. Forty percent of respondents had an advance care plan; respondents 65 or older were more likely to report an advance care plan.

Personally Not Covered

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

- Four percent of respondents reported they were not currently covered by any health insurance. Fifty-two percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fifteen percent reported another commercial plan, 21% reported Medicare, 1% reported Badger Care and less than one percent reported medical assistance.



- Seven percent of respondents with a household income of \$30,001 to \$60,000 reported they did not have health coverage compared to 4% of those with an income of less than \$30,001 or 0% of respondents with a household income of at least \$60,001.

Someone in Household Currently Not Covered

- Six percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 180 households.
- Ten percent of respondents with a household income of less than \$30,001 and 9% of those with an income of \$30,001 to \$60,000 reported someone in their household was not covered compared to 0% of respondents with a household income of at least \$60,001.

Someone in Household Not Covered in the Past 12 Months

- Eleven percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Fifteen percent of respondents with a household income of \$30,001 to \$60,000 and 13% of those with an income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 3% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (15%) compared to married respondents (9%).

Primary Health Care Services

- Eighty-seven percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN or family practice. Six percent reported hospital emergency room while 4% reported walk-in or urgent care clinic and 2% reported community health center.
- Respondents 45 to 54 years old were more likely to report they receive most of their health care services from a medical doctor, internist, OBGYN or family practice (95%) compared to respondents 18 to 34 years old (73%). Ninety percent of respondents 65 years and older reported a medical doctor, etc., along with 85% of those 35 to 44 years old and 84% of respondents 55 to 64 years old.

Advance Care Plan

- Forty percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Fifty-six percent of respondents 65 and older reported they have an advance care plan compared to 36% of those 18 to 34 years old or 27% of respondents 45 to 54 years old. Forty-two percent of respondents 35 to 44 years old and 37% of respondents 55 to 64 years old reported an advance care plan.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-eight percent of all respondents reported a visit to the dentist in the past year while 59% reported having a routine checkup, 53% an eye exam and 51% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Older respondents were more likely to report a routine checkup or cholesterol test in the past year while respondents 55 to 64 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report a routine checkup or dental exam in the past year; respondents with a high school education or less were also more likely to report a routine checkup in the past year. Respondents with a household income of less than \$30,001 were more likely to report a cholesterol test. Respondents with a household income of at least \$60,001 or married respondents were more likely to report having a dental checkup in the past year.

Routine Checkup

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

- Fifty-nine percent of respondents reported they had a routine checkup in the past year. An additional 24% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (66%) than male respondents (52%).
- Older respondents were more likely to report a routine checkup in the past year. Seventy-seven percent of respondents 65 and older reported this compared to 47% of those 35 to 44 years old or 41% of respondents 18 to 34 years old.
- Respondents with a high school education or less or with a college degree were more likely to report a routine checkup in the past year (64% each) compared to respondents with some post high school education (48%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	59%	24%	7%	8%	1%
Gender**					
Male	52	25	6	14	2
Female	66	24	7	3	<1
Age**					
18 to 34	41	29	20	11	0
35 to 44	47	33	5	12	2
45 to 54	59	21	9	6	4
55 to 64	71	24	4	2	0
65 and Older	77	16	0	7	0
Education*					
High School or Less	64	20	9	8	0
Some Post High School	48	36	4	9	2
College Graduate	64	20	7	7	2
Household Income					
\$30,000 or Less	67	27	2	4	0
\$30,001 to \$60,000	52	27	9	9	2
\$60,001 or More	62	23	10	5	0
Marital Status					
Married	60	25	7	7	2
Not Married	59	23	7	11	0

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Fifty-one percent of respondents reported having their cholesterol tested within the past year. Twenty-one percent reported one to two years ago. Thirteen percent reported never having their cholesterol tested.
- Fifty-two percent of female respondents reported they had a cholesterol test in the past year compared to 49% of male respondents. The largest difference between female and male respondents was five or more years ago (11% female and 2% male respondents).
- Respondents 65 and older were more likely to have had their cholesterol tested in the past year (72%) compared to those 35 to 44 years old (34%) or respondents 18 to 34 years old (24%). Respondents 18 to 34 years old were more likely to report never (42%) compared to all other age groups (1% to 14%).

- Respondents with a household income of less than \$30,001 were more likely to report they had a cholesterol test in the past year (56%) compared to those with an income of at least \$60,001 (49%) or respondents with a household income of \$30,001 to \$60,000 (47%).
- Married and unmarried respondents similarly reported a cholesterol test in the past year (50% and 51%, respectively). However, married respondents were more likely to report never (15%) compared to unmarried respondents (10%).

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	51%	21%	6%	6%	13%
Gender**					
Male	49	21	3	11	13
Female	52	21	9	2	14
Age**					
18 to 34	24	15	8	5	42
35 to 44	34	27	12	13	14
45 to 54	56	25	4	4	11
55 to 64	63	20	10	4	4
65 and Older	72	17	0	3	1
Education					
High School or Less	52	21	6	2	15
Some Post High School	45	19	10	8	13
College Graduate	54	23	3	7	12
Household Income**					
\$30,000 or Less	56	17	13	4	2
\$30,001 to \$60,000	47	21	4	4	20
\$60,001 or More	49	27	5	6	13
Marital Status*					
Married	50	22	7	4	15
Not Married	51	19	4	8	10

*= p≤0.05; **= p≤0.01

Dental Checkup

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

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

- Seventy-eight percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Respondents 55 to 64 years old were more likely to have had a dental checkup in the past year (90%) compared to those 65 and older (67%) or respondents 18 to 34 years old (66%).
- Respondents with higher education were more likely to report having a dental checkup in the past year. Eighty-five percent of respondents with a college degree reported this compared to 78% of those with some post high school education or 69% of respondents with a high school education or less.
- As income increased, so did the likelihood of reporting a dental checkup in the past year. Sixty percent of respondents with a household income of less than \$30,001 reported this compared to 78% of those with an income of \$30,001 to \$60,000 or 86% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report a dental checkup in the past year (83%) compared to unmarried respondents (66%).

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

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	78%	14%	3%	5%	<1%
Gender					
Male	76	16	4	5	0
Female	79	13	2	5	<1
Age**					
18 to 34	66	28	3	3	0
35 to 44	88	6	4	1	0
45 to 54	74	20	2	4	0
55 to 64	90	6	2	2	0
65 and Older	67	15	3	13	2
Education**					
High School or Less	69	18	3	9	<1
Some Post High School	78	15	6	2	0
College Graduate	85	11	0	4	0
Household Income**					
\$30,000 or Less	60	23	5	11	1
\$30,001 to \$60,000	78	14	3	5	0
\$60,001 or More	86	12	2	<1	0
Marital Status**					
Married	83	13	1	3	0
Not Married	66	18	6	9	2

*= p≤0.05; **= p≤0.01

Eye Exam

- Fifty-three percent of respondents had an eye exam in the past year, while 30% reported one to two years ago. Three percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (56%) compared to male respondents (48%).

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	53%	30%	8%	6%	3%
Gender**					
Male	48	27	12	9	4
Female	56	33	5	4	3
Age					
18 to 34	56	27	6	8	3
35 to 44	52	25	7	6	10
45 to 54	56	27	10	5	2
55 to 64	42	44	10	4	0
65 and Older	54	35	6	4	0
Education					
High School or Less	59	27	7	5	2
Some Post High School	52	32	8	8	<1
College Graduate	49	31	9	5	5
Household Income					
\$30,000 or Less	59	27	5	6	4
\$30,001 to \$60,000	50	30	10	7	3
\$60,001 or More	52	33	10	3	2
Marital Status					
Married	50	34	9	5	3
Not Married	61	22	6	6	4

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Forty percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Sixty-three percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Forty percent of respondents had a flu vaccination in the past year.
- Respondents 65 and older were more likely to report receiving a flu vaccination (77%) compared to those 18 to 34 years old (23%) or respondents 35 to 44 years old (13%).

Table 7. Flu Vaccination by Demographic Variables

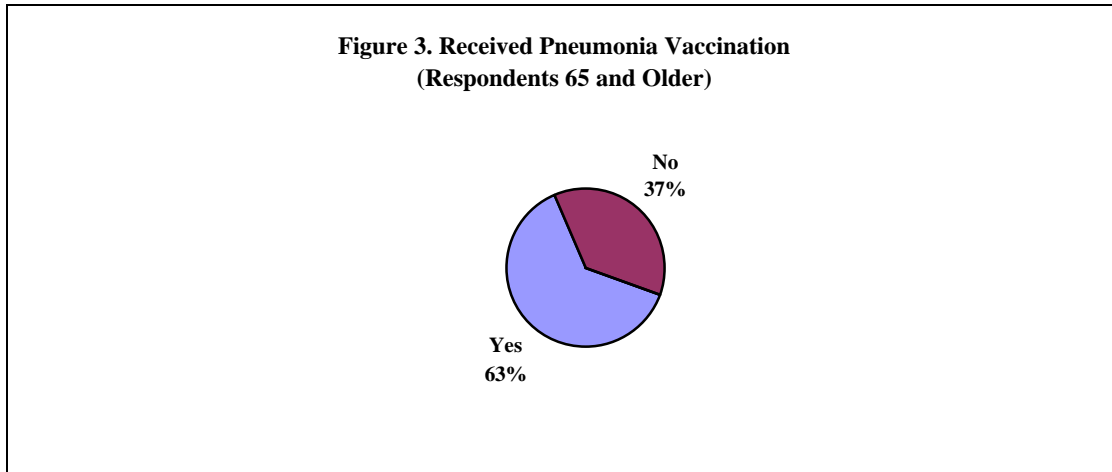
	Percent
TOTAL	40%
Gender	
Male	35
Female	43
Age**	
18 to 34	23
35 to 44	13
45 to 54	33
55 to 64	45
65 and Older	77
Education	
High School or Less	42
Some Post High School	37
College Graduate	40
Household Income	
\$30,000 or Less	45
\$30,001 to \$60,000	42
\$60,001 or More	32
Marital Status	
Married	36
Not Married	46

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

Pneumonia Vaccination

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

- Twenty-three percent of all respondents had a pneumonia vaccination.
- Sixty-three percent of respondents who were 65 and older reported they received a pneumonia vaccination.



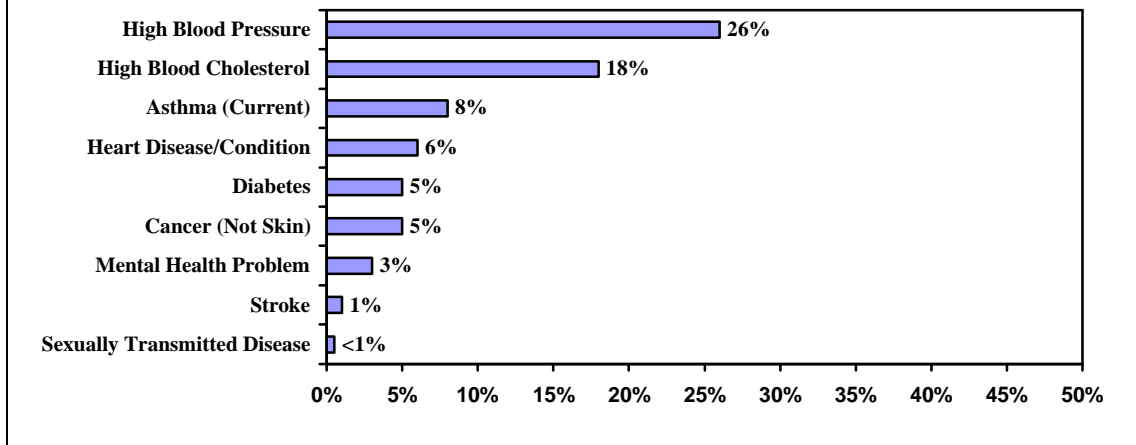
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

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

- Respondents were more likely to report they have been told or been treated for high blood pressure (26%), high blood cholesterol (18%), asthma (current, 8%), heart disease/heart condition (6%), diabetes (5%) and cancer (not skin, 5%).

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



- Female respondents were more likely to report a cancer, not including skin cancer, than male respondents (8% and 2%, respectively).
- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or cancer (not skin).
- Fourteen percent of respondents with a high school education or less reported heart disease/condition compared to 3% of respondents with at least some post high school education.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin).
- Unmarried respondents were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin).
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or current asthma.
- Inactive respondents were more likely to report high blood pressure (43%) compared to those who did an insufficient amount of physical activity (26%) or respondents who met the recommended amount of physical activity (14%).

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Heart Disease or Condition	Diabetes	Cancer (Not Skin)
TOTAL	26%	18%	8%	6%	5%	5%
Gender						
Male	24	20	7	6	6	2*
Female	27	16	8	7	5	8*
Age						
18 to 34	5**	3**	9	6**	5	0**
35 to 44	10**	6**	6	0**	4	2**
45 to 54	21**	24**	10	0**	5	4**
55 to 64	33**	26**	4	2**	4	6**
65 and Older	54**	28**	6	18**	10	14**
Education						
High School or Less	31	17	9	14**	7	6
Some Post High School	25	18	5	3**	6	5
College Graduate	23	18	7	3**	3	5
Household Income						
\$30,000 or Less	39**	18	2	12**	11*	10*
\$30,001 to \$60,000	28**	18	8	6**	6*	3*
\$60,001 or More	17**	16	9	<1**	2*	3*
Marital Status						
Married	22*	17	7	3**	3**	3**
Not Married	34*	19	8	10**	10**	10**
Overweight						
Not Overweight	17**	10**	3*	4	3	7
Overweight	32**	25**	10*	7	7	4
Physical Activity						
Inactive	43**	19	15	5	9	9
Insufficient	26**	21	7	5	6	4
Recommended	14**	11	4	9	2	5

*= p≤0.05; **= p≤0.01

Diabetes

- One hundred percent of the 21 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

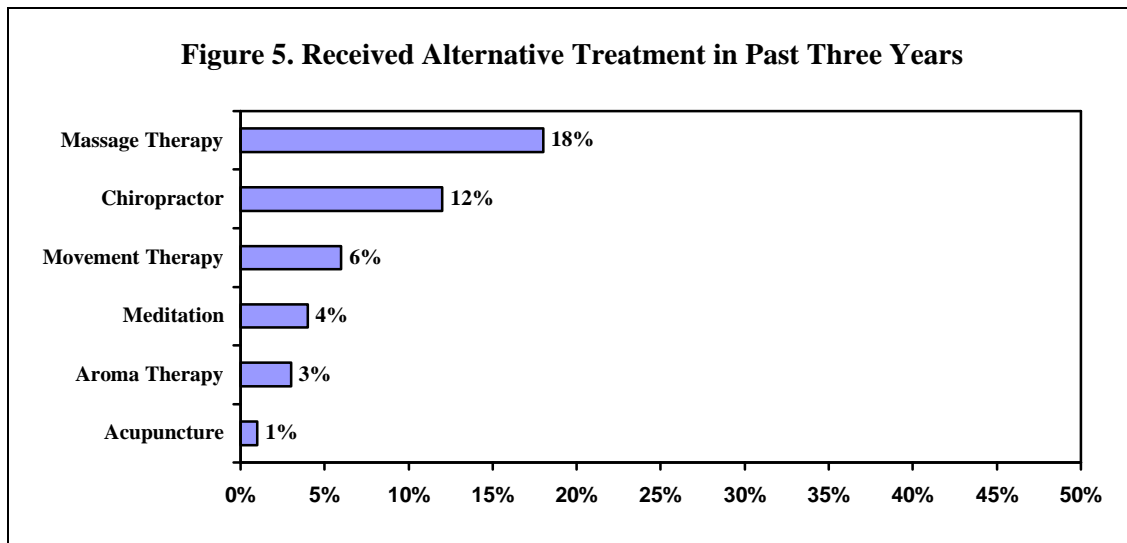
- Of the 30 respondents who currently had asthma, 66% had an asthma action plan.

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 massage therapy or chiropractic care (18% and 12%, respectively). Female respondents were more likely to report massage therapy or movement therapy. Married respondents were more likely to report movement therapy.

- Respondents were more likely to have used massage therapy (18%) or gone to a chiropractor (12%) in the past three years.



- Female respondents were more likely to have reported massage therapy or movement therapy in the past three years.
- Married respondents were more likely to report movement therapy (8%) than unmarried respondents (2%).

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

	Massage Therapy	Chiropractor	Movement Therapy	Meditation
TOTAL	18%	12%	6%	4%
Gender				
Male	13*	12	0**	2
Female	21*	13	11**	4
Age				
18 to 34	28	19	10	5
35 to 44	20	12	11	0
45 to 54	16	12	4	4
55 to 64	16	16	4	6
65 and Older	11	7	2	5
Education				
High School or Less	15	15	4	6
Some Post High School	18	9	6	3
College Graduate	19	13	8	3
Household Income				
\$30,000 or Less	16	11	10	5
\$30,001 to \$60,000	15	12	6	5
\$60,001 or More	23	15	5	3
Marital Status				
Married	18	13	8*	3
Not Married	17	12	2*	5

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 17% were classified as inactive. Respondents who were 35 to 44 years old, with a household income of less than \$30,001, unmarried or not overweight were more likely to meet the recommended activity level. Fifty-seven percent of respondents were classified as overweight (36% overweight and 21% obese). Male respondents, those who were 55 to 64 years old or physically inactive were more likely to be classified as overweight.

Physical Activities in Past Month

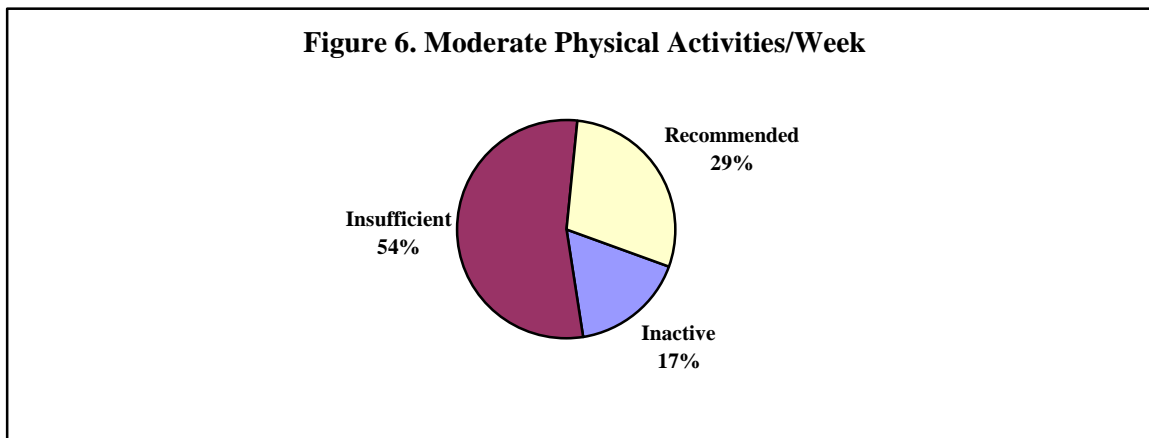
- Seventy-four percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Twenty-nine percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-four percent did some activity, but not to the extent of the recommendation while 17% were classified as inactive.



- Respondents 35 to 44 years old were more likely to meet the recommended amount of moderate physical activity in a week (38%) compared to those 55 and older (26%) or respondents 45 to 54 years old (21%). Twenty-eight percent of respondents 65 and older were inactive compared to 18% of those 55 to 64 years old or 8% of respondents 18 to 44 years old.
- Respondents with a household income of less than \$30,001 were more likely to meet the recommendation (41%) compared to those with an income of at least \$60,001 (27%) or respondents with a household income of \$30,001 to \$60,000 (20%).
- Unmarried respondents were more likely to meet the recommendation than married respondents (32% and 27%, respectively). However, unmarried respondents were also more likely to be inactive (27%) than married respondents (13%).
- Respondents who were not overweight were more likely to meet the recommendation than overweight respondents (35% and 24%, respectively).

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

	Inactive	Insufficient	Recommended
TOTAL	17%	54%	29%
Gender			
Male	17	52	31
Female	17	56	27
Age**			
18 to 34	8	62	30
35 to 44	8	55	38
45 to 54	24	55	21
55 to 64	18	57	26
65 and Older	28	46	26
Education			
High School or Less	21	53	26
Some Post High School	15	55	31
College Graduate	15	55	30
Household Income**			
\$30,000 or Less	24	36	41
\$30,001 to \$60,000	17	63	20
\$60,001 or More	15	58	27
Marital Status**			
Married	13	61	27
Not Married	27	42	32
Overweight*			
Not Overweight	13	52	35
Overweight	21	55	24

*= p≤0.05; **= p≤0.01

Body Weight

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

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

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

- According to the definition, 57% of respondents were overweight (36% overweight and 21% obese).
- Male respondents were more likely to be classified as overweight (74%) compared to female respondents (43%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (72%) compared to those 18 to 34 years old (48%) or respondents 35 to 44 years old (47%).
- Sixty-seven percent of respondents who were inactive were classified as overweight compared to 58% of those who did an insufficient amount of activity or 47% of respondents who met the recommended amount of physical activity.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	57%
Gender**	
Male	74
Female	43
Age*	
18 to 34	48
35 to 44	47
45 to 54	62
55 to 64	72
65 and Older	60
Education	
High School or Less	60
Some Post High School	58
College Graduate	52
Household Income	
\$30,000 or Less	49
\$30,001 to \$60,000	59
\$60,001 or More	60
Marital Status	
Married	56
Not Married	58
Moderate Physical Activities*	
Inactive	67
Insufficient	58
Recommended	47

*= 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 22% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Forty percent of respondents eat fried/fast food at least a few times a week; males, those 18 to 34 years old, with a household income of at least \$60,001, married or overweight were more likely to report this.

Fruit Intake

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

- Sixty-six percent of respondents eat two or more servings of fruit on an average day. Thirty-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 (74% and 55%, respectively).

Vegetable Intake

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

- Twenty-two percent of respondents eat three or more servings of vegetables on an average day. Seventy-seven percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables on an average day compared to male respondents (25% and 19%, respectively).

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	33%	66%	77%	22%
Gender				
Male	44**	55**	80*	19*
Female	25**	74**	75*	25*
Age				
18 to 34	33	67	72	25
35 to 44	33	67	87	13
45 to 54	41	57	80	19
55 to 64	37	63	69	29
65 and Older	27	73	77	23
Education				
High School or Less	42	57	79	21
Some Post High School	26	73	76	22
College Graduate	32	68	76	24
Household Income				
\$30,000 or Less	34	66	78	22
\$30,001 to \$60,000	31	67	77	21
\$60,001 or More	33	67	75	25
Marital Status				
Married	33	66	78	22
Not Married	34	66	76	22
Overweight				
Not Overweight	31	69	79	21
Overweight	37	62	77	21
Moderate Physical Activities				
Inactive	43	55	85	14
Insufficient	34	65	75	24
Recommended	26	74	77	24

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Six percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Thirty-four percent reported a few times per week. Forty-two 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 (54%) compared to female respondents (31%).
- Sixty-four percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 32% of those 35 to 44 years old or 22% of respondents 65 and older.
- Respondents with a household income of at least \$60,001 were more likely to report eating fried/fast foods at least a few times per week (49%) compared to those with an income of \$30,001 to \$60,000 (42%) or respondents with a household income of less than \$30,001 (35%).
- Married respondents were more likely to report eating fried/fast foods at least a few times per week compared to unmarried respondents (43% and 36%, respectively).
- Fifty-two percent of respondents who were overweight reported eating fried/fast food at least a few times per week compared to 27% of respondents who were not overweight.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	42%	40%
Gender**		
Male	32	54
Female	50	31
Age**		
18 to 34	31	64
35 to 44	55	32
45 to 54	36	52
55 to 64	40	48
65 and Older	44	22
Education		
High School or Less	43	36
Some Post High School	38	46
College Graduate	44	40
Household Income*		
\$30,000 or Less	39	35
\$30,001 to \$60,000	42	42
\$60,001 or More	43	49
Marital Status**		
Married	46	43
Not Married	34	36
Overweight**		
Not Overweight	47	27
Overweight	38	52
Moderate Physical Activities		
Inactive	37	40
Insufficient	45	41
Recommended	41	40

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-two percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Generally, respondents who were 18 to 44 years old, 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.³

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

- Twenty-four percent of all female respondents never had a mammogram while 67% had a mammogram within the past two years (49% within past year and 18% more than one year but less than two years).
- More specifically, respondents 40 and older were very likely to have received a mammogram in the past two years (82% of those 50 and older; 82% 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: too young or no time (four responses each), don’t need or don’t like (three responses each) or not recommended by provider or not insured (2 responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	49%	18%	9%	24%
Age**				
18 to 39	19	6	3	71
40 to 49	50	32	8	10
50 and Older	64	18	15	4

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Fifty-three percent of respondents reported they had a pap smear within the past year. An additional 33% reported between one year and less than three years.
- Ninety-eight percent of respondents 35 to 44 years old and 96% of those 18 to 34 years old reported a pap smear within the past three years compared to 79% of those 55 to 64 years old or 68% of respondents 65 and older.
- Respondents with higher household income were more likely to have had a pap smear within the past three years. Ninety-five percent of respondents with a college degree reported this compared to 89% of those with some post high school education or 76% of respondents with a high school education or less.
- Ninety-four percent of respondents with a household income of at least \$60,001 and 91% of those with an income of \$30,001 to \$60,000 reported a pap smear within the past three years compared to 75% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to have had a pap smear within the past three years (88%) compared to unmarried respondents (79%).

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

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	53%	26%	7%	12%	2%
Age**					
18 to 34	68	18	10	3	3
35 to 44	56	42	0	0	2
45 to 54	60	29	2	10	0
55 to 64	61	14	4	18	0
65 and Older	30	23	15	28	3
Education*					
High School or Less	47	20	9	20	2
Some Post High School	46	36	7	12	0
College Graduate	65	26	4	4	1
Household Income**					
\$30,000 or Less	31	28	16	24	2
\$30,001 to \$60,000	56	29	6	7	3
\$60,001 or More	68	23	3	3	2
Marital Status*					
Married	55	29	4	9	2
Not Married	47	20	12	20	2

*= p≤0.05; **= p≤0.01

Men's Health (Table 16)

KEY FINDING: Nineteen percent of male respondents 40 to 49 years old and 57% of males 50 and older had a digital rectal exam in the past year.

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

Digital Rectal Exam

- Twenty-seven percent of all male respondents never had a digital rectal exam. Thirty-seven percent had an exam in the past year while 20% reported within the past two years (one year but less than two years).
- Fifty-seven percent of male respondents 50 and older had an exam less than a year ago while 19% of males 40 to 49 years old reported this.

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

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	37%	20%	15%	27%
Age**				
18 to 39	22	13	13	47
40 to 49	19	23	25	33
50 and Older	57	24	9	11

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-two percent of respondents 50 years old or older had their blood stool tested within the past two years while 38% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

- Forty-eight 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).
- Thirty-five percent of male respondents reported a blood stool test in the past two years compared to 31% of female respondents. Fifty-two percent of female respondents reported never compared to 42% of male respondents.
- Fifty-two percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 17% of respondents 40 to 49 years old or 14% of respondents 18 to 39 years old. Twenty-five percent of respondents 50 and older reported never compared to 69% of respondents 18 to 39 years old.
- Unmarried respondents were more likely to report a blood stool test in the past years (40%) compared to married respondents (30%). Fifty-three percent of married respondents reported never compared to 36% of unmarried respondents.

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

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	13%	16%	48%
Gender*				
Male	22	13	21	42
Female	18	13	12	52
Age**				
18 to 39	11	3	11	69
40 to 49	9	8	13	65
50 and Older	30	22	20	25
Education				
High School or Less	19	18	14	47
Some Post High School	16	11	16	50
College Graduate	22	10	16	47
Household Income				
\$30,000 or Less	19	19	18	40
\$30,001 to \$60,000	18	9	16	52
\$60,001 or More	21	14	14	47
Marital Status*				
Married	19	11	14	53
Not Married	22	18	20	36

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Fifty-eight percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-two percent were examined within the past two years (12% less than a year ago and 10% more than one year ago, but less than two).
- A total of 38% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 11% of respondents 40 to 49 years old and 8% of respondents 18 to 39 years old. Thirty-six percent of respondents 50 and older reported never compared to 84% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	12%	10%	10%	9%	58%
Gender					
Male	14	10	12	7	58
Female	10	11	8	11	58
Age**					
18 to 39	5	3	<1	4	84
40 to 49	3	8	7	12	69
50 and Older	21	17	16	10	36
Education					
High School or Less	13	9	9	9	58
Some Post High School	13	8	9	13	55
College Graduate	10	13	11	7	60
Household Income					
\$30,000 or Less	12	12	11	16	49
\$30,001 to \$60,000	10	11	9	8	59
\$60,001 or More	13	10	10	6	60
Marital Status					
Married	11	8	10	10	60
Not Married	13	15	11	6	53

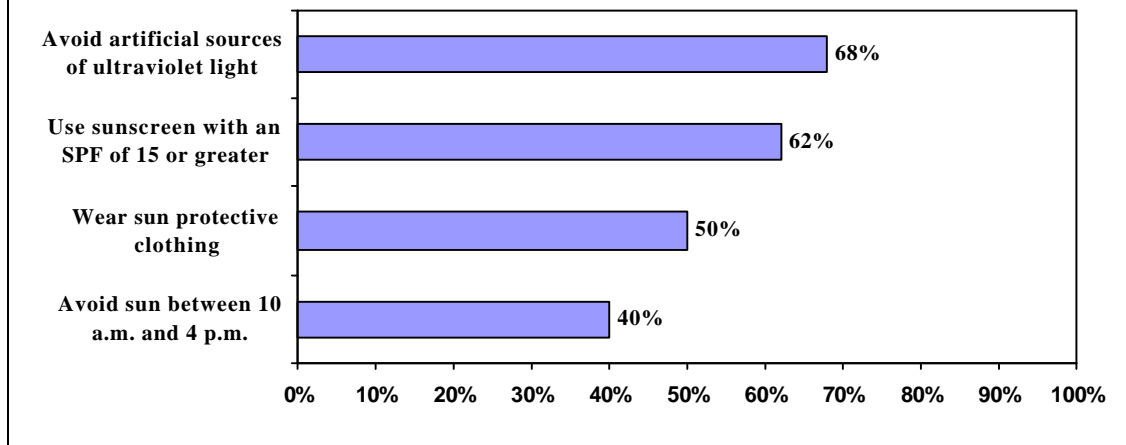
*= p≤0.05; **= p≤0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. Respondents 18 to 34 years old were more likely to report avoiding the sun. Respondents who were 35 to 44 years old or married were more likely to report using sunscreen.

- To reduce the risk of skin cancer, 68% of respondents regularly avoid artificial sources of ultraviolet light, 62% use sunscreen with a SPF of 15 or higher, 50% wear sun protective clothing while 40% avoid the sun between 10 a.m. and 4 p.m.
- Eleven percent of respondents did not reduce their risk by any of these four measures. Twenty-two percent reported one measure. Twenty-two percent reported two of the four actions while 26% reported three and 19% reported they did all four measures regularly.

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



- Female respondents were more likely to report using sunscreen with a SPF of 15 or higher or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents 18 to 34 years old were more likely to report avoiding the sun while respondents 35 to 44 years old were more likely to report using sunscreen.
- Married respondents were more likely to report using sunscreen (66%) than unmarried respondents (54%).

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	68%	62%	50%	40%
Gender				
Male	65	52**	47	30**
Female	70	70**	52	48**
Age				
18 to 34	76	58**	42	49*
35 to 44	62	78**	46	31*
45 to 54	60	58**	45	31*
55 to 64	80	64**	59	47*
65 and older	67	53**	56	43*
Education				
High School or Less	64	61	52	43
Some Post High School	61	58	45	41
College Graduate	76	65	51	37
Household Income				
\$30,000 or Less	68	62	53	49
\$30,001 to \$60,000	65	63	51	41
\$60,001 or More	72	61	45	31
Marital Status				
Married	67	66*	51	37
Not Married	68	54*	46	43

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Ninety-one percent of respondents wore seat belts always or nearly always. Ninety-four percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 35% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 61% reported their child always wore a helmet.

Seat Belts

- Ninety-one percent of respondents reported they use seat belts always or nearly always (80% and 11%, respectively).
- There were no statistically significant differences with between demographic variables and wearing seat belts.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	2%	4%	11%	80%
Gender					
Male	5	2	4	14	75
Female	3	1	3	8	84
Age					
18 to 34	7	3	7	12	71
35 to 44	5	0	2	12	81
45 to 54	1	5	4	17	74
55 to 64	2	2	2	8	86
65 and older	2	0	4	5	88
Education					
High School or Less	4	2	5	6	83
Some Post High School	3	3	5	14	75
College Graduate	3	<1	2	12	82
Household Income					
\$30,000 or Less	3	1	4	4	89
\$30,001 to \$60,000	7	3	4	12	75
\$60,001 or More	2	<1	4	12	82
Marital Status					
Married	3	1	3	11	81
Not Married	5	2	5	10	78

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Ninety-four percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 4% reported nearly always.
- There were no statistically significant differences between demographic variables and children wearing a seat belt.

Bicycle Helmet Usage

- Fifty-one 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...

- Thirty-five percent of respondents who bicycled, in-line roller skated or rode a scooter always (30%) or nearly always (5%) wore a helmet. Fifty-three percent reported never.
- Female respondents were more likely to always wear a helmet (39%) compared to male respondents (20%).
- Thirty-eight percent of respondents 35 to 44 years old reported always compared to 20% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report always (44%) compared to those with a high school education or less (20%) or respondents with some post high school education (15%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	53%	6%	6%	5%	30%
Gender*					
Male	59	7	7	8	20
Female	47	6	5	3	39
Age**					
18 to 34	59	17	0	5	20
35 to 44	51	0	9	3	38
45 to 54	49	2	10	10	29
55 and older	58	13	0	3	28
Education**					
High School or Less	61	6	8	4	20
Some Post High School	74	8	2	2	15
College Graduate	34	6	8	9	44
Household Income					
\$30,000 or Less	64	4	11	0	21
\$30,001 to \$60,000	47	11	8	4	30
\$60,001 or More	48	5	3	9	36
Marital Status					
Married	49	6	6	6	34
Not Married	67	9	7	2	15

*= p≤0.05; **= p≤0.01

Children and Helmets

- Thirty-four 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...

- Sixty-one percent of respondents reported their child always wore a helmet while 13% reported nearly always. Thirteen percent reported never.
- There were no statistically significant differences between demographic variables and children wearing helmets.

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

KEY FINDING: Twenty-one percent of respondents were current smokers. Respondents who were male, 18 to 34 years old or with a high school education or less were more likely to be a smoker. Thirty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 42% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-two percent of all respondents preferred a smoke-free restaurant. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with a college education, a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Respondents who were female, with a college degree, married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-one percent of respondents were current smokers. Four percent smoked between one and 29 days while the remaining 17% smoked every day.
- Male respondents were more likely to be current smokers (25%) compared to female respondents (17%).
- Respondents 18 to 34 years old were more likely to be current smokers (39%) compared to those 65 and older (14%) or respondents 35 to 44 years old (12%).
- Thirty-two percent of respondents with a high school education or less were smokers compared to 16% of respondents with at least some post high school education.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	21%
Gender*	
Male	25
Female	17
Age**	
18 to 34	39
35 to 44	12
45 to 54	19
55 to 64	24
65 and older	14
Education**	
High School or Less	32
Some Post High School	16
College Graduate	16
Household Income	
\$30,000 or Less	22
\$30,001 to \$60,000	26
\$60,001 or More	17
Marital Status	
Married	19
Not Married	23

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Thirty-two percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Respondents 65 and older were more likely to quit for at least one day (54%) followed by those 18 to 34 years old (46%) and respondents 35 to 44 years old (27%). Fifteen percent of respondents 55 to 64 years old and 13% of respondents 45 to 54 years old reported quitting for at least one day.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

- Forty-two percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.

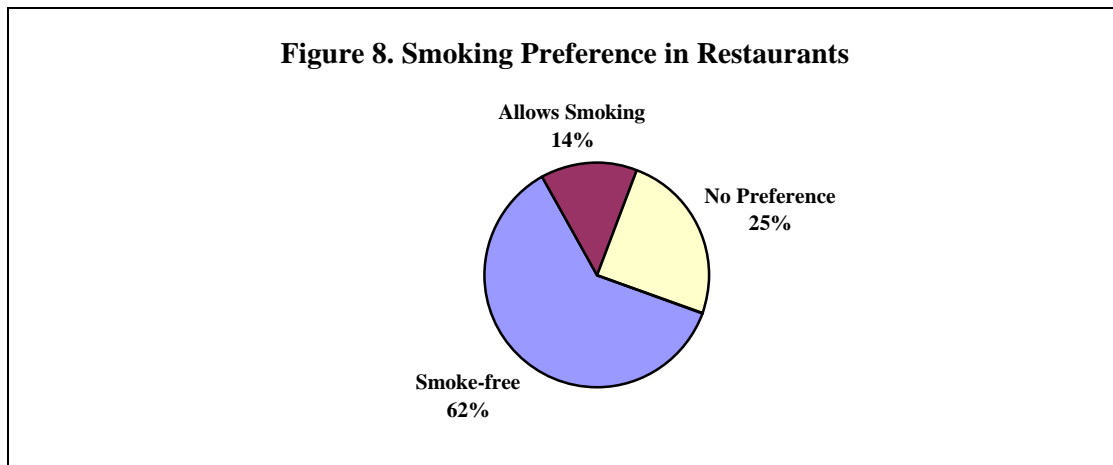
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (59%) compared to male respondents (25%).
- Respondents with a household income of less than \$30,001 were more likely to report a health professional advised them to quit smoking in the past year (78%) compared to those with an income of at least \$60,001 (32%) or respondents with a household income of \$30,001 to \$60,000 (26%).

Smoking Indoor or in Vehicle

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

Smoking Preference in Restaurants

- Sixty-two percent of respondents reported they preferred to eat in smoke-free restaurants while 14% preferred restaurants that allow smoking. Twenty-five percent reported no preference.



- Respondents with a college degree were more likely to prefer smoke-free restaurants (74%) compared to those with a high school education or less (55%) or respondents with some post high school education (54%). Twenty-one percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 15% of those with some post high school education or 7% of respondents with a college degree.
- Seventy-three percent of respondents with a household income of \$60,001 or more preferred smoke-free restaurants compared to 54% of those with an income of \$30,001 to \$60,000 or 51% of respondents with a household income of less than \$30,001. Twenty percent of respondents with a household income of less than \$30,001 preferred restaurants that allow smoking compared to 17% of those with an income of \$30,001 to \$60,000 or 6% of respondents with an income of at least \$60,001.

- Married respondents were more likely to prefer smoke-free restaurants (66%) than unmarried respondents (55%). Unmarried respondents were more likely to prefer restaurants that allow smoking (22%) compared to married respondents (10%).
- Seventy-four percent of nonsmokers preferred smoke-free restaurants compared to 15% of smokers. Forty-nine percent of smokers preferred restaurants that allow smoking compared to 4% of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Fifty-nine percent of respondents favored a community ordinance prohibiting smoking in eating establishments (38% strongly favor, 21% moderately favor).
- Female respondents were more likely to favor an ordinance (68%) compared to male respondents (45%).
- As education increased, so did the likelihood of favoring an ordinance prohibiting smoking in eating establishments. Fifty percent of respondents with a high school education or less reported this compared to 57% of those with some post high school education or 65% of respondents with a college degree.
- Married respondents were more likely to favor an ordinance than unmarried respondents (64% and 47%, respectively).
- Sixty-eight percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 21% of smokers. Nonsmokers were much more likely to strongly favor (45%) compared to smokers (10%).

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

	Moderately Favor	Strongly Favor
TOTAL	21%	38%
Gender**		
Male	20	25
Female	21	47
Age		
18 to 34	21	27
35 to 44	17	45
45 to 54	23	31
55 to 64	29	43
65 and older	19	40
Education**		
High School or Less	10	40
Some Post High School	30	27
College Graduate	22	43
Household Income		
\$30,000 or Less	19	28
\$30,001 to \$60,000	22	31
\$60,001 or More	22	45
Marital Status*		
Married	21	43
Not Married	20	27
Smoking Status**		
Nonsmoker	23	45
Smoker	11	10

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty-eight percent of respondents had an alcoholic drink in the past 30 days. In the past month, 26% had three or more drinks on at least one occasion while 13% binged. Male respondents or those who were 18 to 34 years old were more likely to have had at least three drinks, on more occasions, or binged in the past month. Respondents with a household income of at least \$30,001 were also more likely to have binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-eight percent of respondents had a drink in the past 30 days. Thirty-five percent reported they drank on at least five days, while 15% reported three to four days, and 18% reported drinking on one or two days in the past 30 days.
- Seven percent of all respondents reported an average of four or more drinks per day on the days they drank while 8% reported three, 25% reported two and 26% reported one drink on average on the days they drank. Thirty-three percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-six 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 14% reported three or more times.
- Male respondents were more likely to have had three or more drinks (39%) than female respondents (18%). Males were more likely to have had at least three drinks on three or more occasions (20%) compared to female respondents (10%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks and more often. Forty-three percent of respondents 18 to 34 years old reported three or more drinks (16% one to two occasions and 27% three or more occasions) compared to 10% of respondents 65 and older (4% one to two occasions and 6% three or more occasions).

Binge Drinking in Past Month

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

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

- Thirteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (17%) than females (9%).

- Respondents 18 to 34 years old were more likely to have binged in the past month (33%) compared to those 45 to 54 years old (12%) or respondents 65 and older (5%).
- Eighteen percent of respondents with a household income of \$30,001 to \$60,000 and 15% of those with an income of at least \$60,001 binged compared to 5% of respondents with a household income of less than \$30,001 (5%).

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%	14%	13%
Gender			
Male	19**	20**	17*
Female	8**	10**	9*
Age			
18 to 34	16**	27**	33**
35 to 44	14**	21**	10**
45 to 54	18**	8**	12**
55 to 64	12**	10**	10**
65 and Older	4**	6**	5**
Education			
High School or Less	9	12	13
Some Post High School	12	20	14
College Graduate	16	11	10
Household Income			
\$30,000 or Less	4	16	5*
\$30,001 to \$60,000	13	17	18*
\$60,001 or More	17	13	15*
Marital Status			
Married	14	13	12
Not Married	8	17	15

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

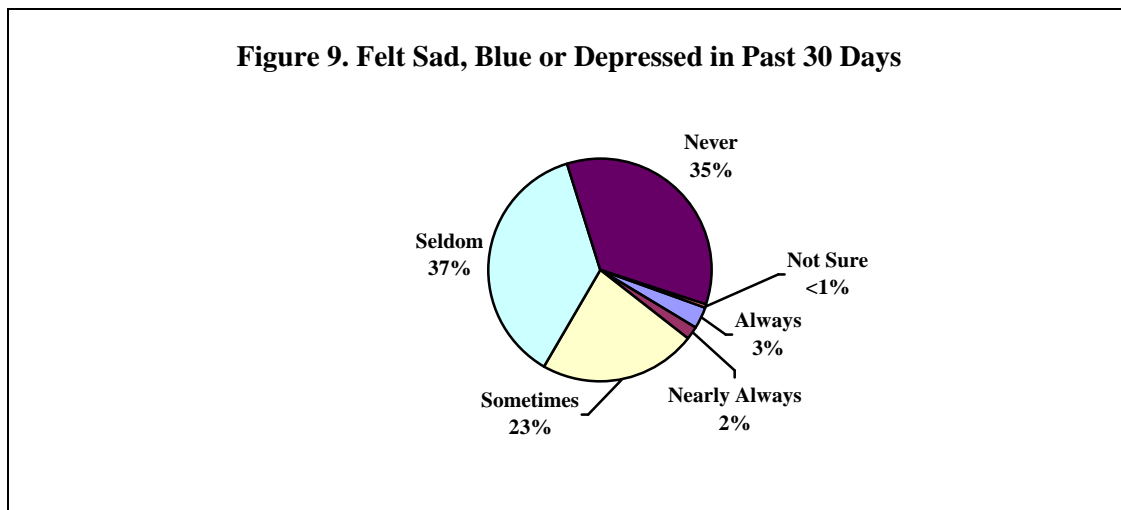
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were male, with a high school education or less or unmarried were more likely to report they always or nearly always felt sad, blue or depressed. Twenty-three percent felt they were excellent at managing stress; 2% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. One percent of respondents felt so overwhelmed they considered suicide in the past year.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” five percent of survey respondents answered always or nearly always. This equates up to 1,000 residents. Twenty-three percent reported sometimes and the remaining 72% reported seldom (37%) or never (35%).



- Male respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (8%) compared to female respondents (3%). Thirty-seven percent of male respondents reported never compared to 32% of female respondents.
- Twelve percent of respondents with a high school education or less reported always or nearly always compared to 3% of those with some post high school education or less than one percent of respondents with a college degree.
- Unmarried respondents were more likely to report feeling sad, etc., (11%) compared to married respondents (2%).

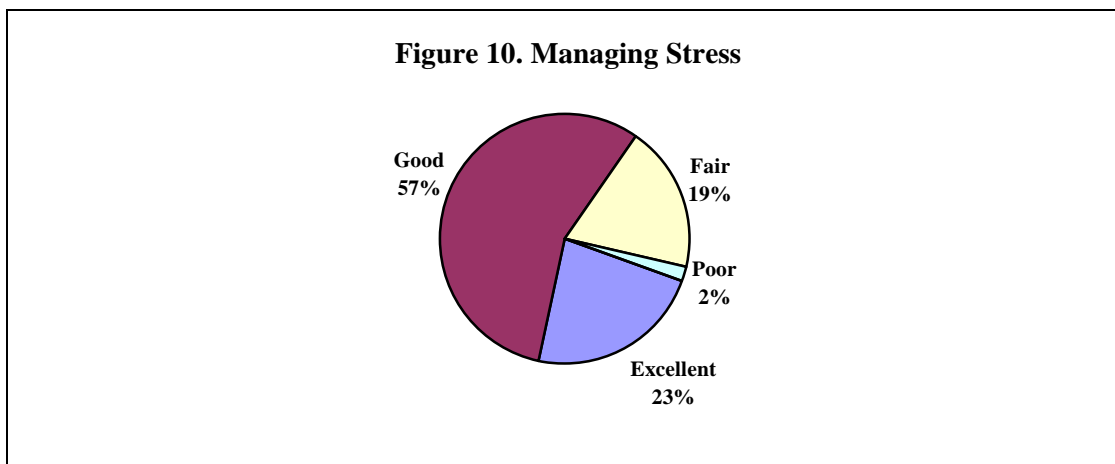
Considered Suicide

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

- One percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 600 residents who considered suicide in the past year.

Managing Stress

- Twenty-three percent reported they were excellent at managing stress. Fifty-seven percent reported good while 19% reported fair and 2% reported poor.



- Respondents 18 to 34 years old were more likely to report poor (5%) compared to respondents 55 to 64 years old (0%) and all other categories (1% to 2% range). Thirty-six percent of respondents 18 to 34 years old reported fair or poor followed by 22% of those 35 to 44 years old and 20% of respondents 45 to 54 years old. Thirteen percent of respondents 65 and older and 10% of respondents 55 to 64 years old reported fair or poor.

Finding Meaning and Purpose in Daily Life

- Thirty-eight percent of respondents reported they always find meaning and purpose in their daily life, an additional 44% reported nearly always. Twelve percent reported sometimes while 4% reported seldom and 2% reported never.
- Nine percent of respondents with a high school education or less reported never/seldom compared to 7% of those with some post high school education or 3% of respondents with a college degree. Respondents with a high school education or less were more likely to report always (44%) compared to those with some post high school education (40%) or respondents with a college degree (31%).

- Respondents with a household income of less than \$30,001 were more likely to report never/seldom (17%) compared to those with an income of \$30,001 to \$60,000 (4%) or respondents with a household income of at least \$60,001 (2%).
- Eight percent of unmarried respondents reported never/seldom find meaning and purpose in their daily life compared to 5% of married respondents. Twenty percent of unmarried respondents reported sometimes compared to 8% of married respondents.

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

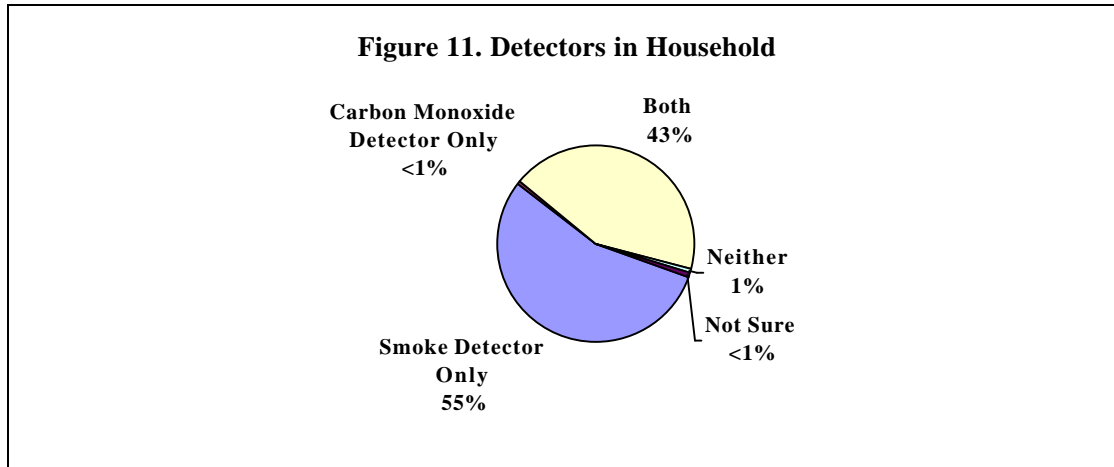
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	12%	44%	38%
Gender				
Male	5	14	44	36
Female	7	11	43	39
Age				
18 to 34	5	12	31	51
35 to 44	10	15	49	27
45 to 54	6	12	49	33
55 to 64	2	6	50	42
65 and older	7	13	39	40
Education**				
High School or Less	9	17	30	44
Some Post High School	7	15	38	40
College Graduate	3	7	59	31
Household Income**				
\$30,000 or Less	17	12	29	41
\$30,001 to \$60,000	4	13	41	41
\$60,001 or More	2	9	55	34
Marital Status**				
Married	5	8	47	39
Not Married	8	20	37	33

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-eight percent of households had a working smoke detector while 44% had a working carbon monoxide detector. Married households or those with a household income of at least \$60,001 were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Sixty-one percent of respondents with a household income of at least \$60,001 reported having both a smoke detector and a carbon monoxide detector compared to 39% of those with an income of \$30,001 to \$60,000 or 23% of respondents with a household income of less than \$30,001.
- Married households were more likely to have both detectors (51%) compared to unmarried respondents (25%).

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	55%	<1%	43%	1%
Household Income**				
\$30,000 or Less	75	0	23	2
\$30,001 to \$60,000	59	<1	39	1
\$60,001 or More	40	0	61	0
Marital Status**				
Married	48	<1	51	<1
Not Married	73	<1	25	2

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Twenty-eight percent of households had a firearm in or around the home. Married households or households with an income of at least \$30,001 were more likely to have a firearm. Of all households, 4% had a loaded firearm; households with no children were more likely to report a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 28% of households had one or more firearms.
- Thirty-two percent of households with an income of at least \$60,001 and 31% of households with an income of \$30,001 to \$60,000 had a firearm compared to 11% of households with an income of less than \$30,001.
- Married households were more likely to have a firearm (32%) compared to unmarried households (20%).

Loaded Firearm

- Four percent of all households had a loaded firearm.
- Households with no children were more likely to report a loaded firearm compared to households with children (6% and less than one percent, respectively).

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

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

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” six percent reported yes.
- There were no statistically significant differences between demographic variables and feeling afraid for their personal safety.
 - A stranger was most often mentioned as the perpetrator (16 responses). Fewer than five respondents reported each of the following: acquaintance, boyfriend/girlfriend, spouse, brother/sister or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - A friend was reported by three respondents. Fewer than three respondents reported each of the following; ex-spouse, acquaintance, spouse or stranger.

Combined Personal Safety Threats

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

APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Six percent of respondents were not aware of the public health department prior to the interview; 35% received services from the health department. Respondents who were female, 45 to 54 years old, 65 and older or those with a household income of less than \$30,001 were more likely to have received services from the public health department.

- Six percent of respondents were not aware of the public health department prior to the interview. Fifty-nine percent were aware of the department but had no experience with it. Thirty-three percent received limited services from the health department and 2% received more extensive services.
- Female respondents were more likely to have received services from the public health department (43%) compared to male respondents (24%).
- Forty-three percent of respondents 45 to 54 years old and 42% of those 65 and older received services from the health department compared to 26% of respondents 18 to 34 years old. Respondents 45 to 54 years old were more likely to report they were not aware of the public health department (11%) compared to those 65 and older (5%) or respondents 35 to 44 years old (2%).
- Thirty-seven percent of respondents with a household income of less than \$30,001 received services from the public health department compared to 34% of respondents with a household income of at least \$30,001. Respondents with a household income of \$30,001 to \$60,000 were more likely to report they were not aware of the public health department (10%) compared to those with an income of at least \$60,001 (5%) or respondents with a household income of less than \$30,001 (4%).

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	6%	59%	33%	2%
Gender**				
Male	10	66	23	1
Female	4	54	40	3
Age*				
18 to 34	6	68	26	0
35 to 44	2	68	29	1
45 to 54	11	46	37	6
55 to 64	8	63	28	2
65 and older	5	52	40	2
Education				
High School or Less	7	55	38	<1
Some Post High School	5	58	34	3
College Graduate	7	62	28	3
Household Income*				
\$30,000 or Less	4	60	37	0
\$30,001 to \$60,000	10	55	33	1
\$60,001 or More	5	61	29	5
Marital Status				
Married	6	57	34	3
Not Married	7	62	30	<1

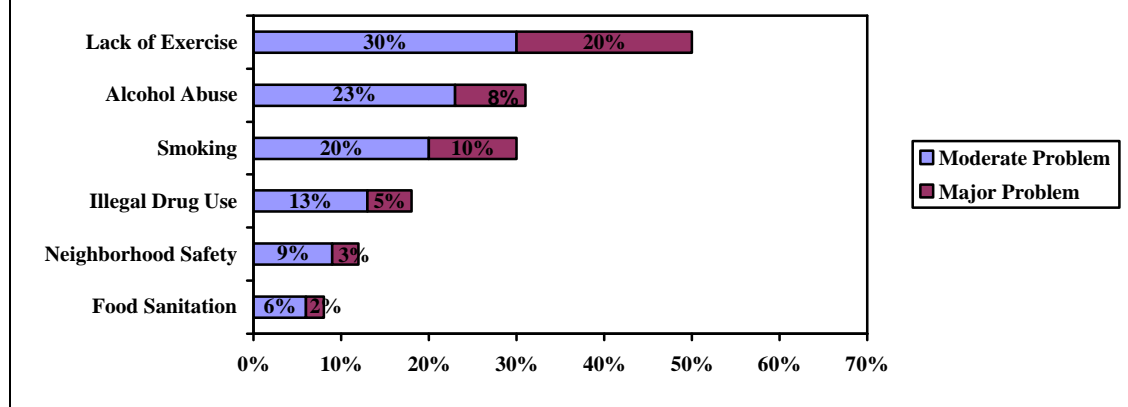
*= p≤0.05; **= p≤0.01

Health Problems in Their Community (Figure 12; Table 28)

KEY FINDING: Out of six health problems that communities may face, lack of exercise was mentioned most often as a major or moderate problem (50%). Respondents 55 to 64 years old were more likely to report lack of exercise, alcohol abuse or illegal drug use as a major or moderate problem. Respondents with higher education or a household income of at least \$60,001 were more likely to report lack of exercise as a major/moderate health problem in the community. Respondents who were nonsmokers were more likely to report smoking as a major/moderate health problem. Respondents who binged in the past month were more likely to report alcohol abuse as a major/moderate problem.

- Out of six health problems that communities may face, 50% of respondents reported lack of exercise as a major or moderate problem. Alcohol abuse was listed by 31% of respondents as a major/moderate problem followed by 30% reporting smoking, 18% reporting illegal drug use, 12% reporting neighborhood safety and 8% reporting food sanitation.

Figure 12. Major or Moderate Health Problems in Their Community



- Respondents 55 to 64 years old were more likely to report lack of exercise, alcohol abuse or illegal drug use as a major/moderate health problem in their community compared to all other age groups.
- Sixty-four percent of respondents with a college degree reported lack of exercise as a major/moderate health problem compared to 48% of those with some post high school education or 36% of respondents with a high school education or less.
- Fifty-seven percent of respondents with a household income of at least \$60,001 reported lack of exercise as a major/moderate problem compared to 51% of those with an income of \$30,001 to \$60,000 or 39% of respondents with a household income of less than \$30,001.
- Respondents who were nonsmokers were more likely to report smoking as a major/moderate problem in the community (33%) compared to smokers (17%).
- Respondents who have binged in the past month were more likely report that alcohol abuse was a major/moderate problem compared to respondents who did not binge (47% and 28%, respectively).

Table 28. Major/Moderate Health Problems in Their Community by Demographic Variables

	Lack of Exercise	Alcohol Abuse	Smoking	Illegal Drug Use	Neighborhood Safety	Food Sanitation
TOTAL	50%	31%	30%	18%	12%	8%
Gender						
Male	53	31	31	16	14	8
Female	48	30	29	20	11	7
Age						
18 to 34	58**	31*	28	10**	15	9
35 to 44	60**	27*	34	13**	5	6
45 to 54	47**	35*	32	21**	11	5
55 to 64	64**	47*	33	35**	22	12
65 and older	34**	23*	25	18**	14	11
Education						
High School or Less	36**	26	24	14	15	12
Some Post High School	48**	30	27	18	11	4
College Graduate	64**	35	37	22	11	7
Household Income						
\$30,000 or Less	39*	24	28	15	13	11
\$30,001 to \$60,000	51*	32	31	17	12	7
\$60,001 or More	57*	33	34	22	14	7
Marital Status						
Married	53	30	30	20	12	7
Not Married	44	32	30	15	13	9
Smoking Status						
Nonsmoker	--	--	33**	--	--	--
Smoker	--	--	17**	--	--	--
Binge Drinking Status Past Month						
No	--	28**	--	--	--	--
Yes	--	47**	--	--	--	--
Physical Activity						
Inactive	45	--	--	--	--	--
Insufficient	51	--	--	--	--	--
Recommended	55	--	--	--	--	--
Overweight						
Not Overweight	50	--	--	--	--	--
Overweight	51	--	--	--	--	--

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

HALES CORNERS
COMMUNITY HEALTH SURVEY
Conducted: February 21 through April 22, 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	11
Good.....	23
Very good.....	37
Excellent.....	26
Not sure	0

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

No health care coverage	4%
Medical Assistance or Title 19	<1
Badger Care	1
Medicare.....	21
A prepaid plan such as a HMO, PPO	52
Another Commercial Health Plan	15
Something else.....	5
Not sure	<1

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

Not all members covered.....	6%
All members covered	94
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.....	11%
All members covered	90
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	87%
Hospital emergency room.....	6
Walk-in or urgent care clinic	4
Community health center	2
Other.....	<1
Not sure	<1

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

Yes 40%
 No..... 58
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	59%	24%	7%	8%	1%	<1%
8. Cholesterol testing	51	21	6	6	13	3
9. Visit to a dentist/dental clinic..	78	14	3	5	<1	<1
10. Eye exam.....	53	30	8	6	3	0

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

Yes 40%
 No..... 61
 Not sure 0

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

Yes 23%
 No..... 76
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?	26%	74%	0%
14. Your blood cholesterol is high?	18	80	2
15. You had a stroke?.....	1	99	0
16. You have heart disease or a heart condition?...	6	94	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	<1
18.if yes, have you had your blood sugar tested in the past year? [21 Respondents]	100	0	0
19. You had a mental health problem?.....	3	97	0
20. You had cancer, other than skin cancer	5	95	0
21. You had a sexually transmitted disease.....	<1	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	9%	91%	<1%
23. Do you still have asthma? [All Respondents] ...	8	92	<1
24.(if yes), do you have an asthma action plan? [30 Respondents].....	66	23	11

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..... 26
Three or more servings..... 40
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 41%
Two servings..... 36
Three or more servings..... 22
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..... 42%
A few times per week..... 34
Daily or nearly so..... 6
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 74%
No..... 26
Not sure 0

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

Yes 83%
No..... 17
Not sure 0

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

One	5%
Two	10
Three	20
Four	14
Five.....	13
Six	5
Seven.....	17
Not sure	<1
No moderate exercise/no answer	17

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

Less than 30 minutes	16%
30 to 44 minutes	23
45 to 59 minutes	8
60 or more minutes	35
Not sure	1
No moderate exercise/no answer	17

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [226 Respondents]

Within the past year (anytime less than 12 months ago).....	49%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	18	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	4	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	3	üCONTINUE WITH Q33
5 or more years ago.....	2	üCONTINUE WITH Q33
Never.....	24	üCONTINUE WITH Q33
Not sure.....	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [20 Respondents 40 years old or older]

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

[46 Respondents 18 to 39 years old]

Too young.....41 responses
 Not recommended by provider 3 responses
 Don't need..... 2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [226 Respondents]

Within the past year (anytime less than 12 months ago).....53%
 Within the past 2 years (1 year, but less than 2 years ago).....26
 Within the past 3 years (2 years, but less than 3 years ago)7
 Within the past 5 years (3 years, but less than 5 years ago)3
 5 or more years ago.....9
 Never.....2
 Not sure..... <1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [172 Respondents]

Within the past year (anytime less than 12 months ago).....37%
 Within the past 2 years (1 year, but less than 2 years ago).....20
 Within the past 5 years (2 years, but less than 5 years ago)7
 5 or more years ago.....8
 Never.....27
 Not sure.....1

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago)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).....9
- 5 or more years ago7
- Never48
- 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)..... 12%
- Within the past 2 years (1 year, but less than 2 years ago)..... 10
- Within the past 5 years (2 years, but less than 5 years ago) 10
- Within the past 10 years (5 years but less than 10 years ago) 4
- 10 years ago or more..... 5
- Never..... 58
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	40%	60%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	50	50	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	62	38	<1
41. Avoid artificial sources of ultraviolet light?.....	68	31	<1

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

Do not ride/skate/scoot..... 49%

Frequency of those who bicycle, use in-line roller skates or scooters [204 Respondents]

- Never53%
- Seldom.....6
- Sometimes6
- Nearly always5
- Always.....30
- Not sure0

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

Never	4%
Seldom.....	2
Sometimes	4
Nearly always	11
Always.....	80
Not sure	0

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

One	15%
Two	17
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? [161 Respondents]

Do not ride/skate/scoot..... 15%

Frequency of those who bicycle, use in-line roller skates or scooters [138 Respondents]

Never	13%
Seldom.....	4
Sometimes	8
Nearly always	13
Always.....	61
It depends	<1
Not sure	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [159 Respondents]

Never	2%
Seldom.....	1
Sometimes	0
Nearly always	4
Always.....	94
Not sure	0

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

Never	35%
Seldom.....	37
Sometimes	23
Nearly always	2
Always.....	3
Not sure	<1

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

Poor	2%
Fair.....	19
Good.....	57
Excellent.....	23
Not sure	0

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

Never	2%
Seldom.....	4
Sometimes	12
Nearly always	44
Always.....	38
Not sure	<1

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

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

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

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

None	33%
One to two days	18
Three to four days	15
Five or more days.....	35
Not sure	<1

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

None	33%
One drink	26
Two drinks	25
Three drinks	8
Four or more drinks	7
Not sure	0

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	74%
One to two times	12
Three or more times	14
Not sure	0

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

None	87%
Once	4
Two or more times	9
Not sure	<1

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

Yes	3%
No.....	97
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	4%
No.....	96
Not sure	<1

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

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

0 days	80%
1 to 29 days.....	4
30 days.....	17
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [83 Respondents]

0 days 68%
At least 1 day 32
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? [83 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

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

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

Yes 15%
No..... 41
No smokers in the household..... 44
Not sure 0

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

Smoke-free restaurants 62%
Restaurants that allow smoking 14
No preference..... 25
Not sure 0

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

Strongly oppose 21%
Moderately oppose..... 18
Moderately favor 21
Strongly favor 38
Not sure 3

Another issue being discussed these days deals with firearms.

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

Yes28%
 No.....72
 Not sure0

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

Yes4%
 No.....23
 Not sure<1
 No firearms in the household/no answer 72

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

Yes..... 2%
 No..... 2
 Not sure 0
 No firearms in household/not loaded/no answer 96

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?	12%	88%	0%
68. Having acupuncture?	1	99	0
69. Massage therapy?	18	83	0
70. Aroma therapy?	3	97	<1
71. Movement therapy, such as yoga or tai' chi?	6	94	0
72. Meditation?	4	96	0

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

73. Gender [DERIVED, NOT ASKED]

Male43%
 Female57

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

18 to 34 years old	17%
35 to 44 years old	24
45 to 54 years old	22
55 to 64 years old	13
65 and older	24

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight	44%
Overweight	36
Obese.....	21

77. What is your racial heritage?

White.....	99%
Black, African American or Negro	0
Asian or Pacific Islander	<1
American Indian or Alaska Native.....	<1
Another race	<1
Multiple races	0
Not sure	0

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married	12%
A member of an unmarried couple.....	<1
Married.....	68
Separated	<1
Divorced.....	6
Widowed	13
Not sure	0

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

8th grade or less	<1%
Some high school	2
High school graduate or GED.....	29
Some college.....	25
Technical school graduate	5
College graduate	27
Advanced or professional degree	12
Not sure	0

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

Milwaukee	100%
-----------------	------

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

Hales Corners.....	100%
--------------------	------

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

53130.....	96%
53132.....	<1
53228.....	<1
No answer	3

84. What is your annual household income before taxes?

Less than \$10,000	2%
\$10,000 to \$20,000.....	7
\$20,001 to \$30,000.....	11
\$30,001 to \$40,000.....	13
\$40,001 to \$50,000.....	10
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	12
\$75,001 to \$90,000.....	9
Over \$90,000	12
Not sure	3
No answer	8

The next series of questions deal with personal safety issues.

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

Yes	6%	ÛCONTINUE WITH Q86
No.....	94	ÛGO TO Q87
Not sure	0	ÛGO 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. [24 Respondents; More than 1 response accepted]

Stranger 16 responses
 Acquaintance 4 responses
 Boyfriend or girlfriend 2 responses
 Spouse 1 response
 Brother or sister 1 response
 Someone else 1 response
 Not sure 1 response

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

Yes2% ÜCONTINUE WITH Q88
 No..... 98 ÜGO TO Q89
 Not sure 0 ÜGO TO Q89

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

Friend 3 responses
 Ex-spouse 2 responses
 Acquaintance 2 responses
 Spouse 1 response
 Stranger 1 response

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

Smoke detectors55%
 Carbon monoxide detectors<1
 Both..... 43
 Neither 1
 Not sure<1

ADDITIONAL QUESTIONS FOR HALES CORNERS

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

A1. Which of the following best describes your level of awareness and experience with your public health department?

- Not aware of the health department until now 6%
- Aware of the health department, but have had no experience with programs or services59
- Aware of the health department and have received limited service like a flu shot or other immunization 33
- Aware of the health department and have received more extensive services2
- Not sure.....0

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A2. Smoking.....	37%	22%	20%	10%	11%
A3. Alcohol abuse.....	34	27	23	8	9
A4. Illegal drug use.....	35	31	13	5	16
A5. Lack of exercise.....	22	16	30	20	12
A6. Neighborhood safety.....	54	32	9	3	2
A7. Food sanitation.....	57	29	6	2	6