

**Jefferson County
Community Health Survey**
Fall 2003

Commissioned by:
Aurora Health Care

Prepared by:
JKV Research, LLC

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Purpose

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

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

Methodology

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

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

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

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehy@jkrresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

¹ Jefferson County is defined as all communities except for the city of Watertown.

Demographic Profile of Jefferson County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	24%
35 to 44	26
45 to 54	21
55 to 64	13
65 and Older	16
Education	
High School Graduate or Less	47%
Some Post High School	25
College Graduate	28
Household Income	
\$30,000 or Less	27%
\$30,001 to \$60,000	49
\$60,001 or More	22
Not Sure/No Answer	2
Married	58%

What do the percentages mean?

Results of the Jefferson County Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 45,418 adult residents.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 500 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 5,000 residents $\pm 2,500$ individuals. Meaning that from 2,500 to 7,500 residents may have fair or poor health. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 23,237 households in Jefferson County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 230 households. For example, 12% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 2,760.

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

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

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

Summary

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

Overall Health		Risk Conditions in the Past 3 Years	
Jefferson County	<u>2003</u>	Jefferson County	<u>2003</u>
Excellent	22%	High Blood Pressure.....	20%
Very Good.....	35%	High Blood Cholesterol	18%
Good	32%	Asthma (Current).....	6%
Fair or Poor	10%	Heart Disease/Condition.....	5%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Diabetes	5%
Wisconsin	57%	Cancer	5%
Nation	56%		
Health Care Coverage		Moderate Physical Activity/Week	
Jefferson County	<u>2003</u>	Jefferson County	<u>2003</u>
Personally Not Covered	4%	Inactive	24%
Household Member Not Covered (current) ...	12%	Insufficient	51%
Household Member Not Covered (past yr)....	19%	Recommended.....	25%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<i>Other Research: Recommended Physical Activity</i>	<u>2000</u>
Wisconsin	10%	Wisconsin.....	27%
Nation	13%	Nation	26%
Advance Care Plan		Nutrition and Diet	
Jefferson County	<u>2003</u>	Jefferson County	<u>2003</u>
Yes	35%	Fruit Intake (2 or more servings/day)	63%
		Vegetable Intake (3 or more servings/day)	28%
		Fried Food/Fast Food (a few times/week)	54%
		Overweight.....	64%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Jefferson County	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	81%	Nation	58%
Cholesterol Test (2 years or less).....	64%		
Dental Checkup (past year).....	75%	Women's Health	
Eye Exam (2 years or less).....	78%	Jefferson County	<u>2003</u>
		Mammogram (50+; past year).....	62%
Vaccinations		Pap Smear (past year).....	59%
Jefferson County	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	35%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	53%	Pap Smear (past year)	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Jefferson County	<u>2003</u>	Jefferson County	<u>2003</u>
Chiropractor	24%	Avoid Artificial Sources of UV Light	78%
Massage Therapy.....	14%	Use Sunscreen with SPF 15 or Higher	66%
Meditation	9%	Wear Sun Protective Clothing.....	61%
Aroma Therapy.....	5%	Avoid Sun Between 10 a.m. and 4 p.m.	42%
Movement Therapy.....	4%		
Acupuncture	1%		

Men's Health		Alcohol Use	
Jefferson County		Jefferson County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	30%	Drink in Past Month	56%
50 and Older	45%	3+ Drinks on Occasion in Past Month.....	24%
Other Tests		Binge in Past Month	
Jefferson County	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)]	12%
Blood Stool Test (50+; within past 2 years)...	49%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	2%
(50+; within past 2 years).....	34%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
Safety		<i>Wisconsin</i>	26%
Jefferson County		<i>Nation</i>	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	85%	Jefferson County	
Children	94%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	6%
(Of Those Who Ride Bike or In-Line Skate)		Never	35%
Adult.....	24%	Managing Stress	
Children	70%	Excellent/Good.....	76%
Detectors		Poor	3%
Smoke Detector	45%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom.....	6%
Both.....	52%	Considered Suicide (past year).....	2%
Neither	3%	Firearms in Household	
Tobacco Use		Jefferson County	
Jefferson County	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	24%	Have a Firearm.....	42%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	2%
Year Because Trying to Quit (smokers).....	39%	Have a Loaded Firearm Unlocked.....	<1%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers).....	53%	Jefferson County	<u>2003</u>
Smoking Indoors or in Vehicle.....	16%	Afraid for Their Safety	4%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	2%
Smoke-free	62%	Additional Questions	
Allow Smoking.....	14%	Jefferson County	
No Preference	24%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	<u>2003</u>
Establishments		Pollution in Lakes, Rivers and Streams	32%
Moderately Favor	21%	Pesticides	15%
Strongly Favor	42%	Safe Drinking Water	13%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Sewage/Septic	10%
<i>Wisconsin</i>	24%	Awareness of/Experience with Public Health Dept.	
<i>Nation</i>	23%	Aware of/No Experience	58%
		Aware of/Received Limited Services	28%
		Aware of/Received Extensive Services	4%

Overall Health and Health Care Key Findings

Fifty-seven percent of respondents reported their health as excellent or very good. Respondents with lower education, a household income of less than \$30,001 or smokers were more likely to report fair or poor health.

Four percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less or a household income of less than \$30,001 were more likely to report not having personal health insurance. Twelve percent reported someone in their household currently was not covered while 19% reported in the past 12 months someone in their household was not covered.

Respondents with a household income of less than \$60,001 or unmarried respondents were more likely to report someone in their household was currently not covered or in the past 12 months. Seventy-seven percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents with a college education, a household income of less than \$30,001 or at least \$60,001 were more likely to report medical doctor, etc. Thirty-five percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Seventy-five percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine checkup, 48% a cholesterol test and 45% reported an eye exam. Female respondents or those 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year. Having a cholesterol test, dental checkup or an eye exam varied across education levels.

Respondents with a household income of at least \$30,001 or married respondents were more likely to report a dental checkup in the past year.

Thirty-five percent of respondents had an influenza vaccination in the past year. Female respondents, those 65 and older, with a college education or with a household income of less than \$30,001 were more likely to report a flu vaccination. Fifty-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. Female respondents were more likely to report high blood pressure. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, diabetes or cancer, not including skin cancer. Respondents with a high school education or less were more likely to report high blood pressure, diabetes or cancer (not including skin cancer). Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report high blood pressure or heart disease/condition. Unmarried respondents were also more likely to report diabetes. Respondents who were physically inactive were more likely to report heart disease/condition.

Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-six percent of respondents felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (24% and 14%, respectively). Female respondents were more likely to report massage therapy, aroma therapy or movement therapy.

Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents 18 to 34 years old, 65 and older, with a high school education or less, or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Sixty-four percent of respondents were classified as overweight (40% overweight and 24% obese). Male respondents or those 45 to 54 years old were more likely to be classified as overweight.

Sixty-three percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents or those with a college education were more likely to eat fruit or vegetables. Respondents who did at least some physical activity were also more likely to eat fruit. Fifty-four percent of respondents eat fried/fast food at least a few times a week; males or respondents 18 to 34 years old were more likely to report this.

Eighty-seven percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, 55 to 64 years old or married respondents were more likely to have had a pap smear within the past three years.

Thirty percent of male respondents 40 to 49 years old and 45% of males 50 and older had a digital rectal exam in the past year.

Forty-nine percent of respondents 50 years old or older had their blood stool tested within the past two years while 34% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen with a SPF of 15 or higher or avoiding the sun. Respondents 55 to 64 years old or married respondents were more likely to report wearing sun protective clothing. Respondents with some post high school education were more likely to report avoiding the sun between 10 a.m. and 4 p.m.

Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were 45 to 54 years old were more likely to report they always wore seat belts. Eighty-nine percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 24% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 59% reported their child always wore a helmet.

Twenty-four percent of respondents were current smokers; respondents 55 to 64 years old or those with lower education were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Sixteen 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. Respondents with a college education, higher household income, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-three percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were 18 to 44 years old, with a college education, higher household income or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Fifty-six percent of respondents had an alcoholic drink in the past 30 days. In the past month, 24% had three or more drinks on at least one occasion while 12% binged. Respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to have had three or more drinks at least once or binged in the past month. Respondents with a household income of less than \$30,001 or at least \$60,001 were also more likely to have binged. Two 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-seven percent of households had a working smoke detector while 53% had a working carbon monoxide detector. Married households or those with a household income of \$30,001 to \$60,000 were more likely to have both a smoke detector and a carbon monoxide detector.

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

Four 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

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (32%). Male respondents or those with college education were more likely to report water pollution as a major/moderate problem.

Nine percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 35 to 54 years old, 65 and older or married were more likely to report services.

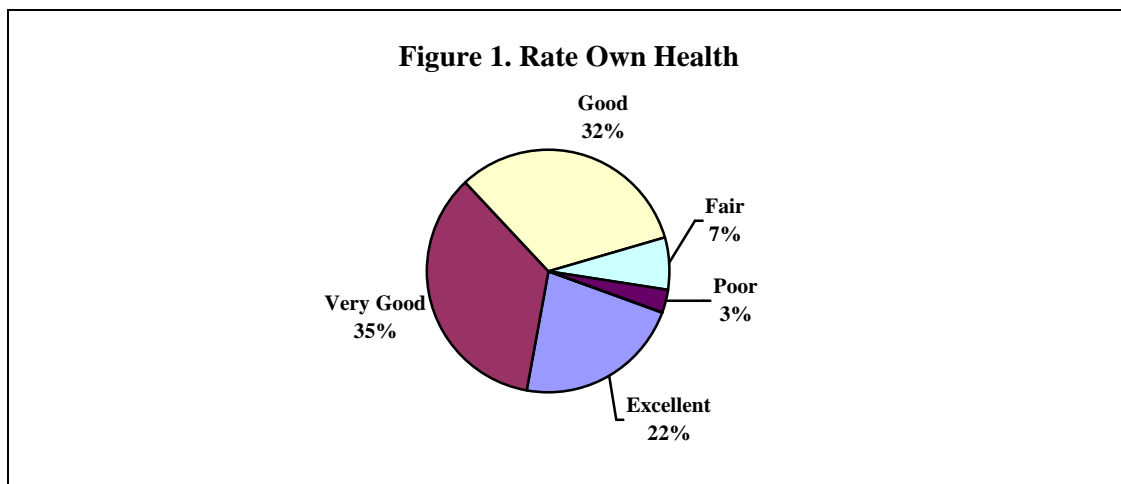
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-seven percent of respondents reported their health as excellent or very good. Respondents with lower education, a household income of less than \$30,001 or smokers were more likely to report fair or poor health.

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

- Fifty-seven percent of respondents said their own health, generally speaking, was either excellent (22%) or very good (35%). A total of 10% reported their health was fair (7%) or poor (3%).



- Fifteen percent of respondents with a high school education or less reported fair or poor health compared to 10% of those with some post high school education or 5% of respondents with a college education.
- Nineteen percent of respondents with a household income of less than \$30,001 reported fair or poor health compared to 8% of those with an income of \$30,001 to \$60,000 or 6% of respondents with a household income of at least \$60,001.
- Smokers were more likely to report fair or poor health compared to nonsmokers (19% and 8%, respectively).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	32%	35%	22%
Gender				
Male	8	31	36	25
Female	13	32	35	20
Age				
18 to 34	3	36	39	22
35 to 44	10	28	33	29
45 to 54	12	40	32	16
55 to 64	12	29	37	22
65 and Older	20	28	32	20
Education**				
High School or Less	15	36	32	17
Some Post High School	10	35	35	20
College Graduate	5	21	41	34
Household Income**				
\$30,000 or Less	19	40	29	13
\$30,001 to \$60,000	8	31	36	25
\$60,001 or More	6	25	42	27
Marital Status				
Married	10	29	37	24
Not Married	11	36	32	21
Overweight				
Not Overweight	8	30	35	27
Overweight	12	34	35	19
Physical Activity				
Inactive	14	42	30	15
Insufficient	11	28	37	24
Recommended	5	30	38	28
Smoker**				
Nonsmoker	8	30	37	25
Smoker	19	37	30	14

*= p≤0.05; **= p≤0.01

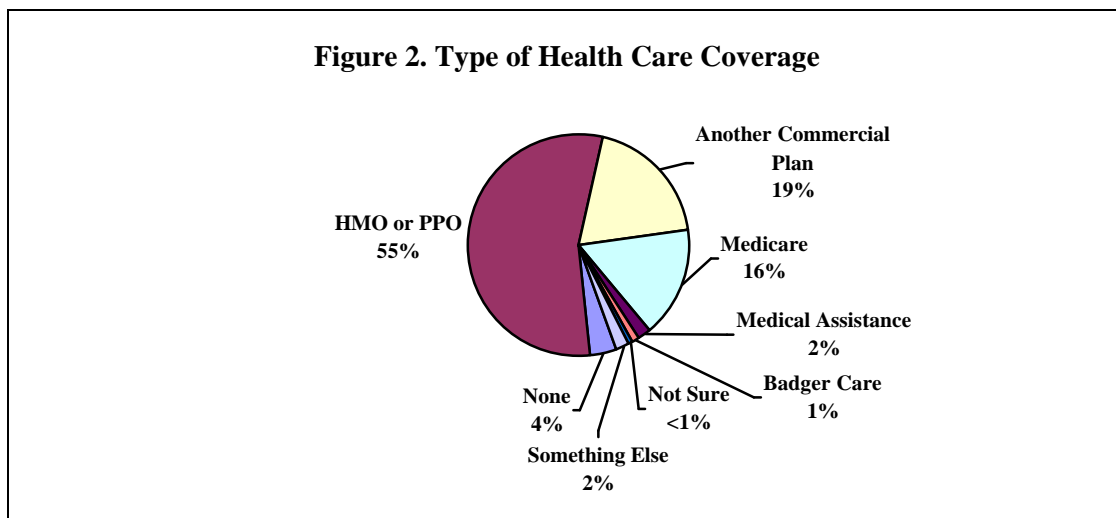
Health Care Coverage (Figure 2)

KEY FINDING: Four percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less or a household income of less than \$30,001 were more likely to report not having personal health insurance. Twelve percent reported someone in their household currently was not covered while 19% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$60,001 or unmarried respondents were more likely to report someone in their household was currently not covered or in the past 12 months. Seventy-seven percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents with a college education, a household income of less than \$30,001 or at least \$60,001 were more likely to report medical doctor, etc. Thirty-five percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Personally Not Covered

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

- Four percent of respondents reported they were not currently covered by any health insurance. Fifty-five percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Nineteen percent reported another commercial plan, 16% reported Medicare, 2% reported medical assistance, 1% reported Badger Care and 2% reported something else.



- Seven percent of respondents with a high school education were personally not covered compared to 3% of those with some post high school education or 0% of respondents with a college education.
- Ten percent of respondents with a household income of less than \$30,001 reported they did not have personal health care coverage compared to 3% of those with an income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.

Someone in Household Currently Not Covered

- Twelve percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 2,760 households.
- Sixteen percent of respondents with a household income of less than \$30,001 and 15% of those with an income of \$30,001 to \$60,000 reported someone in their household was not covered compared to 2% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered (19%) compared to married respondents (8%).

Someone in Household Not Covered in the Past 12 Months

- Nineteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-four percent of respondents with a household income of less than \$30,001 and 22% of those with an income of \$30,001 to \$60,000 reported someone in their household was not covered in the past 12 months compared to 5% 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 (28%) compared to married respondents (12%).

Primary Health Care Services

- Seventy-seven percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Thirteen percent reported walk-in or urgent care while 5% reported community health center and 3% reported hospital emergency room.
- Eighty-six percent of respondents with a college education reported a medical doctor, etc., compared to 76% of those with some post high school education or 72% of respondents with a high school education or less.
- Eighty-four percent of respondents with a household income of at least \$60,001 and 82% of those with an income of less than \$30,001 reported a medical doctor, etc., compared to 71% of respondents with a household income of \$30,001 to \$60,000.

Advance Care Plan

- Thirty-five percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Respondents 65 and older were more likely to report having an advance care plan (62%) compared to respondents 18 to 34 years old (21%). Thirty-four percent of respondents 35 to 44 years old and 33% of those 55 to 64 years old reported having an advance care plan along with 31% of respondents 45 to 54 years old.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-five percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine checkup, 48% a cholesterol test and 45% reported an eye exam. Female respondents or those 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year. Having a cholesterol test, dental checkup or an eye exam varied across education levels. Respondents with a household income of at least \$30,001 or married respondents were more likely to report a dental checkup in the past year.

Routine Checkup

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

- Sixty-two percent of respondents reported they had a routine checkup in the past year. An additional 19% 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 (71%) than male respondents (51%).
- Respondents 65 and older were more likely to report they had a routine checkup in the past year (80%) compared to those 18 to 34 years old (59%) or respondents 35 to 44 years old (53%).

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	62%	19%	8%	9%	2%
Gender**					
Male	51	19	12	14	4
Female	71	20	4	5	<1
Age**					
18 to 34	59	14	10	10	8
35 to 44	53	23	10	14	0
45 to 54	60	30	4	4	1
55 to 64	73	13	4	10	0
65 and Older	80	7	7	7	0
Education					
High School or Less	65	20	6	7	3
Some Post High School	53	21	12	10	3
College Graduate	64	18	7	11	0
Household Income					
\$30,000 or Less	65	17	6	12	0
\$30,001 to \$60,000	59	20	7	9	4
\$60,001 or More	65	21	11	3	0
Marital Status					
Married	61	21	9	9	<1
Not Married	64	17	6	9	4

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Forty-eight percent of respondents reported having their cholesterol tested within the past year. Sixteen percent reported one to two years ago. Twenty percent reported never having their cholesterol tested.
- Female respondents were more likely to have had their cholesterol tested within the past year (54%) than male respondents (41%).
- Generally, as age increased, so did the likelihood of respondents having their cholesterol tested within the past year. Thirty-three percent of respondents 18 to 34 years old reported this compared to 54% of those 45 to 54 years old or 77% of respondents 65 and older.

- Fifty-one percent of respondents with a college education and 49% of those with a high school education or less had their cholesterol tested within the past year compared to 44% of respondents with some post high school education.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	48%	16%	7%	5%	20%
Gender*					
Male	41	14	9	6	27
Female	54	18	5	5	14
Age**					
18 to 34	33	8	8	0	43
35 to 44	38	12	9	12	24
45 to 54	54	26	5	8	4
55 to 64	59	18	8	2	12
65 and Older	77	10	5	5	3
Education*					
High School or Less	49	17	3	3	20
Some Post High School	44	14	9	10	21
College Graduate	51	16	11	5	17
Household Income					
\$30,000 or Less	46	17	4	5	25
\$30,001 to \$60,000	49	13	7	6	20
\$60,001 or More	46	19	13	6	16
Marital Status					
Married	48	18	9	5	16
Not Married	49	11	5	5	25

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

Dental Checkup

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

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

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

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

- Respondents with a college education were more likely to have had a dental checkup in the past year (82%) compared to those with some post high school education (74%) or respondents with a high school education or less (70%).
- Seventy-nine percent of respondents with a household income of at least \$60,001 and 77% of those with an income of \$30,001 to \$60,000 reported a dental checkup in the past year compared to 66% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to report a dental checkup in the past year (83%) compared to unmarried respondents (62%).

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	75%	14%	3%	8%	1%
Gender					
Male	76	13	2	7	3
Female	73	15	3	8	0
Age					
18 to 34	72	13	3	8	4
35 to 44	75	15	4	5	1
45 to 54	80	16	1	3	0
55 to 64	79	10	0	8	0
65 and Older	67	13	5	15	0
Education**					
High School or Less	70	12	2	13	3
Some Post High School	74	15	6	5	0
College Graduate	82	14	2	2	0
Household Income*					
\$30,000 or Less	66	15	4	15	0
\$30,001 to \$60,000	77	13	2	6	2
\$60,001 or More	79	16	2	2	1
Marital Status**					
Married	83	10	3	4	0
Not Married	62	20	2	13	3

*= p≤0.05; **= p≤0.01

Eye Exam

- Forty-five percent of respondents had an eye exam in the past year, while 33% reported one to two years ago. Two percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (54%) compared to male respondents (35%).
- Respondents 65 and older were more likely to report they had an eye exam in the past year (67%) compared to those 18 to 34 years old (36%) or respondents 55 to 64 years old (35%).
- Forty-eight percent of respondents with a high school education or less had an eye exam in the past year compared to 44% of those with a college education or 43% of respondents with some post high school education. Seventeen percent of respondents with a college education reported five or more years ago compared to 4% of respondents with some post high school education.

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	45%	33%	9%	10%	2%
Gender**					
Male	35	39	10	14	2
Female	54	27	7	7	1
Age**					
18 to 34	36	32	14	11	1
35 to 44	45	32	6	15	2
45 to 54	50	31	13	4	3
55 to 64	35	46	6	13	0
65 and Older	67	18	7	8	0
Education**					
High School or Less	48	28	9	9	2
Some Post High School	43	42	9	4	2
College Graduate	44	32	7	17	0
Household Income					
\$30,000 or Less	42	27	15	11	3
\$30,001 to \$60,000	49	33	7	10	<1
\$60,001 or More	43	38	7	10	2
Marital Status					
Married	46	35	6	9	2
Not Married	45	29	13	11	<1

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-five percent of respondents had an influenza vaccination in the past year. Female respondents, those 65 and older, with a college education or with a household income of less than \$30,001 were more likely to report a flu vaccination. Fifty-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).

- Thirty-five percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination (41%) than male respondents (28%).
- Seventy-five percent of respondents 65 and older reported a flu vaccination compared to 21% of those 35 to 44 years old or 19% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report receiving a flu vaccination in the past year (44%) compared to those with a high school education or less (37%) or respondents with some post high school education (22%).
- Forty-six percent of respondents with a household income of less than \$30,001 reported a flu vaccination compared to 32% of those with an income of \$30,001 to \$60,000 or 27% of respondents with a household income of at least \$60,001.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	35%
Gender**	
Male	28
Female	41
Age**	
18 to 34	19
35 to 44	21
45 to 54	27
55 to 64	62
65 and Older	75
Education**	
High School or Less	37
Some Post High School	22
College Graduate	44
Household Income*	
\$30,000 or Less	46
\$30,001 to \$60,000	32
\$60,001 or More	27
Marital Status	
Married	33
Not Married	38

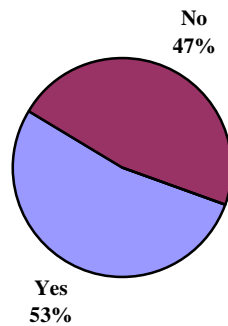
*= p≤0.05; **= p≤0.01

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).

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

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



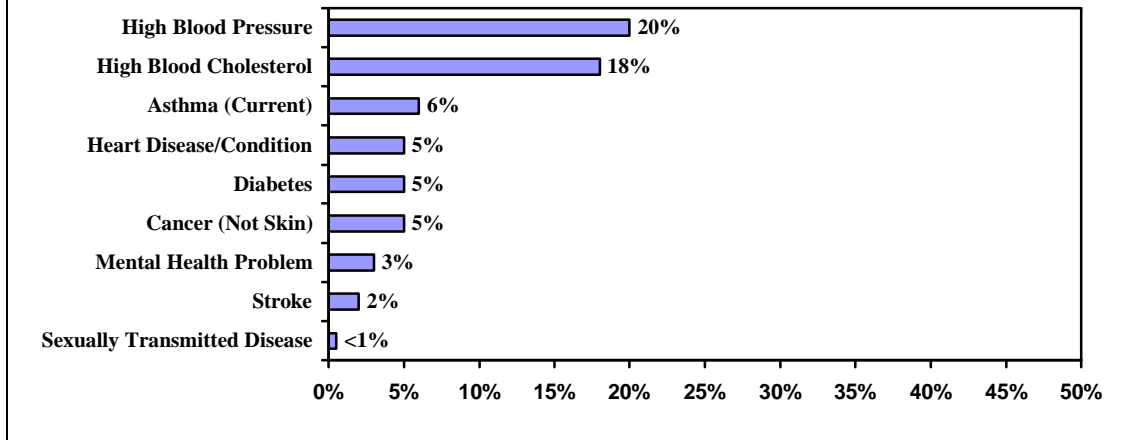
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

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

- Respondents were more likely to report they have been told or been treated for high blood pressure (20%), high blood cholesterol (18%), asthma (current, 6%), heart disease/heart condition (5%), diabetes (5%) or cancer (not including skin cancer, 5%) in the past three years.

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



- Female respondents were more likely to report high blood pressure (24%) than male respondents (15%).
- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, diabetes or cancer, not including skin cancer.
- Respondents with a high school education or less were more likely to report high blood pressure, diabetes or cancer, not including skin cancer.
- Respondents with a household of less than \$30,001 were more likely to report high blood pressure or heart disease/condition more often.
- Unmarried respondents were more likely to report high blood pressure, heart disease/condition or diabetes compared to married respondents.
- Respondents classified as inactive were more likely to report heart disease/condition (10%) compared to those who did an insufficient amount of activity (5%) or respondents who did the recommended amount of physical activity in a typical week (0%).

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	20%	18%	6%	5%	5%	5%
Gender						
Male	15*	17	4	4	3	4
Female	24*	18	7	6	6	5
Age						
18 to 34	9**	3**	9	1**	3*	5*
35 to 44	12**	11**	4	0**	1*	4*
45 to 54	16**	18**	6	4**	5*	1*
55 to 64	29**	25**	6	10**	6*	2*
65 and Older	48**	41**	5	20**	12*	12*
Education						
High School or Less	25*	18	6	6	8*	8*
Some Post High School	17*	15	6	5	1*	2*
College Graduate	14*	20	5	3	3*	2*
Household Income						
\$30,000 or Less	33**	22	9	9*	7	6
\$30,001 to \$60,000	16**	14	3	4*	5	4
\$60,001 or More	13**	17	7	2*	1	3
Marital Status						
Married	16*	16	4	3**	2**	5
Not Married	25*	19	8	8**	8**	4
Overweight						
Not Overweight	18	18	6	6	5	6
Overweight	20	16	6	5	5	4
Physical Activity						
Inactive	27	19	9	10**	9	1
Insufficient	18	18	4	5**	3	5
Recommended	15	13	7	0**	3	6

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

Diabetes

- Seventy-five percent of the 18 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

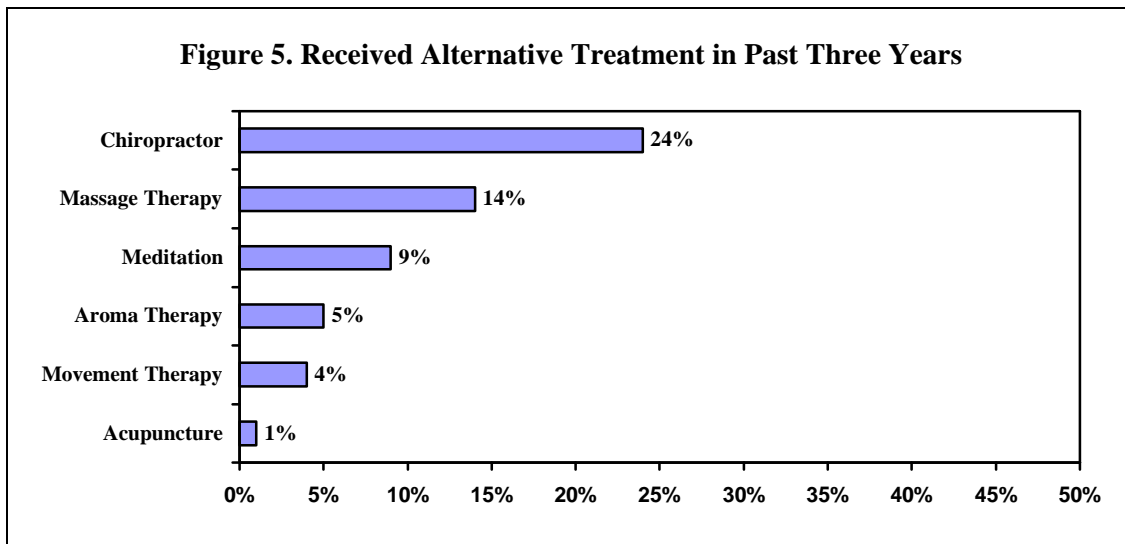
- Of the 23 respondents who currently had asthma, 70% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (24% and 14%, respectively). Female respondents were more likely to report massage therapy, aroma therapy or movement therapy.

- Respondents were more likely to have gone to a chiropractor (24%) or used massage therapy (14%) in the past three years.



- Female respondents were more likely to have reported massage therapy, aroma therapy or movement therapy in the past three years.

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

	Chiropractor	Massage Therapy	Meditation	Aroma Therapy	Movement Therapy
TOTAL	24%	14%	9%	5%	4%
Gender					
Male	24	8**	8	2**	<1**
Female	24	20**	11	7**	7**
Age					
18 to 34	20	17	11	9	7
35 to 44	29	19	9	6	4
45 to 54	21	16	10	4	6
55 to 64	29	10	4	4	0
65 and Older	22	7	12	0	3
Education					
High School or Less	25	17	12	5	3
Some Post High School	26	12	8	4	4
College Graduate	22	14	6	5	6
Household Income					
\$30,000 or Less	27	14	10	4	6
\$30,001 to \$60,000	22	13	7	6	4
\$60,001 or More	24	16	13	3	6
Marital Status					
Married	25	16	8	5	4
Not Married	22	13	11	5	5

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents 18 to 34 years old, 65 and older, with a high school education or less, or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Sixty-four percent of respondents were classified as overweight (40% overweight and 24% obese). Male respondents or those 45 to 54 years old were more likely to be classified as overweight.

Physical Activities in Past Month

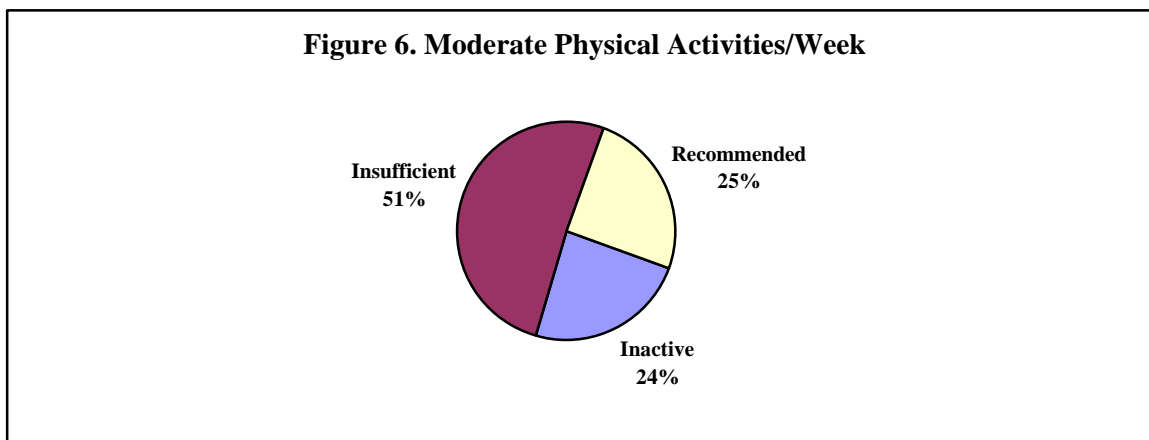
- Seventy-five percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

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



- Thirty-three percent of respondents 18 to 34 years old and 31% of those 65 and older met the recommendation compared to 20% of respondents 35 to 44 years old or 55 to 64 years old.
- Twenty-nine percent of respondents with a high school education or less met the recommendation compared to 24% of those with a college education or 19% of respondents with some post high school education.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to meet the recommendation (29%) compared to those with an income of at least \$60,001 (23%) or respondents with a household income of less than \$30,001 (22%).
- Married and unmarried respondents were somewhat similar in meeting the recommendation (26% and 24%, respectively). However, unmarried respondents were more likely to be inactive (31%) than married respondents (19%).

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

	Inactive	Insufficient	Recommended
TOTAL	24%	51%	25%
Gender			
Male	23	54	23
Female	25	49	27
Age*			
18 to 34	16	51	33
35 to 44	22	58	20
45 to 54	24	53	24
55 to 64	20	61	20
65 and Older	36	34	31
Education**			
High School or Less	30	41	29
Some Post High School	20	61	19
College Graduate	16	61	24
Household Income*			
\$30,000 or Less	33	45	22
\$30,001 to \$60,000	21	50	29
\$60,001 or More	17	61	23
Marital Status*			
Married	19	56	26
Not Married	31	45	24
Overweight			
Not Overweight	19	51	30
Overweight	25	52	23

*= p≤0.05; **= p≤0.01

Body Weight

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

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

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

- According to the definition, 64% were overweight (40% overweight and 24% obese).
- Male respondents were more likely to be classified as overweight (79%) compared to female respondents (51%).
- Respondents 45 to 54 years old were more likely to be classified as overweight (80%) compared to those 65 and older (61%) or respondents 18 to 34 years old or 55 to 64 years old (58% each).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	64%
Gender**	
Male	79
Female	51
Age*	
18 to 34	58
35 to 44	63
45 to 54	80
55 to 64	58
65 and Older	61
Education	
High School or Less	69
Some Post High School	61
College Graduate	58
Household Income	
\$30,000 or Less	72
\$30,001 to \$60,000	63
\$60,001 or More	59
Marital Status	
Married	66
Not Married	61
Moderate Physical Activities	
Inactive	70
Insufficient	64
Recommended	57

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-three percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents or those with a college education were more likely to eat fruit or vegetables. Respondents who did at least some physical activity were also more likely to eat fruit. Fifty-four percent of respondents eat fried/fast food at least a few times a week; males or respondents 18 to 34 years old 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-three percent of respondents eat two or more servings of fruit on an average day. Thirty-seven percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day than male respondents (70% and 54%, respectively).
- Seventy-six percent of respondents with a college education reported eating two or more servings of fruit per day compared to 58% of those with a high school education or less or 56% of respondents with some post high school education.
- Sixty-nine percent of respondents who met the recommended amount of physical activity and 67% of those who did an insufficient amount of physical activity reported two or more servings of fruit per day compared to 48% of inactive respondents.

Vegetable Intake

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

- Twenty-eight percent of respondents eat three or more servings of vegetables on an average day. Seventy-one percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day than male respondents (35% and 20%, respectively).
- Thirty-nine percent of respondents with a college education reported at least three servings of vegetables per day compared to 32% of those with some post high school education or 20% of respondents with a high school education or less.

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	37%	63%	71%	28%
Gender				
Male	45**	54**	78**	20**
Female	29**	70**	64**	35**
Age				
18 to 34	42	58	65	36
35 to 44	33	67	74	25
45 to 54	41	58	82	19
55 to 64	44	56	71	29
65 and Older	27	72	67	32
Education				
High School or Less	40*	58*	78**	20**
Some Post High School	43*	56*	68**	32**
College Graduate	24*	76*	61**	39**
Household Income				
\$30,000 or Less	36	63	77	21
\$30,001 to \$60,000	35	64	70	30
\$60,001 or More	39	60	68	32
Marital Status				
Married	37	62	69	31
Not Married	38	62	75	24
Overweight				
Not Overweight	32	67	70	30
Overweight	40	59	74	26
Moderate Physical Activities				
Inactive	51*	48*	77	22
Insufficient	33*	67*	72	27
Recommended	31*	69*	65	35

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Nine percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-five percent reported a few times per week. Thirty-one percent reported a few times per month while 15% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (62%) compared to female respondents (48%).

- Seventy-one percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 46% of those 55 to 64 years old or 28% of respondents 65 and older.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	31%	54%
Gender*		
Male	27	62
Female	35	48
Age**		
18 to 34	26	71
35 to 44	40	54
45 to 54	27	59
55 to 64	27	46
65 and Older	34	28
Education		
High School or Less	32	54
Some Post High School	28	57
College Graduate	33	55
Household Income		
\$30,000 or Less	31	51
\$30,001 to \$60,000	33	53
\$60,001 or More	27	61
Marital Status		
Married	32	56
Not Married	30	51
Overweight		
Not Overweight	36	47
Overweight	30	59
Moderate Physical Activities		
Inactive	21	61
Insufficient	34	55
Recommended	34	49

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-seven percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, 55 to 64 years old or married respondents were more likely to have had a pap smear within the past three years.

Mammogram

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

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

- Thirty percent of all female respondents never had a mammogram while 63% had a mammogram within the past two years (47% within past year and 16% 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 (87% of those 50 and older; 74% 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: not recommended by provider (five responses), too young, not insured, don’t need, no time or don’t like (two responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	47%	16%	8%	30%
Age**				
18 to 39	21	3	7	70
40 to 49	57	17	11	15
50 and Older	62	25	6	7

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Fifty-nine percent of respondents reported they had a pap smear within the past year. An additional 27% reported between one year and less than three years.
- Ninety-four percent of respondents 35 to 44 years old and 93% of those 55 to 64 years old had a pap smear within the past three years compared to 87% of those 45 to 54 years old or 62% respondents 65 and older.
- Married respondents were more likely to have had a pap smear within the past three years (94%) compared to unmarried respondents (76%).

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	59%	23%	4%	9%	4%
Age**					
18 to 34	68	19	4	4	4
35 to 44	66	26	2	6	0
45 to 54	64	21	2	5	7
55 to 64	71	18	4	7	0
65 and Older	26	28	8	23	10
Education					
High School or Less	59	22	3	11	5
Some Post High School	51	28	6	9	3
College Graduate	73	21	2	2	2
Household Income					
\$30,000 or Less	49	25	7	14	3
\$30,001 to \$60,000	60	25	4	6	4
\$60,001 or More	72	21	0	5	3
Marital Status**					
Married	66	26	2	4	3
Not Married	49	20	7	15	6

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

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

Men’s Health (Table 16)

KEY FINDING: Thirty percent of male respondents 40 to 49 years old and 45% of males 50 and older had a digital rectal exam in the past year.

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

Digital Rectal Exam

- Forty-six percent of all male respondents never had a digital rectal exam. Twenty-four percent had an exam in the past year while 10% reported within the past two years (one year but less than two years).
- Forty-five percent of male respondents 50 years old and older had an exam less than a year ago while 30% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	24%	10%	20%	46%
Age**				
18 to 39	6	4	14	76
40 to 49	30	13	23	34
50 and Older	45	14	23	18

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-nine percent of respondents 50 years old or older had their blood stool tested within the past two years while 34% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

- Forty-nine percent of all respondents never had a blood stool test. Thirty-three percent were tested within the past two years (19% less than a year ago and 14% more than one year ago, but less than two).

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

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

- Forty-nine percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 36% of those 40 to 49 years old or 14% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 75% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	19%	14%	15%	49%
Gender				
Male	15	14	15	53
Female	23	14	14	45
Age**				
18 to 39	8	6	6	75
40 to 49	18	18	17	41
50 and Older	32	17	21	27
Education				
High School or Less	20	14	14	49
Some Post High School	15	15	15	48
College Graduate	22	11	16	50
Household Income				
\$30,000 or Less	23	14	17	42
\$30,001 to \$60,000	15	13	14	53
\$60,001 or More	24	16	14	45
Marital Status				
Married	20	11	16	50
Not Married	18	18	12	47

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

Sigmoidoscopy or Colonoscopy Exam

- Sixty-seven percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Nineteen percent were examined within the past two years (11% less than a year ago and 8% more than one year ago, but less than two).
- A total of 34% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 13% of those 40 to 49 years old or 7% of respondents 18 to 39 years old. Forty-one percent of respondents 50 and older reported never compared to 89% of respondents 18 to 39 years old.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported an exam in the past two years compared to 17% of respondents with a household income of \$30,001 or more. Seventy-six percent of respondents with a household income of at least \$60,001 reported never compared to 56% of respondents with a household income of less than \$30,001.

- Unmarried respondents were more likely to report a sigmoidoscopy or colonoscopy in the past two years (24%) than married respondents (15%). Seventy-two percent of married respondents reported never compared to 60% of unmarried respondents.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	8%	7%	6%	67%
Gender					
Male	8	6	7	7	72
Female	14	9	8	6	62
Age**					
18 to 39	3	4	1	2	89
40 to 49	12	1	7	4	73
50 and Older	17	17	13	11	41
Education					
High School or Less	14	9	5	7	64
Some Post High School	7	7	11	5	68
College Graduate	9	8	8	7	67
Household Income*					
\$30,000 or Less	10	12	8	13	56
\$30,001 to \$60,000	11	6	8	4	69
\$60,001 or More	10	7	5	2	76
Marital Status*					
Married	10	5	8	4	72
Not Married	12	12	6	10	60

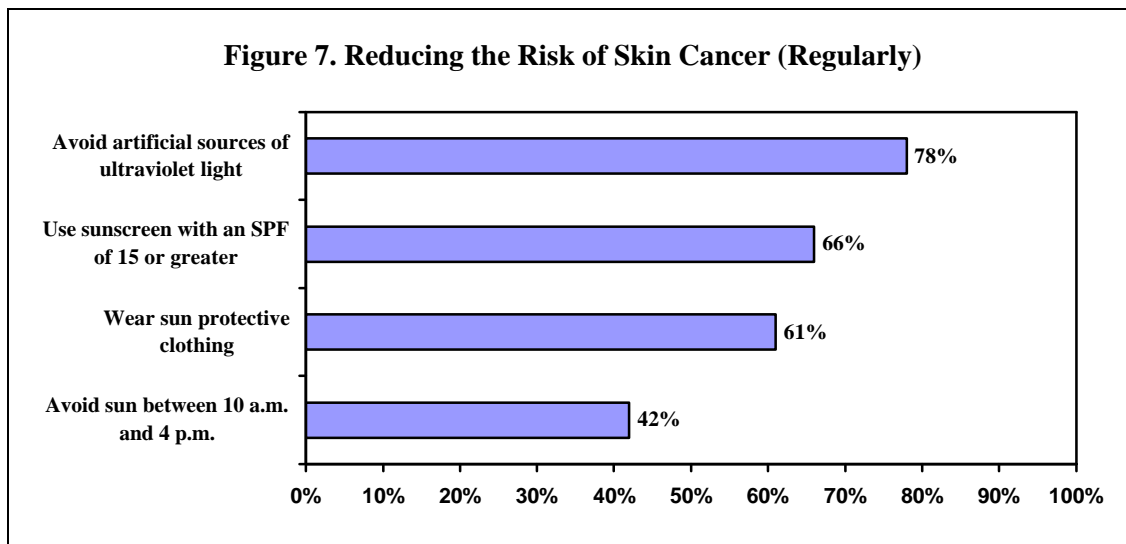
*= p<0.05; **= p<0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen with a SPF of 15 or higher or avoiding the sun. Respondents 55 to 64 years old or married respondents were more likely to report wearing sun protective clothing. Respondents with some post high school education were more likely to report avoiding the sun between 10 a.m. and 4 p.m.

- To reduce the risk of skin cancer, 78% of respondents regularly avoid artificial sources of ultraviolet light, 66% use sunscreen with a SPF of 15 or higher, 61% wear sun protective clothing while 42% avoid the sun between 10 a.m. and 4 p.m.

- Seven percent of respondents did not reduce their risk by any of these four measures. Seventeen percent reported one measure. Twenty percent reported two of the four actions while 33% reported three and 23% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen with a SPF of at least 15 or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents 55 to 64 years old were more likely to report wearing sun protective clothing (77%) compared to those 35 to 44 years old (56%) or respondents 18 to 34 years old (50%).
- Fifty-six percent of respondents with some post high school education reported avoiding the sun from 10 a.m. to 4 p.m. compared to 40% of those with a high school education or less or 33% of respondents with a college education.
- Married respondents were more likely to report wearing sun protective clothing than unmarried respondents (66% and 53%, respectively).

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	78%	66%	61%	42%
Gender				
Male	77	59*	58	29**
Female	78	72*	63	54**
Age				
18 to 34	77	74	50**	38
35 to 44	80	63	56**	39
45 to 54	78	63	60**	42
55 to 64	79	63	77**	50
65 and older	73	62	68**	49
Education				
High School or Less	77	62	57	40**
Some Post High School	75	70	65	56**
College Graduate	83	69	64	33**
Household Income				
\$30,000 or Less	74	56	56	47
\$30,001 to \$60,000	77	71	63	40
\$60,001 or More	88	66	61	39
Marital Status				
Married	80	66	66*	44
Not Married	75	66	53*	39

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were 45 to 54 years old were more likely to report they always wore seat belts. Eighty-nine percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 24% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 59% reported their child always wore a helmet.

Seat Belts

- Eighty-five percent of respondents stated they wore seat belts always or nearly always (77% and 8%, respectively).
- Respondents 45 to 54 years old were more likely to report they always wore seat belts (85%) compared to those 55 to 64 years old (73%) or respondents 18 to 34 years old (68%).

- Married and unmarried respondents were similar when reporting always (77% and 75%, respectively). However, married respondents were more likely to report always or nearly always compared to unmarried respondents (88% and 79%, respectively).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	3%	8%	8%	77%
Gender					
Male	7	4	6	9	74
Female	3	3	9	6	80
Age**					
18 to 34	0	8	22	3	68
35 to 44	5	2	6	11	76
45 to 54	3	4	1	7	85
55 to 64	4	4	2	17	73
65 and older	15	0	3	5	77
Education					
High School or Less	7	3	11	7	72
Some Post High School	1	4	6	9	80
College Graduate	4	3	4	6	84
Household Income					
\$30,000 or Less	6	5	9	7	73
\$30,001 to \$60,000	4	4	8	7	77
\$60,001 or More	5	1	5	11	79
Marital Status**					
Married	4	<1	7	11	77
Not Married	6	7	8	4	75

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Eighty-nine percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 5% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

Bicycle Helmet Usage

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

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

- Twenty-four percent of respondents who bicycled, in-line roller skated or rode a scooter always (21%) or nearly always (3%) wore a helmet. Sixty-two percent reported never.
- Twenty-eight percent of respondents with a household income of at least \$60,001 reported always compared to 19% of those with an income of \$30,001 to \$60,000 or 17% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report they always wore a helmet compared to unmarried respondents (28% and 11%, respectively).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	62%	8%	6%	3%	21%
Gender					
Male	60	7	8	5	19
Female	64	7	4	2	22
Age					
18 to 34	58	10	10	3	19
35 to 44	58	8	4	4	25
45 to 54	72	6	6	0	16
55 and older	68	7	3	3	16
Education					
High School or Less	72	5	4	4	15
Some Post High School	61	14	7	2	14
College Graduate	48	7	9	3	33
Household Income*					
\$30,000 or Less	72	2	4	2	17
\$30,001 to \$60,000	64	7	10	0	19
\$60,001 or More	49	12	2	10	28
Marital Status*					
Married	57	9	2	4	28
Not Married	68	6	11	3	11

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Fifty-nine percent of respondents reported their child always wore a helmet while 11% reported nearly always. Nineteen percent reported never.
- Sixty-seven percent of respondents with a household income of at least \$60,001 reported their child always wore a helmet compared to 60% of those with an income of \$30,001 to \$60,000 or 39% of respondents with a household income of less than \$30,001. Thirty-one percent of respondents with a household income of less than \$30,001 reported never compared to 21% of those with an income of \$30,001 to \$60,000 or 7% of respondents with a household income of at least \$60,001.

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

KEY FINDING: Twenty-four percent of respondents were current smokers; respondents 55 to 64 years old or those with lower education were more likely to be smokers. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Sixteen 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. Respondents with a college education, higher household income, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-three percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were 18 to 44 years old, with a college education, higher household income 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-four percent of respondents were current smokers. Three percent smoked between one and 29 days while the remaining 21% smoked every day.
- Respondents 55 to 64 years old were more likely to be current smokers (35%) compared to those 18 to 34 years old (16%) or respondents 65 and older (13%).
- Respondents with lower education were more likely to be current smokers. Thirty percent of respondents with a high school education or less were smokers compared to 22% of those with some post high school education or 14% of respondents with a college education.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	24%
Gender	
Male	24
Female	23
Age*	
18 to 34	16
35 to 44	26
45 to 54	31
55 to 64	35
65 and older	13
Education**	
High School or Less	30
Some Post High School	22
College Graduate	14
Household Income	
\$30,000 or Less	29
\$30,001 to \$60,000	23
\$60,001 or More	16
Marital Status	
Married	23
Not Married	25

*= p≤0.05; **= p≤0.01

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

Of current smokers...

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

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

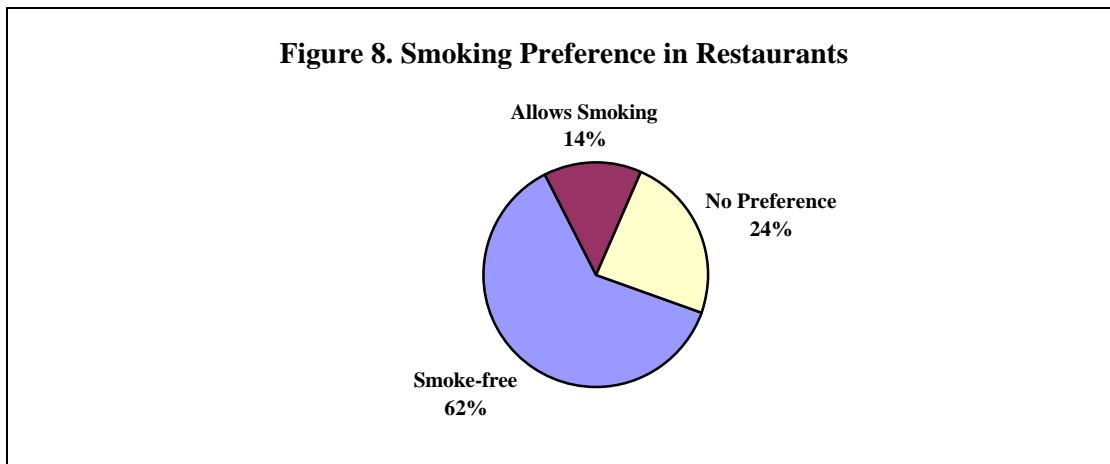
- Fifty-three percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

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. Sixteen percent reported indoor smoking or vehicle smoking occurred.
- There was no statistically significant difference between households with or without children and smoking indoors or inside vehicles when others were present.

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-four percent reported they did not have a preference.



- Seventy-eight percent of respondents with a college education preferred smoke-free restaurants compared to 61% of those with some post high school education or 54% of respondents with a high school education or less. Seventeen percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 14% of those with some post high school education or 6% of respondents with a college education.

- Respondents with higher household income were more likely to prefer smoke-free restaurants. Seventy-four percent of respondents with a household income of at least \$60,001 reported this compared to 67% of those with an income of \$30,001 to \$60,000 or 45% of respondents with a household income of less than \$30,001. Twenty-one percent of respondents with a household income of less than \$30,001 preferred restaurants that allow smoking compared to 13% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to prefer smoke-free restaurants (67%) than unmarried respondents (55%). Sixteen percent of unmarried respondents preferred restaurants that allow smoking compared to 12% of married respondents.
- Seventy-five percent of nonsmokers preferred smoke-free restaurants compared to 20% of smokers. Fifty-two percent of smokers preferred restaurants that allow smoking while 2% of nonsmokers had this preference.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-three percent of respondents favored a community ordinance prohibiting smoking in eating establishments (42% strongly favor, 21% moderately favor).
- Female respondents were more likely to favor an ordinance (67%) compared to male respondents (57%).
- Seventy percent of respondents 18 to 34 years old and 68% of those 35 to 44 years old favored an ordinance compared to 56% of those 45 to 54 years old or 52% of respondents 55 and older.
- As education increased, so did the likelihood of respondents favoring a community ordinance that prohibits smoking in eating establishments. Fifty-seven percent of respondents with a high school education or less reported this compared to 63% of those with some post high school education or 72% of respondents with a college education.
- Respondents with a household income of at least \$60,001 were more likely to favor an ordinance (72%) compared to those with an income of \$30,001 to \$60,000 (68%) or respondents with a household income of less than \$30,001 (45%).
- Seventy-four percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 25% of smokers. Nonsmokers were more likely to strongly favor an ordinance (51%) compared to smokers (13%).

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

	Moderately Favor	Strongly Favor
TOTAL	21%	42%
Gender**		
Male	21	36
Female	20	47
Age**		
18 to 34	32	38
35 to 44	12	56
45 to 54	21	35
55 to 64	17	35
65 and older	12	40
Education**		
High School or Less	21	36
Some Post High School	24	39
College Graduate	16	56
Household Income**		
\$30,000 or Less	17	28
\$30,001 to \$60,000	21	47
\$60,001 or More	25	47
Marital Status		
Married	21	46
Not Married	19	37
Smoking Status**		
Nonsmoker	23	51
Smoker	12	13

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Fifty-six percent of respondents had an alcoholic drink in the past 30 days. In the past month, 24% had three or more drinks on at least one occasion while 12% binged. Respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to have had three or more drinks at least once or binged in the past month. Respondents with a household income of less than \$30,001 or at least \$60,001 were also more likely to have binged. Two 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

- Fifty-six percent of respondents had a drink in the past 30 days. Twenty-four percent reported they drank on at least five days, while 10% reported three to four days, and 22% reported drinking on one or two days in the past 30 days.
- Eight percent of all respondents reported an average of four or more drinks per day on the days they drank while 13% reported three, 19% reported two and 17% reported one drink on average on the days they drank. Forty-three percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-four percent of all respondents had three or more drinks on an occasion in the past month. Thirteen percent reported this one to two times and 11% reported three or more times.
- Male respondents were more likely to have had three or more drinks (35%) than female respondents (14%). Males were more likely to report three or more drinks on at least three occasions (20%) compared to female respondents (3%).
- Respondents 55 to 64 years old were more likely to have had three or more drinks and more often. Thirty-two percent of respondents 55 to 64 years old reported three or more drinks (13% one to two occasions and 19% three or more occasions) compared to 2% of respondents 65 and older (0% one to two occasions and 2% three or more occasions). Respondents 18 to 34 years old were also quite likely to have had at least three drinks on an occasion (29%).

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).

- Twelve percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (19%) than female respondents (6%).
- Respondents 18 to 34 years old or those 55 to 64 years old were more likely to have binged in the past month (17% each) compared to those 45 to 54 years old (6%) or respondents 65 and older (0%).
- Eighteen percent of respondents with a household income of at least \$60,001 and 17% of those with an income of less than \$30,001 binged in the past month compared to 7% of respondents with a household income of \$30,001 to \$60,000.

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	13%	11%	12%
Gender			
Male	15**	20**	19**
Female	11**	3**	6**
Age			
18 to 34	21**	8**	17**
35 to 44	13**	13**	13**
45 to 54	11**	13**	6**
55 to 64	13**	19**	17**
65 and Older	0**	2**	0**
Education			
High School or Less	11	12	15
Some Post High School	9	9	7
College Graduate	20	10	11
Household Income			
\$30,000 or Less	15	10	17**
\$30,001 to \$60,000	11	10	7**
\$60,001 or More	16	14	18**
Marital Status			
Married	13	10	11
Not Married	12	12	13

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

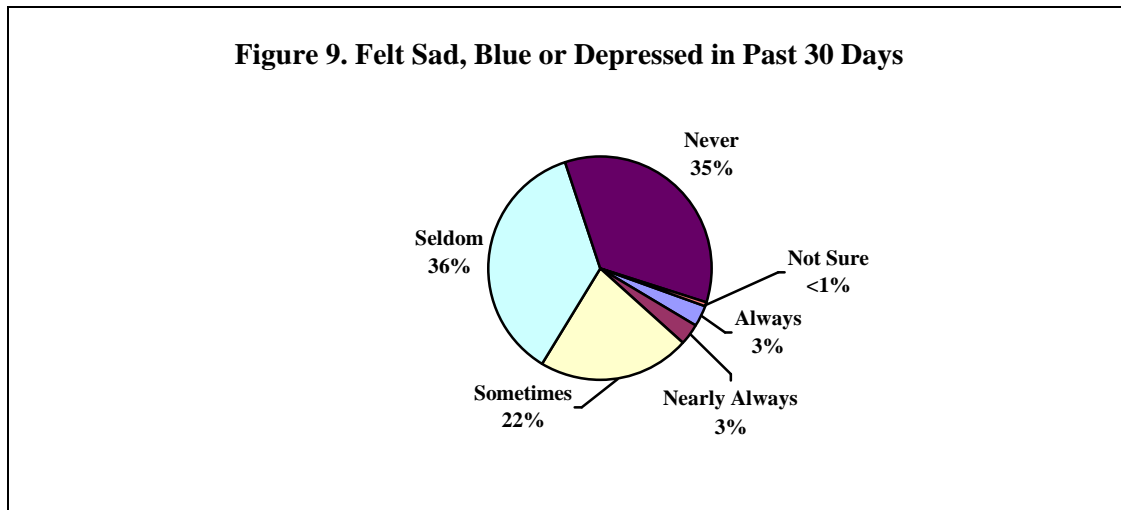
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-six percent of respondents felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” six percent of survey respondents answered always or nearly always. This equates up to 5,500 residents. Twenty-two percent reported sometimes and the remaining 71% reported seldom (36%) or never (35%).



- Female and male respondents were similar when reporting always/nearly always (6% and 5%, respectively). However, male respondents were more likely to report never (43%) compared to female respondents (29%).

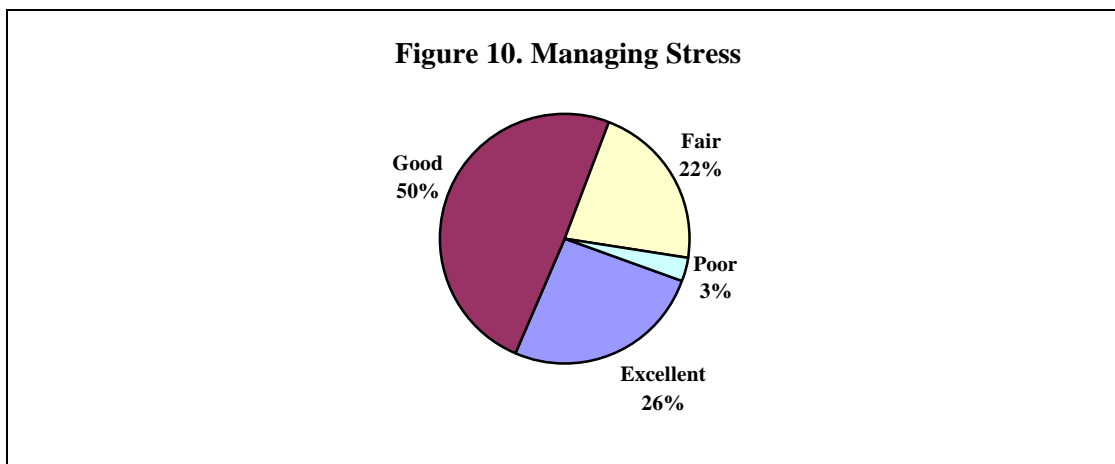
Considered Suicide

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

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 3,500 residents who considered suicide in the past year.

Managing Stress

- Twenty-six percent reported they were excellent at managing stress. Fifty percent reported good while 22% reported fair and 3% reported poor.



- Female respondents were more likely to report poor (5%) compared to male respondents (less than one percent). Female respondents were more likely to report fair or poor (31%) compared to male respondents (18%).
- Six percent of respondents with a household income of less than \$30,001 reported poor compared to 2% of those with an income of \$30,001 or more. Thirty-seven percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 24% of those with an income of \$30,001 to \$60,000 or 16% of respondents with a household income of at least \$60,001.

Finding Meaning and Purpose in Daily Life

- Forty-eight percent of respondents reported they always find meaning and purpose in their daily life, an additional 35% reported nearly always. Eleven percent reported sometimes while 4% reported seldom and 2% percent reported never.
- There were no statistically significant differences between demographic variables and responses of finding meaning and purpose in daily life.

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

	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	11%	35%	48%
Gender				
Male	8	11	30	51
Female	5	11	39	45
Age				
18 to 34	4	16	34	46
35 to 44	6	7	34	53
45 to 54	5	15	39	40
55 to 64	6	6	38	50
65 and older	7	10	27	52
Education				
High School or Less	7	14	28	50
Some Post High School	6	12	38	44
College Graduate	4	5	43	47
Household Income				
\$30,000 or Less	9	10	33	46
\$30,001 to \$60,000	6	11	34	47
\$60,001 or More	2	11	37	49
Marital Status				
Married	4	11	34	50
Not Married	8	13	35	44

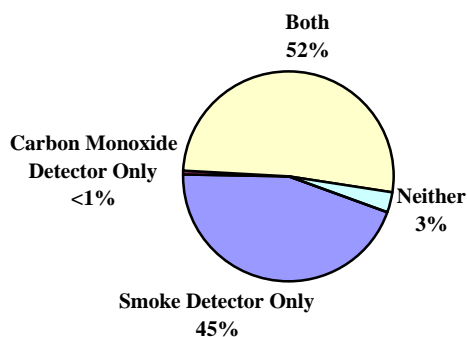
*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-seven percent of households had a working smoke detector while 53% had a working carbon monoxide detector. Married households or those with a household income of \$30,001 to \$60,000 were more likely to have both a smoke detector and a carbon monoxide detector.

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

Figure 11. Detectors in Household



- Sixty percent of respondents with household income of \$30,001 to \$60,000 reported having both a smoke detector and a carbon monoxide detector compared to 53% of those with an income of at least \$60,001 or 39% of respondents with a household income of less than \$30,001.
- Married households were more likely to have both detectors (64%) compared to unmarried households (37%). Four percent of unmarried respondents reported neither compared to 1% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	45%	<1%	52%	3%
Household Income*				
\$30,000 or Less	57	<1	39	3
\$30,001 to \$60,000	38	0	60	2
\$60,001 or More	45	0	53	2
Marital Status**				
Married	35	<1	64	1
Not Married	58	<1	37	4

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

Presence of Firearms in Household

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

Firearm in Household

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

- At the time of the survey administration, 42% of households had one or more firearms.
- Households with higher income were more likely to have a firearm. Fifty-five percent of respondents with a household income of at least \$60,001 reported a firearm compared to 42% of those with an income of \$30,001 to \$60,000 or 31% of respondents with a household income of less than \$30,001.
- Married households were more likely to have a firearm (47%) compared to unmarried households (35%).

Loaded Firearm

- Two percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

KEY FINDING: Four 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,” four percent reported yes.
- There were no statistically significant differences between demographic variables and responses of being afraid for personal safety.
 - A stranger was most often mentioned as the perpetrator (eight responses). Fewer than five respondents reported each of the following: ex-spouse, acquaintance, parent, friend or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - Two respondents each reported a friend or stranger while one respondent reported ex-spouse. Someone else was reported by two respondents.

Combined Personal Safety Threats

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

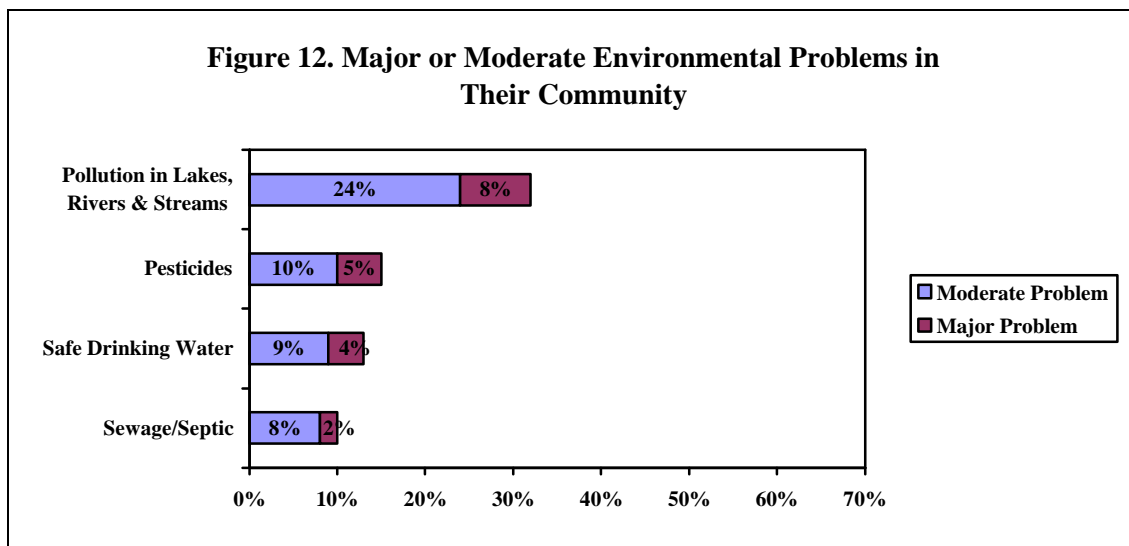
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (32%). Male respondents or those with college education were more likely to report water pollution as a major/moderate problem.

- Out of four environmental problems that communities may face, 32% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Fifteen percent reported pesticides followed by 13% reporting safe drinking water and 10% reporting sewage/septic.



- Male respondents were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem (37%) than female respondents (27%).
- Forty-three percent of respondents with a college education reported water pollution in lakes, rivers and streams as a major/moderate problem in their community compared to 31% of those with some post high school education or 26% of respondents with a high school education or less.

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

	Lake, River & Stream Pollution	Pesticides	Safe Drinking Water	Sewage or Septic
TOTAL	32%	15%	13%	10%
Gender				
Male	37*	17	13	11
Female	27*	14	14	8
Age				
18 to 34	29	9	10	4
35 to 44	34	20	13	12
45 to 54	30	15	19	10
55 to 64	44	17	17	15
65 and older	26	15	7	10
Education				
High School or Less	26**	12	10	8
Some Post High School	31**	17	17	10
College Graduate	43**	19	17	12
Household Income				
\$30,000 or Less	29	13	12	7
\$30,001 to \$60,000	30	20	15	8
\$60,001 or More	37	9	10	16
Marital Status				
Married	34	14	12	11
Not Married	29	17	14	7

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Nine percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 35 to 54 years old, 65 and older or married were more likely to report services.

- Nine percent of respondents were not aware of the public health department prior to the interview. Fifty-eight percent were aware of the department but had no experience with it. Twenty-eight percent received limited services from the health department and 4% received more extensive services.
- Female respondents were more likely to have received services from the health department. Forty percent of female respondents reported services while 23% of male respondents reported services.
- Respondents 65 and older or 35 to 44 years old were more likely to report receiving any form of service while respondents 18 to 34 years old were more likely to report extensive services. Respondents 18 to 34 years old were also more likely to report they were not aware of the health department (17%) compared to all other age categories (4% to 8%).

- Respondents of all education levels were similar in receiving services (31% or 33%). However, 7% of respondents with a high school education or less reported extensive services compared to less than one percent of respondents with a college education. In addition, 13% of respondents with a high school education or less reported they were not aware of the health department compared to 8% of those with some post high school education or 4% of respondents with a college education.
- Married respondents were more likely to have received services (38%) than unmarried respondents (24%).

Table 28. 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	9%	58%	28%	4%
Gender**				
Male	10	67	20	3
Female	8	51	35	5
Age**				
18 to 34	17	54	20	9
35 to 44	6	59	32	3
45 to 54	4	63	30	4
55 to 64	8	67	25	0
65 and older	5	54	34	2
Education**				
High School or Less	13	53	26	7
Some Post High School	8	61	29	2
College Graduate	4	66	30	<1
Household Income				
\$30,000 or Less	9	56	27	5
\$30,001 to \$60,000	9	56	31	4
\$60,001 or More	8	65	24	3
Marital Status*				
Married	7	56	33	5
Not Married	11	63	21	3

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

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

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

Poor	3%
Fair	7
Good	32
Very good	35
Excellent	22
Not sure	0

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

No health care coverage.....	4%
Medical Assistance or Title 19.....	2
Badger Care	1
Medicare	16
A prepaid plan such as a HMO, PPO	55
Another commercial health plan	19
Something else	2
Not sure	<1

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

Not all members covered.....	12%
All members covered.....	88
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.....	19%
All members covered.....	82
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	77%
Walk-in or urgent care clinic	13
Community health center.....	5
Hospital emergency room.....	3
Other.....	2
Not sure	<1

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

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

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	62%	19%	8%	9%	2%	<1%
8. Cholesterol testing	48	16	7	5	20	4
9. Visit to a dentist/dental clinic..	75	14	3	8	1	<1
10. Eye exam.....	45	33	9	10	2	2

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

Yes..... 35%
 No..... 65
 Not sure 0

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

Yes..... 17%
 No..... 80
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?	20%	80%	<1%
14. Your blood cholesterol is high?	18	82	<1
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition?...	5	95	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	0
18.if yes, have you had your blood sugar tested in the past year? [18 Respondents]	75	25	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?	8%	92%	0%
23. Do you still have asthma? [All Respondents] ...	6	94	0
24.(if yes), do you have an asthma action plan? [23 Respondents].....	70	30	0

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

One or fewer servings..... 37%
Two servings 26
Three or more servings 37
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..... 35%
Two servings 36
Three or more servings 28
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 31%
A few times per week..... 45
Daily or nearly so 9
Hardly ever or never 15
Not sure <1

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

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

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

Yes..... 77%
No..... 23
Not sure 0

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

One	2%
Two.....	9
Three.....	21
Four	13
Five.....	12
Six	3
Seven	16
Not sure	0
No moderate exercise/no answer.....	23

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	14%
30 to 44 minutes	27
45 to 59 minutes	6
60 or more minutes	29
Not sure	1
No moderate exercise/no answer.....	23

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [215 Respondents]

Within the past year (anytime less than 12 months ago)	47%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	16	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)	<1	üCONTINUE WITH Q33
5 or more years ago	3	üCONTINUE WITH Q33
Never	30	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? [18 Respondents 40 years old or older]

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

[53 Respondents 18 to 39 years old]

Too young..... 44 responses
 Not recommended by provider..... 7 responses
 Don't need 1 response
 Don't like 1 response

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [215 Respondents]

Within the past year (anytime less than 12 months ago) 59%
 Within the past 2 years (1 year, but less than 2 years ago) 23
 Within the past 3 years (2 years, but less than 3 years ago) 4
 Within the past 5 years (3 years, but less than 5 years ago)..... 2
 5 or more years ago 7
 Never 4
 Not sure..... 1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [181 Respondents]

Within the past year (anytime less than 12 months ago) 24%
 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)..... 9
 5 or more years ago 11
 Never 46
 Not sure..... 0

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) 19%
- Within the past 2 years (1 year, but less than 2 years ago) 14
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- 5 or more years ago 8
- Never49
- Not sure..... 4

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

- Within the past year (anytime less than 12 months ago) 11%
- Within the past 2 years (1 year, but less than 2 years ago) 8
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- Within the past 10 years (5 years but less than 10 years ago)... 2
- 10 years ago or more..... 4
- Never67
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	42%	57%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	61	38	1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	66	34	<1
41. Avoid artificial sources of ultraviolet light?.....	78	21	<1

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

Do not ride/skate/scoot..... 54%

Frequency of those who bicycle, use in-line roller skates or scooters [182 Respondents]

- Never 62%
- Seldom..... 8
- Sometimes..... 6
- Nearly always..... 3
- Always 21
- Not sure <1

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

Never	5%
Seldom.....	3
Sometimes.....	8
Nearly always.....	8
Always	77
Not sure	0

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

One	16%
Two.....	16
Three or more.....	9
None	59

üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [163 Respondents]

Do not ride/skate/scoot..... 13%

Frequency of those who bicycle, use in-line roller skates or scooters [140 Respondents]

Never	19%
Seldom.....	6
Sometimes.....	5
Nearly always.....	11
Always	59
Not sure	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [163 Respondents]

Never	4%
Seldom.....	<1
Sometimes.....	1
Nearly always.....	5
Always	89
Not sure	0

47. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never	35%
Seldom.....	36
Sometimes.....	22
Nearly always.....	3
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	3%
Fair	22
Good	50
Excellent	26
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.....	11
Nearly always.....	35
Always	48
Not sure	<1

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

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

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

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

None	43%
One to two days.....	22
Three to four days	10
Five or more days	24
Not sure	<1

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

None	43%
One drink	17
Two drinks	19
Three drinks	13
Four or more drinks	8
Not sure	<1

53. Considering all types of alcoholic beverages, how many times during the past month did you have three or more drinks on an occasion?

None	75%
One to two times	13
Three or more times	11
Not sure	1

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

None	88%
Once	4
Two or more times	8
Not sure	<1

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

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

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

Yes.....	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.....	77%
1 to 29 days	3
30 days.....	21
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? [94 Respondents]

0 days.....	61%
At least 1 day	39
Not sure	0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [94 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

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

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

Yes.....	16%
No.....	43
No smokers in the household.....	41
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.....	24
Not sure	0

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

Strongly oppose.....	14%
Moderately oppose	15
Moderately favor	21
Strongly favor	42
Not sure	8

Another issue being discussed these days deals with firearms.

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

Yes.....	42%
No.....	58
Not sure	<1

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

Yes..... 2%
 No..... 40
 Not sure 0
 No firearms in the household/no answer 59

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	24%	76%	0%
68. Having acupuncture?	1	99	0
69. Massage therapy?	14	86	0
70. Aroma therapy?	5	95	0
71. Movement therapy, such as yoga or tai' chi?	4	96	0
72. Meditation?	9	91	<1

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%
 Female 54

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

18 to 34 years old 24%
 35 to 44 years old 26
 45 to 54 years old 21
 55 to 64 years old 13
 65 and older 16

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	36%
Overweight.....	40
Obese.....	24

77. What is your racial heritage?

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

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.....	20%
A member of an unmarried couple.....	2
Married.....	56
Separated.....	<1
Divorced.....	11
Widowed.....	11
Not sure.....	0

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

8th grade or less.....	2%
Some high school.....	4
High school graduate or GED.....	41
Some college.....	18
Technical school graduate.....	7
College graduate.....	21
Advanced or professional degree.....	7
Not sure.....	<1

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

Jefferson.....	100%
----------------	------

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

Fort Atkinson city.....	23%
Jefferson city.....	13
Lake Mills city.....	10
Johnson Creek village.....	7
Jefferson town.....	6
Sullivan town.....	6
Waterloo city.....	6
Cambridge village.....	4
Oakland town.....	4
All others (3% or less).....	21

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

53538.....	25%
53549.....	14
53551.....	14
53038.....	9
53178.....	7
53594.....	7
53523.....	5
53156.....	4
All others (3% or less).....	6
No answer.....	10

84. What is your annual household income before taxes?

Less than \$10,000.....	5%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	12
\$30,001 to \$40,000.....	16
\$40,001 to \$50,000.....	19
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	8
Over \$90,000.....	5
Not sure.....	1
No answer.....	1

The next series of questions deal with personal safety issues.

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

Yes.....	4%	üCONTINUE WITH Q86
No.....	96	üGO TO Q87
Not sure.....	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [18 Respondents; More than 1 response accepted]

Stranger 8 responses
 Ex-spouse..... 4 responses
 Acquaintance 3 responses
 Parent..... 1 response
 Friend..... 1 response
 Someone else 2 responses

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

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

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [6 Respondents; More than 1 response accepted]

Friend 2 responses
 Stranger..... 2 responses
 Ex-spouse..... 1 response
 Someone else 2 responses

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

Smoke detectors 45%
 Carbon monoxide detectors <1
 Both 52
 Neither 3
 Not sure 0

ADDITIONAL QUESTIONS FOR JEFFERSON COUNTY

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

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams.....	41%	22%	24%	8%	6%
A2. Sewage or septic.....	62	23	8	2	5
A3. Safe drinking water.....	67	18	9	4	2
A4. Pesticides	61	19	10	5	5

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

Not aware of the health department until now 9%

Aware of the health department, but have had no experience with programs or services58

Aware of the health department and have received limited service like a flu shot or other immunization28

Aware of the health department and have received more extensive services4

Not sure.....<1