

**Manitowoc County  
Community Health Survey**  
Summer 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Manitowoc County Health Department**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

The purpose of this project is to provide Manitowoc 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 Manitowoc County Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care in partnership with local health departments to identify areas of greatest need.

Respondents were scientifically selected so that the survey would be representative of all 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 15, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Manitowoc County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

## Demographic Profile of Manitowoc 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	25
45 to 54	20
55 to 64	12
65 and Older	20
Education	
High School Graduate or Less	47%
Some Post High School	29
College Graduate	24
Household Income	
\$30,000 or Less	27%
\$30,001 to \$60,000	48
\$60,001 or More	21
Not Sure/No Answer	5
Married	62%

## What do the percentages mean?

Results of the Manitowoc County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 61,786 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 600 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 6,000 residents  $\pm 3,000$  individuals. Meaning that from 3,000 to 9,000 residents may have fair or poor health in the county. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 32,721 households in Manitowoc 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 330 households. For example, 14% of survey respondents reported that someone in their household is not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 4,620.

## Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Manitowoc County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

## Summary

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

<b>Overall Health</b>		<b>Risk Conditions in the Past 3 Years</b>	
Manitowoc County	<u>2003</u>	Manitowoc County	<u>2003</u>
Excellent .....	23%	High Blood Pressure.....	19%
Very Good.....	37%	High Blood Cholesterol.....	16%
Good .....	30%	Heart Disease/Condition.....	6%
Fair or Poor .....	10%	Diabetes .....	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Asthma (Current) .....	4%
Wisconsin .....	57%	<b>Moderate Physical Activity/Week</b>	
Nation .....	56%	Manitowoc County	<u>2003</u>
<b>Health Care Coverage</b>		Inactive .....	20%
Manitowoc County	<u>2003</u>	Insufficient.....	49%
Personally Not Covered .....	7%	Recommended.....	31%
Household Member Not Covered (current) ...	14%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	20%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin.....	27%
Wisconsin .....	10%	Nation .....	26%
Nation .....	13%	<b>Nutrition and Diet</b>	
<b>Advance Care Plan</b>		Manitowoc County	<u>2003</u>
Manitowoc County	<u>2003</u>	Fruit Intake (2 or more servings/day) .....	69%
Yes .....	34%	Vegetable Intake (3 or more servings/day) .....	28%
<b>Routine Checkups</b>		Fried Food/Fast Food (a few times/week) .....	51%
Manitowoc County	<u>2003</u>	Overweight.....	66%
Routine Checkup (2 years or less) .....	82%	<i>Other Research: Overweight</i>	<u>2001</u>
Cholesterol Test (2 years or less) .....	68%	Wisconsin.....	59%
Dental Checkup (past year).....	73%	Nation.....	58%
Eye Exam (2 years or less).....	80%	<b>Women's Health</b>	
<b>Vaccinations</b>		Manitowoc County	<u>2003</u>
Manitowoc County	<u>2003</u>	Mammogram (50+; past year).....	64%
Flu shot (past year) .....	35%	Pap Smear (past year).....	60%
Pneumonia (ever—65 years or older).....	50%	<i>Other Research: Wisconsin</i>	<u>2001</u>
<b>Alternative Treatment in Past 3 Years</b>		Mammogram (50+; past year).....	69%
Manitowoc County	<u>2003</u>	Pap Smear (past year).....	66%
Chiropractor .....	16%	<b>Reduce Risk of Skin Cancer</b>	
Massage Therapy.....	11%	Manitowoc County	<u>2003</u>
Movement Therapy.....	6%	Avoid Artificial Sources of UV Light .....	69%
Meditation .....	4%	Use Sunscreen with SPF 15 or Higher .....	55%
Aroma Therapy.....	3%	Wear Sun Protective Clothing.....	51%
Acupuncture .....	1%	Avoid Sun Between 10 a.m. and 4 p.m. ....	43%

<b>Men's Health</b>		<b>Alcohol Use</b>	
Manitowoc County		Manitowoc County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	13%	Drink in Past Month .....	64%
50 and Older .....	48%	3+ Drinks on Occasion in Past Month.....	30%
<b>Other Tests</b>		Binge in Past Month	
Manitowoc County		[5+ Drinks (Male): 4+ Drinks (Female)] .....	18%
Blood Stool Test (50+; within past 2 years)....	64%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month) .....	4%
(50+; within past 2 years).....	38%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		<u>2001</u>	
Manitowoc County		<i>Wisconsin</i> .....	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<i>Nation</i> .....	
Adult.....	83%	<b>Mental Health Status</b>	
Children.....	91%	Manitowoc County	
Wear Bicycle Helmet Always/Nearly Always		Felt Sad, Blue or Depressed in Past 30 Days	
(Of Those Who Ride Bike or In-Line Skate)		<u>2003</u>	
Adult.....	21%	Always/Nearly Always .....	
Children .....	60%	Never .....	
Detectors		Managing Stress	
Smoke Detector .....	41%	Excellent/Good.....	
Carbon Monoxide.....	<1%	Poor .....	
Both.....	57%	Find Meaning and Purpose in Daily Life	
Neither .....	2%	Never/Seldom .....	
<b>Tobacco Use</b>		Considered Suicide (past year).....	
Manitowoc County		<u>2001</u>	
Current Smokers .....	28%	<b>Firearms in Household</b>	
Quit Smoking 1 Day or More in Past		Manitowoc County	
Year Because Trying to Quit (smokers).....	41%	Of all Households...	
Health Care Provider Advisement to		<u>2003</u>	
Quit Smoking (smokers) .....	56%	Have a Firearm.....	
Smoking Indoors or in Vehicle.....	15%	Have a Loaded Firearm .....	
Smoking Preference in Restaurants		Have a Loaded Firearm Unlocked.....	
Smoke-free .....	65%	<b>Personal Safety in Past Year</b>	
Allow Smoking.....	13%	Manitowoc County	
No Preference .....	22%	Afraid for Their Safety .....	
Ordinance Prohibiting Smoking in Eating		Pushed/Kicked/Slapped/Hit .....	
Establishments		<u>2003</u>	
Moderately Favor.....	20%	<b>Additional Questions</b>	
Strongly Favor .....	41%	Manitowoc County	
<i>Other Research: Current Smokers</i>		Major/Moderate Community Environmental	
<u>2001</u>		Problems	
<i>Wisconsin</i> .....		<u>2003</u>	
<i>Nation</i> .....		Pollution in Lakes, Rivers or Streams .....	
23%		Pesticides .....	
		Sewage/Septic .....	
		Safe Drinking Water.....	
		Someone in Household Not Taken Prescribed	
		Medication Due to Cost .....	
		6%	

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

Sixty percent of respondents reported their health as excellent or very good. Respondents with a high school education or less, a household income of less than \$30,001, who were not married, were overweight, classified as inactive or a smoker were more likely to report fair or poor health.

Seven percent of respondents reported they personally did not have health care coverage. Respondents 18 to 34 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered while 20% reported in the past 12 months someone in their household was not covered. Respondents with a household income less than \$30,001 or who were unmarried were more likely to report someone in their household not covered currently or within the past 12 months. Seventy-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-four percent of respondents had an advance care plan; older respondents were more likely to report this.

Seventy-three percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 49% an eye exam and 49% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents who were 65 and older were more likely to report a routine checkup or eye exam in the past year while respondents 55 to 64 years old were more likely to report a cholesterol test. Respondents 35 to 64 years old were more likely to report a dental checkup in the past year. Respondents with a household income of at least \$30,001 were more likely to report a dental checkup in the past year. Married respondents were more likely to report a cholesterol test, dental checkup or eye exam in the past year.

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

## **Health Risk Factors Key Findings**

Out of nine health conditions listed, high blood pressure, high blood cholesterol, heart disease/heart condition or diabetes were the most often treated conditions in the past three years. Generally, older respondents or those with a household income of less than \$30,001 were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition, or diabetes. Overweight respondents were more likely to report high blood pressure or high blood cholesterol.

Six percent of respondents reported always or nearly always feeling sad, blue or depressed; respondents 65 and older, 45 to 54 years old or unmarried respondents were more likely to report this. Twenty-nine percent felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life; respondents 18 to 34 years old or with a household income of at least \$60,001 were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide; unmarried respondents, those with a household income of less than \$30,001 or at least \$60,001 were more likely to report considering suicide.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, chiropractic care or massage therapy were the most often mentioned treatments in the past three years (16% and 11%, respectively). Respondents 55 to 64 years old were more likely to have used massage therapy in the past three years.

Thirty-one percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents with at least some post high school education or those who were not overweight were more likely to meet the recommended activity level. Sixty-six percent of respondents were classified as overweight (40% overweight and 26% obese). Male respondents, those with a high school degree or less, or those physically inactive were more likely to be classified as overweight.

Sixty-nine 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, those 65 and older, or with a college degree were more likely to eat two or more servings of fruit per day. Respondents who were female, not overweight, or who met the recommended amount of physical activity were more likely to eat three or more servings of vegetables per day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 34 years old or those with a household income of at least \$60,001 were more likely to report this.

Eighty-four percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-nine percent of all female respondents reported a pap smear within the past three years.

Thirteen percent of males 40 to 49 years old and 48% of males 50 and older had a digital rectal exam in the past year.

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

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light 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 avoiding artificial sources of UV light, using sunscreen, or avoiding the sun. Respondents 65 and older were more likely to report using sun protective clothing or avoiding the sun. Respondents with a college degree reported using sunscreen more often while respondents with high school degree or less reported avoiding the sun from 10 a.m. to 4 p.m. Married respondents were more likely to report using sun protective clothing.

Eighty-three percent of respondents wore seat belts always or nearly always. Respondents who were female, 65 and older, with at least some post high school education, or married respondents were more likely to report they always wore seat belts. Eighty-five percent of respondents who had children indicated their children always wore seat belts; married respondents were more likely to report this. Of those respondents who rode a bike, in-line skated or rode a scooter, 21% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 47% reported their child always wore a helmet.

Twenty-eight percent of respondents were current smokers. Respondents who were 18 to 34 years old, unmarried or with a high school degree or less were more likely to be smokers. Forty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 56% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-five percent of all respondents preferred a smoke-free restaurant; 61% favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those with higher education, married respondents, or nonsmokers were more likely to prefer smoke-free restaurants. Respondents who were female, with higher education, with a household income of at least \$60,001, or a nonsmoker were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-four percent of respondents had an alcoholic drink in the past 30 days. In the past month, 30% had three or more drinks at least on one occasion while 18% binged. Respondents who were male or 35 to 44 years old were more likely to have three or more drinks at least once while bingeing was more prevalent with respondents who were male or 18 to 44 years old. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents with some post high school education were more likely to report this. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke alarm while 57% had a working carbon monoxide detector. Married respondents or those with a household income of at least \$30,001 were more likely to have a working smoke alarm and carbon monoxide detector.

Forty-one percent of households had a firearm in their household; married households were more likely to report this. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Five percent of respondents reported someone had made them afraid for their personal safety while 4% 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 pollution in lakes, rivers or streams (38%). Respondents 35 to 44 years old were more likely to report safe drinking water as a major or moderate problem than all other age groups.

Six percent of respondents reported they or someone in their household has not taken their prescribed medication due to prescription costs.

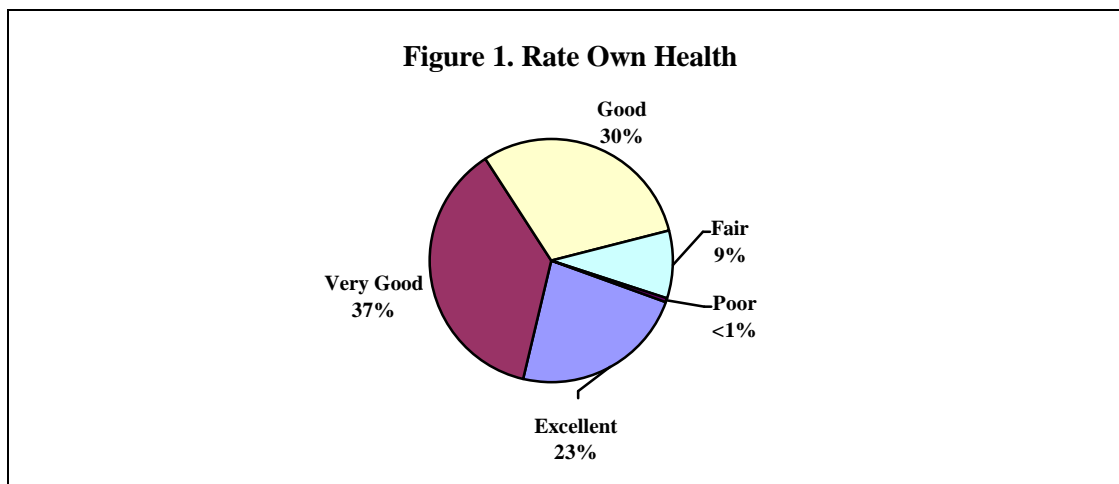
## Key Findings

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

**KEY FINDING:** Sixty percent of respondents reported their health as excellent or very good. Respondents with a high school education or less, a household income of less than \$30,001, who were not married, were overweight, classified as inactive or a smoker 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).*

- Sixty percent of respondents said their own health, generally speaking, was either excellent (23%) or very good (37%). A total of 10% reported their health was fair (9%) or poor (<1%).



- Fifteen percent of respondents with a high school degree or less reported fair or poor compared to 6% of respondents with some post high school education and 4% of those with a college degree.
- Seventeen percent of respondents with a household income of \$30,000 or less reported fair or poor health compared to 7% of those with an income of \$30,001 to \$60,000 or 6% of those with more than \$60,000. Respondents with a household income of at least \$30,001 were more likely to report excellent (29%) than those with \$30,000 or less (9%).
- Unmarried respondents were more likely to report their health as fair or poor than unmarried respondents (13% and 8%, respectively).
- Overweight respondents were more likely to report fair or poor (13%) than respondents who were not overweight (3%).
- Nineteen percent of respondents classified as inactive reported their health as fair or poor compared to 6% of respondents who were doing an insufficient amount of exercise or 9% of those who do the recommended amount of physical activity in a typical week.

- Smokers were two times more likely to report their health as fair or poor. Sixteen percent of smokers reported this compared to 8% of nonsmokers.

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	30%	37%	23%
Gender				
Male	12	30	32	27
Female	9	30	41	20
Age				
18 to 34	10	33	35	23
35 to 44	8	19	39	34
45 to 54	12	32	35	22
55 to 64	13	23	38	26
65 and Older	9	41	39	12
Education**				
High School or Less	15	35	34	16
Some Post High School	6	30	37	27
College Graduate	4	21	40	35
Household Income**				
\$30,000 or Less	17	46	27	9
\$30,001 to \$60,000	7	24	40	29
\$60,001 or More	6	24	41	29
Marital Status**				
Married	8	25	40	28
Not Married	13	38	32	17
Overweight**				
Not Overweight	3	26	46	26
Overweight	13	32	33	22
Physical Activity**				
Inactive	19	39	29	13
Insufficient	6	32	40	22
Recommended	9	22	37	32
Smoker*				
Nonsmoker	8	28	39	26
Smoker	16	37	30	17

\*= p≤0.05; \*\*= p≤0.01

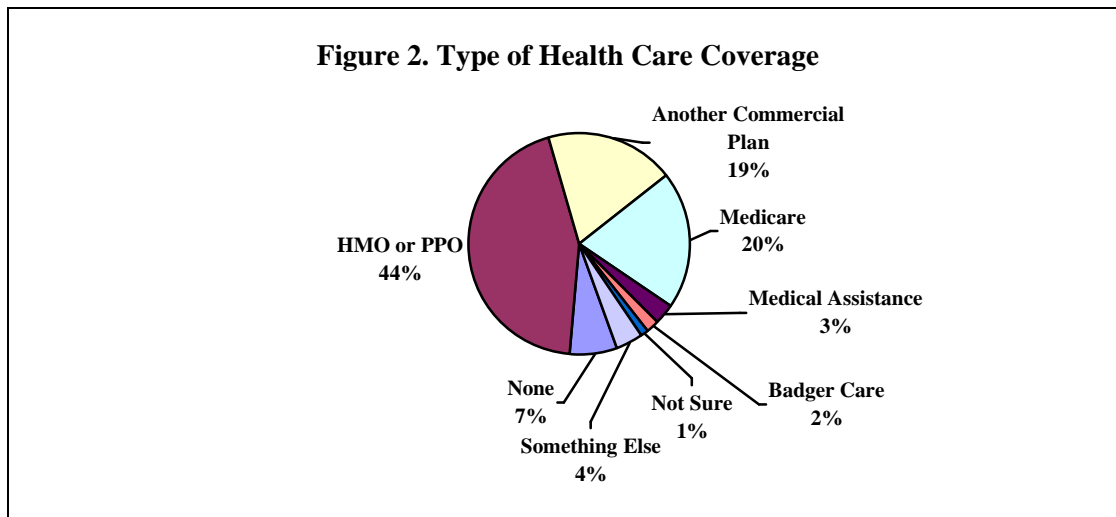
## Health Care Coverage (Figure 2)

**KEY FINDING:** Seven percent of respondents reported they personally did not have health care coverage. Respondents 18 to 34 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered while 20% reported in the past 12 months someone in their household was not covered. Respondents with a household income less than \$30,001 or who were unmarried were more likely to report someone in their household not covered currently or within the past 12 months. Seventy-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-four percent of respondents had an advance care plan; older respondents were more likely to report this.

### *Personally Not Covered*

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

- Seven percent of respondents reported they were not currently covered by any health insurance. Forty-four 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, 20% reported Medicare and 3% reported medical assistance.



- Fourteen percent of respondents 18 to 34 years old reported they were not currently covered by any health insurance, compared to 0% of respondents 55 and older. Eight percent of respondents 35 to 44 years old reported no coverage along with 5% of respondents 45 to 54 years old.
- Fifteen percent of respondents with a household income of \$30,000 or less reported they did not have personal health care coverage, compared to 5% of those with an income of \$30,001 to \$60,000, and 1% of those with more than \$60,000.
- Unmarried respondents were more likely to report they were not currently covered by any health insurance (12%) than married respondents (3%).

### *Someone in Household Currently Not Covered*

- Fourteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 4,620 households.
- Twenty-three percent of respondents with a household income of \$30,000 or less had someone not covered compared to 11% of those with an income of \$30,001 to \$60,000 and 14% of those with more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (26%) compared to married respondents (7%).

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

- Twenty percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty percent of respondents with a household income of \$30,000 or less reported someone in their household not covered in the past 12 months compared to 16% of those with a household income of \$30,001 to \$60,000 and 18% of those with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (33%) compared to married respondents (12%).

### *Primary Health Care Services*

- Seventy-two percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Seventeen percent reported walk-in or urgent care while 5% reported hospital emergency room and 3% reported community health center.
- There were no statistically significant differences between demographic variables and primary health care services.

### *Advance Care Plan*

- Thirty-four percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Generally, older respondents were more likely to report having an advance care plan. Eighteen percent of respondents 18 through 34 years old reported this compared to 60% of those 65 and older. Thirty-seven percent of respondents 45 to 54 years old and 34% of those 55 to 64 years old reported an advance care plan while 26% of respondents 35 to 44 years old did so.

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

**KEY FINDING:** Seventy-three percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 49% an eye exam and 49% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents who were 65 and older were more likely to report a routine checkup or eye exam in the past year while respondents 55 to 64 years old were more likely to report a cholesterol test. Respondents 35 to 64 years old were more likely to report a dental checkup in the past year. Respondents with a household income of at least \$30,001 were more likely to report a dental checkup in the past year. Married respondents were more likely to report a cholesterol test, dental checkup or eye exam in the past year.

### *Routine Checkup*

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

- Sixty-one percent of residents reported they had a routine checkup in the past year. An additional 21% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (66%) than male respondents (54%).
- Respondents 65 and older were more likely to report a routine checkup in the past year (83%) compared to respondents 35 to 44 years old (44%) and respondents 18 to 34 years old (54%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	61%	21%	5%	10%	3%
Gender**					
Male	54	19	7	16	4
Female	66	23	4	5	2
Age**					
18 to 34	54	24	5	13	3
35 to 44	44	28	9	16	3
45 to 54	61	22	3	11	4
55 to 64	77	17	0	6	0
65 and Older	83	12	3	1	1
Education					
High School or Less	63	17	6	10	3
Some Post High School	54	31	4	8	4
College Graduate	63	19	5	12	1
Household Income					
\$30,000 or Less	66	18	5	9	3
\$30,001 to \$60,000	57	23	6	10	4
\$60,001 or More	62	21	6	10	0
Marital Status					
Married	61	23	5	9	2
Not Married	60	17	5	13	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-nine percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Nineteen percent reported never having their cholesterol tested.
- Twenty-nine percent of respondents 18 to 34 years old reported having their cholesterol tested within the past year, compared to 74% of respondents 55 to 64 years old and 70% of those 65 and older. Respondents 18 to 34 years old were much more likely to report never (50%) than respondents 55 to 64 years old (2%).
- Married respondents were more likely to report a cholesterol test in the past year (52%) compared to unmarried respondents (43%). Unmarried respondents were two more times likely to report never (28%) than married respondents (14%).

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	49%	19%	5%	7%	19%
Gender					
Male	48	14	7	8	22
Female	49	23	4	5	16
Age**					
18 to 34	29	10	2	3	50
35 to 44	36	25	9	10	20
45 to 54	52	22	8	10	9
55 to 64	74	17	0	7	2
65 and Older	70	22	1	3	3
Education					
High School or Less	50	14	5	8	19
Some Post High School	47	23	4	6	19
College Graduate	47	23	5	4	20
Household Income					
\$30,000 or Less	50	19	6	9	15
\$30,001 to \$60,000	47	19	5	6	21
\$60,001 or More	50	19	5	2	20
Marital Status**					
Married	52	21	8	4	14
Not Married	43	16	<1	10	28

\*= p≤0.05; \*\*= p≤0.01

### *Dental Checkup*

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

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

- Seventy-three percent of residents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Respondents 18 to 34 years old and 65 and older were less likely to have had a dental checkup in the past year (51% and 62%, respectively) compared to all other age categories (85% to 87% range).

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

- Fifty-one percent of respondents with a household income of \$30,000 or less reported having a dental checkup in the past year, compared to 83% of those with a household income of \$30,001 to \$60,000, and 81% of those with a household income of \$60,001 or more.
- Married respondents were more likely to report a dental checkup in the past year (80%) 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
<b>TOTAL</b>	73%	14%	5%	7%	1%
<b>Gender</b>					
Male	72	13	7	8	1
Female	73	15	4	7	<1
<b>Age**</b>					
18 to 34	51	33	6	10	0
35 to 44	87	6	4	3	0
45 to 54	85	6	6	3	0
55 to 64	87	2	2	9	0
65 and Older	62	16	7	10	5
<b>Education</b>					
High School or Less	67	18	5	9	1
Some Post High School	77	10	6	8	0
College Graduate	83	12	3	2	0
<b>Household Income**</b>					
\$30,000 or Less	51	20	10	17	2
\$30,001 to \$60,000	83	12	2	3	<1
\$60,001 or More	81	11	4	4	0
<b>Marital Status**</b>					
Married	80	10	5	4	2
Not Married	62	21	6	11	0

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

### Eye Exam

- Forty-nine percent of respondents had an eye exam in the past year, while 31% reported one to two years ago. Three percent reported never.
- Respondents 65 and older were more likely to have had an eye exam in the past year (66%) than those 35 to 44 years old (38%).
- Married respondents were more likely to have had an eye exam in the past year (56%) compared to unmarried respondents (39%).

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	49%	31%	8%	9%	3%
Gender					
Male	47	31	7	12	3
Female	51	30	8	7	3
Age**					
18 to 34	44	28	5	14	7
35 to 44	38	39	8	14	2
45 to 54	53	23	13	8	4
55 to 64	48	39	11	2	0
65 and Older	66	27	3	4	0
Education					
High School or Less	52	26	10	9	3
Some Post High School	47	31	7	12	3
College Graduate	46	41	3	6	3
Household Income					
\$30,000 or Less	48	26	12	9	5
\$30,001 to \$60,000	50	36	4	7	3
\$60,001 or More	51	26	7	13	1
Marital Status**					
Married	56	31	5	7	2
Not Married	39	30	13	13	5

\*= p≤0.05; \*\*= p≤0.01

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-five percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents. Fifty 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.
- Sixty percent of respondents 65 and older reported receiving a flu vaccination compared to 19% of respondents 18 to 34 years old.

Table 7. Flu Vaccination by Demographic Variables

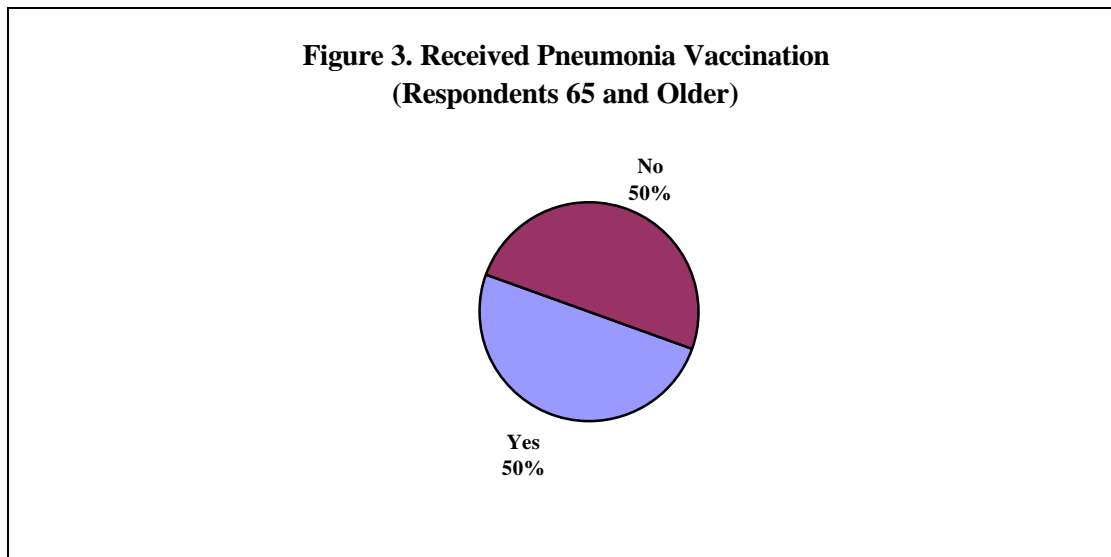
	Percent
TOTAL	35%
Gender	
Male	31
Female	38
Age**	
18 to 34	19
35 to 44	26
45 to 54	33
55 to 64	48
65 and Older	60
Education	
High School or Less	35
Some Post High School	37
College Graduate	33
Household Income	
\$30,000 or Less	39
\$30,001 to \$60,000	33
\$60,001 or More	30
Marital Status	
Married	34
Not Married	37

\*= p≤0.05; \*\*= p≤0.01

### *Pneumonia Vaccination*

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

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



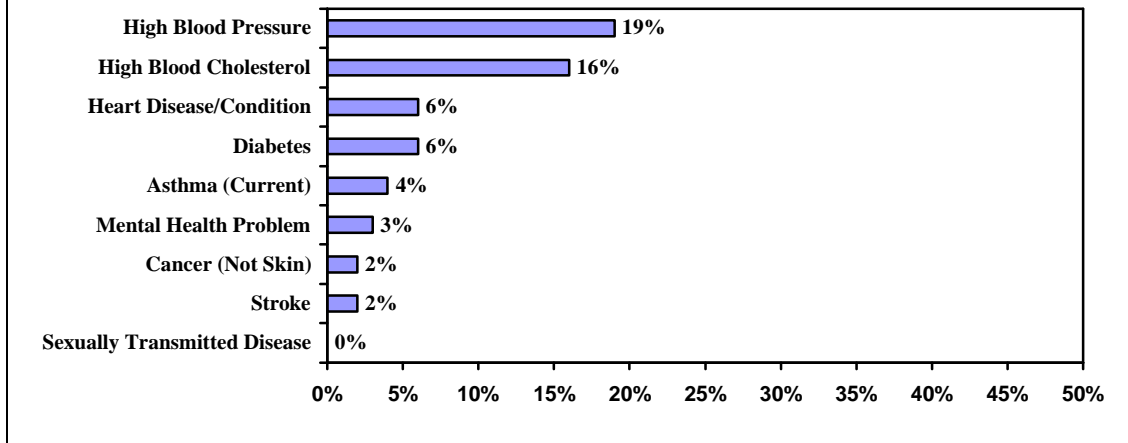
### **Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

**KEY FINDING:** Out of nine health conditions listed, high blood pressure, high blood cholesterol, heart disease/heart condition or diabetes were the most often treated conditions in the past three years. Generally, older respondents or those with a household income of less than \$30,001 were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition, or diabetes. Overweight respondents were more likely to report high blood pressure or high blood cholesterol.

- Respondents were more likely to report they have been told or been treated for high blood pressure (19%), high blood cholesterol (16%), heart disease/heart condition (6%), diabetes (6%), or asthma (current, 4%).

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



- Generally, the likelihood of being treated for high blood pressure, high blood cholesterol, heart disease/condition, or diabetes was more likely for older respondents.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or diabetes.
- Overweight respondents were more likely to report high blood pressure or high blood cholesterol.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Diabetes	Asthma (Current)
TOTAL	19%	16%	6%	6%	4%
Gender					
Male	20	17	6	7	3
Female	18	16	5	6	6
Age					
18 to 34	4**	6**	1**	1**	10
35 to 44	10**	13**	2**	5**	2
45 to 54	23**	19**	1**	3**	4
55 to 64	36**	17**	9**	13**	4
65 and Older	35**	28**	18**	15**	3
Education					
High School or Less	20	18	5	8	5
Some Post High School	19	11	9	7	3
College Graduate	17	19	3	2	5
Household Income					
\$30,000 or Less	28*	22*	12**	15**	6
\$30,001 to \$60,000	18*	14*	4**	4**	3
\$60,001 or More	11*	12*	1**	0**	6
Marital Status					
Married	20	14	6	6	5
Not Married	17	20	5	7	5
Overweight					
Not Overweight	9**	8**	6	4	3
Overweight	23**	21**	5	8	6
Physical Activity					
Inactive	25	24	8	10	9
Insufficient	19	16	6	7	3
Recommended	15	12	4	3	4

\*= p≤0.05; \*\*= p≤0.01

#### Diabetes

- All 25 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

#### Asthma

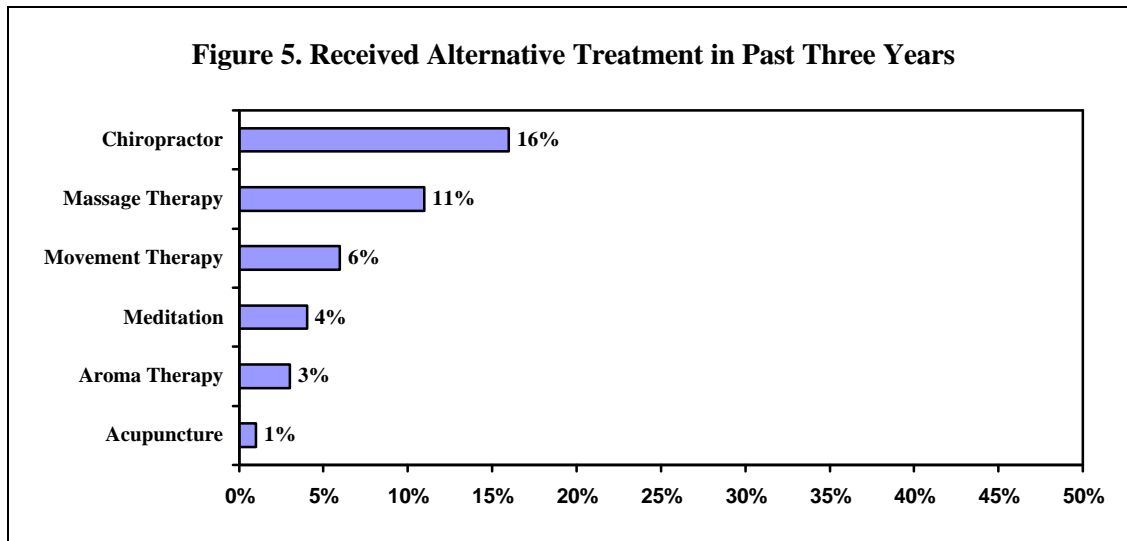
- Of the 18 respondents who currently have asthma, 57% had an asthma action plan.

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

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

**KEY FINDING:** Out of six alternative treatments listed, chiropractic care or massage therapy were the most often mentioned treatments in the past three years (16% and 11%, respectively). Respondents 55 to 64 years old were more likely to have used massage therapy in the past three years.

- Respondents were most likely to have gone to a chiropractor (16%) or used massage therapy (11%) in the past three years.



- Respondents 55 to 64 years old were more likely to have reported massage therapy in the past three years (19%) compared to respondents 65 and older (3%).

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

	Chiropractor	Massage Therapy	Movement Therapy	Meditation
TOTAL	16%	11%	6%	4%
Gender				
Male	13	9	3	2
Female	19	13	7	5
Age				
18 to 34	18	14*	10	5
35 to 44	16	10*	3	1
45 to 54	17	14*	5	3
55 to 64	21	19*	2	6
65 and Older	13	3*	6	4
Education				
High School or Less	17	8	3	3
Some Post High School	19	17	7	5
College Graduate	11	11	9	4
Household Income				
\$30,000 or Less	17	12	7	6
\$30,001 to \$60,000	15	11	3	3
\$60,001 or More	17	13	7	1
Marital Status				
Married	16	11	6	2
Not Married	16	11	5	5

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Thirty-one percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents with at least some post high school education or those who were not overweight were more likely to meet the recommended activity level. Sixty-six percent of respondents were classified as overweight (40% overweight and 26% obese). Male respondents, those with a high school degree or less, or those physically inactive were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

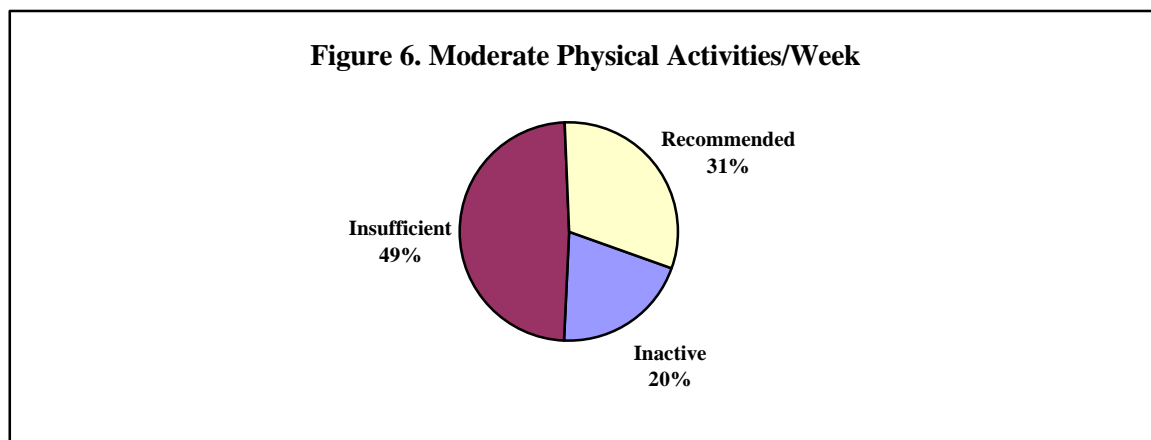
- Seventy-seven percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

- Thirty-one percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Forty-nine percent do some activity, but not to the extent of the recommendation while 20% were classified as inactive.



- Respondents with a high school degree or less were more likely to be classified as inactive and least likely to meet the recommended amount of physical activity in a week. Twenty-two percent of respondents with a high school degree or less met the recommendation, compared to 39% of respondents with some post high school education and 37% of those with a college degree.
- Respondents who were not overweight were more likely to meet the recommendation (37%) than overweight respondents (28%).

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

	Inactive	Insufficient	Recommended
TOTAL	20%	49%	31%
Gender			
Male	18	49	33
Female	23	49	29
Age			
18 to 34	23	47	30
35 to 44	17	52	31
45 to 54	20	47	33
55 to 64	17	48	35
65 and Older	22	52	26
Education**			
High School or Less	30	49	22
Some Post High School	13	48	39
College Graduate	12	51	37
Household Income			
\$30,000 or Less	24	56	21
\$30,001 to \$60,000	21	51	27
\$60,001 or More	16	43	41
Marital Status			
Married	19	50	31
Not Married	22	47	31
Overweight*			
Not Overweight	14	49	37
Overweight	23	49	28

\*= p≤0.05; \*\*= p≤0.01

### Body Weight

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

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

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

- According to the definition, 66% of Manitowoc County residents were classified as overweight (40% overweight and 26% obese).
- Male respondents were more likely to be classified as overweight (78%) compared to female respondents (55%).
- Seventy-six percent of respondents with a high school degree or less were classified as overweight compared to 52% of those with some post high school education and 64% of those with a college degree.
- Seventy-seven percent of inactive respondents were classified as overweight compared to 59% of respondents who met the recommended amount of physical activity.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	66%
Gender**	
Male	78
Female	55
Age	
18 to 34	62
35 to 44	67
45 to 54	77
55 to 64	61
65 and Older	64
Education**	
High School or Less	76
Some Post High School	52
College Graduate	64
Household Income	
\$30,000 or Less	65
\$30,001 to \$60,000	67
\$60,001 or More	64
Marital Status	
Married	68
Not Married	63
Moderate Physical Activities*	
Inactive	77
Insufficient	66
Recommended	59

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

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Sixty-nine 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, those 65 and older, or with a college degree were more likely to eat two or more servings of fruit per day. Respondents who were female, not overweight, or who met the recommended amount of physical activity were more likely to eat three or more servings of vegetables per day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 34 years old or those with a household income of at least \$60,001 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-nine percent of respondents eat two or more servings of fruit per day. Thirty percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day than male respondents (76% and 60%, respectively).
- Respondents 65 and older were more likely to eat two or more servings of fruit per day (83%) compared to respondents 35 to 44 years old (57%).
- Eighty percent of respondents with a college degree reported eating two or more servings of fruit per day compared to 63% of those with some post high school education and 65% of those with a high school degree or less.

### *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 per day. Seventy percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day. Thirty-seven percent of female respondents reported this compared to 18% of male respondents.
- Respondents who were classified as not overweight were more likely to eat three or more servings of vegetables (35%) compared to overweight respondents (24%).
- Respondents who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables per day (38%) than those who were classified as inactive (19%).

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	30%	69%	70%	28%
Gender				
Male	38**	60**	81**	18**
Female	23**	76**	62**	37**
Age				
18 to 34	32**	68**	67	33
35 to 44	42**	57**	74	26
45 to 54	24**	72**	78	22
55 to 64	32**	64**	72	24
65 and Older	16**	83**	65	34
Education				
High School or Less	32*	65*	76	23
Some Post High School	35*	63*	68	30
College Graduate	20*	80*	64	36
Household Income				
\$30,000 or Less	28	69	71	28
\$30,001 to \$60,000	32	67	75	24
\$60,001 or More	27	73	59	40
Marital Status				
Married	27	70	70	29
Not Married	34	65	72	28
Overweight				
Not Overweight	30	70	65*	35*
Overweight	30	68	74*	24*
Moderate Physical Activities				
Inactive	38	61	81*	19*
Insufficient	29	70	73*	27*
Recommended	28	69	62*	38*

\*= p≤0.05; \*\*= p≤0.01

#### *Fried Food/Fast Food Intake*

- Six percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-five percent reported a few times per week. Thirty-two percent reported a few times per month while 18% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (61%) compared to female respondents (41%).

- Sixty-eight percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 37% of those 55 to 64 years old and 24% of those 65 and older.
- Respondents with a household income of at least \$60,001 were more likely to report eating fried/fast food at least a few times per week (57%) compared to respondents with a household income of \$30,001 to \$60,000 (52%) or those with a household income of \$30,000 or less (38%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	32%	51%
Gender**		
Male	28	61
Female	35	41
Age**		
18 to 34	23	68
35 to 44	35	53
45 to 54	34	57
55 to 64	37	37
65 and Older	34	24
Education		
High School or Less	35	47
Some Post High School	28	53
College Graduate	29	53
Household Income**		
\$30,000 or Less	32	38
\$30,001 to \$60,000	35	52
\$60,001 or More	24	57
Marital Status		
Married	33	52
Not Married	29	48
Overweight		
Not Overweight	31	45
Overweight	32	53
Moderate Physical Activities		
Inactive	32	54
Insufficient	32	52
Recommended	31	47

\*= p≤0.05; \*\*= p≤0.01

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Eighty-four percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-nine percent of all female respondents reported a pap smear within the past three years.

### *Mammogram*

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

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

- Twenty-four percent of all female respondents never had a mammogram while 64% had a mammogram within the past two years (45% within past year and 19% more than one year but less than two years).
- More specifically, respondents aged 40 and older were likely to have received a mammogram in the past two years (84% of those 50 and older; 69% of those 40 to 49 years of age).
  - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t like (four responses), too young (three responses), don’t need (three responses), no time (three responses), or not recommended by provider (two responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	45%	19%	11%	24%
Age**				
18 to 39	25	10	7	56
40 to 49	39	30	20	11
50 and Older	64	20	12	5

\*= p≤0.05; \*\*= p≤0.01

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

## Pap Smear

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

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

- Sixty percent of respondents in Manitowoc County reported they had a pap smear within the past year. An additional 29% reported between one year and less than three years.
- There were no statistically significant differences between demographic variables and time since last pap smear.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	60%	22%	7%	8%	2%
Age					
18 to 34	66	21	9	2	2
35 to 44	62	28	9	2	0
45 to 54	58	23	3	18	0
55 to 64	78	7	7	7	0
65 and Older	44	24	10	14	6
Education					
High School or Less	61	17	7	13	2
Some Post High School	53	27	12	7	2
College Graduate	65	25	4	2	4
Household Income					
\$30,000 or Less	54	20	9	12	4
\$30,001 to \$60,000	66	22	5	7	0
\$60,001 or More	57	26	9	7	2
Marital Status					
Married	61	24	7	7	<1
Not Married	58	18	9	10	5

\*= p≤0.05; \*\*= p≤0.01

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

## Men’s Health (Table 16)

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

*Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.<sup>5</sup>*

### Digital Rectal Exam

- Forty-eight percent of all male respondents never had a digital rectal exam. Twenty-one percent had an exam in the past year while 16% reported within the past two years (one year but less than two years).
- Forty-eight percent of men 50 years of age and older had an exam less than a year ago while 13% of men 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	21%	16%	14%	48%
Age**				
18 to 39	4	13	6	73
40 to 49	13	17	25	44
50 and Older	48	19	10	23

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

## Other Tests (Tables 17 & 18)

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

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>6</sup>*

### Blood Stool Test

- Forty-five percent of all respondents never had a blood stool test. Thirty-seven percent were tested within the past two years (22% less than a year ago and 15% more than one year ago, but less than two).

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

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

- Sixty-four percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 29% of respondents 40 to 49 years of age and 13% of respondents 18 to 39 years old. Twenty percent of respondents 50 and older reported never compared to 75% of respondents 18 to 39 years old.
- Married respondents were more likely to have had a test within the past two years (43%) than unmarried respondents (29%).

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	22%	15%	14%	45%
Gender				
Male	17	17	14	50
Female	27	13	14	42
Age**				
18 to 39	8	5	10	75
40 to 49	14	15	21	45
50 and Older	40	24	13	20
Education				
High School or Less	23	16	15	41
Some Post High School	19	17	17	45
College Graduate	24	11	9	55
Household Income				
\$30,000 or Less	31	13	17	37
\$30,001 to \$60,000	18	17	11	50
\$60,001 or More	20	14	16	49
Marital Status**				
Married	23	20	13	41
Not Married	22	7	16	53

\*= p≤0.05; \*\*= p≤0.01

#### *Sigmoidoscopy or Colonoscopy Exam*

- Sixty-three percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Nineteen percent were examined within the past two years (9% less than a year ago and 10% more than one year ago, but less than two).
- A total of 38% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 7% of respondents 40 to 49 years of age and 4% of respondents 18 to 39 years old. Thirty-nine percent of respondents 50 and older reported never compared to 85% of respondents 18 to 39 years old.

- Respondents with a household income of less than \$30,001 were more likely to report an exam in the past two years (28%) compared to respondents with a household income of \$30,001 to \$60,000 (18%) or those with a household income of at least \$60,001 (8%).
- Married respondents were somewhat similar when looking at a sigmoidoscopy or colonoscopy in the past two years (20%) than unmarried respondents (16%). However, unmarried respondents were more likely to report never (73%) compared to married respondents (56%).

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

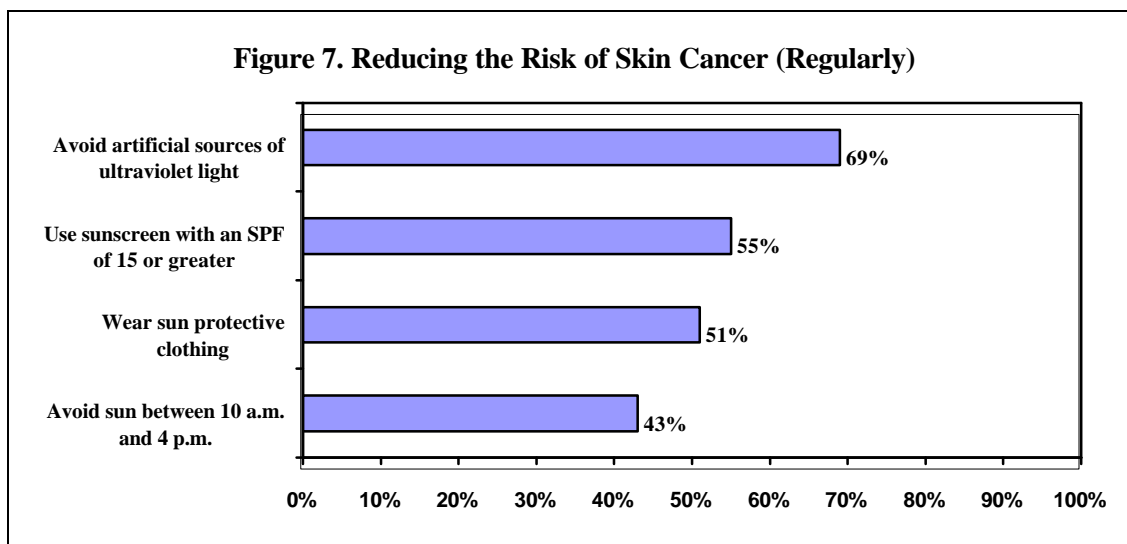
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	9%	10%	8%	7%	63%
Gender					
Male	7	10	8	8	66
Female	11	9	9	7	61
Age**					
18 to 39	2	2	6	1	85
40 to 49	4	3	6	14	69
50 and Older	18	20	13	8	39
Education					
High School or Less	11	11	9	8	58
Some Post High School	9	10	8	5	64
College Graduate	7	6	7	9	69
Household Income*					
\$30,000 or Less	16	12	13	5	54
\$30,001 to \$60,000	7	11	6	8	64
\$60,001 or More	4	4	6	7	75
Marital Status**					
Married	9	11	9	10	56
Not Married	9	7	7	3	73

\*= 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 avoiding artificial sources of UV light, using sunscreen, or avoiding the sun. Respondents 65 and older were more likely to report using sun protective clothing or avoiding the sun. Respondents with a college degree reported using sunscreen more often while respondents with high school degree or less reported avoiding the sun from 10 a.m. to 4 p.m. Married respondents were more likely to report using sun protective clothing.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 55% wear sunscreen with a SPF of 15 or higher, 51% wear sun protective clothing while 43% avoid the sun between 10 a.m. and 4 p.m.
- Thirteen percent of respondents did not reduce their risk by any of these four measures. Twenty-one percent reported one measure. Twenty-three percent reported two of the four actions while 24% reported three and 20% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding artificial sources of UV light, using sunscreen with a SPF 15 or higher, or avoiding the sun from 10 a.m. to 4 p.m.
- Respondents 65 and older were more likely to report using sun protective clothing or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents with a college degree were more likely to report sunscreen use while those with a high school degree or less were more likely to avoid the sun from 10 a.m. to 4 p.m.
- Married respondents were more likely to report wearing sun protective clothing than unmarried respondents (55% and 45%, respectively).

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	55%	51%	43%
Gender				
Male	62*	45**	47	32**
Female	74*	63**	54	52**
Age				
18 to 34	56	61	38**	27*
35 to 44	69	63	58**	46*
45 to 54	73	47	50**	43*
55 to 64	76	50	39**	41*
65 and older	73	49	68**	57*
Education				
High School or Less	70	52*	48	49*
Some Post High School	67	50*	52	31*
College Graduate	69	65*	56	45*
Household Income				
\$30,000 or Less	71	50	56	48
\$30,001 to \$60,000	66	58	51	43
\$60,001 or More	70	60	52	37
Marital Status				
Married	73	58	55*	44
Not Married	63	51	45*	41

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Eighty-three percent of respondents wore seat belts always or nearly always. Respondents who were female, 65 and older, with at least some post high school education, or married respondents were more likely to report they always wore seat belts. Eighty-five percent of respondents who had children indicated their children always wore seat belts; married respondents were more likely to report this. Of those respondents who rode a bike, in-line skated or rode a scooter, 21% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 47% reported their child always wore a helmet.

#### Seat Belts

- Eighty-three percent of respondents stated they wear seat belts always or nearly always (72% and 11%, respectively).
- Females were more likely to report wearing seat belts always compared to male respondents (82% and 60%, respectively).

- Respondents 65 and older were more likely to report always (85%) than respondents 45 to 54 years old (65%) or 18 to 34 years old (60%).
- Eighty-one percent of respondents with a college degree or more and 79% of those with some post high school education reported always wearing their seat belt compared to 63% of those with a high school degree or less.
- Married respondents were more likely to always wear a seat belt (80%) than unmarried respondents (58%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	9%	4%	5%	11%	72%
Gender**					
Male	15	4	8	14	60
Female	4	3	2	8	82
Age*					
18 to 34	11	5	9	16	60
35 to 44	10	4	1	9	75
45 to 54	8	6	8	13	65
55 to 64	15	2	2	4	77
65 and older	4	0	5	6	85
Education**					
High School or Less	13	7	5	12	63
Some Post High School	10	<1	4	7	79
College Graduate	0	1	6	11	81
Household Income					
\$30,000 or Less	13	3	5	12	68
\$30,001 to \$60,000	8	6	4	11	71
\$60,001 or More	7	1	5	10	77
Marital Status**					
Married	5	2	5	9	80
Not Married	16	7	6	13	58

\*= p≤0.05; \*\*= p≤0.01

### *Children and Seat Belts*

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

#### *Of the households who have children...*

- Eighty-five percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 6% reported nearly always.
- Married respondents were more likely to report always than unmarried respondents (90% and 68%, respectively).

### *Bicycle Helmet Usage*

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

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

- Twenty-one percent of respondents who bicycle, in-line roller skate or use scooters reported they always (16%) or nearly always (5%) wear a helmet. Sixty-nine percent reported never.
- Ten percent of respondents with a high school education or less reported always compared to 14% with some post high school and 24% with a college education. Respondents with some post high school education or less were more likely to report never (75%) than those with a college degree (56%).
- Fifty-two percent of respondents with a household income of \$60,001 or more reported never wearing a helmet compared to 71% of those with a household income of \$30,001 to \$60,000 or 76% of those with a household income of \$30,000 or less.
- Twenty percent of married respondents reported they always wore a helmet compared to 8% of unmarried respondents. Unmarried respondents were more likely to report never (75%) than married respondents (65%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	69%	5%	5%	5%	16%
Gender					
Male	66	7	8	4	15
Female	71	3	2	6	15
Age					
18 to 34	65	3	10	6	16
35 to 44	64	10	5	5	16
45 to 54	72	3	0	8	14
55 and older	76	0	3	3	16
Education**					
High School or Less	75	3	8	1	10
Some Post High School	75	8	0	3	14
College Graduate	56	3	6	11	24
Household Income*					
\$30,000 or Less	76	2	2	0	17
\$30,001 to \$60,000	71	7	3	3	15
\$60,001 or More	52	4	12	14	19
Marital Status**					
Married	65	3	2	8	20
Not Married	75	7	10	0	8

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

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

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

- Forty-seven percent of respondents reported their child always wore a helmet while 13% reported nearly always. Seventeen percent reported never.
- There were no statistically significant differences between children wearing helmets and household income level or marital status.

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

**KEY FINDING:** Twenty-eight percent of respondents were current smokers. Respondents who were 18 to 34 years old, unmarried or with a high school degree or less were more likely to be smokers. Forty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 56% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-five percent of all respondents preferred a smoke-free restaurant; 61% favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those with higher education, married respondents, or nonsmokers were more likely to prefer smoke-free restaurants. Respondents who were female, with higher education, with a household income of at least \$60,001, or a nonsmoker 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-eight percent of respondents in Manitowoc County were current smokers. Three percent smoked between one and 29 days while the remaining 25% smoked every day.
- Forty-three percent of respondents 18 to 34 years old were current smokers compared to 10% of those 65 and older.
- Thirty-seven percent of respondents with a high school degree or less were current smokers compared to 27% of those with some post high school education and 11% of those with a college degree.
- Unmarried respondents were more likely to be smokers than married respondents (39% and 20%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	28%
Gender	
Male	31
Female	24
Age**	
18 to 34	43
35 to 44	28
45 to 54	28
55 to 64	26
65 and older	10
Education**	
High School or Less	37
Some Post High School	27
College Graduate	11
Household Income	
\$30,000 or Less	30
\$30,001 to \$60,000	27
\$60,001 or More	24
Marital Status**	
Married	20
Not Married	39

\*= p≤0.05; \*\*= p≤0.01

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

*Of current smokers...*

- Forty-one 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 quitting for at least one day in the past twelve months.

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

*Of current smokers...*

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

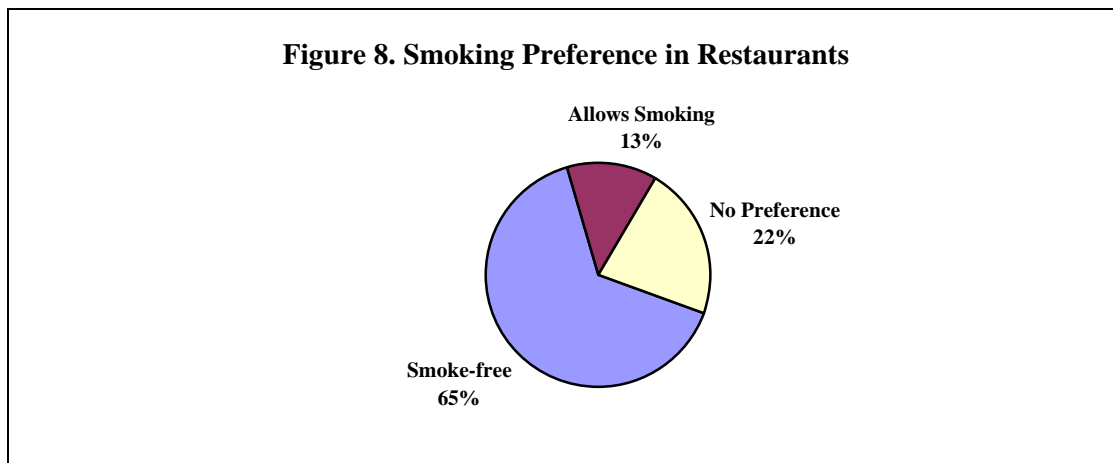
- Sixty-five percent of respondents with a high school degree or less reported that a health professional had advised them to quit smoking compared to 39% of those with at least some post high school education.

*Smoking Indoor or in Vehicle*

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

*Smoking Preference in Restaurants*

- Sixty-five percent of respondents reported they prefer to eat in smoke-free restaurants while 13% preferred restaurants that allow smoking. Twenty-two percent reported they do not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants than male respondents (72% and 57%, respectively). Sixteen percent of male respondents reported they prefer restaurants that allow smoking compared to 11% of female respondents.
- Seventy-two percent of respondents with a college degree preferred smoke-free restaurants, compared to 68% of those with some post high school education and 59% of those with a high school degree or less. Respondents with a high school degree or less were more likely to prefer restaurants that allow smoking (20%) than those with some post high school education (8%) or those with a college degree (6%).
- Married respondents were more likely to prefer smoke-free restaurants (74%) than unmarried respondents (51%). Twenty-two percent of unmarried respondents preferred restaurants that allow smoking compared to 8% of married respondents.
- Eighty-two percent of nonsmokers preferred smoke-free restaurants compared to 19% of smokers. Forty-four percent of smokers preferred restaurants that allow smoking while 1% of nonsmokers had this preference.

### *Community Ordinance Prohibiting Smoking in Eating Establishments*

- Sixty-one percent of respondents favored a community ordinance prohibiting smoking in eating establishments (41% strongly favor, 20% moderately favor).
- Female respondents were more likely to favor an ordinance (74%) compared to male respondents (45%).
- As education increased, so did the likelihood of respondents favoring a community ordinance that prohibits smoking in eating establishments. Seventy-three percent of respondents with a college degree reported this compared to 67% of those with some post high school education, and 50% of those with a high school degree or less.
- Respondents with a household income of at least \$60,001 were more likely to favor an ordinance (65%) than those with a household income of \$30,001 to \$60,000 or less (60%) or those with \$60,001 or more (58%).
- Seventy-six percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 20% of smokers. Nonsmokers were much more likely to strongly favor (53%) compared to smokers (9%).

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

	Moderately Favor	Strongly Favor
TOTAL	20%	41%
Gender**		
Male	15	30
Female	24	50
Age		
18 to 34	23	33
35 to 44	17	48
45 to 54	21	43
55 to 64	17	35
65 and older	19	42
Education**		
High School or Less	17	33
Some Post High School	26	41
College Graduate	17	56
Household Income*		
\$30,000 or Less	26	32
\$30,001 to \$60,000	17	43
\$60,001 or More	16	49
Marital Status		
Married	19	46
Not Married	20	33
Smoking Status**		
Nonsmoker	23	53
Smoker	11	9

\*= p≤0.05; \*\*= p≤0.01

*Snuff or Chewing Tobacco*

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

## Alcohol Use (Table 24)

**KEY FINDING:** Sixty-four percent of respondents had an alcoholic drink in the past 30 days. In the past month, 30% had three or more drinks at least on one occasion while 18% binge. Respondents who were male or 35 to 44 years old were more likely to have three or more drinks at least once while bingeing was more prevalent with respondents who were male or 18 to 44 years old. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; respondents with some post high school education were more likely to report this. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

### *Had a Drink in the Past Month*

- Sixty-four percent of respondents had a drink in the past 30 days. Twenty-eight percent reported they drank at least on five days, while 15% reported three to four days, and 21% reported drinking on one or two days in the past 30 days.
- Seventeen percent of all respondents reported an average of four or more drinks per day on the days they drank while 8% reported three, 19% reported two and 17% reported one drink on average on the days they drank. Thirty-seven percent reported having no drinks in the past month.

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

- Thirty percent of all respondents had three or more drinks on an occasion in the past month. Eleven percent reported this one to two times and 19% reported three or more times.
- Male respondents were more likely to have had three or more drinks on occasion in the past month (43%) than female respondents (20%). Thirty-one percent of male respondents reported doing so three or more times compared to 9% of female respondents.
- Respondents 35 to 44 years old were more likely to have had three or more drinks and more often. Forty-three percent of respondents 35 to 44 years old reported three or more drinks (13% one to two occasions and 30% three or more occasions) compared to 10% of respondents 65 and older (9% one to two occasions and 1% three or more occasions).

### *Binge Drinking in Past Month*

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

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

- Eighteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (25%) than female respondents (14%).
- Thirty percent of respondents 18 to 34 years old and 29% of respondents 35 to 44 years old binged compared to 3% of respondents 65 and older.

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	11%	19%	18%
Gender			
Male	12**	31**	25**
Female	11**	9**	14**
Age			
18 to 34	11**	23**	30**
35 to 44	13**	30**	29**
45 to 54	15**	13**	10**
55 to 64	7**	26**	19**
65 and Older	9**	1**	3**
Education			
High School or Less	10	16	14
Some Post High School	10	26	25
College Graduate	16	18	21
Household Income			
\$30,000 or Less	9	15	17
\$30,001 to \$60,000	11	22	20
\$60,001 or More	13	21	21
Marital Status			
Married	11	17	16
Not Married	12	23	23

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

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

- Four percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.
- Respondents with some post high school education were more likely to report being a driver or passenger (8%), compared to those with a college degree (3%) or those with a high school degree or less (2%).

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

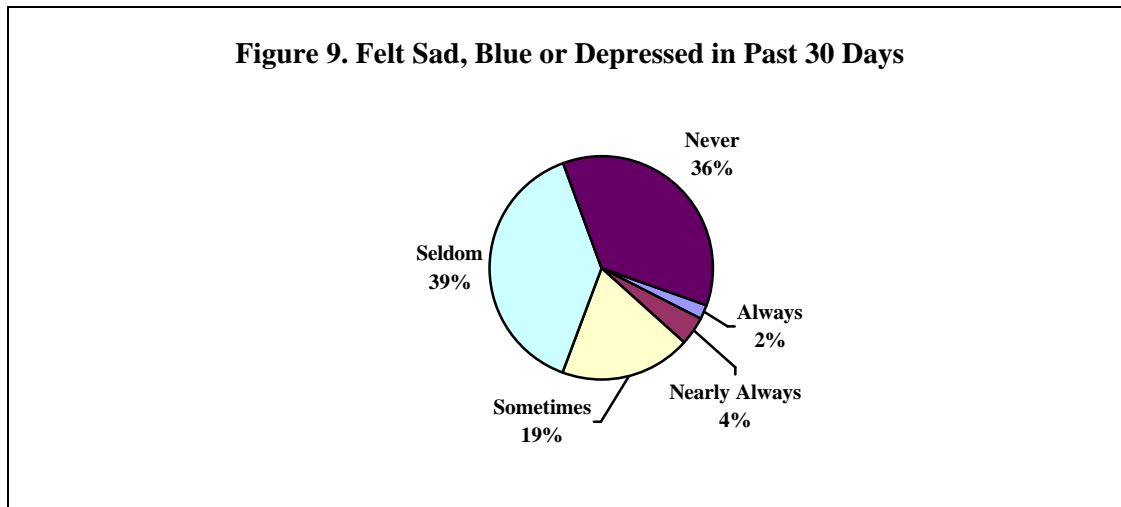
- Six percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Six percent of respondents reported always or nearly always feeling sad, blue or depressed; respondents 65 and older, 45 to 54 years old or unmarried respondents were more likely to report this. Twenty-nine percent felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life; respondents 18 to 34 years old or with a household income of at least \$60,001 were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide; unmarried respondents, those with a household income of less than \$30,001 or at least \$60,001 were more likely to report considering suicide.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” six percent of survey respondents answered always or nearly always. This equates up to 6,600 residents. Nineteen percent reported sometimes and the remaining 75% reported seldom (39%) or never (36%).



- Nine percent of respondents 65 and older and 8% of respondents 45 to 54 years old reported they always/nearly always felt sad, blue or depressed compared to 2% of those 55 to 64 years old and 3% of those 35 to 44 years old. Five percent of respondents 18 to 34 years old reported always/nearly always.
- Unmarried respondents were more likely to report always/nearly always feeling sad, blue or depressed than married respondents (11% and 2%, respectively).

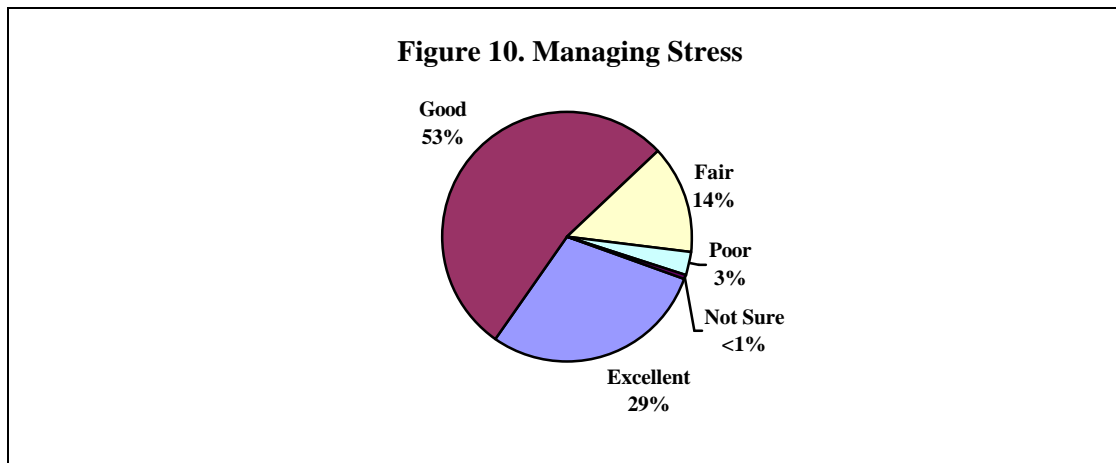
### *Considered Suicide*

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

- Four 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 5,400 residents who considered suicide in the past year.
- Respondents with a household income of \$30,001 to \$60,000 were less likely to consider suicide (2%) than all other household income levels (6% each).
- Seven percent of unmarried respondents reported they felt so overwhelmed in the past year to consider suicide, compared to 2% of married respondents.

### *Managing Stress*

- Twenty-nine percent reported they were excellent at managing stress. Fifty-three percent reported good while 14% reported fair and 3% reported poor.



- There were no statistically significant differences between demographic variables and managing stress.

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

- Forty-six percent of respondents reported they always find meaning and purpose in their daily life, an additional 36% reported nearly always. Thirteen percent reported sometimes while 3% reported seldom and 2% reported never.
- Respondents 18 to 34 years old were more likely to report seldom or never finding meaning and purpose in their daily lives (14%) compared to respondents 45 to 64 years old (0%).

- Eleven percent of respondents with a household income of \$60,001 or more reported they never or seldom find meaning and purpose in their daily lives, compared to 5% of those with an income of \$30,001 to \$60,000 and 2% of those with less than \$30,001.

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

	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	13%	36%	46%
Gender				
Male	8	15	33	44
Female	4	11	38	47
Age**				
18 to 34	14	12	37	37
35 to 44	3	20	30	47
45 to 54	0	11	42	47
55 to 64	0	7	41	52
65 and older	5	10	33	48
Education				
High School or Less	7	12	30	51
Some Post High School	2	16	41	40
College Graduate	7	10	40	43
Household Income*				
\$30,000 or Less	2	15	36	45
\$30,001 to \$60,000	5	14	38	43
\$60,001 or More	11	8	27	54
Marital Status				
Married	5	9	37	48
Not Married	7	18	33	42

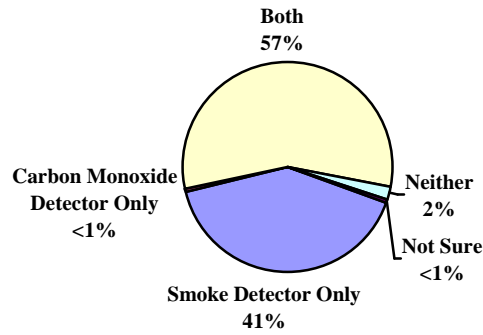
\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-eight percent of households had a working smoke alarm while 57% had a working carbon monoxide detector. Married respondents or those with a household income of at least \$30,001 were more likely to have a working smoke alarm and carbon monoxide detector.

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

**Figure 11. Detectors in Household**



- Sixty-six percent of respondents with a household income of \$60,001 or more and 62% of those with a household income of \$30,001 to \$60,000 reported both detectors compared to 39% of those with a household income of less than \$30,001.
- Married respondents were more likely to have both than unmarried respondents (67% and 41%, respectively).

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
<b>TOTAL</b>	41%	<1%	57%	2%
<b>Household Income**</b>				
\$30,000 or Less	57	<1	39	2
\$30,001 to \$60,000	35	0	62	3
\$60,001 or More	33	0	66	1
<b>Marital Status**</b>				
Married	31	<1	67	1
Not Married	56	0	41	3

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Forty-one percent of households had a firearm in their household; married households were more likely to report this. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

### *Firearm in Household*

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

- At the time of the survey administration, 41% of households had one or more firearm.
- Married households were more likely to own a firearm (50%) compared to unmarried households (28%).

### *Loaded Firearm*

- Three percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

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

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

## Personal Safety Issues

**KEY FINDING:** Five percent of respondents reported someone had made them afraid for their personal safety while 4% 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,” five percent reported yes.
- Respondents 18 to 34 years old were more likely to report being afraid for their personal safety (12%) compared to respondents 65 and older (0%) or those 35 to 44 years old (3%). Six percent of respondents 45 to 54 years old and 4% of respondents 55 to 64 years old reported being afraid for their personal safety.
- Eight percent of respondents with some post high school education or more reported being afraid for their personal safety compared to 2% of those with a high school degree or less.
- Respondents with a household income of at least \$60,001 were more likely to be afraid for their personal safety (11%) than those with an income of \$30,001 to \$60,000 (4%) or those with \$30,000 or less (3%).
  - A stranger (10 responses) was most often mentioned as the perpetrator. Fewer than five respondents reported each of the following: friend, ex-spouse, boyfriend/girlfriend, parent, acquaintance, or someone else.

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

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Respondents 18 to 34 years old were more likely to report being pushed, etc., (14%) compared to respondents 45 to 54 years old (1%) or all other age groups (0%).
- Unmarried respondents were more likely to report being pushed, etc., than married respondents (6% and 2%, respectively).
  - A friend was reported by six respondents while acquaintance was reported by three respondents. Two respondents each reported ex-spouse or stranger.

### *Combined Personal Safety Threats*

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

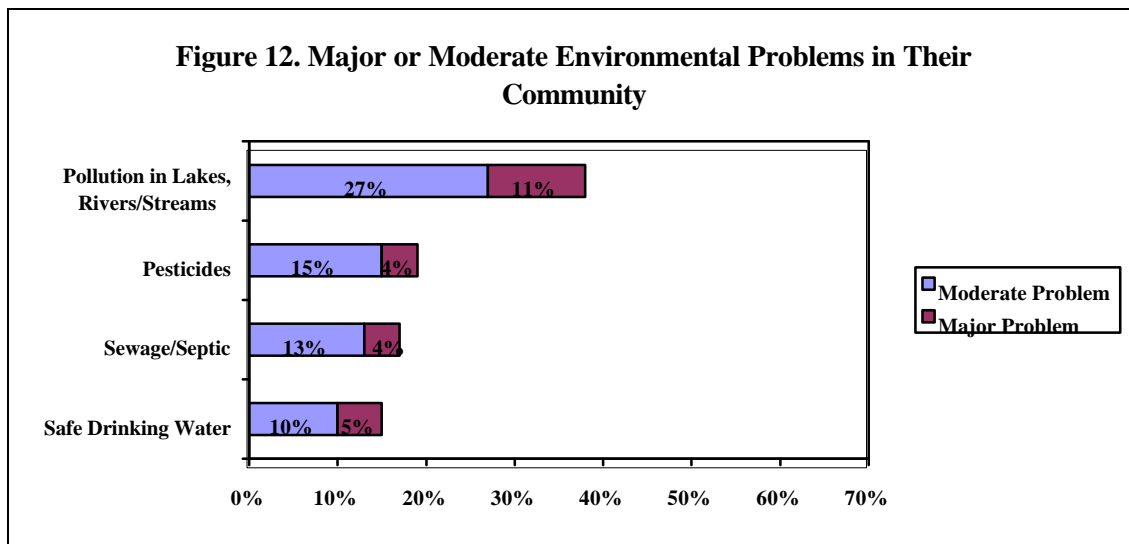
**APPENDIX A: ADDITIONAL QUESTIONS**

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

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

**KEY FINDING:** Out of four community environmental problems, the most often cited major or moderate problem was pollution in lakes, rivers or streams (38%). Respondents 35 to 44 years old were more likely to report safe drinking water as a major or moderate problem than all other age groups.

- Out of four environmental problems that communities may face, 38% of respondents reported water pollution in lakes, rivers or streams as a major or moderate problem in their community. Nineteen percent reported pesticides followed by 17% reporting sewage/septic and 15% reporting safe drinking water.



- Respondents 35 to 44 years old were more likely to report that safe drinking water was a major/moderate problem in their community (26%) compared to those 65 and older (8%).

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

	Lake, River or Stream Pollution	Pesticides	Sewage or Septic	Safe Drinking Water
TOTAL	38%	19%	17%	15%
Gender				
Male	40	19	21	19
Female	36	19	14	13
Age				
18 to 34	30	17	19	16*
35 to 44	45	23	22	26*
45 to 54	46	19	15	13*
55 to 64	38	26	26	11*
65 and older	31	12	8	8*
Education				
High School or Less	33	14	14	13
Some Post High School	43	25	24	22
College Graduate	42	20	18	14
Household Income				
\$30,000 or Less	41	17	14	13
\$30,001 to \$60,000	40	20	21	18
\$60,001 or More	29	16	14	16
Marital Status				
Married	41	20	18	16
Not Married	33	17	17	16

\*= p≤0.05; \*\*= p≤0.01

### Not Taken Prescribed Medication Due to Prescription Costs

KEY FINDING: Six percent of respondents reported they or someone in their household had not taken their prescribed medication due to prescription costs.

- When asked “Have you or anyone in your household not taken your prescribed medication due to prescription costs,” six percent reported yes.
- There were no statistically significant differences between taking prescribed medications and household income or marital status.

**APPENDIX B: QUESTIONNAIRE FREQUENCIES**

MANITOWOC COUNTY  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 24 through July 15, 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 .....	<1%
Fair .....	9
Good .....	30
Very good .....	37
Excellent .....	23
Not sure .....	0

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

No health care coverage .....	7%
Medical Assistance or Title 19.....	3
Badger Care .....	2
Medicare .....	20
A prepaid plan such as a HMO, PPO .....	44
Another commercial health plan .....	19
Something else .....	4
Not sure .....	1

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

Not all members covered.....	14%
All members covered.....	86
Not sure .....	0

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

Not all members covered.....	20%
All members covered.....	80
Not sure .....	0

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

Medical doctor, internist, OBGYN, family practice .....	72%
Walk-in or urgent care clinic .....	17
Hospital emergency room.....	5
Community health center.....	3
Other.....	2
Not sure .....	2

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

Yes..... 34%  
 No..... 64  
 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.....	61%	21%	5%	10%	3%	<1%
8. Cholesterol testing .....	49	19	5	7	19	2
9. Visit to a dentist/dental clinic..	73	14	5	7	1	<1
10. Eye exam.....	49	31	8	9	3	<1

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..... 19%  
 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?.....	19%	81%	<1%
14. Your blood cholesterol is high? .....	16	83	1
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition? ..	6	94	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	<1
18. ....if yes, have you had your blood sugar tested in the past year? [25 respondents]	100	0	0
19. You had a mental health problem?.....	3	96	<1
20. You had cancer, other than skin cancer.....	2	97	<1
21. You had a sexually transmitted disease.....	0	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	7%	93%	0%
23. Do you still have asthma? [All Respondents] ...	4	96	0
24. ....(if yes), do you have an asthma action plan? [18 respondents] .....	57	37	6

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..... 30%  
Two servings ..... 31  
Three or more servings ..... 38  
Not sure ..... 2

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

One or fewer servings..... 36%  
Two servings ..... 34  
Three or more servings ..... 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 ..... 32%  
A few times per week..... 45  
Daily or nearly so ..... 6  
Hardly ever or never ..... 18  
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..... 77%  
No..... 23  
Not sure ..... <1

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

Yes..... 80%  
No..... 20  
Not sure ..... <1

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

One .....	3%
Two.....	7
Three.....	19
Four .....	14
Five.....	13
Six .....	2
Seven .....	21
Not sure .....	<1
No moderate exercise/no answer.....	21

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 .....	24
45 to 59 minutes .....	6
60 or more minutes .....	35
Not sure .....	1
No moderate exercise/no answer.....	20

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [217 Respondents]

Within the past year (anytime less than 12 months ago) .....	45%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	19	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	5	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	3	üCONTINUE WITH Q33
5 or more years ago .....	3	üCONTINUE WITH Q33
Never .....	24	üCONTINUE WITH Q33
Not sure .....	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [21 Respondents 40 years old or older]

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

[45 Respondents 18 to 39 years old]

Too young..... 36 responses  
 No time ..... 3 responses  
 Not insured..... 1 response  
 Don't need ..... 1 response  
 Too expensive ..... 1 response  
 Not recommended by provider..... 1 response  
 Not sure ..... 2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [217 Respondents]

Within the past year (anytime less than 12 months ago) ..... 60%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 22  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 7  
 Within the past 5 years (3 years, but less than 5 years ago)..... 3  
 5 or more years ago ..... 5  
 Never ..... 2  
 Not sure..... <1

**Q35 MALES ONLY**

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [183 Respondents]

Within the past year (anytime less than 12 months ago) ..... 21%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 16  
 Within the past 5 years (2 years, but less than 5 years ago)..... 6  
 5 or more years ago ..... 8  
 Never ..... 48  
 Not sure..... 3

**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) .....22%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 15
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- 5 or more years ago ..... 7
- Never .....45
- Not sure..... 3

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

- Within the past year (anytime less than 12 months ago) ..... 9%
- 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)..... 8
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 4
- Never .....63
- Not sure..... 3

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	43%	57%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	51	48	1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	55	45	<1
41. Avoid artificial sources of ultraviolet light?.....	69	31	<1

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

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

Frequency of those who bicycle, use in-line roller skates or scooters [199 Respondents]

- Never ..... 69%
- Seldom..... 5
- Sometimes..... 5
- Nearly always..... 5
- Always ..... 16
- 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 .....	9%
Seldom.....	4
Sometimes.....	5
Nearly always.....	11
Always .....	72
Not sure .....	0

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

One .....	16%
Two.....	16
Three or more.....	7
None .....	62

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? [153 Respondents]

Do not ride/skate/scoot..... 11%

Frequency of those who bicycle, use in-line roller skates or scooters [137 Respondents]

Never .....	17%
Seldom.....	5
Sometimes.....	16
Nearly always.....	13
Always .....	47
It depends.....	2
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [151 Respondents]

Never .....	7%
Seldom.....	0
Sometimes.....	1
Nearly always.....	6
Always .....	85
Not sure .....	0

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

Never .....	36%
Seldom.....	39
Sometimes.....	19
Nearly always.....	4
Always.....	2
Not sure .....	0

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

Poor .....	3%
Fair .....	14
Good.....	53
Excellent .....	29
Not sure .....	<1

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

Never .....	2%
Seldom.....	3
Sometimes.....	13
Nearly always.....	36
Always.....	46
Not sure .....	<1

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

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

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

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

None .....	37%
One to two days.....	21
Three to four days .....	15
Five or more days .....	28
Not sure .....	<1

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

None .....	37%
One drink .....	17
Two drinks .....	19
Three drinks .....	8
Four or more drinks .....	17
Not sure .....	1

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

None .....	69%
One to two times .....	11
Three or more times .....	19
Not sure .....	<1

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

None .....	81%
Once .....	4
Two or more times .....	14
Not sure .....	<1

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

Yes.....	4%
No.....	96
Not sure .....	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.....	6%
No.....	94
Not sure .....	<1

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

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

0 days.....	72%
1 to 29 days .....	3
30 days.....	25
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? [111 Respondents]

0 days..... 59%  
At least 1 day ..... 41  
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? [111 Respondents]

Yes..... 56%  
No..... 45  
Not sure ..... 0

60. Do you currently use snuff or chewing tobacco?

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

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

Yes..... 15%  
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 ..... 65%  
Restaurants that allow smoking ..... 13  
No preference..... 22  
Not sure ..... 0

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

Strongly oppose..... 16%  
Moderately oppose ..... 18  
Moderately favor ..... 20  
Strongly favor ..... 41  
Not sure ..... 6

Another issue being discussed these days deals with firearms.

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

Yes..... 41%  
 No..... 58  
 Not sure ..... <1

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

Yes..... 3%  
 No..... 38  
 Not sure ..... <1  
 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..... 2%  
 No..... <1  
 Not sure ..... 0  
 No firearms in household/not loaded/no answer ..... 97

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	16%	84%	0%
68. Having acupuncture? .....	1	99	0
69. Massage therapy? .....	11	89	0
70. Aroma therapy? .....	3	97	0
71. Movement therapy, such as yoga or tai' chi? .....	6	94	0
72. Meditation? .....	4	96	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%  
 Female ..... 54

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

18 to 34 years old .....	24%
35 to 44 years old .....	25
45 to 54 years old .....	20
55 to 64 years old .....	12
65 and older .....	20

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	34%
Overweight.....	40
Obese.....	26

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

Yes.....	4%
No.....	95
Not sure .....	<1

79. What is your current marital status?

Single, never married.....	21%
A member of an unmarried couple.....	<1
Married .....	61
Separated .....	0
Divorced .....	9
Widowed.....	9
Not sure .....	0

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

8th grade or less .....	3%
Some high school .....	3
High school graduate or GED .....	41
Some college.....	21
Technical school graduate .....	8
College graduate.....	16
Advanced or professional degree .....	8
Not sure .....	<1

81. What county do you live in [FILTER]

Manitowoc .....	100%
-----------------	------

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

Manitowoc city .....	39%
Two Rivers city .....	15
Manitowoc town.....	7
Kiel city .....	6
All others (3% or less).....	32

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

54220 .....	43%
54241 .....	19
53042 .....	7
54245 .....	4
All others (3% or less).....	16
No answer .....	12

84. What is your annual household income before taxes?

Less than \$10,000.....	6%
\$10,000 to \$20,000.....	8
\$20,001 to \$30,000.....	13
\$30,001 to \$40,000.....	22
\$40,001 to \$50,000.....	12
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	7
\$75,001 to \$90,000.....	9
Over \$90,000.....	5
Not sure .....	2
No answer .....	3

The next series of questions deal with personal safety issues.

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

Yes.....	5%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure .....	0	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [20 Respondents; More than 1 response accepted]

Stranger .....	10 responses
Friend .....	3 responses
Ex-spouse.....	1 response
Boyfriend or girlfriend.....	1 response
Parent.....	1 response
Acquaintance.....	1 response
Someone else .....	2 responses

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

Yes.....	4%	üCONTINUE WITH Q88
No.....	97	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? [14 Respondents; More than 1 response accepted]

Friend .....	6 responses
Acquaintance.....	3 responses
Ex-spouse.....	2 responses
Stranger.....	2 responses

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

Smoke detectors .....	41%
Carbon monoxide detectors .....	<1
Both .....	57
Neither .....	2
Not sure .....	<1

ADDITIONAL QUESTIONS FOR MANITOWOC 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.....	31%	27%	27%	11%	5%
A2. Sewage or septic.....	52	25	13	4	6
A3. Safe drinking water.....	62	21	10	5	2
A4. Pesticides .....	52	25	15	4	5

A5. Have you or anyone in your household not taken your prescribed medication due to prescription costs?

Yes..... 6%  
 No..... 94  
 Not sure ..... 0