

**Marinette County  
Community Health Survey**  
Fall 2003

Commissioned by:  
**Aurora Health Care**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

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

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

A total of 400 telephone interviews were completed between February 24 and 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 Marinette 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](mailto: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](mailto:mark.huber@aurora.org).

## Demographic Profile of Marinette County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	55
Age	
18 to 34	22%
35 to 44	22
45 to 54	19
55 to 64	14
65 and Older	23
Education	
High School Graduate or Less	50%
Some Post High School	28
College Graduate	22
Household Income	
\$30,000 or Less	33%
\$30,001 to \$60,000	47
\$60,001 or More	17
Not Sure/No Answer	4
Married	58%

## What do the percentages mean?

Results of the Marinette County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 33,183 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 300 adults. So, when 18% of respondents reported their health was fair or poor, this roughly equates to 5,400 residents  $\pm 1,500$  individuals. Meaning that from 3,900 to 6,900 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 17,585 households in Marinette 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 180 households. For example, 14% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 2,520.

## Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/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 Marinette 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 Marinette 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>	
Marinette County	<u>2003</u>	Marinette County	<u>2003</u>
Excellent .....	18%	High Blood Pressure.....	27%
Very Good.....	32%	High Blood Cholesterol .....	20%
Good .....	33%	Heart Disease/Condition .....	8%
Fair or Poor .....	18%	Diabetes .....	8%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Asthma (Current).....	7%
Wisconsin .....	57%	<b>Moderate Physical Activity/Week</b>	
Nation .....	56%	Marinette County	<u>2003</u>
<b>Health Care Coverage</b>		Inactive .....	23%
Marinette County	<u>2003</u>	Insufficient .....	49%
Personally Not Covered .....	7%	Recommended.....	28%
Household Member Not Covered (current) ...	14%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	21%	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>		Marinette County	<u>2003</u>
Marinette County	<u>2003</u>	Fruit Intake (2 or more servings/day) .....	64%
Yes .....	31%	Vegetable Intake (3 or more servings/day) .....	28%
<b>Routine Checkups</b>		Fried Food/Fast Food (a few times/week) .....	53%
Marinette County	<u>2003</u>	Overweight.....	56%
Routine Checkup (2 years or less) .....	84%	<i>Other Research: Overweight</i>	<u>2001</u>
Cholesterol Test (2 years or less).....	67%	Wisconsin.....	59%
Dental Checkup (past year).....	69%	Nation .....	58%
Eye Exam (2 years or less).....	79%	<b>Women's Health</b>	
<b>Vaccinations</b>		Marinette County	<u>2003</u>
Marinette County	<u>2003</u>	Mammogram (50+; past year).....	63%
Flu shot (past year) .....	36%	Pap Smear (past year).....	59%
Pneumonia (ever—65 years or older).....	55%	<i>Other Research: Wisconsin</i>	<u>2001</u>
<b>Alternative Treatment in Past 3 Years</b>		Mammogram (50+; past year).....	69%
Marinette County	<u>2003</u>	Pap Smear (past year) .....	66%
Chiropractor .....	26%	<b>Reduce Risk of Skin Cancer</b>	
Massage Therapy.....	10%	Marinette County	<u>2003</u>
Meditation .....	6%	Avoid Artificial Sources of UV Light .....	69%
Movement Therapy.....	3%	Use Sunscreen with SPF 15 or Higher .....	53%
Aroma Therapy.....	3%	Wear Sun Protective Clothing.....	53%
Acupuncture .....	<1%	Avoid Sun Between 10 a.m. and 4 p.m. ....	43%

<b>Men's Health</b>		<b>Alcohol Use</b>	
Marinette County		Marinette County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	26%	Drink in Past Month .....	57%
50 and Older .....	38%	3+ Drinks on Occasion in Past Month.....	27%
<b>Other Tests</b>		Binge in Past Month	
Marinette County		[5+ Drinks (Male): 4+ Drinks (Female)] .....	16%
Blood Stool Test (50+; within past 2 years)...	59%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	<1%
(50+; within past 2 years).....	35%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		<u>2001</u>	
Marinette County		<i>Wisconsin</i> .....	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<i>Nation</i> .....	
Adult.....	84%	<b>Mental Health Status</b>	
Children .....	95%	Marinette 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.....	14%	Always/Nearly Always .....	
Children .....	52%	Never .....	
Detectors		Managing Stress	
Smoke Detector .....	44%	Excellent/Good.....	
Carbon Monoxide.....	<1%	Poor .....	
Both.....	53%	Find Meaning and Purpose in Daily Life	
Neither .....	3%	Never/Seldom.....	
<b>Tobacco Use</b>		Considered Suicide (past year).....	
Marinette County		<u>2%</u>	
Current Smokers .....	20%	<b>Firearms in Household</b>	
Quit Smoking 1 Day or More in Past		Marinette County	
Year Because Trying to Quit (smokers).....	54%	Of all Households...	
Health Care Professional Advisement to		<u>2003</u>	
Quit Smoking (smokers).....	60%	Have a Firearm.....	
Smoking Indoors or in Vehicle.....	18%	Have a Loaded Firearm .....	
Smoking Preference in Restaurants		Have a Loaded Firearm Unlocked.....	
Smoke-free .....	61%	<b>Personal Safety in Past Year</b>	
Allow Smoking.....	13%	Marinette County	
No Preference .....	26%	Afraid for Their Safety .....	
Ordinance Prohibiting Smoking in Eating		Pushed/Kicked/Slapped/Hit .....	
Establishments		<u>2003</u>	
Moderately Favor .....	22%	<b>Additional Questions</b>	
Strongly Favor .....	41%	Marinette 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 and Streams .....	
		Sewage/Septic .....	
		Pesticides .....	
		Safe Drinking Water .....	
		Childhood Obesity (major/moderate problem).....	
		Main Reason for Childhood Obesity (Of Those	
		Who Reported Obesity as a Problem)	
		Too Much Fast Food/Convenience Foods .....	
		Too Little Physical Activity.....	

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

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

Seven percent of respondents reported they personally did not have health care coverage. Respondents who were 18 to 34 years old, 55 to 64 years old, with a household income of less than \$30,001 or unmarried were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone in their household was currently not covered. Twenty-one percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Sixty-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-one percent of respondents had an advance care plan; respondents 55 and older were more likely to report an advance care plan.

Sixty-nine percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 52% an eye exam and 51% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or an eye exam. Respondents with higher education or higher household income were more likely to report a dental checkup in the past year. Married respondents were more likely to report a cholesterol test or dental checkup in the past year.

Thirty-six percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Fifty-five percent of respondents 65 and older had a pneumonia vaccination.

## **Health Risk Factors Key Findings**

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report cancer, not including skin cancer. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or cancer. Respondents 55 and older were more likely to report diabetes. Respondents with a high school education or less were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol or current asthma. Unmarried respondents were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents 55 to 64 years old were more likely to report feeling sad, blue or depressed. Twenty-three 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. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 10%, respectively).

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 23% were classified as inactive. Respondents 55 to 64 years old were more likely to meet the recommended activity level. Fifty-six percent of respondents were classified as overweight (34% overweight and 22% obese). Male respondents, those 55 to 64 years old, 35 to 44 years old or married respondents were more likely to be overweight.

Sixty-four percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents or those with a college education were more likely to eat at least two servings of fruit or at least three servings of vegetables on an average day. Fifty-three percent of respondents eat fried/fast food at least a few times a week; males, those 35 to 44 years old or overweight respondents were more likely to report this.

Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old or married were more likely to have had a pap smear within the past three years.

Twenty-six percent of male respondents 40 to 49 years old and 38% of males 50 years old and older had a digital rectal exam in the past year.

Fifty-nine percent of respondents 50 years old and older had their blood stool tested within the past two years while 35% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m. Respondents 45 to 54 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 18 to 44 years old were more likely to report using sunscreen. Respondents 45 to 54 years old or 65 and older were more likely to report wearing sun protective clothing. Respondents with a college education or married respondents were more likely to report avoiding artificial sources of ultraviolet light.

Eighty-four percent of respondents wore seat belts always or nearly always. Female or married respondents were more likely to report they always wore seat belts. Eighty-eight percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 14% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 42% reported their child always wore a helmet.

Twenty percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Fifty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 60% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-one percent of all respondents preferred a smoke-free restaurant. Respondents who were 65 and older, with a college education, with higher household income, married or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-three percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, with a college education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Fifty-seven percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks on at least one occasion while 16% binged. Respondents who were male, 18 to 34 years old, with some post high school education, with a household income of at least \$60,001 or unmarried were more likely to have had three or more drinks at least once. Male respondents, those 18 to 34 years old or with some post high school education were more likely to have binged in the past month. Less than one percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of households had a working smoke detector while 54% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Fifty-six percent of households had a firearm in or around the home. Married households were more likely to have a firearm. Of all households, 5% had a loaded firearm; respondents without children were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

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

### **Additional Questions Key Findings**

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (27%). Female respondents were more likely to report pesticides as a major/moderate problem. Respondents 55 to 64 years old were more likely to report water pollution in lakes, rivers and streams. Married respondents were more likely to report sewage/septic as a major/moderate problem.

Forty percent of respondents reported that childhood obesity was a major/moderate problem in their community (9% major problem and 31% moderate problem). Of respondents who indicated childhood obesity was a problem in their community, the main reason for childhood obesity included too much fast food and/or convenience foods or too little physical activity.

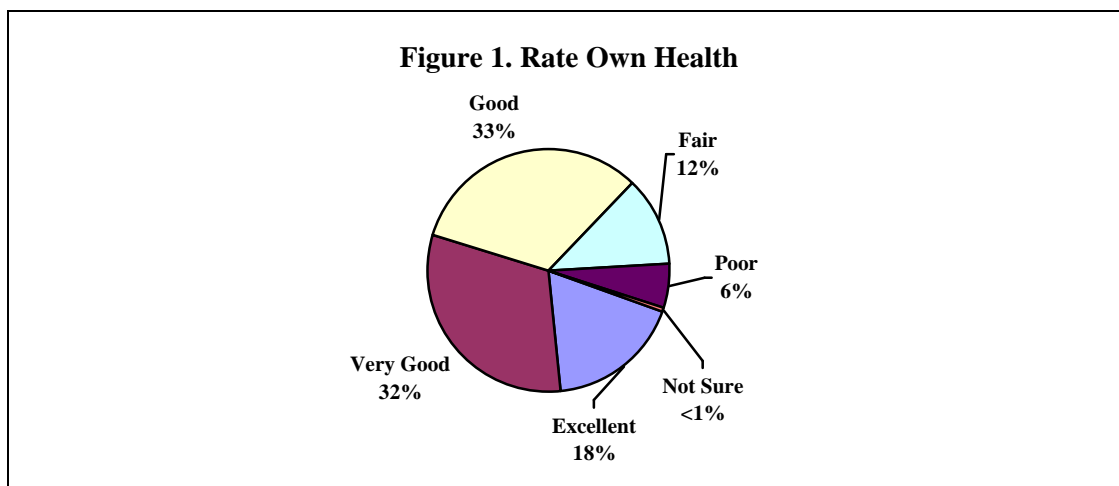
## Key Findings

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

**KEY FINDING:** Fifty percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a high school education or less, a household income of less than \$30,001, unmarried or inactive were more likely to report fair or poor health.

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

- Fifty percent of respondents said their own health, generally speaking, was either excellent (18%) or very good (32%). A total of 18% reported their health was fair (12%) or poor (6%).



- Respondents 65 and older were more likely to state their health was fair or poor (30%) compared to those 55 to 64 years old (11%) or respondents 18 to 34 years old (9%).
- Twenty-two percent of respondents with a high school education or less reported fair or poor health compared to 16% of those with some post high school education or 11% of respondents with a college education.
- Twenty-nine percent of respondents with a household income of less than \$30,001 reported fair or poor health compared to 12% of those with an income of \$30,001 to \$60,000 or 6% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report fair or poor health (24%) compared to married respondents (13%).
- Inactive respondents were more likely to report their health as fair or poor (29%) compared to those who did at least some physical activity (14%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	18%	33%	32%	18%
Gender				
Male	15	34	30	21
Female	20	32	33	15
Age**				
18 to 34	9	22	40	29
35 to 44	16	34	28	22
45 to 54	19	27	36	16
55 to 64	11	42	30	18
65 and Older	30	39	25	6
Education**				
High School or Less	22	40	30	8
Some Post High School	16	23	36	25
College Graduate	11	29	29	32
Household Income**				
\$30,000 or Less	29	31	25	14
\$30,001 to \$60,000	12	33	36	19
\$60,001 or More	6	39	28	28
Marital Status*				
Married	13	37	34	16
Not Married	24	27	29	20
Overweight				
Not Overweight	15	27	37	22
Overweight	18	38	28	16
Physical Activity*				
Inactive	29	26	27	18
Insufficient	14	33	35	18
Recommended	14	38	31	18
Smoker				
Nonsmoker	16	34	33	16
Smoker	26	25	26	24

\*= p≤0.05; \*\*= p≤0.01

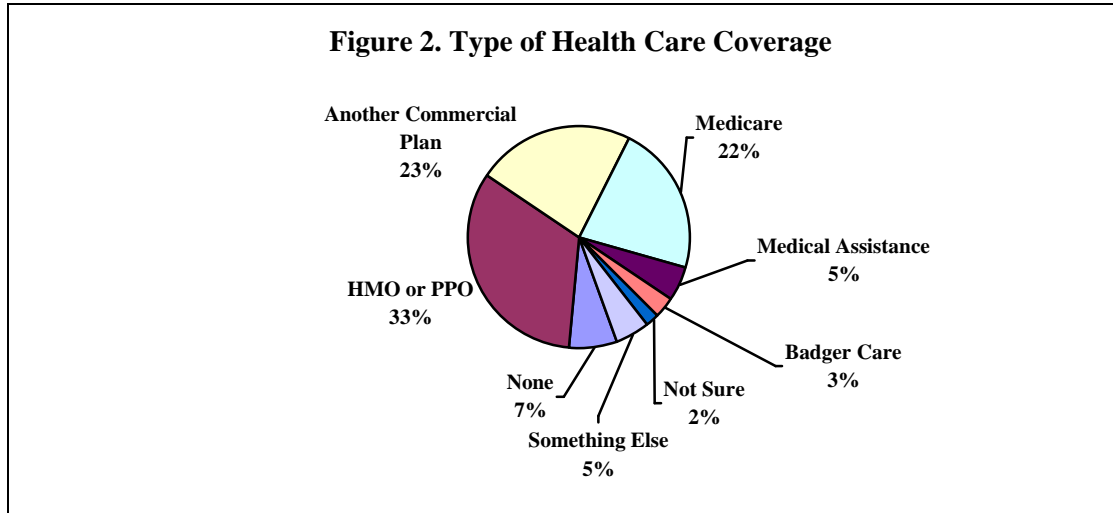
## Health Care Coverage (Figure 2)

**KEY FINDING:** Seven percent of respondents reported they personally did not have health care coverage. Respondents who were 18 to 34 years old, 55 to 64 years old, with a household income of less than \$30,001 or unmarried were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone in their household was currently not covered. Twenty-one percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Sixty-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-one percent of respondents had an advance care plan; respondents 55 and older were more likely to report an advance care plan.

### *Personally Not Covered*

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

- Seven percent of respondents reported they were not currently covered by any health insurance. Thirty-three percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Twenty-three percent reported another commercial plan, 22% reported Medicare and 5% reported medical assistance.



- Eleven percent of respondents 18 to 34 years old or 55 to 64 years old reported they were not currently covered by any health insurance compared to 0% of respondents 65 and older. Nine percent of respondents 45 to 54 years old reported no coverage along with 2% of respondents 35 to 44 years old.
- Eleven percent of respondents with a household income of less than \$30,001 reported they were not currently covered by any health insurance compared to 6% of those with an income of at least \$60,001 or 4% of respondents with a household income of \$30,001 to \$60,000.

- Unmarried respondents were more likely to report they were not currently covered by any health insurance (10%) 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 2,520 households.
- Respondents with a household income of less than \$30,001 were more likely to report someone in their household was not covered (21%) compared to respondents with a household income of at least \$30,001 (11%).
- Unmarried respondents were more likely to report someone was not covered (20%) compared to married respondents (9%).

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

- Twenty-one 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 less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 17% of those with an income of \$30,001 to \$60,000 or 14% of respondents with a household income of at least \$60,001.

#### *Primary Health Care Services*

- Sixty-two percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twenty-two percent reported walk-in or urgent care while 7% reported hospital emergency room and 4% reported community health center.
- There were no statistically significant differences between demographic variables and primary health care services.

#### *Advance Care Plan*

- Thirty-one percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Respondents 55 and older were more likely to report having an advance care plan (46%) followed by those 35 to 44 years old (25%) and respondents 18 to 34 years old or 45 to 54 years old (20% each).

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

**KEY FINDING:** Sixty-nine percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 52% an eye exam and 51% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a routine checkup, cholesterol test or an eye exam. Respondents with higher education or higher household income were more likely to report a dental checkup in the past year. Married respondents were more likely to report a cholesterol test or dental checkup in the past year.

### *Routine Checkup*

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

- Sixty-four percent of respondents reported they had a routine checkup in the past year. An additional 20% 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 (73%) than male respondents (55%).
- Respondents 65 and older were more likely to report they had a routine checkup in the past year (87%) compared to those 45 to 54 years old (63%) or respondents 18 to 44 years old (53%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	64%	20%	6%	8%	2%
Gender*					
Male	55	24	7	11	2
Female	73	16	4	5	1
Age**					
18 to 34	53	26	14	6	1
35 to 44	53	25	2	14	5
45 to 54	63	24	5	8	0
55 to 64	66	16	7	9	0
65 and Older	87	7	1	2	2
Education					
High School or Less	68	18	5	5	3
Some Post High School	57	23	9	11	<1
College Graduate	65	22	2	9	2
Household Income					
\$30,000 or Less	64	18	8	7	2
\$30,001 to \$60,000	69	19	4	6	2
\$60,001 or More	52	27	8	14	0
Marital Status					
Married	66	21	4	8	2
Not Married	63	18	8	7	2

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

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

- Fifty-one percent of respondents reported having their cholesterol tested within the past year. Sixteen percent reported one to two years ago. Seventeen reported never having their cholesterol tested.
- Seventy-eight percent of respondents 65 and older reported a cholesterol test within the past year compared to 35% of those 35 to 44 years old or 31% of respondents 18 to 34 years old. Respondents 18 to 34 years old were more likely to report never (40%) compared to all other age groups (4% to 28%).
- Married respondents were more likely to report a cholesterol test in the past year (55%) compared to unmarried respondents (47%). Twenty-five percent of unmarried respondents reported never compared to 13% of married respondents.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	51%	16%	5%	7%	17%
Gender					
Male	50	18	5	8	17
Female	52	14	5	6	18
Age**					
18 to 34	31	9	1	8	40
35 to 44	35	20	7	9	28
45 to 54	59	17	11	8	5
55 to 64	51	30	4	7	4
65 and Older	78	9	0	3	6
Education					
High School or Less	56	14	5	4	15
Some Post High School	42	18	5	12	20
College Graduate	52	17	4	9	19
Household Income					
\$30,000 or Less	55	12	6	8	17
\$30,001 to \$60,000	54	13	5	6	18
\$60,001 or More	35	28	2	8	23
Marital Status**					
Married	55	19	5	7	13
Not Married	47	11	4	7	25

\*= p≤0.05; \*\*= p≤0.01

### Dental Checkup

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

- Sixty-nine percent of respondents reported a dental visit in the past year. An additional 15% had a visit in the past one to two years.
- As education increased, so did the likelihood of having a dental checkup in the past year. Sixty-four percent of respondents with a high school education or less reported a dental checkup in the past year compared to 70% of those with some post high school education or 78% of respondents with a college education.

<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.

- Respondents with higher household income were more likely to have a dental checkup in the past year. Ninety-one percent of respondents with a household income of at least \$60,001 reported this compared to 73% of those with an income of \$30,001 to \$60,000 or 53% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a dental checkup in the past year (75%) compared to unmarried respondents (63%).

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>	69%	15%	6%	8%	1%
<b>Gender</b>					
Male	68	18	5	8	2
Female	70	12	6	8	1
<b>Age</b>					
18 to 34	64	18	10	5	1
35 to 44	73	17	2	6	1
45 to 54	72	15	5	7	1
55 to 64	81	5	5	9	0
65 and Older	59	13	6	17	3
<b>Education**</b>					
High School or Less	64	14	5	13	3
Some Post High School	70	20	8	3	0
College Graduate	78	12	4	4	1
<b>Household Income**</b>					
\$30,000 or Less	53	22	8	15	2
\$30,001 to \$60,000	73	13	6	5	1
\$60,001 or More	91	3	2	3	2
<b>Marital Status**</b>					
Married	75	13	3	8	2
Not Married	63	17	10	8	1

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

### Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 27% 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 (67%) compared to those 18 to 34 years old or respondents 45 to 54 years old (45% each).

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	52%	27%	8%	9%	3%
Gender					
Male	46	29	9	10	5
Female	58	25	7	8	1
Age*					
18 to 34	45	28	6	17	3
35 to 44	55	19	11	9	4
45 to 54	45	27	11	12	5
55 to 64	49	39	5	5	2
65 and Older	67	25	5	1	1
Education					
High School or Less	51	30	6	8	4
Some Post High School	51	25	9	11	3
College Graduate	55	24	10	9	2
Household Income					
\$30,000 or Less	49	30	7	9	5
\$30,001 to \$60,000	52	30	8	8	2
\$60,001 or More	59	14	11	15	2
Marital Status					
Married	53	28	8	9	2
Not Married	53	26	7	8	5

\*= p≤0.05; \*\*= p≤0.01

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-six percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Fifty-five 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-six percent of respondents had a flu vaccination in the past year.
- Respondents 65 and older were more likely to report receiving a flu vaccination (67%) compared to those 18 to 34 years old (26%) or respondents 45 to 54 years old (21%).

Table 7. Flu Vaccination by Demographic Variables

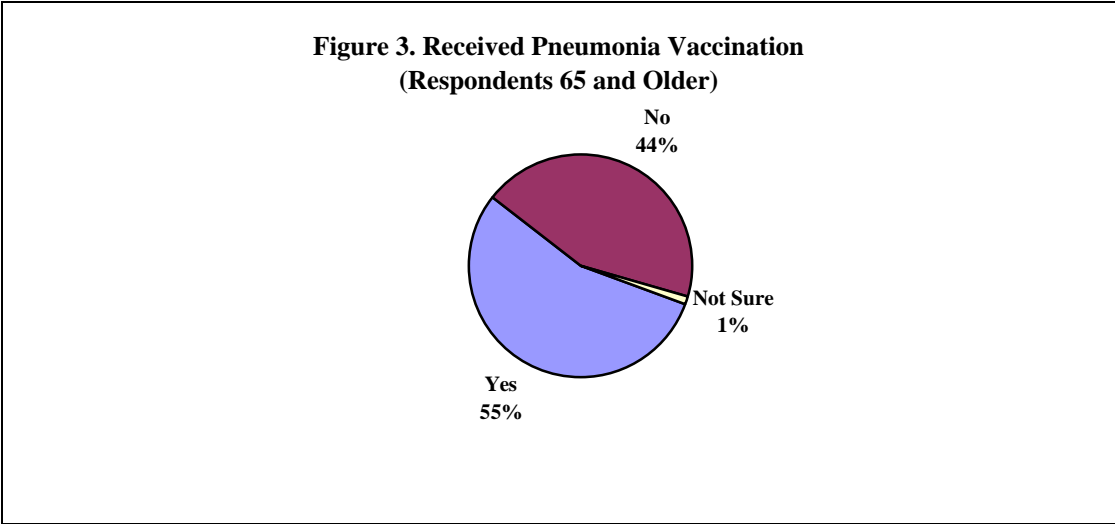
	Percent
TOTAL	36%
Gender	
Male	36
Female	36
Age**	
18 to 34	26
35 to 44	27
45 to 54	21
55 to 64	38
65 and Older	67
Education	
High School or Less	37
Some Post High School	27
College Graduate	44
Household Income	
\$30,000 or Less	42
\$30,001 to \$60,000	35
\$60,001 or More	29
Marital Status	
Married	35
Not Married	39

\*= p≤0.05; \*\*= p≤0.01

### *Pneumonia Vaccination*

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

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



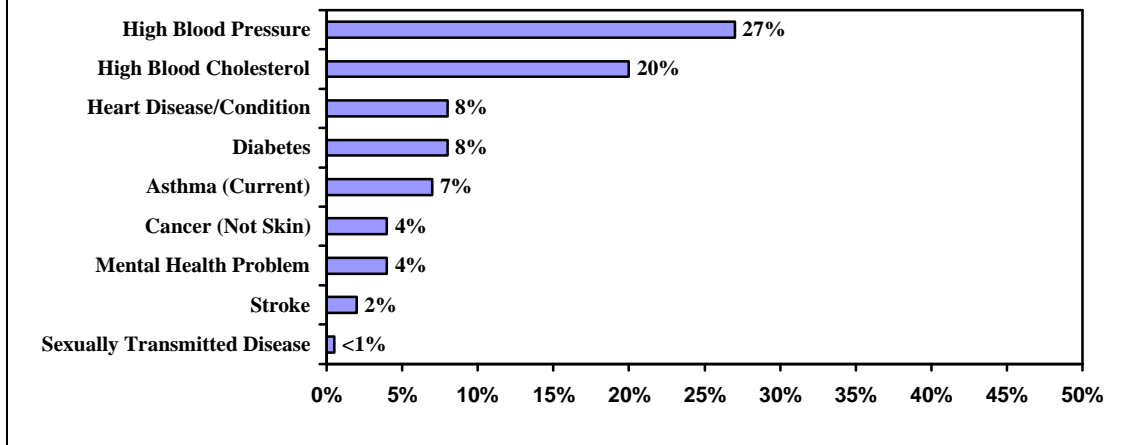
**Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

**KEY FINDING:** Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report cancer, not including skin cancer. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or cancer. Respondents 55 and older were more likely to report diabetes. Respondents with a high school education or less were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol or current asthma. Unmarried respondents were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

- Respondents were more likely to report in the past three years they have been told or been treated for high blood pressure (27%) or high blood cholesterol (20%) followed by heart disease/heart condition or diabetes (8% each).

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



- Female respondents were more likely to report cancer, not including skin cancer, than male respondents (6% and 2%, respectively).
- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or cancer. Respondents 55 and older were more likely to report diabetes.
- Respondents with a high school education or less were more likely to report high blood pressure, high blood cholesterol or heart disease/condition.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, high blood cholesterol or current asthma.
- Unmarried respondents were more likely to report high blood cholesterol (25%) than married respondents (17%).
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

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)	Cancer (Not Skin)	Mental Health Problem
TOTAL	27%	20%	8%	8%	7%	4%	4%
Gender							
Male	29	19	8	11	6	2*	6
Female	27	21	9	6	8	6*	3
Age							
18 to 34	6**	7**	2**	0**	9	0**	2
35 to 44	8**	8**	2**	4**	5	0**	5
45 to 54	35**	25**	7**	9**	5	1**	7
55 to 64	43**	30**	5**	16**	7	4**	7
65 and Older	49**	34**	24**	15**	7	12**	2
Education							
High School or Less	36**	27**	12*	10	8	6	5
Some Post High School	17**	13**	4*	4	7	3	2
College Graduate	22**	14**	7*	12	3	1	6
Household Income							
\$30,000 or Less	35*	30**	9	11	11*	5	5
\$30,001 to \$60,000	26*	15**	8	8	4*	4	6
\$60,001 or More	15*	12**	6	5	3*	3	0
Marital Status							
Married	30	17*	8	7	5	5	4
Not Married	25	25*	8	10	10	3	5
Overweight							
Not Overweight	15**	11**	5	4**	7	3	4
Overweight	36**	27**	10	11**	6	5	4
Physical Activity							
Inactive	26	24	12	12	8	7	4
Insufficient	24	16	6	6	6	3	5
Recommended	34	23	9	10	6	4	5

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

### *Diabetes*

- Ninety-four percent of the 34 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

### *Asthma*

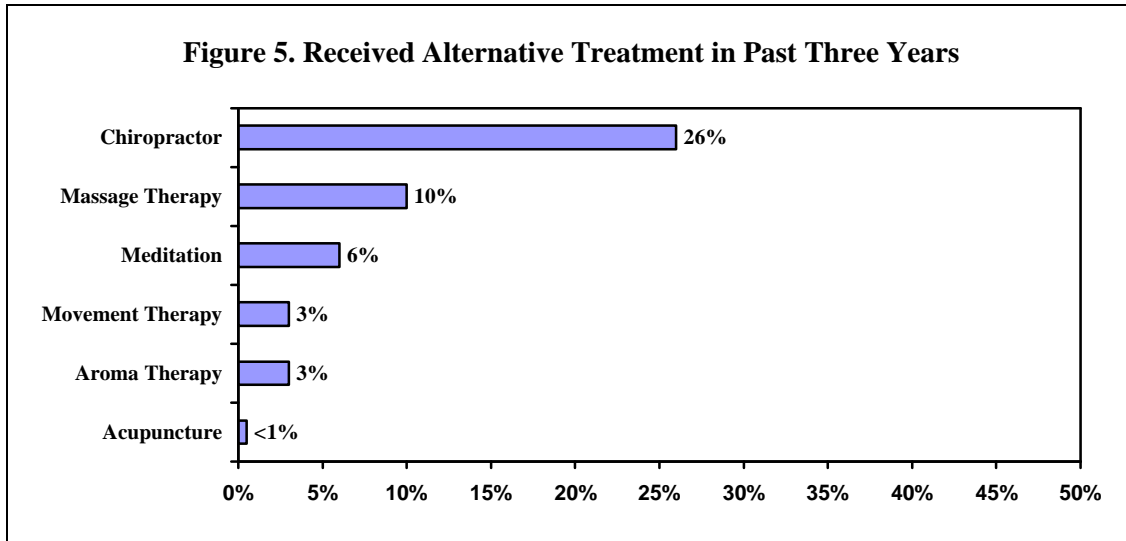
- Of the 27 respondents who currently had asthma, 65% had an asthma action plan.

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

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

**KEY FINDING:** Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 10%, respectively).

- Respondents were more likely to have gone to a chiropractor (26%) or used massage therapy (10%) in the past three years.



- There were no statistically significant differences between demographic variables and respondents who reported using alternative treatments such as a chiropractor, massage therapy, or meditation.

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

	Chiropractor	Massage Therapy	Meditation
TOTAL	26%	10%	6%
Gender			
Male	23	8	5
Female	29	11	6
Age			
18 to 34	31	9	5
35 to 44	31	12	6
45 to 54	25	17	5
55 to 64	18	0	5
65 and Older	21	9	9
Education			
High School or Less	23	12	6
Some Post High School	34	8	6
College Graduate	23	8	4
Household Income			
\$30,000 or Less	26	8	5
\$30,001 to \$60,000	31	10	7
\$60,001 or More	18	17	8
Marital Status			
Married	28	11	4
Not Married	24	9	8

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 23% were classified as inactive. Respondents 55 to 64 years old were more likely to meet the recommended activity level. Fifty-six percent of respondents were classified as overweight (34% overweight and 22% obese). Male respondents, those 55 to 64 years old, 35 to 44 years old or married respondents were more likely to be overweight.

#### *Physical Activities in Past Month*

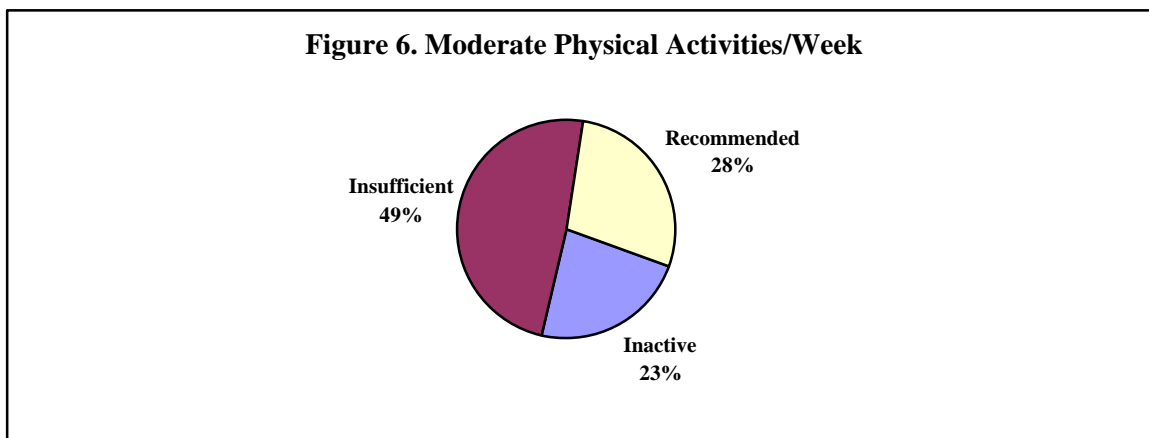
- Seventy percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

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



- Respondents 55 to 64 years old were more likely to meet the recommended amount of moderate physical activity in a week (38%) compared to those 45 to 54 years old or 65 and older (28% each) or respondents 35 to 44 years old (21%).

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

	Inactive	Insufficient	Recommended
TOTAL	23%	49%	28%
Gender			
Male	24	45	31
Female	22	52	26
Age**			
18 to 34	13	55	32
35 to 44	17	62	21
45 to 54	23	49	28
55 to 64	23	39	38
65 and Older	37	35	28
Education			
High School or Less	26	45	29
Some Post High School	20	54	26
College Graduate	20	49	31
Household Income			
\$30,000 or Less	28	43	29
\$30,001 to \$60,000	24	51	26
\$60,001 or More	18	52	30
Marital Status			
Married	23	50	28
Not Married	23	48	29
Overweight			
Not Overweight	21	51	28
Overweight	23	47	30

\*= p≤0.05; \*\*= p≤0.01

### Body Weight

*Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.<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, 56% of respondents were overweight (34% overweight and 22% obese).
- Male respondents were more likely to be classified as overweight (71%) compared to female respondents (45%).
- Seventy percent of respondents 55 to 64 years old and 68% of those 35 to 44 years old were classified as overweight compared to 34% of respondents 18 to 34 years old.
- Sixty-three percent of married respondents were overweight compared to 48% of unmarried respondents.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	56%
Gender**	
Male	71
Female	45
Age**	
18 to 34	34
35 to 44	68
45 to 54	58
55 to 64	70
65 and Older	61
Education	
High School or Less	57
Some Post High School	50
College Graduate	66
Household Income	
\$30,000 or Less	53
\$30,001 to \$60,000	57
\$60,001 or More	62
Marital Status**	
Married	63
Not Married	48
Moderate Physical Activities	
Inactive	58
Insufficient	55
Recommended	58

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

## **Nutrition and Diet (Tables 12 & 13)**

**KEY FINDING:** Sixty-four percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents or those with a college education were more likely to eat at least two servings of fruit or at least three servings of vegetables on an average day. Fifty-three percent of respondents eat fried/fast food at least a few times a week; males, those 35 to 44 years old or overweight respondents 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-four percent of respondents eat two or more servings of fruit on an average day. Thirty-five percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit a day (74%) compared to male respondents (53%)
- Respondents with a college education were more likely to eat two or more servings of fruit per day (77%) compared to those with some post high school education (64%) or respondents with a high school education or less (60%).

### *Vegetable Intake*

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

- Twenty-eight percent of respondents eat three or more servings of vegetables on an average day. Seventy-two percent reported two servings or less.
- Female respondents were more likely to eat at least three servings of vegetables per day (32%) compared to male respondents (22%)
- Respondents with a college education were more likely to eat at least three servings of vegetables per day (41%) compared to those with a high school education or less (25%) or respondents with some post high school education (23%).

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	35%	64%	72%	28%
Gender				
Male	46**	53**	77*	22*
Female	25**	74**	68*	32*
Age				
18 to 34	31	68	72	28
35 to 44	28	71	67	31
45 to 54	44	55	80	20
55 to 64	48	52	70	30
65 and Older	29	70	70	30
Education				
High School or Less	39*	60*	75*	25*
Some Post High School	36*	64*	77*	23*
College Graduate	23*	77*	59*	41*
Household Income				
\$30,000 or Less	40	58	78	22
\$30,001 to \$60,000	34	66	68	31
\$60,001 or More	25	75	71	29
Marital Status				
Married	37	63	75	25
Not Married	32	67	67	33
Overweight				
Not Overweight	37	62	72	28
Overweight	33	66	72	28
Moderate Physical Activities				
Inactive	39	60	77	23
Insufficient	32	68	71	29
Recommended	37	62	69	30

\*= p≤0.05; \*\*= p≤0.01

*Fried Food/Fast Food Intake*

- Ten percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-three percent reported a few times per week. Twenty-eight percent reported a few times per month while 20% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (62%) compared to female respondents (44%).

- Seventy percent of respondents 35 to 44 years old reported eating fried/fast food at least a few times per week compared to 38% of those 55 to 64 years old or 36% of respondents 65 and older.
- Fifty-four percent of respondents who were considered overweight reported eating fried/fast food at least a few times per week compared to 49% of respondents who were not overweight. Twenty-five percent of respondents who were not overweight reported hardly ever or never compared to 15% of overweight respondents.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	28%	53%
Gender**		
Male	25	62
Female	30	44
Age**		
18 to 34	28	57
35 to 44	21	70
45 to 54	29	55
55 to 64	38	38
65 and Older	30	36
Education		
High School or Less	34	47
Some Post High School	25	56
College Graduate	19	60
Household Income		
\$30,000 or Less	27	47
\$30,001 to \$60,000	29	54
\$60,001 or More	27	58
Marital Status		
Married	30	54
Not Married	26	49
Overweight*		
Not Overweight	26	49
Overweight	32	54
Moderate Physical Activities		
Inactive	30	50
Insufficient	30	55
Recommended	23	50

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

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old or married were more likely to have had a pap smear within the past three years.

### *Mammogram*

*Routine screening for breast cancer every one to two years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.<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-seven percent of all female respondents never had a mammogram while 62% had a mammogram within the past two years (47% within past year and 15% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (79% of those 50 and older; 66% of those 40 to 49 years old).
  - Of respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (eight responses), too young, not recommended by provider, don’t like or no time (two responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
<b>TOTAL</b>	47%	15%	10%	27%
<b>Age**</b>				
18 to 39	25	10	1	63
40 to 49	43	23	18	16
50 and Older	63	16	14	7

\*= 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).

- Fifty-nine percent of respondents reported they had a pap smear within the past year. An additional 21% reported between one year and less than three years.
- Respondents 35 to 44 years old were more likely to have had a pap smear within the past three years (94%) compared to those 18 to 34 years old (75%) or respondents 65 and older (65%).
- Married respondents were more likely to have had a pap smear within the past three years (87%) compared to unmarried respondents (70%).

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	59%	16%	5%	14%	7%
Age*					
18 to 34	67	8	0	8	17
35 to 44	73	16	5	7	0
45 to 54	46	28	8	15	3
55 to 64	67	15	4	11	4
65 and Older	44	15	6	28	7
Education					
High School or Less	55	18	3	16	9
Some Post High School	71	12	5	7	5
College Graduate	56	16	7	20	2
Household Income					
\$30,000 or Less	51	14	5	21	8
\$30,001 to \$60,000	65	18	4	6	8
\$60,001 or More	67	15	6	12	0
Marital Status*					
Married	62	19	6	12	2
Not Married	55	12	3	17	13

\*= 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: Twenty-six percent of male respondents 40 to 49 years old and 38% of males 50 years old 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

- Thirty-seven percent of all male respondents never had a digital rectal exam. Twenty-six percent had an exam in the past year while 16% reported within the past two years (one year but less than two years). Five percent were not sure.
- Thirty-eight percent of male respondents 50 and older had an exam less than a year ago while 26% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	26%	16%	16%	37%
Age**				
18 to 39	11	7	4	75
40 to 49	26	12	17	41
50 and Older	38	23	23	10

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

## Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-nine percent of respondents 50 years old and older had their blood stool tested within the past two years while 35% 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-eight percent of all respondents never had a blood stool test. Thirty-five percent were tested within the past two years (22% less than a year ago and 13% more than one year ago, but less than two). Five percent were not sure.

<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.

- Male respondents were more likely to have had a blood stool test within the past two years (40%) compared to female respondents (33%).
- Fifty-nine percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 25% of those 40 to 49 years old or 9% of respondents 18 to 39 years old. Twenty-three percent of respondents 50 years old and older reported never compared to 82% of respondents 18 to 39 years old.
- Forty-two percent of respondents with a high school education or less reported a blood stool test within the past two years compared to 35% of those with a college education or 26% of respondents with some post high school education.
- Respondents with a household income of less than \$30,001 were more likely to report a blood stool test within the past two years (42%) compared to those with an income of \$30,001 to \$60,000 (38%) or respondents with a household income of at least \$60,001 (21%).

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%	13%	11%	48%
Gender**				
Male	22	18	12	47
Female	23	10	10	49
Age**				
18 to 39	6	3	2	82
40 to 49	12	13	17	55
50 and Older	39	20	13	23
Education*				
High School or Less	26	16	8	46
Some Post High School	20	6	12	53
College Graduate	18	17	15	47
Household Income**				
\$30,000 or Less	31	11	14	41
\$30,001 to \$60,000	20	18	9	51
\$60,001 or More	15	6	8	59
Marital Status				
Married	24	16	10	46
Not Married	20	10	11	52

\*= p≤0.05; \*\*= p≤0.01

*Sigmoidoscopy or Colonoscopy Exam*

- Sixty-one percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-two percent were examined within the past two years (11% less than a year ago and 11% more than one year ago, but less than two).
- A total of 35% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 15% of those 40 to 49 years old or 8% of respondents 18 to 39 years old. Thirty-nine percent of respondents 50 and older reported never compared to 87% of respondents 18 to 39 years old.

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

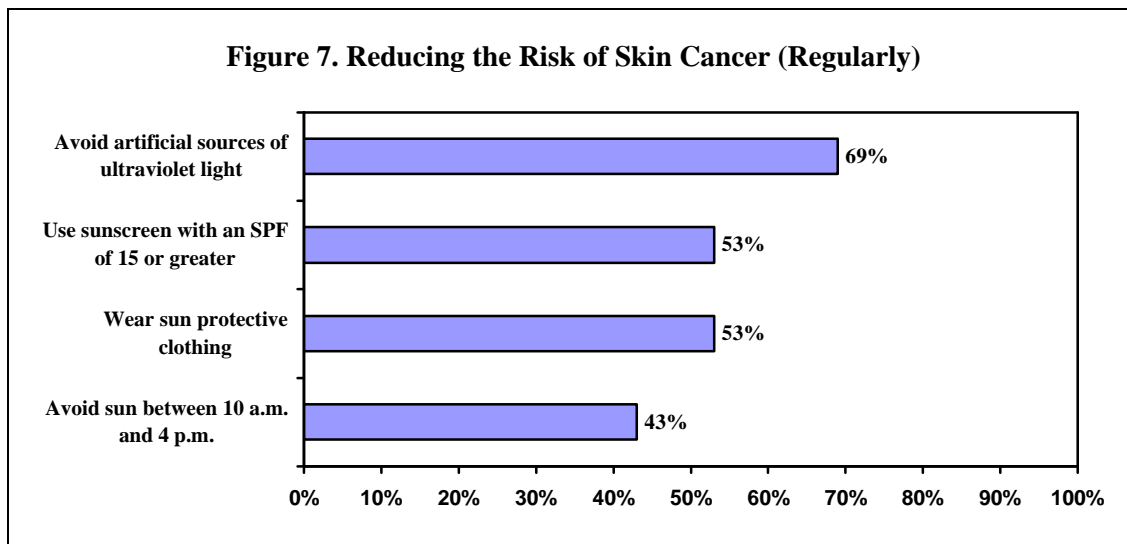
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	11%	10%	6%	61%
Gender					
Male	8	12	11	6	62
Female	14	11	8	6	61
Age**					
18 to 39	2	6	2	2	87
40 to 49	4	11	7	1	75
50 and Older	20	15	16	10	39
Education					
High School or Less	14	12	9	6	59
Some Post High School	10	6	7	6	69
College Graduate	7	16	14	6	58
Household Income					
\$30,000 or Less	17	11	10	7	55
\$30,001 to \$60,000	8	11	11	4	64
\$60,001 or More	12	11	5	3	70
Marital Status					
Married	10	13	12	5	60
Not Married	14	10	6	7	64

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m. Respondents 45 to 54 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 18 to 44 years old were more likely to report using sunscreen. Respondents 45 to 54 years old or 65 and older were more likely to report wearing sun protective clothing. Respondents with a college education or married respondents were more likely to report avoiding artificial sources of ultraviolet light.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 53% use sunscreen with a SPF of 15 or higher, 53% wear sun protective clothing while 43% avoid the sun between 10 a.m. and 4 p.m.
- Fourteen percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty percent reported two of the four actions while 26% reported three and 21% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m.
- Respondents 45 to 54 years old were more likely to report avoiding artificial sources of ultraviolet light while respondents 18 to 44 years old were more likely to report using sunscreen. Respondents 45 to 54 years old or 65 and older were more likely to report wearing sun protective clothing.
- Eighty-five percent of respondents with a college education reported avoiding artificial sources of ultraviolet light compared to 65% of those with a high school education or less or 63% of respondents with some post high school education.

- Married respondents were more likely to report avoiding artificial sources of ultraviolet light than unmarried respondents (78% and 59%, respectively).

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	53%	53%	43%
Gender				
Male	66	41**	48*	33**
Female	72	63**	57*	52**
Age				
18 to 34	53**	62*	38*	41
35 to 44	75**	62*	50*	39
45 to 54	84**	57*	64*	51
55 to 64	79**	39*	49*	43
65 and older	65**	43*	63*	43
Education				
High School or Less	65**	50	53	44
Some Post High School	63**	50	46	35
College Graduate	85**	65	62	52
Household Income				
\$30,000 or Less	63	47	51	41
\$30,001 to \$60,000	69	58	55	46
\$60,001 or More	80	50	45	40
Marital Status				
Married	78**	54	54	44
Not Married	59**	53	53	44

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Eighty-four percent of respondents wore seat belts always or nearly always. Female or married respondents were more likely to report they always wore seat belts. Eighty-eight percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 14% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 42% reported their child always wore a helmet.

#### Seat Belts

- Eighty-four percent of respondents reported they wore seat belts always or nearly always (75% and 9%, respectively).

- Female respondents were more likely to report they always wore seat belts (82%) compared to male respondents (66%).
- Married respondents were more likely to report always (81%) compared to unmarried respondents (67%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	4%	6%	9%	75%
Gender**					
Male	8	5	9	12	66
Female	4	3	4	7	82
Age					
18 to 34	11	5	11	2	71
35 to 44	4	5	6	11	76
45 to 54	9	3	3	12	73
55 to 64	4	4	7	11	75
65 and older	1	6	3	11	79
Education					
High School or Less	6	4	6	12	73
Some Post High School	8	6	7	10	69
College Graduate	2	3	6	4	84
Household Income					
\$30,000 or Less	4	5	7	11	73
\$30,001 to \$60,000	8	4	7	10	71
\$60,001 or More	5	2	5	5	85
Marital Status**					
Married	2	3	4	10	81
Not Married	11	6	7	9	67

\*= p≤0.05; \*\*= p≤0.01

### *Children and Seat Belts*

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

#### *Of households with children...*

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

### Bicycle Helmet Usage

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

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

- Fourteen percent of respondents who bicycled, in-line roller skated or rode a scooter always (13%) or nearly always (1%) wore a helmet. Seventy-three percent reported never.
- There were no statistically significant differences between demographic variables and wearing helmets.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	73%	6%	6%	1%	13%
Gender					
Male	73	7	5	2	14
Female	74	5	7	0	13
Age					
18 to 34	77	6	9	0	8
35 to 44	77	3	3	3	13
45 to 54	68	2	9	0	21
55 and older	76	10	2	0	12
Education					
High School or Less	70	9	7	0	13
Some Post High School	79	2	8	0	11
College Graduate	76	4	2	4	15
Household Income					
\$30,000 or Less	74	8	11	0	6
\$30,001 to \$60,000	70	5	3	2	19
\$60,001 or More	79	5	5	0	12
Marital Status					
Married	71	6	6	0	16
Not Married	77	6	6	3	9

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

### *Children and Helmets*

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

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

- Forty-two percent of respondents reported their child always wore a helmet while 10% reported nearly always. Twenty-seven percent reported never.
- There were no statistically significant differences between household income level or marital status and children wearing helmets.

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

**KEY FINDING:** Twenty percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Fifty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 60% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-one percent of all respondents preferred a smoke-free restaurant. Respondents who were 65 and older, with a college education, with higher household income, married or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-three percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, with a college education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

#### *Current Smokers*

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

- Twenty percent of respondents were current smokers. Two percent smoked between one and 29 days while the remaining 18% smoked every day.
- Respondents 18 to 34 years old were more likely to be current smokers (33%) compared to those 55 to 64 years old (18%) or respondents 65 and older (6%).
- Unmarried respondents were more likely to be smokers than married respondents (28% and 15%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	20%
Gender	
Male	21
Female	20
Age**	
18 to 34	33
35 to 44	28
45 to 54	19
55 to 64	18
65 and older	6
Education	
High School or Less	24
Some Post High School	18
College Graduate	14
Household Income	
\$30,000 or Less	23
\$30,001 to \$60,000	23
\$60,001 or More	12
Marital Status**	
Married	15
Not Married	28

\*= 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...*

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

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

*Of current smokers...*

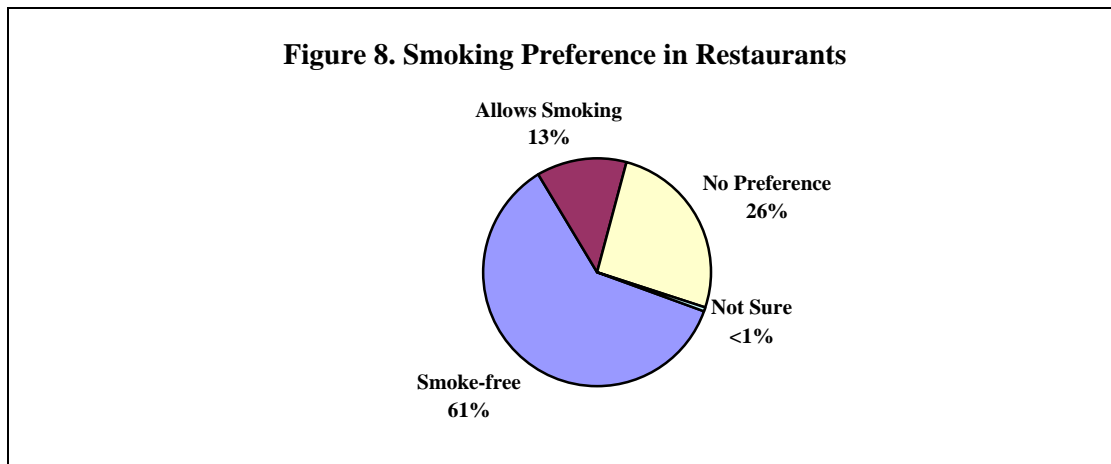
- Sixty percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

### *Smoking Indoor or in Vehicle*

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

### *Smoking Preference in Restaurants*

- Sixty-one percent of respondents reported they preferred to eat in smoke-free restaurants while 13% preferred restaurants that allow smoking. Twenty-six percent reported they did not have a preference.



- Seventy-two percent of respondents 65 and older preferred smoke-free restaurants compared to 44% of respondents 18 to 34 years old. Sixty-five percent of respondents 45 to 54 years old preferred smoke-free restaurants along with 63% of those 35 to 44 years old or 59% of respondents 55 to 64 years old. Twenty-four percent of respondents 18 to 34 years old preferred restaurants that allow smoking compared to 3% of respondents 65 and older. Fourteen percent of respondents 55 to 64 years old preferred restaurants that allow smoking along with 12% of those 35 to 44 years old or 11% of respondents 45 to 54 years old.
- Seventy-six percent of respondents with a college education preferred smoke-free restaurants compared to 59% of those with a high school education or less or 54% of respondents with some post high school education. Eighteen percent of respondent with some post high school education preferred restaurants that allow smoking compared to 13% of those with a high school education or less or 6% of respondents with a college education.
- Respondents with higher household income were more likely to prefer smoke-free restaurants. Seventy-seven percent of respondents with a household income of at least \$60,001 reported this compared to 62% of those with an income of \$30,001 to \$60,000 or 51% of respondents with a household income of less than \$30,001. Twenty percent of respondents with a household income of less than \$30,001 preferred restaurants that allow smoking compared to 11% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.

- Married respondents were more likely to prefer smoke-free restaurants (68%) than unmarried respondents (52%). Fourteen percent of unmarried respondents preferred restaurants that allow smoking compared to 11% of married respondents.
- Seventy-four percent of nonsmokers preferred smoke-free restaurants compared to 12% of smokers. Fifty-one percent of smokers preferred restaurants that allow smoking while 3% of nonsmokers had this preference.

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

- Sixty-three percent of respondents favored a community ordinance prohibiting smoking in eating establishments (41% strongly favor, 22% moderately favor).
- Female respondents were more likely to favor an ordinance (69%) compared to male respondents (55%).
- Seventy-nine percent of respondents with a college education favored a community ordinance that prohibits smoking in eating establishments compared to 59% of those with a high school education or less or 57% of respondents with some post high school education.
- Seventy-two percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 28% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (49%) 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	22%	41%
Gender*		
Male	22	33
Female	22	47
Age		
18 to 34	16	35
35 to 44	25	39
45 to 54	18	46
55 to 64	34	38
65 and older	22	46
Education**		
High School or Less	25	34
Some Post High School	16	41
College Graduate	25	54
Household Income		
\$30,000 or Less	20	38
\$30,001 to \$60,000	25	38
\$60,001 or More	21	48
Marital Status		
Married	21	45
Not Married	25	36
Smoking Status**		
Nonsmoker	23	49
Smoker	19	9

\*= p≤0.05; \*\*= p≤0.01

*Snuff or Chewing Tobacco*

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

## Alcohol Use (Table 24)

**KEY FINDING:** Fifty-seven percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks on at least one occasion while 16% binge. Respondents who were male, 18 to 34 years old, with some post high school education, with a household income of at least \$60,001 or unmarried were more likely to have had three or more drinks at least once. Male respondents, those 18 to 34 years old or with some post high school education were more likely to have binged in the past month. Less than one percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. 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*

- Fifty-seven percent of respondents had a drink in the past 30 days. Twenty-one percent reported they drank on at least five days, while 13% reported three to four days, and 23% reported drinking on one or two days in the past 30 days.
- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while 7% reported three, 18% reported two and 19% reported one drink on average on the days they drank. Forty-three percent reported having no drinks in the past month.

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

- Twenty-seven 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 16% reported three or more times.
- Male respondents were more likely to have had three or more drinks (41%) than female respondents (16%). Males were also more likely to report three or more drinks on at least three (28%) compared to female respondents (7%).
- Younger respondents were more likely to have had at least three drinks and more often. Thirty-eight percent of respondents 18 to 34 years old reported three or more drinks (17% one to two occasions and 21% three or more occasions) compared to 8% of respondents 65 and older (4% one to two occasions and 4% three or more occasions).
- Respondents with some post high school education were more likely to have had at least three drinks (41%) compared to those with a high school education or less (25%) or respondents with a college education (15%).
- Respondents with a household income of at least \$60,001 were more likely to have had three or more drinks (35%) compared to those with an income of \$30,001 to \$60,000 (28%) or respondents with a household income of less than \$30,001 (22%).
- Unmarried respondents were more likely to have had three or more drinks (30%) compared to married respondents (24%). Unmarried respondents were also more likely to report three or more drinks on three or more occasions (23%) compared to married respondents (11%).

### *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).*

- Sixteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (28%) than female respondents (7%).
- Respondents 18 to 34 years old were more likely to have binged (26%) compared to those 55 to 64 years old (13%) or respondents 65 and older (3%).
- Twenty-five percent of respondents with some post high school education binged in the past month, compared to 17% of those with a high school education or less or 7% of respondents with a college education.

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%	16%	16%
Gender			
Male	13**	28**	28**
Female	9**	7**	7**
Age			
18 to 34	17**	21**	26**
35 to 44	11**	21**	23**
45 to 54	12**	20**	16**
55 to 64	7**	18**	13**
65 and Older	4**	4**	3**
Education			
High School or Less	9**	16**	17**
Some Post High School	16**	25**	25**
College Graduate	8**	7**	7**
Household Income			
\$30,000 or Less	8*	14*	14
\$30,001 to \$60,000	9*	19*	20
\$60,001 or More	22*	13*	14
Marital Status			
Married	13**	11**	14
Not Married	7**	23**	19

\*= p≤0.05; \*\*= p≤0.01

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

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

*Family Problem Associated with Alcohol in Past Year*

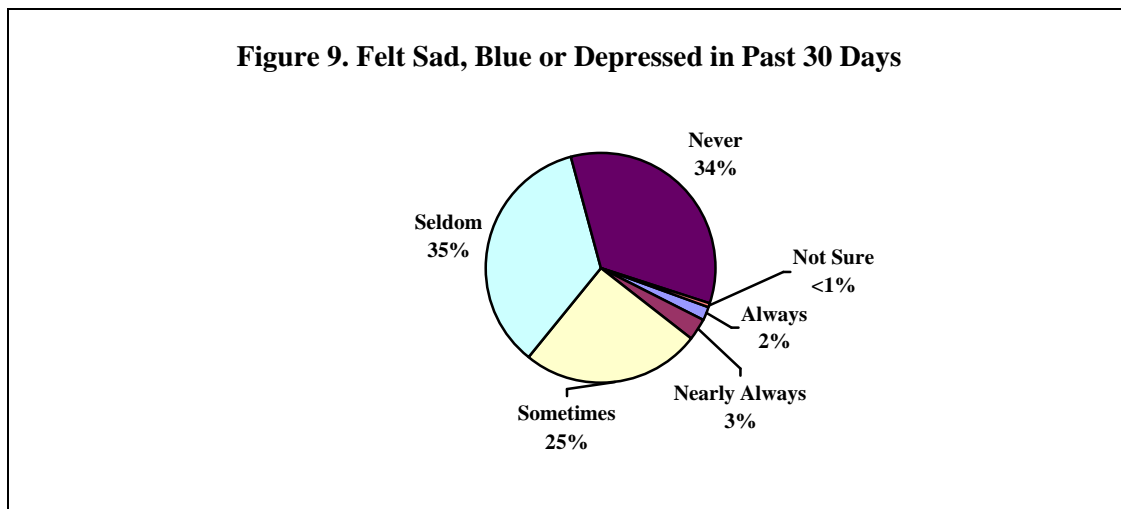
- Six percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents 55 to 64 years old were more likely to report feeling sad, blue or depressed. Twenty-three 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. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” five percent of survey respondents answered always or nearly always. This equates up to 3,000 residents. Twenty-five percent reported sometimes and the remaining 69% reported seldom (35%) or never (34%).



- Respondents 55 to 64 years old were more likely to report they always/nearly always felt sad, blue or depressed (15%) compared to those 18 to 34 years old or 65 and older (3% each). Seven percent of respondents 45 to 54 years old reported always/nearly always along with 4% of respondents 35 to 44 years old.

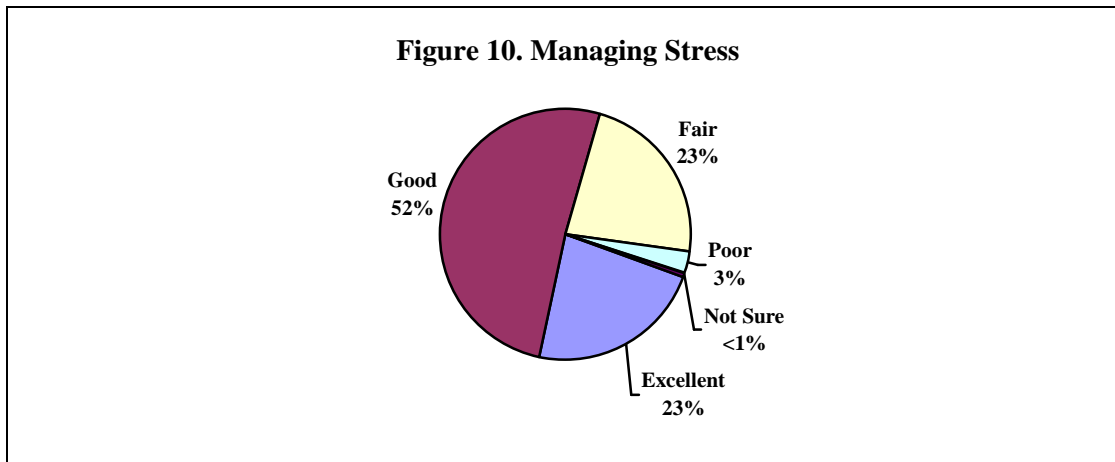
### *Considered Suicide*

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

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 2,100 residents who considered suicide in the past year.

### Managing Stress

- Twenty-three percent reported they were excellent at managing stress. Fifty-two percent reported good while 23% reported fair and 3% reported poor.



- Four percent of respondents with a household income of less than \$30,001 and 3% of those with an income of at least \$60,001 reported poor compared to 2% of respondents with a household income of \$30,001 to \$60,000. Thirty-nine percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 23% of those with an income of at least \$60,001 or 19% of respondents with a household income of \$30,001 to \$60,000.
- Five percent of unmarried respondents reported poor compared to less than one percent of married respondents. Unmarried respondents were more likely to report fair or poor (31%) compared to married respondents (21%).

### Finding Meaning and Purpose in Daily Life

- Forty-three percent of respondents reported they always find meaning and purpose in their daily life, an additional 38% reported nearly always. Thirteen percent reported sometimes while 5% reported seldom and less than one percent reported never.
- Respondents 35 to 44 years old were more likely to report never or seldom (11%) compared to those 45 to 54 years old (1%) or respondents 55 to 64 years old (0%).
- Six percent of respondents with a household income of \$30,001 to \$60,000 and 5% of those with an income less than \$30,001 reported never/seldom compared to 0% of respondents with a household income of at least \$60,001. Forty-seven percent of respondents with a household income of \$30,001 to \$60,000 reported always compared to 42% of those with an income of less than \$30,001 or 33% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report never/seldom (7%) compared to married respondents (4%). Forty-nine percent of married respondents reported always compared to 34% of unmarried respondents.

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

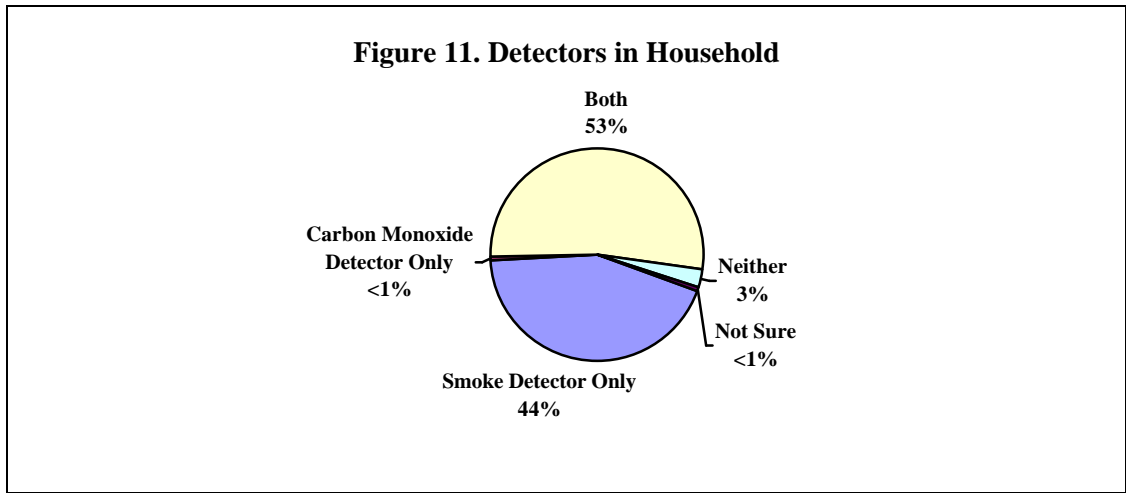
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	13%	38%	43%
Gender				
Male	8	11	38	42
Female	3	13	39	44
Age**				
18 to 34	2	11	40	47
35 to 44	11	7	40	42
45 to 54	1	12	55	31
55 to 64	0	20	32	48
65 and older	8	15	25	49
Education				
High School or Less	6	15	36	42
Some Post High School	3	16	41	38
College Graduate	7	3	41	50
Household Income**				
\$30,000 or Less	5	22	28	42
\$30,001 to \$60,000	6	8	39	47
\$60,001 or More	0	5	62	33
Marital Status**				
Married	4	9	38	49
Not Married	7	18	38	34

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-seven percent of households had a working smoke detector while 54% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Married households were more likely to have both detectors (58%) compared to unmarried households (46%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	44%	<1%	53%	3%
<b>Household Income</b>				
\$30,000 or Less	46	0	53	2
\$30,001 to \$60,000	45	2	52	1
\$60,001 or More	38	0	55	8
<b>Marital Status*</b>				
Married	38	<1	58	4
Not Married	51	1	46	1

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

## **Presence of Firearms in Household**

**KEY FINDING:** Fifty-six percent of households had a firearm in or around the home. Married households were more likely to have a firearm. Of all households, 5% had a loaded firearm; respondents without children were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

### *Firearm in Household*

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

- At the time of the survey administration, 56% of households had one or more firearms.
- Married households were more likely to have a firearm (63%) compared to unmarried households (46%).

### *Loaded Firearm*

- Five percent of all households had a loaded firearm.
- Respondents without children in the household were more likely to have a loaded firearm (7%) compared to households with children (1%).

### *Loaded Firearm Also Unlocked*

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

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

## **Personal Safety Issues**

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

### *Afraid for Personal Safety*

- When asked “During the past year has anyone made you afraid for your personal safety,” five percent reported yes.
- Unmarried respondents were more likely to report being afraid for their personal safety (8%) compared to married respondents (3%).
  - A stranger was most often mentioned as the perpetrator (ten responses). Eight respondents reported an acquaintance. Two respondents reported an ex-spouse while a boyfriend/girlfriend had one response.

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

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - A stranger was reported by two respondents, while an acquaintance, boyfriend/girlfriend or someone else was reported by one respondent each.

### *Combined Personal Safety Threats*

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

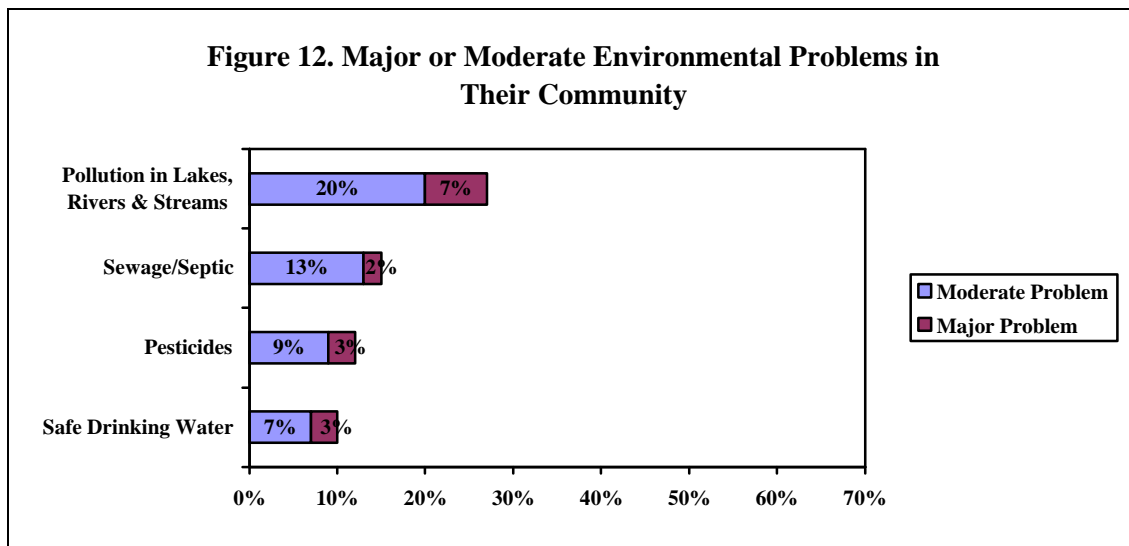
**APPENDIX A: ADDITIONAL QUESTIONS**

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

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

**KEY FINDING:** Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (27%). Female respondents were more likely to report pesticides as a major/moderate problem. Respondents 55 to 64 years old were more likely to report water pollution in lakes, rivers and streams. Married respondents were more likely to report sewage/septic as a major/moderate problem.

- Out of four environmental problems that communities may face, 27% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Fifteen percent reported sewage/septic followed by 12% reporting pesticides and 10% reporting safe drinking water.



- Female respondents were more likely to report pesticides as a major/moderate problem (16%) than male respondents (7%).
- Respondents 55 to 64 years old were more likely to report that water pollution in lakes, rivers and streams was a major/moderate problem in their community (45%) compared to those 65 and older (23%) or respondents 18 to 34 years old (17%).
- Married respondents were more likely to report sewage or septic as a major/moderate problem (19%) compared to unmarried respondents (10%).

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

	Lake, River & Stream Pollution	Sewage or Septic	Pesticides	Safe Drinking Water
TOTAL	27%	15%	12%	10%
Gender				
Male	24	17	7**	9
Female	28	13	16**	11
Age				
18 to 34	17**	9	8	10
35 to 44	29**	21	7	14
45 to 54	25**	17	13	8
55 to 64	45**	19	20	9
65 and older	23**	10	11	7
Education				
High School or Less	24	12	14	9
Some Post High School	31	18	10	13
College Graduate	28	19	9	7
Household Income				
\$30,000 or Less	27	10	11	10
\$30,001 to \$60,000	23	16	13	9
\$60,001 or More	33	21	8	11
Marital Status				
Married	29	19*	12	7
Not Married	23	10*	11	13

\*= p≤0.05; \*\*= p≤0.01

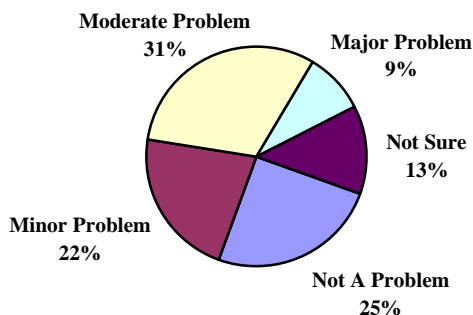
### Childhood Obesity in Their Community (Figure 13; Table 28)

**KEY FINDING:** Forty percent of respondents reported that childhood obesity was a major/moderate problem in their community (9% major problem and 31% moderate problem). Of respondents who indicated childhood obesity was a problem in their community, the main reason for childhood obesity included too much fast food and/or convenience foods or too little physical activity.

#### *Childhood Obesity*

- Forty percent of respondents reported that childhood obesity was a major or moderate problem in their community (9% major problem, 31% moderate problem). Twenty-two percent reported minor problem while 25% reported that childhood obesity was not a problem. Thirteen percent were not sure.
- There were no statistically significant differences between demographic variable and respondents who thought childhood obesity was a major or moderate problem in their community.

**Figure 13. Childhood Obesity**



*Main Reason for Childhood Obesity*

*Of respondents who reported childhood obesity as a problem in their community...*

- Forty-two percent reported too much fast food and/or convenience foods as the main reason for childhood obesity. Thirty-eight percent of respondents reported too little physical activity followed by 8% of respondents reporting lack of knowledge of wise food choices and 4% reporting lack of family mealtime.
- Respondents 35 to 44 years old were more likely to report too little physical activities. Respondents 65 and older were more likely to report too much fast food and/or convenience foods or lack of family mealtime than other age groups.
- Respondents with a high school education or less were more likely to report too much fast food and/or convenience foods. Respondents with some post high school education were more likely to report too little physical activity. Respondents with a college education were more likely to report too much fast food/convenience food or lack of knowledge of wise choices than other education levels.

Table 28. Main Reason for Childhood Obesity by Demographic Variables (Of Those Who Reported Childhood Obesity as a Problem)

	Too much fast food and/or convenience foods	Too little physical activity	Lack of knowledge of wise food choices	Lack of family mealtime
TOTAL	42%	38%	8%	4%
Gender				
Male	42	39	9	3
Female	42	37	7	5
Age*				
18 to 34	42	38	6	2
35 to 44	33	58	4	2
45 to 54	48	31	7	2
55 to 64	30	48	7	4
65 and older	58	19	8	12
Education*				
High School or Less	45	38	5	4
Some Post High School	37	46	3	4
College Graduate	43	29	16	4
Household Income				
\$30,000 or Less	44	29	8	5
\$30,001 to \$60,000	42	46	6	3
\$60,001 or More	33	41	11	2
Marital Status				
Married	39	39	9	5
Not Married	48	37	5	4

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

MARINETTE 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 .....	6%
Fair .....	12
Good .....	33
Very good .....	32
Excellent .....	18
Not sure .....	<1

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

No health care coverage.....	7%
Medical Assistance or Title 19.....	5
Badger Care .....	3
Medicare .....	22
A prepaid plan such as a HMO, PPO .....	33
Another commercial health plan .....	23
Something else .....	5
Not sure .....	2

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.....	21%
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 .....	62%
Walk-in or urgent care clinic .....	22
Hospital emergency room.....	7
Community health center.....	4
All others .....	4
Not sure .....	<1

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

Yes..... 31%  
 No..... 68  
 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.....	64%	20%	6%	8%	2%	<1%
8. Cholesterol testing .....	51	16	5	7	17	4
9. Visit to a dentist/dental clinic..	69	15	6	8	1	<1
10. Eye exam.....	52	27	8	9	3	<1

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

Yes..... 36%  
 No..... 64  
 Not sure ..... <1

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

Yes..... 23%  
 No..... 75  
 Not sure ..... 1

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? .....	27%	73%	0%
14. Your blood cholesterol is high? .....	20	78	2
15. You had a stroke?.....	2	98	<1
16. You have heart disease or a heart condition?...	8	92	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	0
18. ....if yes, have you had your blood sugar tested in the past year? [34 respondents]	94	6	0
19. You had a mental health problem?.....	4	96	0
20. You had cancer, other than skin cancer .....	4	96	0
21. You had a sexually transmitted disease.....	<1	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	9%	91%	0%
23. Do you still have asthma? [All Respondents] ...	7	93	<1
24. ....(if yes), do you have an asthma action plan? [27 respondents] .....	65	25	11

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

One or fewer servings..... 35%  
 Two servings ..... 29  
 Three or more servings ..... 35  
 Not sure ..... <1

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

One or fewer servings..... 38%  
 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 ..... 28%  
 A few times per week..... 43  
 Daily or nearly so ..... 10  
 Hardly ever or never ..... 20  
 Not sure ..... 0

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..... 70%  
 No..... 30  
 Not sure ..... 0

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

Yes..... 77%  
 No..... 23  
 Not sure ..... <1

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

One .....	3%
Two.....	10
Three.....	22
Four .....	8
Five.....	10
Six .....	3
Seven .....	20
Not sure .....	<1
No moderate exercise/no answer.....	23

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

Less than 30 minutes .....	15%
30 to 44 minutes .....	21
45 to 59 minutes .....	8
60 or more minutes .....	31
Not sure .....	1
No moderate exercise/no answer.....	23

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [218 Respondents]

Within the past year (anytime less than 12 months ago) .....	47%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	15	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) .....	2	üCONTINUE WITH Q33
5 or more years ago .....	3	üCONTINUE WITH Q33
Never .....	27	üCONTINUE WITH Q33
Not sure .....	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [22 Respondents 40 years old or older]

- Don't need ..... 8 responses
- Too young ..... 2 responses
- Not recommended by provider..... 2 responses
- Don't like ..... 2 responses
- No time ..... 2 responses
- Too expensive ..... 1 response
- Other ..... 2 responses
- Not sure ..... 3 responses

[46 Respondents 18 to 39 years old]

- Too young..... 43 responses
- Not recommended by provider..... 3 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? [218 Respondents]

- Within the past year (anytime less than 12 months ago) ..... 59%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 16
- Within the past 3 years (2 years, but less than 3 years ago) ..... 5
- Within the past 5 years (3 years, but less than 5 years ago)..... 5
- 5 or more years ago ..... 9
- Never ..... 7
- 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? [182 Respondents]

- Within the past year (anytime less than 12 months ago) ..... 26%
- 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 ..... 10
- Never ..... 37
- Not sure..... 5

**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) ..... 13
- Within the past 5 years (2 years, but less than 5 years ago)..... 5
- 5 or more years ago ..... 6
- Never .....48
- Not sure..... 5

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

- Within the past year (anytime less than 12 months ago) ..... 11%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 10
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 3
- Never .....61
- Not sure.....<1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	43%	56%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	53	46	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	53	47	<1
41. Avoid artificial sources of ultraviolet light?.....	69	29	1

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

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

Frequency of those who bicycle, use in-line roller skates or scooters [205 Respondents]

- Never ..... 73%
- Seldom..... 6
- Sometimes..... 6
- Nearly always..... 1
- Always ..... 13
- 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 .....	6%
Seldom.....	4
Sometimes.....	6
Nearly always.....	9
Always .....	75
Not sure .....	0

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

One .....	13%
Two.....	15
Three or more.....	8
None .....	64

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? [145 Respondents]

Do not ride/skate/scoot.....20%

Frequency of those who bicycle, use in-line roller skates or scooters [115 Respondents]

Never .....	27%
Seldom.....	6
Sometimes.....	15
Nearly always.....	10
Always .....	42
It depends.....	<1
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [145 Respondents]

Never .....	2%
Seldom.....	<1
Sometimes.....	3
Nearly always.....	7
Always .....	88
Not sure .....	<1

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

Never .....	34%
Seldom.....	35
Sometimes.....	25
Nearly always.....	3
Always .....	2
Not sure .....	<1

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

Poor .....	3%
Fair .....	23
Good .....	52
Excellent .....	23
Not sure .....	<1

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

Never .....	<1%
Seldom.....	5
Sometimes.....	13
Nearly always.....	38
Always .....	43
Not sure .....	1

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

Yes.....	2%
No.....	98
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 .....	43%
One to two days.....	23
Three to four days .....	13
Five or more days .....	21
Not sure .....	0

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

None .....	43%
One drink .....	19
Two drinks .....	18
Three drinks .....	7
Four or more drinks .....	11
Not sure .....	1

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

None .....	73%
One to two times .....	11
Three or more times .....	16
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 .....	83%
Once .....	3
Two or more times .....	13
Not sure .....	<1

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

Yes.....	<1%
No.....	99
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.....	79%
1 to 29 days .....	2
30 days.....	18
Not sure .....	<1

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

0 days.....	46%
At least 1 day .....	54
Not sure .....	0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [83 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

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

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

Yes.....	18%
No.....	34
No smokers in the household.....	47
Not sure .....	<1

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

Smoke-free restaurants .....	61%
Restaurants that allow smoking .....	13
No preference.....	26
Not sure .....	<1

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

Strongly oppose.....	15%
Moderately oppose .....	14
Moderately favor .....	22
Strongly favor .....	41
Not sure .....	8

Another issue being discussed these days deals with firearms.

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

Yes.....	56%
No.....	44
Not sure .....	<1

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

Yes..... 5%  
 No..... 50  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 45

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

Yes..... 3%  
 No..... 2  
 Not sure ..... <1  
 No firearms in household/not loaded/no answer ..... 95

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? .....	26%	74%	0%
68. Having acupuncture? .....	<1	100	0
69. Massage therapy? .....	10	90	<1
70. Aroma therapy? .....	3	97	0
71. Movement therapy, such as yoga or tai' chi? .....	3	97	0
72. Meditation? .....	6	94	<1

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%  
 Female ..... 55

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

18 to 34 years old ..... 22%  
 35 to 44 years old ..... 22  
 45 to 54 years old ..... 19  
 55 to 64 years old ..... 14  
 65 and older ..... 23

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	43%
Overweight.....	34
Obese.....	22

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	22%
A member of an unmarried couple.....	1
Married.....	57
Separated.....	<1
Divorced.....	11
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.....	6
High school graduate or GED.....	41
Some college.....	22
Technical school graduate.....	6
College graduate.....	18
Advanced or professional degree.....	4
Not sure.....	0

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

Marinette.....	100%
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82. What city, town or village do you legally reside in?

Marinette city .....	32%
Peshtigo town.....	10
Peshtigo city.....	8
Crivitz village.....	7
Niagara city.....	6
Wausaukee town .....	6
Coleman village .....	4
All others (3% or less).....	27

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

54143 .....	33%
54157 .....	16
54114.....	8
54177 .....	8
54151 .....	6
54112.....	5
54161 .....	4
All others (3% or less).....	11
No answer .....	10

84. What is your annual household income before taxes?

Less than \$10,000.....	10%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	13
\$30,001 to \$40,000.....	14
\$40,001 to \$50,000.....	16
\$50,001 to \$60,000.....	17
\$60,001 to \$75,000.....	6
\$75,001 to \$90,000.....	6
Over \$90,000.....	5
Not sure .....	2
No answer .....	2

The next series of questions deal with personal safety issues.

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

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

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [21 Respondents; More than 1 response accepted]

Stranger ..... 10 responses  
 Acquaintance ..... 8 responses  
 Ex-spouse..... 2 responses  
 Boyfriend or girlfriend..... 1 response

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

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

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [5 Respondents; More than 1 response accepted]

Stranger..... 2 responses  
 Acquaintance..... 1 response  
 Boyfriend or girlfriend..... 1 response  
 Someone else ..... 1 response

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

Smoke detectors .....44%  
 Carbon monoxide detectors .....<1  
 Both .....53  
 Neither ..... 3  
 Not sure .....<1

ADDITIONAL QUESTIONS FOR MARINETTE 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 .....	38%	31%	20%	7%	4%
A2. Sewage or septic .....	60	21	13	2	4
A3. Safe drinking water .....	71	17	7	3	2
A4. Pesticides .....	64	20	9	3	5

A5. How much of a problem is childhood obesity in your community?

Not a problem .....	25%	
Minor problem .....	22	üCONTINUE WITH A6
Moderate problem .....	31	üCONTINUE WITH A6
Major problem .....	9	üCONTINUE WITH A6
Not sure .....	13	

A6. What is the main reason for childhood obesity? [247 Respondents]

Too much fast food and/or convenience foods .	42%
Too little physical activity .....	38
Lack of knowledge of wise food choices.....	8
Lack of family mealtime.....	4
Other .....	6
Not sure .....	3