

**Menasha**  
**Community Health Survey**  
Fall 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Menasha Health Department**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

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

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

A total of 400 telephone interviews were completed between February 21 and June 7, 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 Menasha. 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 city. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

## Demographic Profile of Menasha Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	32%
35 to 44	25
45 to 54	18
55 to 64	9
65 and Older	16
Education	
High School Graduate or Less	49%
Some Post High School	31
College Graduate	20
Household Income	
\$30,000 or Less	27%
\$30,001 to \$60,000	46
\$60,001 or More	23
Not Sure/No Answer	6
Married	58%

## What do the percentages mean?

Results of the Menasha Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 11,673 adult residents in the city.

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 city. One percentage point equals approximately 100 adults. So, when 13% of respondents reported their health was fair or poor, this roughly equates to 1,300 residents  $\pm 500$  individuals. Meaning that from 800 to 1,800 residents may have fair or poor health in the city. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 6,710 households in Menasha. 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 70 households. For example, 11% 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 770.

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

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

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

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Menasha 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>	
Menasha	<u>2003</u>	Menasha	<u>2003</u>
Excellent .....	24%	High Blood Pressure.....	19%
Very Good.....	31%	High Blood Cholesterol .....	19%
Good .....	32%	Asthma (Current) .....	6%
Fair or Poor .....	13%	Diabetes .....	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Heart Disease/Condition.....	5%
Wisconsin .....	57%		
Nation .....	56%	<b>Moderate Physical Activity/Week</b>	
		Menasha	<u>2003</u>
<b>Health Care Coverage</b>		Inactive .....	24%
Menasha	<u>2003</u>	Insufficient .....	50%
Personally Not Covered .....	4%	Recommended.....	26%
Household Member Not Covered (current) ...	11%		
Household Member Not Covered (past yr)....	20%	<i>Other Research: Recommended Physical</i>	
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Activity	<u>2000</u>
Wisconsin .....	10%	Wisconsin.....	27%
Nation .....	13%	Nation .....	26%
		<b>Nutrition and Diet</b>	
<b>Advance Care Plan</b>		Menasha	<u>2003</u>
Menasha	<u>2003</u>	Fruit Intake (2 or more servings/day) .....	63%
Yes .....	27%	Vegetable Intake (3 or more servings/day) .....	29%
		Fried Food/Fast Food (a few times/week) .....	54%
<b>Routine Checkups</b>		Overweight.....	56%
Menasha	<u>2003</u>	<i>Other Research: Overweight</i>	<u>2001</u>
Routine Checkup (2 years or less) .....	81%	Wisconsin.....	59%
Cholesterol Test (2 years or less) .....	61%	Nation .....	58%
Dental Checkup (past year).....	72%		
Eye Exam (2 years or less).....	75%	<b>Women's Health</b>	
		Menasha	<u>2003</u>
<b>Vaccinations</b>		Mammogram (50+; past year).....	53%
Menasha	<u>2003</u>	Pap Smear (past year).....	61%
Flu shot (past year) .....	37%	<i>Other Research: Wisconsin</i>	<u>2001</u>
Pneumonia (ever—65 years or older).....	52%	Mammogram (50+; past year).....	69%
		Pap Smear (past year) .....	66%
<b>Alternative Treatment in Past 3 Years</b>			
Menasha	<u>2003</u>	<b>Reduce Risk of Skin Cancer</b>	
Chiropractor .....	19%	Menasha	<u>2003</u>
Massage Therapy.....	13%	Avoid Artificial Sources of UV Light .....	69%
Meditation .....	6%	Wear Sun Protective Clothing .....	60%
Movement Therapy.....	4%	Use Sunscreen with SPF 15 or Greater .....	56%
Aroma Therapy.....	2%	Avoid Sun Between 10 a.m. and 4 p.m. ....	43%
Acupuncture .....	<1%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Menasha		Menasha	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	14%	Drink in Past Month .....	62%
50 and Older .....	35%	3+ Drinks on Occasion in Past Month.....	30%
<b>Other Tests</b>		Binge in Past Month	
Menasha		[5+ Drinks (Male): 4+ Drinks (Female)] .....	20%
<u>2003</u>		Drive or Ride When Driver Had Perhaps Too	
Blood Stool Test (50+; within past 2 years)....	53%	Much to Drink (past month) .....	2%
Sigmoidoscopy or Colonoscopy		<i>Other Research: Had 5+ Drinks at One Time</i>	
(50+; within past 2 years).....	42%	Wisconsin.....	<u>2001</u>
<b>Safety</b>		Nation .....	15%
Menasha		<b>Mental Health Status</b>	
<u>2003</u>		Menasha	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Felt Sad, Blue or Depressed in Past 30 Days	
Adult.....	85%	<u>2003</u>	
Children.....	90%	Always/Nearly Always .....	6%
Wear Bicycle Helmet Always/Nearly Always		Never .....	28%
(Of Those Who Ride Bike or In-Line Skate)		Managing Stress	
Adult.....	26%	Excellent/Good.....	80%
Children .....	57%	Poor .....	3%
Detectors		Find Meaning and Purpose in Daily Life	
Smoke Detector .....	47%	Never/Seldom .....	5%
Carbon Monoxide.....	<1%	Considered Suicide (past year).....	3%
Both.....	50%	<b>Firearms in Household</b>	
Neither.....	3%	Menasha	
<b>Tobacco Use</b>		Of all Households...	
Menasha		<u>2003</u>	
<u>2003</u>		Have a Firearm.....	35%
Current Smokers .....	32%	Have a Loaded Firearm .....	2%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm Unlocked.....	<1%
Year Because Trying to Quit (smokers).....	42%	<b>Personal Safety in Past Year</b>	
Health Care Professional Advisement to		Menasha	
Quit Smoking (smokers) .....	47%	<u>2003</u>	
Smoking Indoors or in Vehicle.....	18%	Afraid for Their Safety .....	5%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit .....	3%
Smoke-free .....	57%	<b>Additional Questions</b>	
Allow Smoking.....	9%	Menasha	
No Preference .....	34%	<u>2003</u>	
Ordinance Prohibiting Smoking in Eating		Did Not Receive Needed Medical Care	
Establishments		(past 12 months).....	
Moderately Favor.....	22%	Someone in Household...	
Strongly Favor .....	39%	Not Taken Prescriptions Due to Cost .....	
<i>Other Research: Current Smokers</i>		No Access to Adequate/Appropriate Food	
Wisconsin.....	<u>2001</u>	(past 30 days) .....	
Nation.....	24%	Main Factor Not Exercising More Often	
	23%	Time .....	
		Motivation.....	
		Health Problems .....	

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

Fifty-five percent of respondents reported their health as excellent or very good. Respondents who were female, 55 to 64 years old, with lower education, lower household income, unmarried, overweight or smokers were more likely to report fair or poor conditions.

Four percent of respondents reported they personally did not have health care coverage. Respondents who were male, 55 to 64 years old or with a household income of less than \$30,001 were more likely to report not having personal health insurance. Eleven percent reported someone in their household currently was not covered while 20% reported in the past 12 months someone was not covered. Seventy-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female or married were more likely to report this. Twenty-seven percent of respondents had an advance care plan. Respondents 65 and older were more likely to report an advance care plan.

Seventy-two percent of all respondents reported a visit to the dentist in the past year while 55% percent reported having a routine checkup, 43% a cholesterol test and 42% reported an eye exam. Female respondents were more likely to report a routine checkup or eye exam in the past year. Having a routine checkup, a cholesterol test, dental checkup or eye exam in the past year varied across age groups or education levels. Respondents with higher household income were more likely to report a dental checkup. Married respondents were more likely to report a routine checkup in the past year.

Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with lower household income were more likely to report a flu vaccination. Fifty-two 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. Respondents 65 and older were more likely to report high blood pressure, diabetes or heart disease/condition, while respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood cholesterol. Respondents with a household income of less than \$60,001 were more likely to report diabetes. Overweight respondents were more likely to report high blood pressure or high blood cholesterol.

Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Female respondents, those 18 to 44 years old, 65 and older or with a household income of less than \$30,001 were more likely to report feeling sad, blue or depressed. Sixteen percent of respondents felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide in the past year.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, the most often treated in the past three years were chiropractic care or massage therapy (19% and 13%, respectively). Respondents who were female, younger or with some post high school education were more likely to report massage therapy. Respondents with a household income of at least \$60,001 were more likely to report meditation. Respondents who were female, with at least some post high school education or unmarried were more likely to report movement therapy in the past three years.

Twenty-six percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents with a college education were more likely to meet the recommended activity level. Fifty-six percent of respondents were classified as overweight (35% overweight and 21% obese). Respondents 45 to 64 years old were more likely to be overweight.

Sixty-three percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Respondents who were female, with a college education, with a household income of less than \$30,001 or unmarried were more likely to eat fruit at least twice a day. Fifty-four percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, younger, with at least some post high school education, with a household income of at least \$30,001, married or who did not meet the recommended amount of physical activity were more likely to eat fried/fast food at least a few times a week.

Seventy-seven percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-five percent of female respondents reported a pap smear within the past three years. Respondents 18 to 44 years old were more likely to have had a pap smear within the past three years.

Fourteen percent of male respondents 40 to 49 years old and 35% of males 50 and older had a digital rectal exam in the past year.

Fifty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 42% 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 wear sun protective clothing, use sunscreen with a SPF of at least 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported each activity more often than male respondents. Respondents with higher education were more likely to report wearing sun protective clothing. Respondents with lower household income were more likely to report avoiding artificial sources of UV light while respondents with a household income of \$30,001 to \$60,000 were more likely to report using sunscreen.

Eighty-five percent of respondents wore seat belts always or nearly always. Female respondents or those with a household income of less than \$60,001 were more likely to report they always wore seat belts. Eighty-five percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 26% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

Thirty-two percent of respondents were current smokers. Respondents 18 to 44 years old or those with some post high school education or less were more likely to be smokers. Forty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 47% 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. Fifty-seven percent of all respondents preferred a smoke-free restaurant. Female respondents, those 18 to 34 years old, 45 to 54 years old or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-one percent favored a community ordinance prohibiting smoking in eating establishments. Respondents 18 to 34 years old, with at least some post high school education or nonsmokers were more likely to favor a community ordinance prohibiting smoking in eating establishments.

Sixty-two percent of respondents had an alcoholic drink in the past 30 days. In the past month, 30% had three or more drinks on at least one occasion while 20% binged. Male respondents, those 18 to 34 years old or with a household income of at least \$30,001 were more likely to have had three or more drinks and on more occasions. Male respondents or those 18 to 34 years old were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or a passenger in a vehicle when the driver had perhaps too much alcohol to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of respondents reported a working smoke detector while 50% reported a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

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

Five percent of respondents reported someone had made them afraid for their personal safety in the past year while 3% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Nine percent of respondents reported they did not get the medical care they needed in the last 12 months. Of the 33 respondents who reported not receiving the medical care needed, the main reasons included: they were uninsured, they received poor medical care or it was not covered by their insurance company.

Eight percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs; unmarried respondents were more likely to report this.

Two percent of respondents reported there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

Fifty-one percent of respondents reported time as the main factor that keeps them from exercising more often while 17% stated motivation and 12% health problems. Respondents who were male, younger, with higher education, with higher household income, married or who did some physical activity were more likely to report time as the main factor that keeps them from exercising.

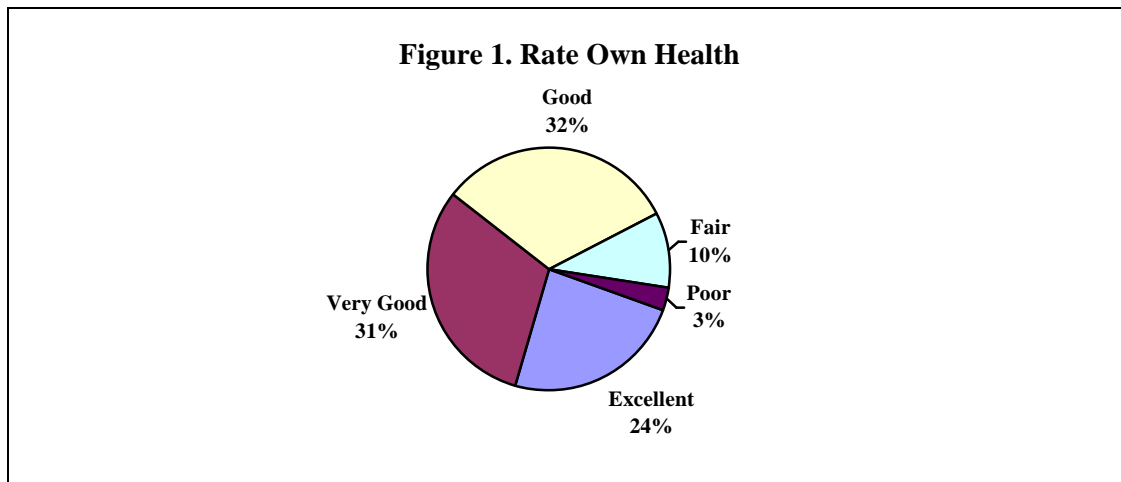
## Key Findings

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

**KEY FINDING:** Fifty-five percent of respondents reported their health as excellent or very good. Respondents who were female, 55 to 64 years old, with lower education, lower household income, unmarried, overweight or smokers were more likely to report fair or poor conditions.

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

- Fifty-five percent of respondents said their own health, generally speaking, was either excellent (24%) or very good (31%). A total of 13% reported their health was fair (10%) or poor (3%).



- Female respondents were more likely to report fair or poor health (18%) compared to male respondents (8%).
- Respondents 55 to 64 years old were more likely to report their health was fair or poor (24%) compared to those 18 to 34 years old (11%) or respondents 35 to 44 years old (5%).
- Seventeen percent of respondents with a high school education or less reported fair or poor health compared to 10% of those with some post high school education or 5% of respondents with a college education.
- Respondents with lower household income were more likely to report their health was fair or poor. Twenty-one percent of respondents with a household income of less than \$30,001 reported this compared to 13% of those with an income of \$30,001 to \$60,000 or 3% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report fair or poor (19%) compared to married respondents (9%).

- Overweight respondents were more likely to report their health was fair or poor (16%) compared to respondents who were not overweight (10%).
- Smokers were more likely to report fair or poor health (17%) compared to nonsmokers (11%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	13%	32%	31%	24%
Gender**				
Male	8	28	35	30
Female	18	36	27	20
Age**				
18 to 34	11	32	32	25
35 to 44	5	29	30	36
45 to 54	14	27	34	24
55 to 64	24	32	22	22
65 and Older	20	42	31	7
Education*				
High School or Less	17	35	25	23
Some Post High School	10	29	35	26
College Graduate	5	30	40	26
Household Income**				
\$30,000 or Less	21	35	21	22
\$30,001 to \$60,000	13	34	34	19
\$60,001 or More	3	27	31	39
Marital Status*				
Married	9	34	31	26
Not Married	19	29	30	22
Overweight*				
Not Overweight	10	29	30	32
Overweight	16	33	31	20
Physical Activity				
Inactive	18	31	32	19
Insufficient	9	35	33	24
Recommended	16	29	25	30
Smoker*				
Nonsmoker	11	35	28	26
Smoker	17	25	37	21

\*= p≤0.05; \*\*= p≤0.01

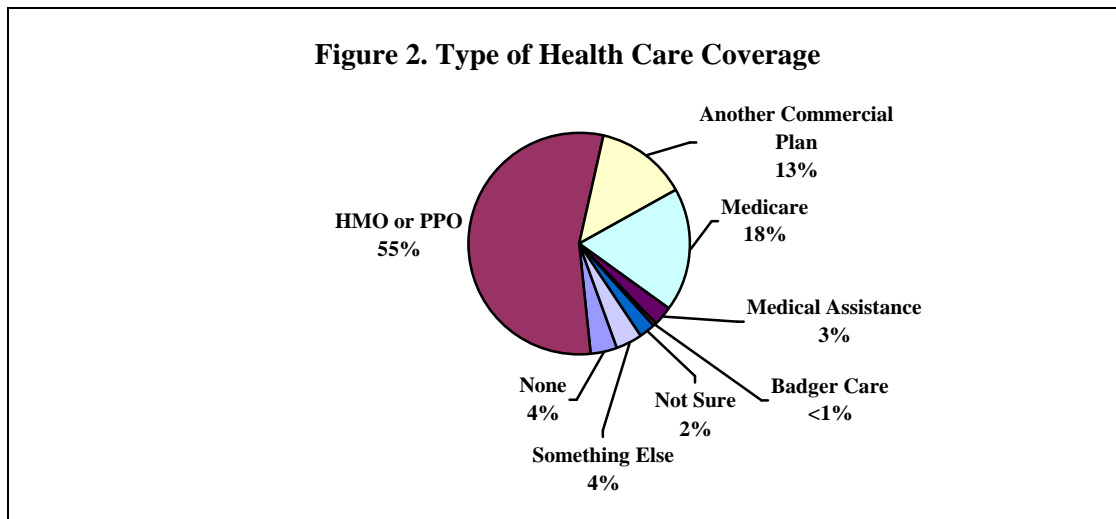
## Health Care Coverage (Figure 2)

**KEY FINDING:** Four percent of respondents reported they personally did not have health care coverage. Respondents who were male, 55 to 64 years old or with a household income of less than \$30,001 were more likely to report not having personal health insurance. Eleven percent reported someone in their household currently was not covered while 20% reported in the past 12 months someone was not covered. Seventy-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female or married were more likely to report this. Twenty-seven percent of respondents had an advance care plan. Respondents 65 and older were more likely to report an advance care plan.

### *Personally Not Covered*

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

- Four percent of respondents reported they were not currently covered by any health insurance. Fifty-five percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Thirteen percent reported another commercial plan, 18% reported Medicare and 3% reported medical assistance.



- Six percent of male respondents reported they were not currently covered by any health insurance compared to 2% of female respondents.
- Fourteen percent of respondents 55 to 64 years old reported they were not currently covered by any health insurance compared to 0% of respondents 18 to 34 years old or 65 and older. Four percent of respondents 35 to 44 years old reported they were not currently covered by any health insurance along with 3% of respondents 45 to 54 years old.
- Eight percent of respondents with a household income of less than \$30,001 reported they were not currently covered by any health insurance compared to 3% of those with an income of at least \$60,001 or 2% of respondents with a household income of \$30,001 to \$60,000.

### *Someone in Household Currently Not Covered*

- Eleven percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 770 households.
- There were no statistically significant differences between household income level or marital status and reporting someone in their household was not covered by insurance.

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

- Twenty percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- There were no statistically significant differences between household income level or marital status and reporting someone in their household was not covered by insurance in the past 12 months.

### *Primary Health Care Services*

- Seventy-three percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twelve percent reported walk-in or urgent care while 5% reported hospital emergency room and 3% reported community health center.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (78%) compared to male respondents (68%).
- Married respondents were more likely to report medical doctor, internist, OBGYN or family practice (78%) compared to unmarried respondents (68%).

### *Advance Care Plan*

- Twenty-seven percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Forty-seven percent of respondents 65 and older reported having an advance care plan compared to 18% of respondents 35 to 44 years old. Thirty-three percent of respondents 55 to 64 years old reported having an advance care plan along with 26% of those 45 to 54 years old or 23% of respondents 18 to 34 years old.

## Routine Checkups (Tables 3 - 6)

**KEY FINDING:** Seventy-two percent of all respondents reported a visit to the dentist in the past year while 55% percent reported having a routine checkup, 43% a cholesterol test and 42% reported an eye exam. Female respondents were more likely to report a routine checkup or eye exam in the past year. Having a routine checkup, a cholesterol test, dental checkup or eye exam in the past year varied across age groups or education levels. Respondents with higher household income were more likely to report a dental checkup. Married respondents were more likely to report a routine checkup in the past year.

### *Routine Checkup*

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

- Fifty-five percent of respondents reported they had a routine checkup in the past year. An additional 26% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (66%) than male respondents (42%).
- Respondents 65 and older were more likely to report they had a routine checkup in the past year (80%) compared to those 35 to 44 years old (51%) or respondents 18 to 34 years old (41%).
- Sixty percent of respondents with a college education and 59% of those with a high school education or less reported a routine checkup in the past year compared to 45% of respondents with some post high school education.
- Married respondents were more likely to report a routine checkup in the past year (59%) compared to unmarried respondents (49%).

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	55%	26%	8%	10%	2%
Gender**					
Male	42	34	8	14	1
Female	66	19	7	6	3
Age**					
18 to 34	41	31	15	8	5
35 to 44	51	30	5	13	0
45 to 54	63	23	4	7	1
55 to 64	60	16	3	19	3
65 and Older	80	13	2	5	0
Education*					
High School or Less	59	21	7	11	3
Some Post High School	45	30	10	11	2
College Graduate	60	31	5	4	0
Household Income					
\$30,000 or Less	54	24	7	10	5
\$30,001 to \$60,000	51	32	5	9	2
\$60,001 or More	67	14	8	12	0
Marital Status**					
Married	59	20	9	9	4
Not Married	49	35	5	10	0

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

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

- Forty-three percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Twenty-five percent reported never having their cholesterol tested.
- Sixty-six percent of respondents 65 and older and 64% of those 55 to 64 years old had their cholesterol tested in the past year compared to 17% of respondents 18 to 34 years old.
- Forty-five percent of respondents with a high school education or less reported having their cholesterol tested within the past year compared to 42% of those with some post high school education or 38% of respondents with a college education. Twenty-nine percent of respondents with a high school education or less reported never having their cholesterol tested compared to 15% of respondents with a college education.

- Married and unmarried respondents were similar in reporting a cholesterol test in the past year (43% each). However, unmarried respondents were more likely to report a cholesterol test in the past two years (65%) compared to married respondents (59%).

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	43%	18%	7%	5%	25%
Gender					
Male	39	20	9	6	23
Female	47	16	5	4	26
Age**					
18 to 34	17	14	12	7	46
35 to 44	43	26	4	5	21
45 to 54	59	17	7	6	11
55 to 64	64	11	3	3	19
65 and Older	66	18	3	2	7
Education**					
High School or Less	45	16	4	5	29
Some Post High School	42	14	11	7	25
College Graduate	38	32	6	4	15
Household Income					
\$30,000 or Less	39	17	6	5	32
\$30,001 to \$60,000	45	24	6	4	19
\$60,001 or More	47	9	9	8	25
Marital Status*					
Married	43	16	10	4	24
Not Married	43	22	2	6	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).*

- Seventy-two percent of respondents reported a dental visit in the past year. An additional 18% had a visit in the past one to two years.

<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.

- Seventy-seven percent of respondents 35 to 44 years old and 75% of those 18 to 34 years old reported a dental checkup in the past year compared to 64% of respondents 55 to 64 years old.
- Seventy-nine percent of respondents with a college education and 77% of those with some post high school education reported a dental checkup in the past year compared to 66% of respondents with a high school education or less.
- As household income increased, so did the likelihood of reporting a dental checkup in the past year. Sixty-eight percent of respondents with a household income of less than \$30,001 reported this compared to 74% of those with an income of \$30,001 to \$60,000 or 80% of respondents with a household income of at least \$60,001.

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	72%	18%	3%	6%	<1%
Gender					
Male	70	22	2	7	0
Female	74	15	4	6	<1
Age**					
18 to 34	75	18	6	<1	2
35 to 44	77	21	1	1	0
45 to 54	70	17	4	9	0
55 to 64	64	19	0	17	0
65 and Older	65	13	2	18	2
Education*					
High School or Less	66	20	3	11	<1
Some Post High School	77	14	4	4	2
College Graduate	79	22	0	0	0
Household Income*					
\$30,000 or Less	68	15	4	12	2
\$30,001 to \$60,000	74	22	3	2	0
\$60,001 or More	80	10	1	9	0
Marital Status					
Married	75	18	2	5	<1
Not Married	69	18	4	8	<1

\*= p≤0.05; \*\*= p≤0.01

### Eye Exam

- Forty-two percent of respondents had an eye exam in the past year, while 33% reported one to two years ago. Five percent reported never.
- Female respondents were more likely to had an eye exam in the past year (45%) compared to male respondents (39%).
- Respondents 65 and older were more likely to have had an eye exam in the past year (67%) compared to those 55 to 64 years old (38%) or respondents 18 to 34 years old (30%).
- Forty-six percent of respondents with a college education reported having an eye exam in the past year compared to 41% of respondents with some post high school education or less. Eighty-four percent of respondents with a college education reported within the past two years compared to 73% of those with some post high school education or less.

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	42%	33%	11%	9%	5%
Gender*					
Male	39	32	12	8	9
Female	45	34	11	9	1
Age**					
18 to 34	30	34	18	10	8
35 to 44	44	29	7	16	4
45 to 54	41	46	4	4	3
55 to 64	38	30	22	3	8
65 and Older	67	26	3	3	0
Education*					
High School or Less	41	32	10	12	6
Some Post High School	41	32	17	3	7
College Graduate	46	38	8	9	0
Household Income					
\$30,000 or Less	46	31	8	9	5
\$30,001 to \$60,000	43	34	12	7	4
\$60,001 or More	38	34	11	14	3
Marital Status					
Married	43	33	11	10	3
Not Married	42	33	11	7	7

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

## Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with lower household income were more likely to report a flu vaccination. Fifty-two 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-seven percent of respondents had a flu vaccination in the past year.
- Forty-three percent of female respondents received a flu vaccination in the past year compared to 28% of male respondents.
- Respondents 65 and older were more likely to report receiving a flu vaccination (67%) compared to those 35 to 44 years old (27%) or respondents 18 to 34 years old (26%).
- Respondents with lower household income were more likely to report they had an influenza vaccination in the past year. Forty-seven percent of respondents with a household income of less than \$30,001 reported this compared to 37% of those with an income of \$30,001 to \$60,000 or 24% of respondents with a household income of at least \$60,001.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	37%
Gender**	
Male	28
Female	43
Age**	
18 to 34	26
35 to 44	27
45 to 54	30
55 to 64	51
65 and Older	67
Education	
High School or Less	40
Some Post High School	28
College Graduate	39
Household Income**	
\$30,000 or Less	47
\$30,001 to \$60,000	37
\$60,001 or More	24
Marital Status	
Married	36
Not Married	38

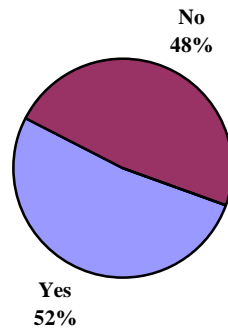
\*= p≤0.05; \*\*= p≤0.01

### *Pneumonia Vaccination*

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

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

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



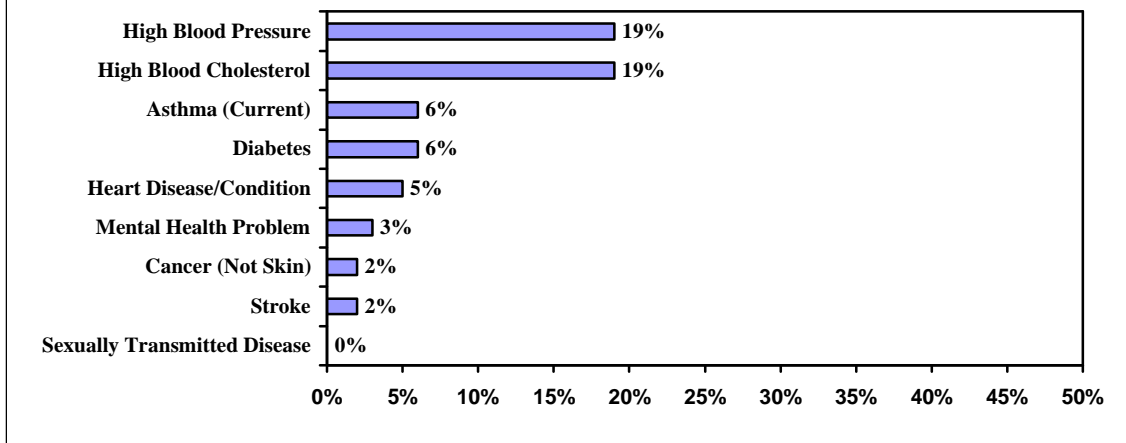
**Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

**KEY FINDING:** Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure, diabetes or heart disease/condition, while respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood cholesterol. Respondents with a household income of less than \$60,001 were more likely to report diabetes. Overweight respondents were more likely to report high blood pressure or high blood cholesterol.

- Respondents were more likely to report they have been told or been treated for high blood pressure (19%), high blood cholesterol (19%), asthma (current, 6%), diabetes (6%) or heart disease/condition (5%) in the past three years.

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



- Respondents 65 and older were more likely to report high blood pressure, diabetes or heart disease/condition, while respondents 55 to 64 years old were more likely to report high blood cholesterol.
- Twenty-six percent of respondents with a high school education or less reported high blood cholesterol compared to 14% of those with a college education or 11% of respondents with some post high school education.
- Eight percent of respondents with a household income of less than \$30,001 and 6% of those with an income of \$30,001 to \$60,000 reported diabetes compared to 0% of respondents with a household income of at least \$60,001.
- Respondents who were overweight were more likely to report high blood pressure or high blood cholesterol.

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Diabetes	Heart Disease/Condition
TOTAL	19%	19%	6%	6%	5%
Gender					
Male	17	17	4	7	4
Female	20	21	7	5	7
Age					
18 to 34	6**	<1**	6	0**	<1**
35 to 44	8**	10**	5	4**	0**
45 to 54	14**	33**	4	7**	4**
55 to 64	36**	49**	6	8**	3**
65 and Older	53**	38**	10	18**	25**
Education					
High School or Less	24	26**	8	5	7
Some Post High School	11	11**	3	6	4
College Graduate	18	14**	5	6	3
Household Income					
\$30,000 or Less	27	21	8	8*	8
\$30,001 to \$60,000	18	21	6	6*	5
\$60,001 or More	10	11	3	0*	1
Marital Status					
Married	20	20	5	6	3
Not Married	17	18	7	5	7
Overweight					
Not Overweight	8**	9**	5	4	4
Overweight	25**	28**	7	7	7
Physical Activity					
Inactive	18	18	7	3	4
Insufficient	19	18	5	8	7
Recommended	19	22	6	4	3

\*= p≤0.05; \*\*= p≤0.01

*Diabetes.*

- Ninety-nine percent of the 22 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

*Asthma.*

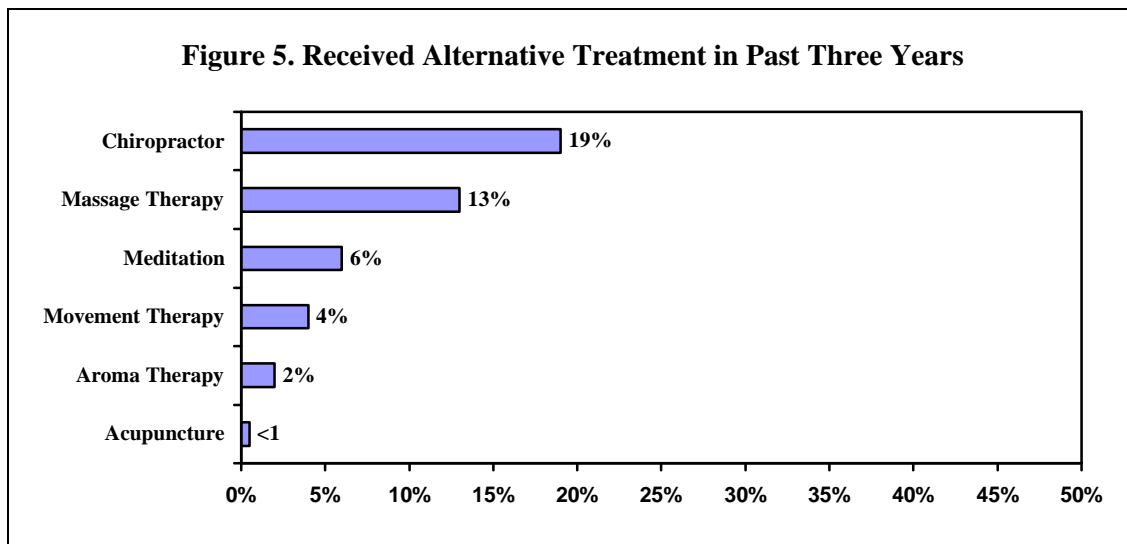
- Of the 23 respondents who currently had asthma, 40% had an asthma action plan.

## 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 treated in the past three years were chiropractic care or massage therapy (19% and 13%, respectively). Respondents who were female, younger or with some post high school education were more likely to report massage therapy. Respondents with a household income of at least \$60,001 were more likely to report meditation. Respondents who were female, with at least some post high school education or unmarried were more likely to report movement therapy in the past three years.

- Respondents were more likely to have gone to a chiropractor (19%) or used massage therapy (13%) in the past three years.



- Female respondents were more likely to have reported massage therapy or movement therapy in the past three years.
- Respondents 18 to 34 years old were more likely to report massage therapy in the past three years (21%) compared to those 55 to 64 years old (6%) or respondents 65 and older (5%).
- Respondents with some post high school education were more likely to report massage therapy or movement therapy.
- Eleven percent of respondents with a household income of at least \$60,001 reported meditation in the past three years compared to 5% of those with an income of less than \$30,001 or 4% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report movement therapy (7%) than married respondents (2%).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy
TOTAL	19%	13%	6%	4%
Gender				
Male	17	7**	7	1*
Female	21	18**	5	6*
Age				
18 to 34	18	21**	7	6
35 to 44	24	14**	6	3
45 to 54	25	9**	3	3
55 to 64	11	6**	6	3
65 and Older	18	5**	7	2
Education				
High School or Less	20	12**	4	0**
Some Post High School	19	20**	8	9**
College Graduate	19	5**	5	6**
Household Income				
\$30,000 or Less	17	16	5*	2
\$30,001 to \$60,000	21	12	4*	6
\$60,001 or More	22	14	11*	2
Marital Status				
Married	19	11	5	2*
Not Married	21	15	7	7*

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-six percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents with a college education were more likely to meet the recommended activity level. Fifty-six percent of respondents were classified as overweight (35% overweight and 21% obese). Respondents 45 to 64 years old were more likely to be overweight.

#### *Physical Activities in Past Month*

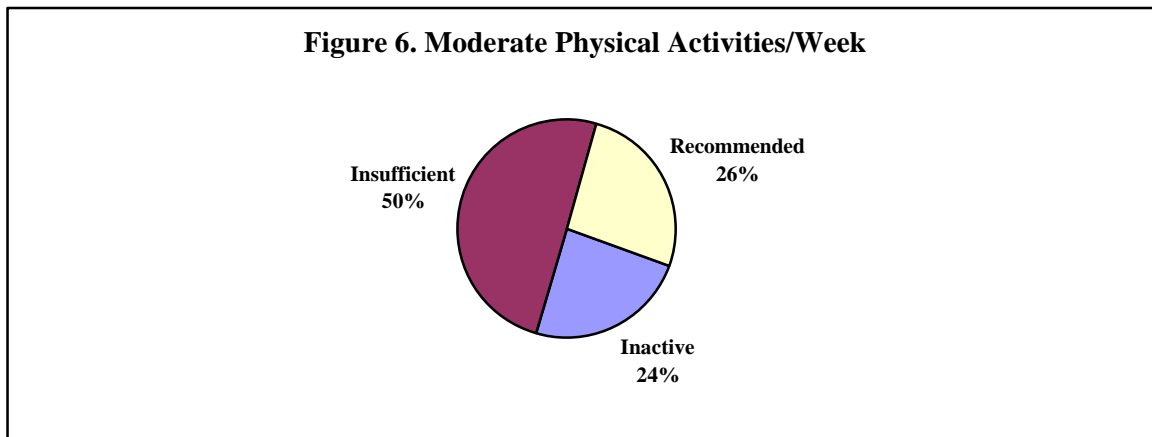
- Sixty-eight percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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



- Respondents with a college education were more likely to meet the recommendation (32%) compared to those with a high school education or less (28%) or respondents with some post high school education (21%).

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

	Inactive	Insufficient	Recommended
TOTAL	24%	50%	26%
Gender			
Male	23	49	28
Female	25	50	25
Age			
18 to 34	23	51	26
35 to 44	26	47	27
45 to 54	20	51	29
55 to 64	31	47	22
65 and Older	24	52	24
Education**			
High School or Less	32	40	28
Some Post High School	16	64	21
College Graduate	18	51	32
Household Income			
\$30,000 or Less	32	41	27
\$30,001 to \$60,000	22	52	26
\$60,001 or More	24	52	24
Marital Status			
Married	24	52	24
Not Married	25	46	29
Overweight			
Not Overweight	19	52	29
Overweight	26	49	25

\*= 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 (35% overweight and 21% obese).
- Respondents 45 to 64 years old were more likely to be classified as overweight (69%) compared to those 35 to 44 years old (56%) or respondents 18 to 34 years old (43%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	56%
Gender	
Male	60
Female	53
Age**	
18 to 34	43
35 to 44	56
45 to 54	69
55 to 64	69
65 and Older	61
Education	
High School or Less	61
Some Post High School	54
College Graduate	47
Household Income	
\$30,000 or Less	56
\$30,001 to \$60,000	59
\$60,001 or More	54
Marital Status	
Married	57
Not Married	54
Moderate Physical Activities	
Inactive	62
Insufficient	54
Recommended	53

\*= p≤0.05; \*\*= p≤0.01

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Sixty-three percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Respondents who were female, with a college education, with a household income of less than \$30,001 or unmarried were more likely to eat fruit at least twice a day. Fifty-four percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, younger, with at least some post high school education, with a household income of at least \$30,001, married or who did not meet the recommended amount of physical activity were more likely to eat fried/fast food at least a few times a week.

### *Fruit Intake*

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

- Sixty-three percent of respondents eat two or more servings of fruit on an average day. Thirty-seven percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (70% and 54%, respectively).
- Seventy-six percent of respondents with a college education reported two or more servings of fruit per day compared to 62% of those with some high school education or 57% of respondents with a high school education or less.
- Seventy-three percent of respondents with a household income of less than \$30,001 reported they eat two or more servings of fruit compared to 60% of those with an income of \$30,001 to \$60,000 or 52% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to eat two or more servings of fruit on an average day compared to married respondents (69% and 58%, respectively).

### *Vegetable Intake*

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

- Twenty-nine percent of respondents eat three or more servings of vegetables per day. Seventy-one percent reported two servings or less.
- There were no statistically significant differences between demographic variables and responses of vegetable intake.

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	37%	63%	71%	29%
Gender				
Male	44**	54**	72	28
Female	30**	70**	70	30
Age				
18 to 34	33	66	60	39
35 to 44	35	65	77	23
45 to 54	48	51	75	25
55 to 64	53	47	83	17
65 and Older	28	68	77	23
Education				
High School or Less	43*	57*	76	24
Some Post High School	37*	62*	65	35
College Graduate	23*	76*	67	32
Household Income				
\$30,000 or Less	25**	73**	69	31
\$30,001 to \$60,000	40**	60**	78	23
\$60,001 or More	48**	52**	66	34
Marital Status				
Married	42**	58**	73	27
Not Married	30**	69**	68	31
Overweight				
Not Overweight	41	59	69	32
Overweight	35	65	75	25
Moderate Physical Activities				
Inactive	46	52	70	30
Insufficient	34	66	74	26
Recommended	34	65	66	33

\*= p≤0.05; \*\*= p≤0.01

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

- Nine percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-five percent reported a few times per week. Thirty percent reported a few times per month while 16% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (65%) compared to female respondents (44%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-six percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 50% of those 55 to 64 years old or 14% of respondents 65 and older.
- Sixty-four percent of respondents with some post high school education reported eating fried/fast food at least a few times per week compared to 60% of those with a college education or 44% of respondents with a high school education or less.
- Respondents with a household income of at least \$30,001 were more likely to report eating fried/fast food at least a few times per week (61%) compared to respondents with a household income of \$30,000 or less (36%).
- Married respondents were more likely to report eating fried/fast food at least a few times per week (57%) compared to unmarried respondents (50%).
- Fifty-seven percent of respondents who did an insufficient amount of physical activity and 56% of those who were inactive reported eating fried/fast food at least a few times per week compared to 45% of respondents who met the recommended amount of physical activity.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	30%	54%
Gender**		
Male	25	65
Female	35	44
Age**		
18 to 34	30	66
35 to 44	30	63
45 to 54	29	56
55 to 64	28	50
65 and Older	39	14
Education**		
High School or Less	33	44
Some Post High School	27	64
College Graduate	28	60
Household Income**		
\$30,000 or Less	38	36
\$30,001 to \$60,000	28	61
\$60,001 or More	28	61
Marital Status**		
Married	33	57
Not Married	26	50
Overweight		
Not Overweight	31	53
Overweight	30	55
Moderate Physical Activities*		
Inactive	30	56
Insufficient	31	57
Recommended	29	45

\*= p≤0.05; \*\*= p≤0.01

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Seventy-seven percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-five percent of female respondents reported a pap smear within the past three years. Respondents 18 to 44 years old 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).*

- Thirty-eight percent of all female respondents never had a mammogram while 50% had a mammogram within the past two years (33% within past year and 17% 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 (77% of those 50 and older; 71% 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 were: don’t need (six responses), no time (five responses), too young (four responses), don’t like or not insured (two responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	33%	17%	12%	38%
Age**				
18 to 39	10	8	7	76
40 to 49	50	21	12	17
50 and Older	53	24	17	6

\*= p≤0.05; \*\*= p≤0.01

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

## Pap Smear

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

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

- Sixty-one percent of respondents reported they had a pap smear within the past year. An additional 24% reported between one year and less than three years.
- Ninety-six percent of respondents 35 to 44 years old and 94% of those 18 to 34 years old reported a pap smear within the past three years compared to 61% of respondents 65 and older.

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	61%	19%	5%	13%	3%
Age**					
18 to 34	72	22	0	3	3
35 to 44	71	19	6	2	2
45 to 54	64	11	11	11	3
55 to 64	50	18	0	27	5
65 and Older	34	20	7	34	2
Education					
High School or Less	52	24	7	15	2
Some Post High School	71	12	2	9	7
College Graduate	78	13	3	6	0
Household Income					
\$30,000 or Less	53	24	7	14	1
\$30,001 to \$60,000	60	20	2	14	3
\$60,001 or More	83	7	7	2	2
Marital Status					
Married	63	20	5	11	2
Not Married	59	18	5	14	4

\*= 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: Fourteen percent of male respondents 40 to 49 years old and 35% of males 50 and older had a digital rectal exam in the past year.

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

### Digital Rectal Exam

- Forty-three percent of all male respondents never had a digital rectal exam. Eighteen percent had an exam in the past year while another 18% reported within the past two years (one year but less than two years).
- Thirty-five percent of male respondents 50 years old and older had an exam less than a year ago while 14% 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	18%	18%	20%	43%
Age**				
18 to 39	8	12	22	58
40 to 49	14	14	23	48
50 and Older	35	25	19	17

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

## Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 42% 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-nine percent of all respondents never had a blood stool test. Thirty-five percent were tested within the past two years (20% less than a year ago and 15% more than one year ago, but less than two).

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

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

- Fifty-three percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 33% of those 40 to 49 years old or 21% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 66% of respondents 18 to 39 years old.
- Thirty-eight percent of respondents with a high school education or less and 36% of those with a college education reported a blood stool test within the past two years compared to 27% of respondents with some post high school education.
- Forty-one percent of respondents with a household income of \$30,001 to \$60,000 and 38% of those with an income of less than \$30,001 reported a blood stool test within the past two years compared to 20% of respondents with a household income of at least \$60,001.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	15%	13%	49%
Gender				
Male	19	17	14	46
Female	21	13	13	51
Age**				
18 to 39	11	10	9	66
40 to 49	14	19	13	50
50 and Older	35	18	17	27
Education*				
High School or Less	21	17	16	44
Some Post High School	19	8	12	59
College Graduate	16	20	8	49
Household Income*				
\$30,000 or Less	24	14	17	43
\$30,001 to \$60,000	23	18	8	47
\$60,001 or More	11	9	15	59
Marital Status				
Married	19	16	14	49
Not Married	22	12	11	49

\*= p≤0.05; \*\*= p≤0.01

*Sigmoidoscopy or Colonoscopy Exam*

- Sixty-nine percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Nineteen percent were examined within the past two years (10% less than a year ago and 9% more than one year ago, but less than two).
- A total of 42% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 12% of those 40 to 49 years old or 2% of respondents 18 to 39 years old. Thirty-eight percent of respondents 50 and older reported never compared to 92% of respondents 18 to 39 years old.
- Twenty-four percent of respondents with a household income of less than \$30,001 reported a sigmoidoscopy or colonoscopy within the past two years compared to 17% of those with an income of \$30,001 to \$60,000 or 15% of respondents with a household income of at least \$60,001. In addition, 59% of respondents with a household income of less than \$30,001 reported never compared to 76% of respondents with a household income of at least \$60,001.

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

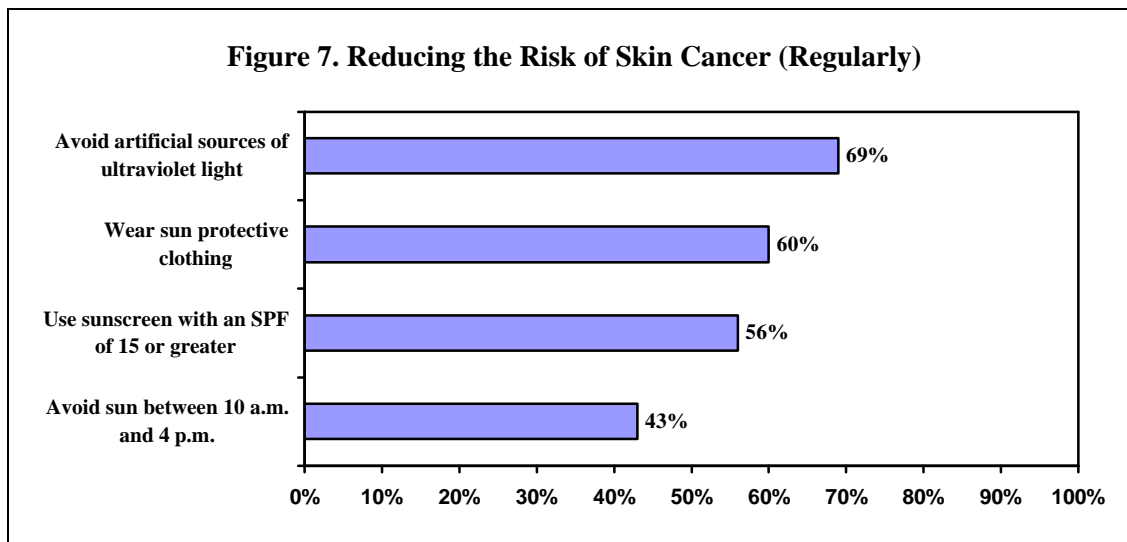
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	10%	9%	7%	3%	69%
Gender					
Male	10	10	8	2	66
Female	9	8	6	4	72
Age**					
18 to 39	1	1	2	<1	92
40 to 49	3	9	9	5	72
50 and Older	25	17	10	6	38
Education					
High School or Less	12	11	7	4	64
Some Post High School	5	5	6	2	77
College Graduate	9	8	8	3	73
Household Income*					
\$30,000 or Less	11	13	8	5	59
\$30,001 to \$60,000	10	7	9	3	71
\$60,001 or More	7	8	1	1	76
Marital Status					
Married	9	10	7	2	70
Not Married	11	7	6	5	68

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than wear sun protective clothing, use sunscreen with a SPF of at least 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported each activity more often than male respondents. Respondents with higher education were more likely to report wearing sun protective clothing. Respondents with lower household income were more likely to report avoiding artificial sources of UV light while respondents with a household income of \$30,001 to \$60,000 were more likely to report using sunscreen.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 60% wear sun protective clothing, 56% use sunscreen with a SPF of 15 or higher, while 43% avoid the sun between 10 a.m. and 4 p.m.
- Ten percent of respondents did not reduce their risk by any of these four measures. Twenty-two percent reported one measure. Twenty percent reported two of the four actions while 27% reported three and 22% reported they did all four measures regularly.



- Female respondents were more likely to report each of the four measures than male respondents.
- Respondents with higher education were more likely to report wearing sun protective clothing. Seventy-two percent of respondents with a college education reported this compared to 61% of those with some post high school education or 53% of respondents with a high school education or less.
- Respondents with a lower household income were more likely to report avoiding artificial sources of UV light while respondents with a household income of \$30,001 to \$60,000 were more likely to report using sunscreen.

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

	Avoid Artificial Sources of UV Light	Sun Protective Clothing	Sunscreen with SPF 15 or Higher	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	60%	56%	43%
Gender				
Male	62**	52**	44**	38*
Female	76**	66**	67**	48*
Age				
18 to 34	71	63	58	40
35 to 44	65	58	64	37
45 to 54	71	56	56	45
55 to 64	67	42	47	39
65 and older	73	65	45	58
Education				
High School or Less	67	53*	53	42
Some Post High School	75	61*	54	42
College Graduate	67	72*	67	49
Household Income				
\$30,000 or Less	74**	62	47*	51
\$30,001 to \$60,000	72**	65	63*	45
\$60,001 or More	56**	55	57*	34
Marital Status				
Married	67	64	59	43
Not Married	74	55	53	44

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Eighty-five percent of respondents wore seat belts always or nearly always. Female respondents or those with a household income of less than \$60,001 were more likely to report they always wore seat belts. Eighty-five percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 26% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

#### Seat Belts

- Eighty-five percent of respondents reported they wore seat belts always or nearly always (75% and 10%, respectively).
- Female respondents were more likely to report wearing seat belts always (83%) compared to male respondents (65%).

- Respondents with a household income of less than \$60,001 were more likely to always wear seat belts (78%) compared to respondents with a household income of at least \$60,001 (69%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	8%	3%	4%	10%	75%
Gender**					
Male	12	5	4	13	65
Female	5	<1	4	8	83
Age					
18 to 34	5	3	5	15	72
35 to 44	10	5	1	11	74
45 to 54	14	0	9	7	70
55 to 64	8	3	5	8	76
65 and older	7	0	2	7	85
Education					
High School or Less	9	2	5	9	76
Some Post High School	8	3	5	13	71
College Graduate	5	5	3	9	78
Household Income*					
\$30,000 or Less	6	<1	7	9	78
\$30,001 to \$60,000	8	1	2	11	78
\$60,001 or More	9	8	1	13	69
Marital Status					
Married	6	3	4	13	75
Not Married	12	2	5	6	76

\*= p≤0.05; \*\*= p≤0.01

### Children and Seat Belts

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

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

- Eighty-five percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 5% reported nearly always.
- Married respondents were more likely to report their child always wore a seat belt, used an infant seat or used a car seat (89%) compared to unmarried respondents (73%). Sixteen percent of unmarried respondents reported never compared to 3% of married respondents.

### *Bicycle Helmet Usage*

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

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

- Twenty-six percent of respondents who bicycled, in-line roller skated or rode a scooter always (22%) or nearly always (4%) wore a helmet. Sixty-four percent reported never.
- Twenty-eight percent of respondents 55 and older and 25% of those 18 to 34 years old always wore a helmet compared to 22% of those 35 to 44 years old or 8% of respondents 45 to 54 years old.
- All education levels were somewhat similar in reporting always (20% to 23%). However, respondents with a high school education or less were more likely to report they never wore a helmet (72%) compared to those with a college education (69%) or respondents with some post high school education (55%).
- As household income increased, so did the likelihood of reporting they always wore a helmet. Thirteen percent of respondents with a household income of less than \$30,001 reported this compared to 21% of those with an income of \$30,001 to \$60,000 or 35% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report always (30%) compared to unmarried respondents (10%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	64%	2%	7%	4%	22%
Gender					
Male	60	2	10	5	24
Female	69	3	4	4	20
Age*					
18 to 34	54	3	14	4	25
35 to 44	70	2	5	2	22
45 to 54	84	0	0	8	8
55 and older	72	0	0	0	28
Education*					
High School or Less	72	0	3	5	20
Some Post High School	55	5	13	6	21
College Graduate	69	2	6	0	23
Household Income*					
\$30,000 or Less	64	2	15	6	13
\$30,001 to \$60,000	70	<1	3	5	21
\$60,001 or More	55	2	7	2	35
Marital Status**					
Married	61	3	4	3	30
Not Married	71	1	13	5	10

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

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

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

- Fifty-one percent of respondents reported their child always wore a helmet while 6% reported nearly always. Twenty-three 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:** Thirty-two percent of respondents were current smokers. Respondents 18 to 44 years old or those with some post high school education or less were more likely to be smokers. Forty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 47% 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. Fifty-seven percent of all respondents preferred a smoke-free restaurant. Female respondents, those 18 to 34 years old, 45 to 54 years old or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-one percent favored a community ordinance prohibiting smoking in eating establishments. Respondents 18 to 34 years old, with at least some post high school education or nonsmokers were more likely to favor a community ordinance prohibiting 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).*

- Thirty-two percent of respondents were current smokers. Five percent smoked between one and 29 days while the remaining 27% smoked every day.
- Forty-three percent of respondents 35 to 44 years old and 41% of those 18 to 34 years old were current smokers compared to 12% of respondents 65 and older.
- Thirty-eight percent of respondents with some post high school education and 35% of those with a high school education or less were current smokers compared to 18% of respondents with a college education.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	32%
Gender	
Male	35
Female	30
Age**	
18 to 34	41
35 to 44	43
45 to 54	30
55 to 64	22
65 and older	12
Education**	
High School or Less	35
Some Post High School	38
College Graduate	18
Household Income	
\$30,000 or Less	30
\$30,001 to \$60,000	32
\$60,001 or More	33
Marital Status	
Married	34
Not Married	30

\*= p≤0.05; \*\*= p≤0.01

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

*Of current smokers...*

- Forty-two percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Unmarried respondents were more likely to quit for at least one day (56%) compared to married respondents (34%).

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

*Of current smokers...*

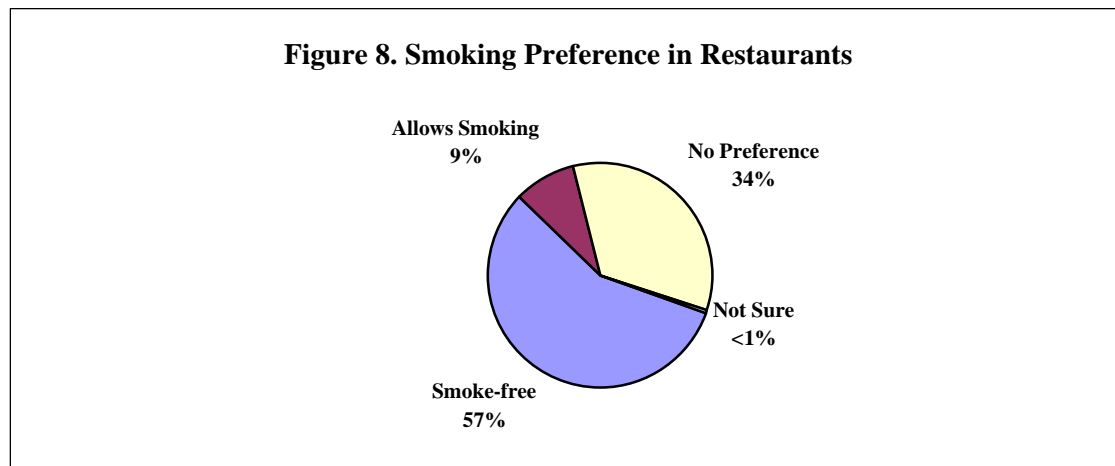
- Forty-seven percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences among demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

### *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.
- Twenty-two percent of households with children reported smokers in their household smoked indoors or inside their vehicles when others were present compared to 14% of households without children.

### *Smoking Preference in Restaurants*

- Fifty-seven percent of respondents reported they preferred to eat in smoke-free restaurants while 9% preferred restaurants that allow smoking. Thirty-four percent reported they did not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants (63%) than male respondents (51%). Ten percent of female respondents preferred restaurants that allow smoking compared to 7% of male respondents.
- Sixty-three percent of respondents 18 to 34 years old and 61% of those 45 to 54 years old reported the smoke-free preference compared to 42% of respondents 55 to 64 years old. Fifty-seven percent of respondents 65 and older reported the smoke-free preference along with 53% of respondents 35 to 44 years old. Nineteen percent of respondents 55 to 64 years old preferred restaurants that allow smoking compared to 2% of respondents 18 to 34 years old. Sixteen percent of respondents 35 to 44 years old preferred restaurants that allow smoking along with 7% of those 45 to 54 years old or 5% of respondents 65 and older.
- Seventy-one percent of nonsmokers preferred smoke-free restaurants compared to 29% of smokers. Twenty-five percent of smokers preferred restaurants that allow smoking compared to 1% of nonsmokers.

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

- Sixty-one percent of respondents favored a community ordinance prohibiting smoking in eating establishments (39% strongly favor, 22% moderately favor).

- Respondents 18 to 34 years old were more likely to favor an ordinance (69%) compared to those 35 to 44 years old or 55 to 64 years old (59% each) or respondents 55 to 64 years old (45%).
- Sixty-eight percent of respondents with a college education and 66% of those with some post high school education favored an ordinance compared to 55% of respondents with a high school education or less.
- Seventy-two percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 38% of smokers. Nonsmokers were more likely to strongly favor an ordinance (51%) compared to smokers (15%).

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

	Moderately Favor	Strongly Favor
TOTAL	22%	39%
Gender		
Male	18	38
Female	24	40
Age*		
18 to 34	28	41
35 to 44	20	39
45 to 54	11	49
55 to 64	28	17
65 and older	26	33
Education*		
High School or Less	22	33
Some Post High School	23	43
College Graduate	21	47
Household Income		
\$30,000 or Less	20	35
\$30,001 to \$60,000	20	39
\$60,001 or More	23	49
Marital Status		
Married	22	39
Not Married	21	40
Smoking Status**		
Nonsmoker	21	51
Smoker	23	15

\*= p≤0.05; \*\*= p≤0.01

#### *Snuff or Chewing Tobacco*

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

## Alcohol Use (Table 24)

**KEY FINDING:** Sixty-two percent of respondents had an alcoholic drink in the past 30 days. In the past month, 30% had three or more drinks on at least one occasion while 20% binged. Male respondents, those 18 to 34 years old or with a household income of at least \$30,001 were more likely to have had three or more drinks and on more occasions. Male respondents or those 18 to 34 years old were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or a passenger in a vehicle when the driver had perhaps too much alcohol to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

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

- Sixty-two percent of respondents had a drink in the past 30 days. Twenty-three percent reported they drank on at least five days, while 16% reported three to four days, and 23% reported drinking on one or two days in the past 30 days.
- Eighteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 11% reported three, 17% reported two and 14% reported one drink on average on the days they drank. Thirty-eight percent reported having no drinks in the past month.

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

- Thirty percent of all respondents had three or more drinks on an occasion in the past month. Eleven percent reported this one to two times and 19% reported three or more times.
- Male respondents were more likely to have had three or more drinks (39%) than female respondents (23%). Males were more likely to have had three or more drinks on at least three occasions (28%) compared to female respondents (12%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks, and more often. Forty-three percent of respondents 18 to 34 years old reported three or more drinks (13% one to two occasions and 30% three or more occasions) compared to 9% of respondents 65 and older (2% one to two occasions and 7% three or more occasions).
- Thirty-six percent of respondents with a household income of \$30,001 to \$60,000 and 35% of those with an income of at least \$60,001 reported three or more drinks compared to 19% of respondents with a household income of less than \$30,001.

## 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).

- Twenty percent of all respondents binged in the past month.
- Male respondents were more likely to have binged (29%) than female respondents (13%).
- Respondents 18 to 34 years old were more likely to have binged (30%) compared to those 45 to 64 years old (19%) or respondents 65 and older (3%).

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	11%	19%	20%
Gender			
Male	11**	28**	29**
Female	11**	12**	13**
Age			
18 to 34	13**	30**	30**
35 to 44	15**	14**	20**
45 to 54	11**	21**	19**
55 to 64	8**	16**	19**
65 and Older	2**	7**	3**
Education			
High School or Less	9	16	19
Some Post High School	15	23	26
College Graduate	10	20	14
Household Income			
\$30,000 or Less	5**	14**	17
\$30,001 to \$60,000	15**	21**	20
\$60,001 or More	11**	24**	27
Marital Status			
Married	13	17	19
Not Married	9	23	22

\*= p≤0.05; \*\*= p≤0.01

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

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

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

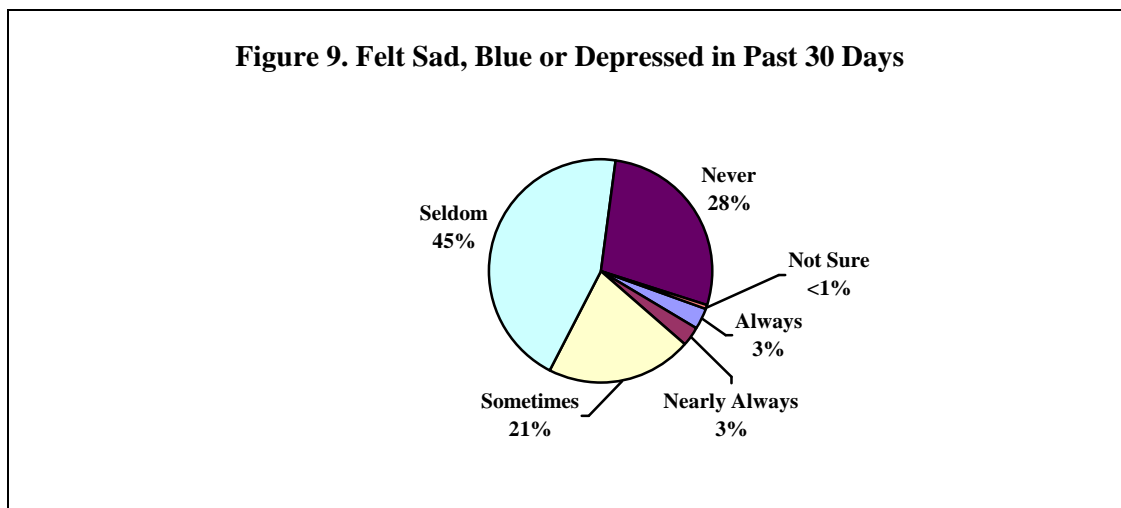
- Five percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Female respondents, those 18 to 44 years old, 65 and older or with a household income of less than \$30,001 were more likely to report feeling sad, blue or depressed. Sixteen percent of respondents felt they were excellent at managing stress; 3% reported poor. Five percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide in the past year.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” six percent of survey respondents answered always or nearly always. This equates up to 1,100 residents. Twenty-one percent reported sometimes and the remaining 73% reported seldom (45%) or never (28%).



- Female respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (7%) compared to male respondents (3%). Thirty-seven percent of male respondents reported never compared to 21% of female respondents.

- Seven percent of respondents 65 and older and 5% of those 18 to 44 years old reported they always or nearly always felt sad, etc., compared to 3% of respondents 45 to 54 years old or 0% of respondents 55 to 64 years old. Thirty-nine percent of respondents 55 to 64 years old and 38% of those 35 to 44 years old reported never compared to 17% of respondents 18 to 34 years old. Thirty percent of respondents 65 and older reported never along with 29% of respondents 45 to 54 years old.
- Respondents with a household income of less than \$30,001 were more likely to report they always or nearly always felt sad, blue or depressed in the past 30 days (13%) compared to those with an income of \$30,001 to \$60,000 (3%) or respondents with a household income of at least \$60,001 (2%). Thirty-one percent of respondents with a household income of \$30,001 to \$60,000 reported never compared to 26% of those with an income of at least \$60,001 or 25% of respondents with a household income of less than \$30,001.

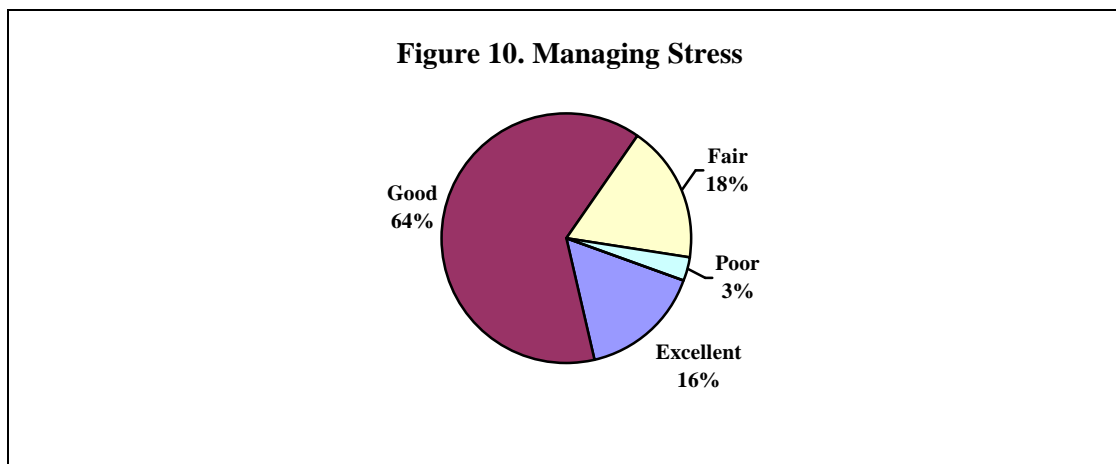
### *Considered Suicide*

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

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 800 residents who considered suicide in the past year.

### *Managing Stress*

- Sixteen percent reported they were excellent at managing stress. Sixty-four percent reported good while 18% reported fair and 3% reported poor.



- Male and female respondents were similar in reporting being poor managers of stress (3% and 2%, respectively). However, female respondents were more likely to report fair or poor (24%) compared to male respondents (15%).

- Four percent of respondents with a high school education or less and 2% of those with some post high school education reported poor compared to 0% of respondents with a college education. Twenty-six percent of respondents with a high school education or less reported fair or poor compared to 15% of respondents with at least some post high school education.
- Respondents with a household income of less than \$30,001 were more likely to report poor (6%) compared to those with an income of \$30,001 to \$60,000 (less than one percent) or respondents with a household income of at least \$60,001 (0%). Twenty-four percent of respondents with a household income of at least \$60,001 and 23% of those with an income of less than \$30,001 reported fair or poor compared to 16% 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. Married and unmarried respondents were similar in reporting fair or poor (20% each).

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

- Forty-four percent of respondents reported they always find meaning and purpose in their daily life, an additional 35% reported nearly always. Sixteen percent reported sometimes while 3% reported seldom and 2% reported never.
- Respondents with a college education were more likely to report never or seldom (10%) compared to those with some post high school education (4%) or respondents with a high school education or less (2%).
- Seven percent of respondents with a household income of less than \$30,001 and 5% of those with an income of \$30,001 to \$60,000 reported never/seldom compared to 0% of respondent with a household income of at least \$60,001. Respondents with a household income of less \$30,001 were more likely to report always (57%) compared to those with an income of at least \$60,001 (44%) or respondents with a household income of \$30,001 to \$60,000 (37%).
- Unmarried and married respondents were similar in reporting never/seldom (5% and 4%, respectively). However, married respondents were more likely to report always (48%) compared to unmarried respondents (39%).

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

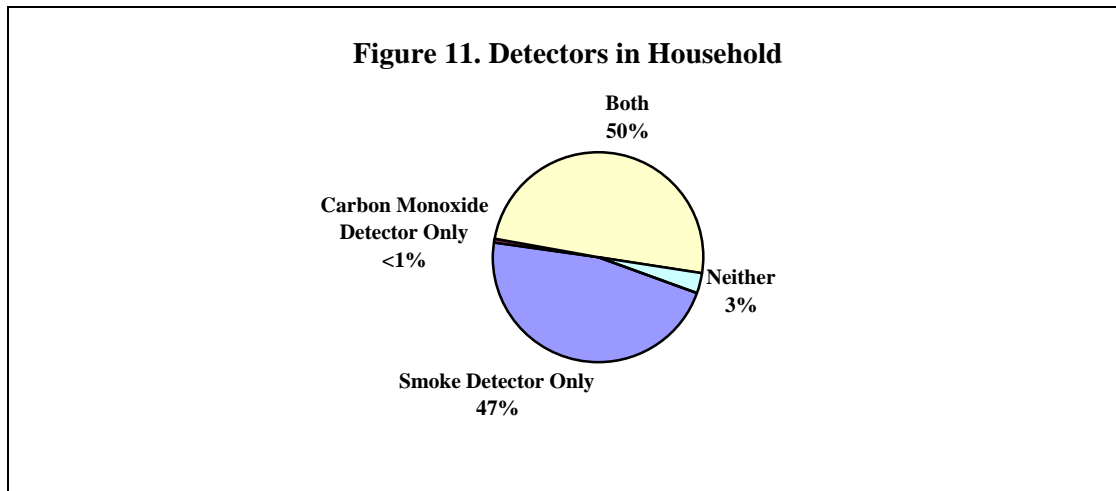
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	16%	35%	44%
Gender				
Male	6	17	34	41
Female	2	14	36	47
Age				
18 to 34	<1	11	42	43
35 to 44	8	19	34	39
45 to 54	3	19	34	44
55 to 64	3	14	36	47
65 and older	2	20	28	50
Education**				
High School or Less	2	21	34	44
Some Post High School	4	10	40	46
College Graduate	10	13	32	41
Household Income**				
\$30,000 or Less	7	14	22	57
\$30,001 to \$60,000	5	20	37	37
\$60,001 or More	0	13	43	44
Marital Status*				
Married	4	12	37	48
Not Married	5	21	33	39

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-seven percent of respondents reported a working smoke detector while 50% reported a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

- Fifty percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Forty-seven 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 (57%) compared to unmarried households (40%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	47%	<1%	50%	3%
<b>Household Income</b>				
\$30,000 or Less	45	0	50	6
\$30,001 to \$60,000	52	<1	46	1
\$60,001 or More	41	1	57	1
<b>Marital Status**</b>				
Married	42	<1	57	1
Not Married	55	<1	40	4

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

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

### *Firearm in Household*

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

- At the time of the survey administration, 35% of households had one or more firearms.
- Households with higher income were more likely to have a firearm. Fifty-two percent of respondents with a household income of at least \$60,001 reported a firearm compared to 38% of those with an income of \$30,001 to \$60,000 or 17% of respondents with a household income of less than \$30,001.

### *Loaded Firearm*

- Two percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

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

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

## **Personal Safety Issues**

**KEY FINDING:** Five percent of respondents reported someone had made them afraid for their personal safety in the past year while 3% 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.
- Female respondents were more likely to report being afraid for their personal safety (8%) compared to male respondents (2%).
  - A stranger was most often mentioned as the perpetrator (12 responses). Five respondents reported boyfriend/girlfriend. Fewer than five respondents reported acquaintance or separated spouse.

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

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - An acquaintance was reported by six respondents. Five reported boyfriend/girlfriend while a stranger was mentioned by one respondent.

### *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.*

### **Did Not Receive Medical Care Needed**

**KEY FINDING:** Nine percent of respondents reported they did not get the medical care they needed in the last 12 months. Of the 33 respondents who reported not receiving the medical care needed, the main reasons included: they were uninsured, they received poor medical care or it was not covered by their insurance company.

- When asked “Was there a time in the last 12 months that you felt you did not get the medical care you needed,” nine percent reported yes.
- There were no statistically significant differences between demographic variables and not receiving the medical care needed.
  - The most often mentioned reason for not receiving the medical care needed included being uninsured or poor medical care (eight responses each) or insurance did not cover the care (seven respondents). Fewer than five respondents reported each of the following: specialty physician not in the area, co-payments too high, not enough time, physical barriers or lack of transportation.

### **Prescription Medications Not Taken Due to Cost**

**KEY FINDING:** Eight percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs; unmarried respondents were more likely to report this.

- Eight percent of respondents reported that someone in their household has not taken their prescribed medication due to prescription costs.
- Unmarried respondents were more likely to report someone in their household had not taken their prescribed medication due to prescription costs (12%) compared to married respondents (6%).

### **Access to Adequate and Appropriate Food**

**KEY FINDING:** Two percent of respondents reported there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

- Two percent of respondents reported there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

## Main Factor Not Exercising More Often

**KEY FINDING:** Fifty-one percent of respondents reported time as the main factor that keeps them from exercising more often while 17% stated motivation and 12% health problems. Respondents who were male, younger, with higher education, with higher household income, married or who did some physical activity were more likely to report time as the main factor that keeps them from exercising.

- Fifty-one percent of respondents reported time as the main factor that keeps them from exercising more often while 17% reported motivation. Twelve percent reported health problems.
- Male respondents were more likely to report time than female respondents (55% and 47%, respectively). Time was the most often cited factor for either gender; however, motivation or health problems were more often a factor for female respondents than male respondents.
- Younger respondents were more likely to report time as a factor that kept them from exercising more often compared to older respondents. Respondents 65 and older were more likely to report health problems.
- Respondents with higher education were more likely to report time as the main factor that kept them from exercising more often. Time was the main factor for each education level; however, motivation or health problems were more of a factor for respondents with lower education.
- Respondents with higher household income were more likely to report time as a factor that kept them from exercising. Time was the main factor for each income level; however, health problems were more often a factor for respondents with lower household income.
- Married respondents were more likely to report time than unmarried respondents (57% and 40%, respectively). Time was the most often cited factor for either group; however, health problems were more often a factor for unmarried respondents.
- Respondents who did at least some physical activity were more likely to report time. Time was the most often cited factor for each physical activity level; however, motivation or health problems were more often a factor for inactive respondents.

Table 27. Main Factor Not Exercising More Often by Demographic Variables

	Time	Motivation	Health Problems
TOTAL	51%	17%	12%
Gender**			
Male	55	13	6
Female	47	20	18
Age**			
18 to 34	62	15	7
35 to 44	59	13	3
45 to 54	50	14	17
55 to 64	39	33	8
65 and older	21	22	33
Education**			
High School or Less	34	24	17
Some Post High School	61	12	10
College Graduate	74	9	7
Household Income**			
\$30,000 or Less	34	20	21
\$30,001 to \$60,000	57	12	12
\$60,001 or More	62	22	2
Marital Status**			
Married	57	17	6
Not Married	40	17	21
Overweight			
Not Overweight	54	17	10
Overweight	49	17	13
Moderate Physical Activities**			
Inactive	41	28	16
Insufficient	54	15	12
Recommended	53	10	9

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

**MENASHA**  
**COMMUNITY HEALTH SURVEY**  
 Conducted: February 21 through June 7, 2003  
 (Due to rounding, some questions may total more/less than 100%)

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

Poor .....	3%
Fair .....	10
Good.....	32
Very good.....	31
Excellent.....	24
Not sure .....	0

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

No health care coverage .....	4%
Medical Assistance or Title 19 .....	3
Badger Care.....	<1
Medicare.....	18
A prepaid plan such as a HMO, PPO.....	55
Another commercial health plan.....	13
Something else.....	4
Not sure .....	2

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

Not all members covered.....	11%
All members covered .....	89
Not sure .....	0

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

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

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

Medical doctor, internist, OBGYN, family practice .....	73%
Walk-in or urgent care clinic .....	12
Hospital emergency room.....	5
Community health center .....	3
Other.....	3
Not sure .....	4

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

Yes ..... 27%  
 No..... 70  
 Not sure ..... 3

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	55%	26%	8%	10%	2%	<1%
8. Cholesterol testing .....	43	18	7	5	25	2
9. Visit to a dentist/dental clinic..	72	18	3	6	<1	<1
10. Eye exam.....	42	33	11	9	5	<1

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

Yes ..... 37%  
 No..... 64  
 Not sure ..... 0

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

Yes ..... 18%  
 No..... 80  
 Not sure ..... 3

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

	Yes	No	Not sure
13. You have high blood pressure?.....	19%	81%	<1%
14. Your blood cholesterol is high? .....	19	80	2
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition? ..	5	95	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	<1
18. ....if yes, have you had your blood sugar tested in the past year? [22 Respondents]	99	2	0
19. You had a mental health problem?.....	3	97	<1
20. You had cancer, other than skin cancer.....	2	98	<1
21. You had a sexually transmitted disease.....	0	100	<1

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	9%	91%	<1%
23. Do you still have asthma? [All Respondents] ...	6	94	0
24. ....(if yes), do you have an asthma action plan? [23 Respondents].....	40	56	4

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

One or fewer servings ..... 37%  
 Two servings..... 32  
 Three or more servings..... 31  
 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 ..... 39%  
 Two servings..... 32  
 Three or more servings..... 29  
 Not sure .....<1

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

A few times per month..... 30%  
 A few times per week..... 45  
 Daily or nearly so..... 9  
 Hardly ever or never..... 16  
 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 ..... 68%  
 No..... 32  
 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 ..... 76%  
 No..... 24  
 Not sure ..... 0

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

One .....	4%
Two .....	11
Three .....	17
Four .....	12
Five .....	14
Six .....	6
Seven.....	13
Not sure .....	<1
No moderate exercise/no answer .....	24

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

Less than 30 minutes .....	16%
30 to 44 minutes .....	20
45 to 59 minutes .....	7
60 or more minutes .....	32
Not sure .....	<1
No moderate exercise/no answer .....	24

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [216 Respondents]

Within the past year (anytime less than 12 months ago) .....	33%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	17	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) .....	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	3	üCONTINUE WITHQ33
5 or more years ago .....	6	üCONTINUE WITHQ33
Never .....	38	üCONTINUE WITHQ33
Not sure.....	0	üCONTINUE WITHQ33

33. What is the most important reason why you have not had a mammogram in the last three years? [24 Respondents 40 years old or older]

Don't need ..... 6 responses  
 No time ..... 5 responses  
 Too young ..... 4 responses  
 Don't like ..... 2 responses  
 Not insured ..... 2 responses  
 Too expensive ..... 1 response  
 Not recommended by provider ..... 1 response  
 Other ..... 1 response  
 Not sure ..... 2 responses

[74 Respondents 18 to 39 years old]

Too young .....60 responses  
 Not recommended by provider ..... 7 responses  
 Don't need ..... 5 responses  
 Not insured ..... 1 response  
 Too expensive ..... 1 response

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

Within the past year (anytime less than 12 months ago).....61%  
 Within the past 2 years (1 year, but less than 2 years ago) .....19  
 Within the past 3 years (2 years, but less than 3 years ago) .....5  
 Within the past 5 years (3 years, but less than 5 years ago) .....4  
 5 or more years ago.....9  
 Never.....3  
 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).....18%  
 Within the past 2 years (1 year, but less than 2 years ago) .....18  
 Within the past 5 years (2 years, but less than 5 years ago) .....15  
 5 or more years ago.....5  
 Never.....43  
 Not sure.....1

**ALL RESPONDENTS**

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

- Within the past year (anytime less than 12 months ago) .....20%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 15
- Within the past 5 years (2 years, but less than 5 years ago).....7
- 5 or more years ago .....6
- Never .....49
- Not sure .....4

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

- Within the past year (anytime less than 12 months ago)..... 10%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 9
- Within the past 5 years (2 years, but less than 5 years ago) ..... 7
- Within the past 10 years (5 years but less than 10 years ago) ..... 1
- 10 years ago or more..... 2
- Never..... 69
- Not sure..... 3

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?.....	60	39	1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	56	44	<1
41. Avoid artificial sources of ultraviolet light?.....	69	30	1

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

Do not ride/skate/scoot..... 42%

Frequency of those who bicycle, use in-line roller skates or scooters [234 Respondents]

- Never ..... 64%
- Seldom..... 2
- Sometimes ..... 7
- Nearly always ..... 4
- Always..... 22
- Not sure ..... 0

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 .....	8%
Seldom.....	3
Sometimes .....	4
Nearly always .....	10
Always.....	75
Not sure .....	0

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

One .....	18%
Two .....	18
Three or more .....	8
None.....	56

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? [176 Respondents]

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

Frequency of those who bicycle, use in-line roller skates or scooters [150 Respondents]

Never .....	23%
Seldom.....	10
Sometimes .....	9
Nearly always .....	6
Always.....	51
It depends .....	2
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [176 Respondents]

Never .....	6%
Seldom.....	1
Sometimes .....	2
Nearly always .....	5
Always.....	85
Not sure .....	0

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

Never .....	28%
Seldom.....	45
Sometimes .....	21
Nearly always .....	3
Always.....	3
Not sure .....	<1

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

Poor .....	3%
Fair .....	18
Good.....	64
Excellent.....	16

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

Never .....	2%
Seldom.....	3
Sometimes .....	16
Nearly always .....	35
Always.....	44
Not sure .....	<1

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

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

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

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

None .....	38%
One to two days .....	23
Three to four days .....	16
Five or more days.....	23
Not sure .....	<1

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

None .....	38%
One drink.....	14
Two drinks.....	17
Three drinks .....	11
Four or more drinks.....	18
Not sure .....	2

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 .....	68%
One to two times .....	11
Three or more times .....	19
Not sure .....	2

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 .....	78%
Once .....	8
Two or more times .....	12
Not sure .....	1

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

Yes .....	2%
No.....	97
Not sure .....	<1

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

Yes .....	5%
No.....	95
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 .....	68%
1 to 29 days.....	5
30 days .....	27
Not sure .....	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [131 Respondents]

0 days ..... 58%  
At least 1 day ..... 42  
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? [131 Respondents]

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

60. Do you currently use snuff or chewing tobacco?

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

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

Yes ..... 18%  
No..... 43  
No smokers in the household..... 39  
Not sure ..... 0

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

Smoke-free restaurants ..... 57%  
Restaurants that allow smoking ..... 9  
No preference ..... 34  
Not sure ..... <1

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

Strongly oppose ..... 14%  
Moderately oppose..... 18  
Moderately favor..... 22  
Strongly favor ..... 39  
Not sure ..... 8

Another issue being discussed these days deals with firearms.

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

Yes ..... 35%  
 No..... 63  
 Not sure ..... 2

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

Yes ..... 2%  
 No..... 33  
 Not sure ..... <1  
 No firearms in the household/no answer ..... 65

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

Yes.....<1%  
 No..... 2  
 Not sure ..... 0  
 No firearms in household/not loaded/no answer .....98

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	19%	81%	0%
68. Having acupuncture? .....	<1	100	0
69. Massage therapy? .....	13	87	0
70. Aroma therapy? .....	2	98	<1
71. Movement therapy, such as yoga or tai' chi? .....	4	96	<1
72. Meditation? .....	6	94	0

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

73. Gender [DERIVED, NOT ASKED]

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

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

18 to 34 years old .....	32%
35 to 44 years old .....	25
45 to 54 years old .....	18
55 to 64 years old .....	9
65 and older .....	16

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight .....	44%
Overweight .....	35
Obese.....	21

77. What is your racial heritage?

White.....	96%
Black, African American or Negro .....	0
Asian or Pacific Islander .....	0
American Indian or Alaska Native.....	2
Another race .....	<1
Multiple races .....	1
Not sure .....	0

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married .....	23%
A member of an unmarried couple.....	3
Married.....	55
Separated .....	3
Divorced.....	8
Widowed .....	9
Not sure .....	0

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

8 <sup>th</sup> grade or less .....	<1%
Some high school .....	6
High school graduate or GED.....	42
Some college.....	22
Technical school graduate .....	9
College graduate .....	17
Advanced or professional degree .....	3
Not sure .....	<1

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

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

Menasha .....	100%
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83. What is the zip code of your primary residence?

54952.....	94%
54956.....	2
54915.....	<1
No answer.....	4

84. What is your annual household income before taxes?

Less than \$10,000 .....	5%
\$10,000 to \$20,000.....	10
\$20,001 to \$30,000.....	12
\$30,001 to \$40,000.....	16
\$40,001 to \$50,000.....	17
\$50,001 to \$60,000.....	13
\$60,001 to \$75,000.....	11
\$75,001 to \$90,000.....	7
Over \$90,000 .....	5
Not sure .....	3
No answer.....	3

The next series of questions deal with personal safety issues.

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

Yes .....	5%	ÛCONTINUE WITH Q86
No.....	94	ÛGO TO Q87
Not sure .....	<1	ÛGO TO Q87

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

Stranger ..... 12 responses  
 Boyfriend or girlfriend ..... 5 responses  
 Acquaintance ..... 3 responses  
 Separated spouse..... 2 responses

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

Yes ..... 3%    ÛCONTINUE WITH Q88  
 No..... 97    ÛGO TO Q89  
 Not sure ..... 0    ÛGO 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? [12 Respondents; More than 1 response accepted]

Acquaintance ..... 6 responses  
 Boyfriend or girlfriend ..... 5 responses  
 Stranger ..... 1 response

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

Smoke detectors..... 47%  
 Carbon monoxide detectors..... <1  
 Both..... 50  
 Neither ..... 3  
 Not sure ..... 0

## ADDITIONAL QUESTIONS FOR MENASHA

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

A1. Was there a time during the last 12 months that you felt you did not get the medical care you needed?

Yes ..... 9%  
No..... 91  
Not sure ..... 0

A2. Why did you not receive the medical care you thought you needed? [33 Respondents: More than 1 response accepted]

Uninsured .....8 responses  
Poor medical care.....8 responses  
Insurance did not cover it .....7 responses  
Cannot afford to pay .....5 responses  
Specialty physician not in area .....4 responses  
Co-payments too high ..... 1 response  
Not enough time..... 1 response  
Physical barriers..... 1 response  
Lack of transportation ..... 1 response  
Not sure .....2 responses

A3. Have you or anyone in your household not taken your prescribed medication due to prescription costs?

Yes ..... 8%  
No..... 92  
Not sure ..... 0

A4. Was there a time in the past 30 days that your household did not have access to adequate and appropriate food?

Yes ..... 2%  
No..... 98  
Not sure .....<1

A5. What is the main factor that keeps you from exercising?

Time ..... 51%  
Motivation ..... 17  
Health problems ..... 12  
Do physical labor at work..... 3  
Concerns about safety ..... 3  
Cost .....<1  
Other..... 7  
Not sure ..... 7