

**Northshore Area  
Community Health Survey**  
Fall 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Northshore Area Health Department**

Prepared by:  
**JKV Research, LLC**

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## Purpose

The purpose of this project is to provide the Northshore area 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 Northshore Area Community Health Survey<sup>1</sup> 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 area adults 18 years old and older with listed numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and April 14, 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 the area. 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 area. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

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<sup>1</sup> The Northshore area is defined as the villages of Bayside, Brown Deer, Fox Point and River Hills and the city of Glendale.

## Demographic Profile of Northshore Area Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	43%
Female	57
Age	
18 to 34	12%
35 to 44	20
45 to 54	23
55 to 64	16
65 and Older	29
Education	
High School Graduate or Less	21%
Some Post High School	24
College Graduate	55
Household Income	
\$30,000 or Less	16%
\$30,001 to \$60,000	35
\$60,001 or More	38
Not Sure/No Answer	11
Married	69%

## What do the percentages mean?

Results of the Northshore Area Community Health Survey can be generalized to the adult population with telephones in the area. In 2000, the U.S. Census Bureau identified 30,520 adult residents in the area.

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 area. One percentage point equals approximately 300 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 2,700 residents  $\pm$ 1,500 individuals. Meaning that from 1,200 to 4,200 residents may have fair or poor health in the area. Because the margin of error is  $\pm$ 5%, events or health risks that are small will include zero.

The 2000 Census counted 16,053 households in the Northshore area. 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 160 households. For example, 6% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 960.

## Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Northshore area 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 Northshore area 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>	
Northshore Area	<u>2003</u>	Northshore Area	<u>2003</u>
Excellent .....	25%	High Blood Pressure.....	27%
Very Good.....	39%	High Blood Cholesterol .....	24%
Good .....	27%	Heart Disease/Condition.....	10%
Fair or Poor .....	9%	Asthma (Current) .....	6%
		Diabetes .....	5%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	<b>Moderate Physical Activity/Week</b>	
Wisconsin .....	57%	Northshore Area	<u>2003</u>
Nation .....	56%	Inactive .....	20%
		Insufficient .....	52%
<b>Health Care Coverage</b>		Recommended.....	28%
Northshore Area	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered .....	1%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	6%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	10%	Nation .....	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<b>Nutrition and Diet</b>	
Wisconsin .....	10%	Northshore Area	<u>2003</u>
Nation .....	13%	Fruit Intake (2 or more servings/day) .....	78%
<b>Advance Care Plan</b>		Vegetable Intake (3 or more servings/day) .....	33%
Northshore Area	<u>2003</u>	Fried Food/Fast Food (a few times/week) .....	35%
Yes .....	38%	Overweight.....	52%
<b>Routine Checkups</b>		<i>Other Research: Overweight</i>	<u>2001</u>
Northshore Area	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less) .....	82%	Nation .....	58%
Cholesterol Test (2 years or less) .....	79%	<b>Women's Health</b>	
Dental Checkup (past year).....	81%	Northshore Area	<u>2003</u>
Eye Exam (2 years or less).....	84%	Mammogram (50+; past year).....	65%
<b>Vaccinations</b>		Pap Smear (past year).....	63%
Northshore Area	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year) .....	48%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	61%	Pap Smear (past year) .....	66%
<b>Alternative Treatment in Past 3 Years</b>		<b>Reduce Risk of Skin Cancer</b>	
Northshore Area	<u>2003</u>	Northshore Area	<u>2003</u>
Massage Therapy.....	22%	Avoid Artificial Sources of UV Light .....	74%
Chiropractor .....	15%	Use Sunscreen with SPF 15 or Higher .....	64%
Meditation .....	9%	Wear Sun Protective Clothing.....	54%
Movement Therapy.....	9%	Avoid Sun Between 10 a.m. and 4 p.m. ....	51%
Aroma Therapy.....	6%		
Acupuncture .....	4%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Northshore Area		Northshore Area	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	42%	Drink in Past Month .....	<b>63%</b>
50 and Older .....	51%	3+ Drinks on Occasion in Past Month.....	<b>22%</b>
<b>Other Tests</b>		Binge in Past Month	
Northshore Area		[5+ Drinks (Male): 4+ Drinks (Female)] .....	<b>8%</b>
Blood Stool Test (50+; within past 2 years)....	49%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month) .....	<b>2%</b>
(50+; within past 2 years).....	33%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		<u>2001</u>	
Northshore Area		Wisconsin.....	<b>26%</b>
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Nation .....	<b>15%</b>
Adult.....	94%	<b>Mental Health Status</b>	
Children.....	96%	Northshore Area	
Wear Bicycle Helmet Always/Nearly Always		Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
(Of Those Who Ride Bike or In-Line Skate)		Always/Nearly Always .....	<b>4%</b>
Adult.....	32%	Never .....	<b>38%</b>
Children .....	75%	Managing Stress	
Detectors		Excellent/Good.....	<b>80%</b>
Smoke Detector .....	50%	Poor .....	<b>4%</b>
Carbon Monoxide.....	<1%	Find Meaning and Purpose in Daily Life	
Both.....	48%	Never/Seldom .....	<b>2%</b>
Neither .....	2%	Considered Suicide (past year).....	<b>2%</b>
<b>Tobacco Use</b>		<b>Firearms in Household</b>	
Northshore Area		Northshore Area	
Current Smokers .....	12%	Of all Households...	<u>2003</u>
Quit Smoking 1 Day or More in Past		Have a Firearm.....	<b>20%</b>
Year Because Trying to Quit (smokers).....	47%	Have a Loaded Firearm .....	<b>&lt;1%</b>
Health Care Professional Advisement to		Have a Loaded Firearm Unlocked.....	<b>&lt;1%</b>
Quit Smoking (smokers) .....	49%	<b>Personal Safety in Past Year</b>	
Smoking Indoors or in Vehicle.....	11%	Northshore Area	
Smoking Preference in Restaurants		Afraid for Their Safety .....	<b>7%</b>
Smoke-free .....	73%	Pushed/Kicked/Slapped/Hit .....	<b>1%</b>
Allow Smoking.....	7%	<b>Additional Questions</b>	
No Preference .....	21%	Northshore Area	
Ordinance Prohibiting Smoking in Eating		Major/Moderate Community Environmental	
Establishments		Problems	
Moderately Favor.....	26%	Pollution in Lakes, Rivers & Streams .....	<u>2003</u>
Strongly Favor .....	46%	Sewage/Septic .....	<b>37%</b>
<i>Other Research: Current Smokers</i>	<u>2001</u>	Pesticides .....	<b>17%</b>
Wisconsin.....	24%	Safe Drinking Water .....	<b>15%</b>
Nation.....	23%	Awareness of/ Experience with Health Dept.	
		Aware of/No Experience .....	<b>62%</b>
		Aware of/Received Limited Services .....	<b>31%</b>

**Aware of/Received Extensive Services ..... 3%**

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

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

One percent of respondents reported they personally did not have health care coverage. Six percent reported someone in their household currently was not covered while 10% reported in the past 12 months someone was not covered. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-eight percent of respondents had an advance care plan; female respondents or older respondents were more likely to report this.

Eighty-one percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine medical checkup, 59% a cholesterol test and 55% reported an eye exam. Female respondents were more likely to report a routine checkup in the past year. Older respondents were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 45 to 64 years old were more likely to report a dental checkup. Respondents with a college education or a household income of at least \$60,001 were more likely to report a dental exam in the past year.

Forty-eight percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or those with a household income of less than \$30,001. Sixty-one 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 conditions in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Male respondents were more likely to report high blood cholesterol, heart disease/condition or diabetes. Respondents 65 and older were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin); respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with lower education were more likely to have been told or received treatment for high blood pressure. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition or diabetes. Unmarried respondents were more likely to report high blood pressure, diabetes or cancer (not skin). Overweight respondents were more likely to report high blood pressure or diabetes.

Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a high school education or less, a household income of less than \$30,001 or unmarried respondents were more likely to report this. Twenty-four percent felt they were excellent at managing stress; 4% reported poor. Two percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, the most often mentioned in the past three years were massage therapy or chiropractic care (22% and 15%, respectively). Massage therapy or movement therapy were more likely for female respondents, those who were 18 to 34 years old, with higher education or higher household income.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents who were female, 18 to 34 years old, 65 years old and older or not overweight were more likely to meet the recommended activity level. Fifty-two percent of respondents were classified as overweight (36% overweight and 16% obese). Male respondents, those with some post high school education or who were physically inactive were more likely to be classified as overweight.

Seventy-eight percent of respondents eat two or more servings of fruit while 33% eat three or more servings of vegetables on an average day. Female respondents or those who met the recommended amount of physical activity were more likely to eat fruit or vegetables. Thirty-five percent of respondents eat fried/fast food at least a few times a week; respondents who were male, 35 to 44 years old, with a household income of \$30,001 to \$60,000, married, overweight or inactive were more likely to report this.

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

Forty-two percent of male respondents 40 to 49 years old and 51% of males 50 and older had a digital rectal exam in the past year.

Forty-nine percent of respondents 50 years of age and older had their blood stool tested within the past two years while 33% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents or married respondents were more likely to report using sunscreen. Respondents 35 to 44 years old or 55 to 64 years old were more likely to report avoiding artificial sources of UV light; respondents 45 to 54 years old were more likely to report using sunscreen. Respondents with a college education or a household income of at least \$60,001 were more likely to report avoiding artificial UV light or using sunscreen.

Ninety-four percent of respondents wore seat belts always or nearly always. Respondents who were female or married were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or used a scooter, 32% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 61% reported their child always wore a helmet.

Twelve percent of respondents were current smokers. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 49% reported a health professional advised them to quit smoking. Eleven percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Seventy-three percent of all respondents preferred a smoke-free restaurant; nonsmokers were more likely to report this. Seventy-two percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were 35 to 44 years old, with higher education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 22% had three or more drinks on at least one occasion while 8% binged. Male respondents, those who were 35 to 44 years old or with higher education were more likely to have had at least three drinks on an occasion and more often. Male respondents or unmarried respondents were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke detector while 48% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Twenty percent of households had a firearm in or around the home. Of all households, less than one percent had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

Seven percent of respondents reported someone had made them afraid for their personal safety in the past year while 1% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Out of four environmental problems that communities may face, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (37%). Respondents 18 to 34 years old or 45 to 54 years old were more likely to report water pollution as a major/moderate problem. Respondents 45 to 54 years old were also more likely to report pesticides as a major or moderate problem than all other age groups.

Five percent of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Female respondents were more likely to report services from the public health department.

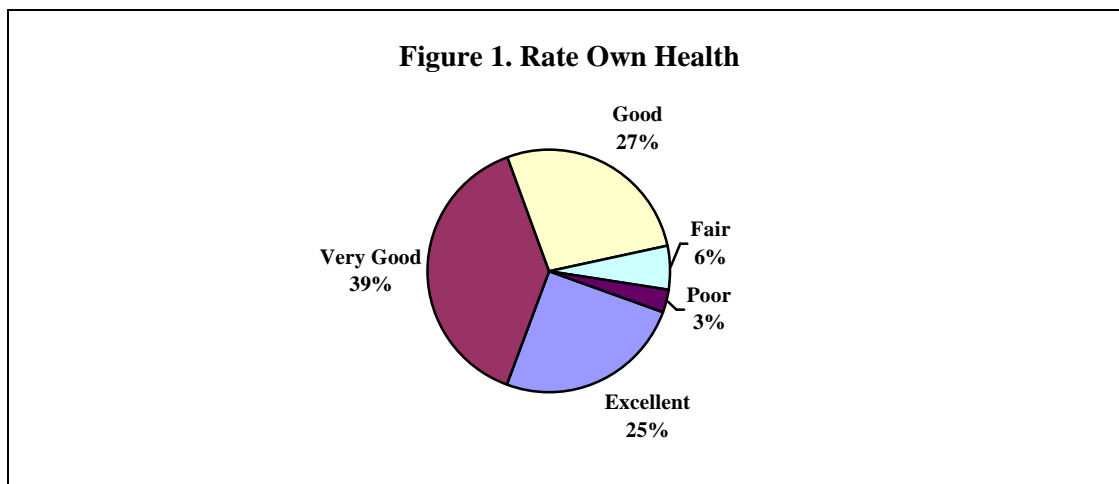
## Key Findings

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

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

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

- Sixty-four percent of respondents said their own health, generally speaking, was either excellent (25%) or very good (39%). A total of 9% reported their health was fair (6%) or poor (3%).



- Respondents 65 and older were more likely to report fair or poor health compared to respondents in other age groups. Eighteen percent of respondents 65 and older reported fair or poor compared to 0% of respondents 35 to 44 years old or 4% to 6% of respondents in all other age groups.
- Twenty-one percent of respondents with a high school degree or less reported fair/poor compared to 8% of respondents with some post high school education or 4% of those with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to report fair/poor health (22%) than those with a household income \$30,001 to \$60,000 (6%) or at least \$60,001 (7%).
- Respondents who were not married were more likely to report fair/poor (18%) compared to married respondents (4%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	9%	27%	39%	25%
Gender				
Male	6	33	34	26
Female	10	23	43	24
Age**				
18 to 34	4	22	56	18
35 to 44	0	18	41	41
45 to 54	6	30	41	23
55 to 64	5	24	42	29
65 and Older	18	35	30	17
Education**				
High School or Less	21	28	33	18
Some Post High School	8	29	37	26
College Graduate	4	26	43	27
Household Income**				
\$30,000 or Less	22	30	30	19
\$30,001 to \$60,000	6	32	41	21
\$60,001 or More	7	18	44	32
Marital Status**				
Married	4	25	43	28
Not Married	18	33	31	18
Overweight				
Not Overweight	8	28	40	25
Overweight	9	27	39	25
Physical Activity				
Inactive	15	30	35	21
Insufficient	6	29	38	27
Recommended	10	24	42	25
Smoker				
Nonsmoker	8	27	39	26
Smoker	14	29	39	18

\*= p≤0.05; \*\*= p≤0.01

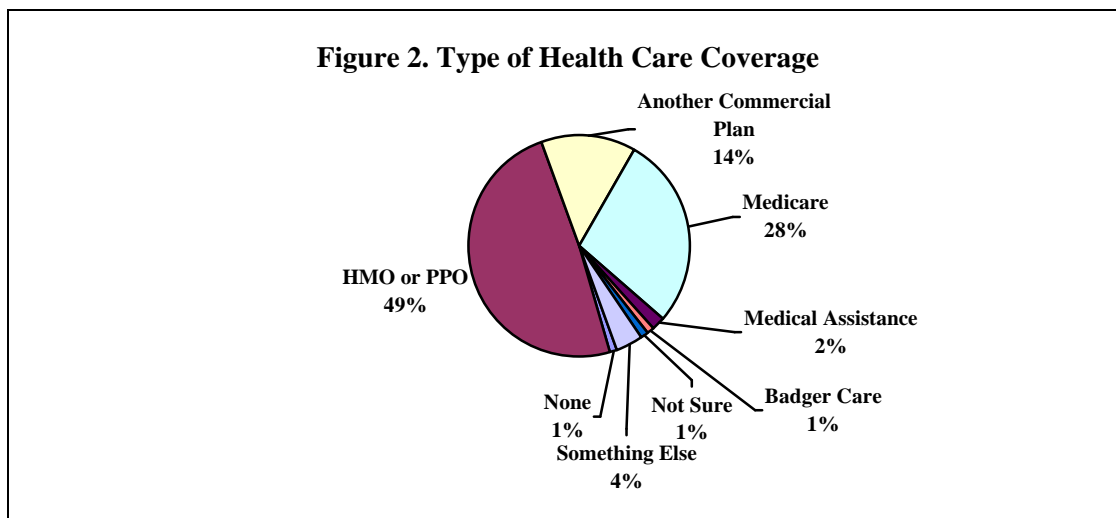
## Health Care Coverage (Figure 2)

**KEY FINDING:** One percent of respondents reported they personally did not have health care coverage. Six percent reported someone in their household currently was not covered while 10% reported in the past 12 months someone was not covered. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-eight percent of respondents had an advance care plan; female respondents or older respondents were more likely to report this.

### *Personally Not Covered*

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

- One percent of respondents reported they were not currently covered by any health insurance. Forty-nine percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fourteen percent reported another commercial plan, 28% reported Medicare and 2% reported medical assistance.



### *Someone in Household Currently Not Covered*

- Six percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 960 households.
- There were no statistically significant differences between someone in their household not covered by insurance and household income or marital status.

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

- Ten 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 someone in household not covered in the past 12 months and household income or marital status.

### *Primary Health Care Services*

- Seventy-five percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Thirteen percent reported walk-in or urgent care while 5% reported community health center and 5% reported hospital emergency room.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (80%) compared to male respondents (67%).

### *Advance Care Plan*

- Thirty-eight percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report having an advance care plan compared to male respondents (41% and 35%, respectively).
- Older respondents were more likely to report having an advance care plan. Twenty-two percent of respondents 35 to 44 years old and 24% of those 18 to 34 years old reported this compared to 56% of those 65 and older. Thirty-four percent of respondents 45 to 54 years old and 44% of those 55 to 64 years old reported an advance care plan.

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

**KEY FINDING:** Eighty-one percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine medical checkup, 59% a cholesterol test and 55% reported an eye exam. Female respondents were more likely to report a routine checkup in the past year. Older respondents were more likely to report a routine checkup, cholesterol test or eye exam in the past year while respondents 45 to 64 years old were more likely to report a dental checkup. Respondents with a college education or a household income of at least \$60,001 were more likely to report a dental exam in the past year.

### *Routine Checkup*

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

- Sixty-three percent of respondents reported they had a routine checkup in the past year. An additional 19% had a checkup in the past one to two years.

- Female respondents were more likely to report they had a routine checkup in the past year (70%) than male respondents (55%).
- Older respondents were more likely to report a routine checkup in the past year. Seventy-nine percent of respondents 65 and older reported this compared to 35% of respondents 18 to 34 years old.

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	63%	19%	6%	11%	<1%
Gender**					
Male	55	22	7	17	0
Female	70	17	5	7	<1
Age**					
18 to 34	35	39	9	17	0
35 to 44	49	17	9	21	1
45 to 54	64	22	3	11	0
55 to 64	68	16	5	11	0
65 and Older	79	11	4	4	0
Education					
High School or Less	72	13	5	8	0
Some Post High School	57	23	10	10	1
College Graduate	62	19	5	13	0
Household Income					
\$30,000 or Less	72	17	2	8	0
\$30,001 to \$60,000	53	22	10	13	0
\$60,001 or More	68	16	3	11	<1
Marital Status					
Married	62	19	6	11	<1
Not Married	64	18	6	11	0

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

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

- Fifty-nine percent of respondents reported having their cholesterol tested within the past year. Twenty percent reported one to two years ago. Nine percent reported never having their cholesterol tested.
- Male and female respondents were similar when looking at a cholesterol test in the past year (59% each). However, male respondents were more likely to report a test five or more years ago.

- Older respondents were more likely to report a cholesterol test in the past year. Seventy-six percent of respondents 65 and older reported this compared to 37% of respondents 18 to 34 years old.

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	59%	20%	4%	7%	9%
Gender*					
Male	59	18	5	11	7
Female	59	22	4	4	11
Age**					
18 to 34	37	20	4	4	33
35 to 44	47	29	7	7	8
45 to 54	49	29	4	8	10
55 to 64	68	14	2	11	5
65 and Older	76	13	3	5	3
Education					
High School or Less	69	17	1	7	4
Some Post High School	55	17	7	8	13
College Graduate	55	24	4	6	10
Household Income					
\$30,000 or Less	64	25	2	6	3
\$30,001 to \$60,000	54	18	7	6	13
\$60,001 or More	60	21	3	8	8
Marital Status					
Married	58	21	5	7	9
Not Married	60	20	2	8	9

\*= 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>2</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).*

- Eighty-one percent of respondents reported a dental visit in the past year. An additional 11% had a visit in the past one to two years.

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

- Respondents 18 to 44 years old were less likely to have had a dental checkup in the past year (74%) compared to respondents 65 and older (79%) or those 45 to 64 years old (87%).
- Eighty-six percent of respondents with a college degree reported a dental checkup in the past year compared to 74% of those with some post high school education or 76% of respondents with a high school education or less.
- Respondents with a household income of at least \$60,001 were more likely to report having a dental exam in the past year (88%) compared to respondents with a household income of less than \$30,001 (84%) or those with a household income of \$30,001 to \$60,000 (75%).

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	81%	11%	2%	4%	2%
Gender					
Male	81	14	<1	3	2
Female	82	10	3	4	1
Age**					
18 to 34	74	15	9	0	2
35 to 44	74	14	1	3	8
45 to 54	87	11	1	1	0
55 to 64	87	12	0	2	0
65 and Older	79	9	2	10	<1
Education**					
High School or Less	76	12	1	7	4
Some Post High School	74	15	6	2	3
College Graduate	86	10	<1	3	<1
Household Income**					
\$30,000 or Less	84	6	2	8	0
\$30,001 to \$60,000	75	14	4	2	5
\$60,001 or More	88	10	<1	1	<1
Marital Status					
Married	83	11	3	3	1
Not Married	77	13	<1	6	4

\*= p≤0.05; \*\*= p≤0.01

## Eye Exam

- Fifty-five percent of respondents had an eye exam in the past year, while 29% reported one to two years ago. Two percent reported never.
- Female and male respondents were somewhat similar in reporting having had an eye exam in the past year (56% and 53%, respectively). However, female respondents were more likely to have had an eye exam in the past two years (89%) compared to male respondents (77%).
- Generally, as age increased, so did the likelihood of having an eye exam in the past year. Thirty-five percent of respondents 18 to 34 years old reported this compared to 70% of respondents 65 and older.

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	55%	29%	6%	9%	2%
Gender**					
Male	53	24	5	16	2
Female	56	33	6	4	2
Age**					
18 to 34	35	46	2	11	7
35 to 44	42	29	12	17	1
45 to 54	54	30	8	8	1
55 to 64	53	31	5	8	3
65 and Older	70	23	4	4	0
Education					
High School or Less	66	24	2	7	0
Some Post High School	47	28	10	14	2
College Graduate	54	32	5	8	2
Household Income					
\$30,000 or Less	63	23	3	9	2
\$30,001 to \$60,000	47	33	7	11	2
\$60,001 or More	57	31	5	7	2
Marital Status					
Married	51	33	6	8	2
Not Married	62	21	6	10	<1

\*= p≤0.05; \*\*= p≤0.01

## Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Forty-eight percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or those with a household income of less than \$30,001. Sixty-one percent of respondents 65 and older had a pneumonia vaccination.

### *Influenza Vaccination*

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

- Forty-eight percent of respondents had a flu vaccination in the past year.
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (73%) compared to respondents 18 to 34 years old (11%).
- Sixty-four percent of respondents with a household income of \$30,000 or less reported a flu vaccination compared to 40% of those with an income of \$30,001 to \$60,000 or 44% of those with a household income of \$60,001 or more.

Table 7. Flu Vaccination by Demographic Variables

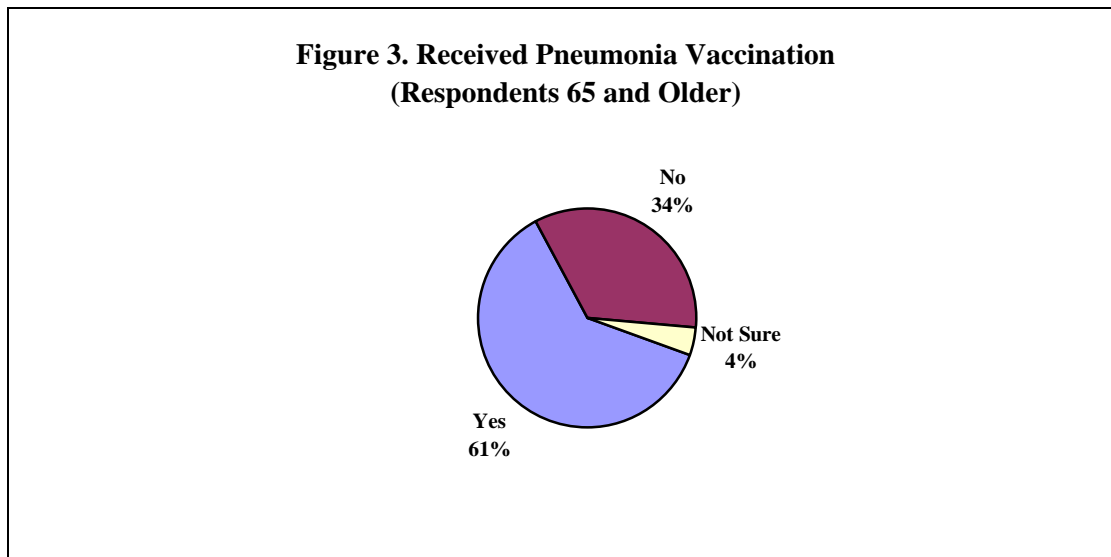
	Percent
TOTAL	48%
Gender	
Male	48
Female	49
Age**	
18 to 34	11
35 to 44	31
45 to 54	41
55 to 64	63
65 and Older	73
Education	
High School or Less	55
Some Post High School	42
College Graduate	48
Household Income**	
\$30,000 or Less	64
\$30,001 to \$60,000	40
\$60,001 or More	44
Marital Status	
Married	47
Not Married	51

\*= p≤0.05; \*\*= p≤0.01

## Pneumonia Vaccination

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

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



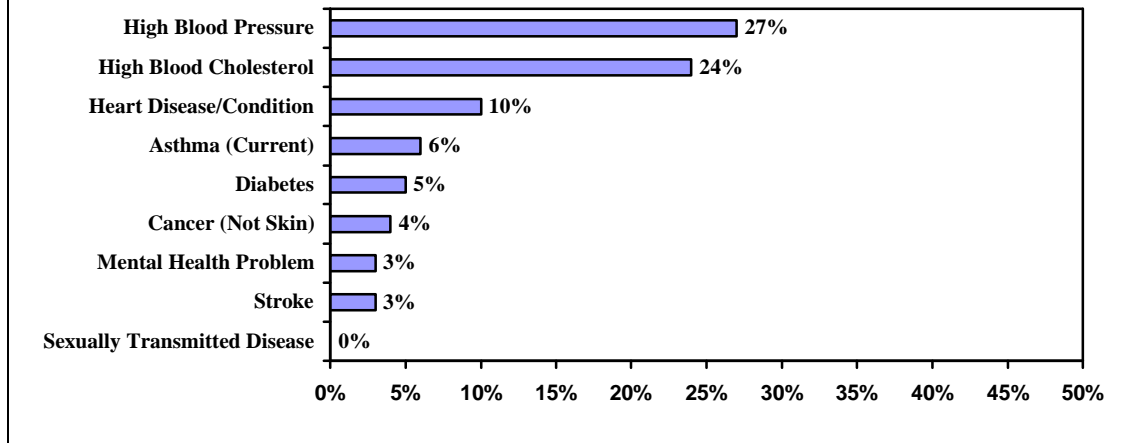
## Prevalence of Select Health Conditions (Figure 4; Table 8)

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

**KEY FINDING:** Out of nine health conditions listed, the most often treated conditions in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Male respondents were more likely to report high blood cholesterol, heart disease/condition or diabetes. Respondents 65 and older were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin); respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with lower education were more likely to have been told or received treatment for high blood pressure. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition or diabetes. Unmarried respondents were more likely to report high blood pressure, diabetes or cancer (not skin). Overweight respondents were more likely to report high blood pressure or diabetes.

- In the past three years, respondents were more likely to have been told or been treated for high blood pressure (27%), high blood cholesterol (24%), heart disease/heart condition (10%), asthma (current, 6%), or diabetes (5%) .

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



- Male respondents were more likely to report high blood cholesterol, heart disease/condition or diabetes than female respondents.
- Respondents 65 and older were more likely to report high blood pressure, heart disease/condition, diabetes or cancer (not skin). High blood cholesterol was more likely for respondents 55 to 64 years old.
- Respondents with lower education were more likely to report high blood pressure. Forty-six percent of respondents with a high school education or less reported this compared to 31% with some post high school education or 17% with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition or diabetes.
- Unmarried respondents were more likely to report high blood pressure, diabetes or cancer (not skin) compared to married respondents.
- Respondents who were considered overweight were more likely to report high blood pressure or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease or Condition	Asthma (Current)	Diabetes	Cancer (Not Skin)
TOTAL	27%	24%	10%	6%	5%	4%
Gender						
Male	27	29*	14*	4	8**	4
Female	27	20*	7*	7	2**	4
Age						
18 to 34	4**	11*	0**	6	0*	0**
35 to 44	3**	17*	0**	3	0*	0**
45 to 54	26**	26*	8**	3	2*	0**
55 to 64	33**	36*	15**	10	7*	2**
65 and Older	47**	24*	18**	6	8*	8**
Education						
High School or Less	46**	27	13	7	5	4
Some Post High School	31**	26	12	4	4	6
College Graduate	17**	21	8	5	4	2
Household Income						
\$30,000 or Less	45**	28	16*	8	13**	5
\$30,001 to \$60,000	26**	22	8*	7	3**	4
\$60,001 or More	15**	20	5*	4	3**	2
Marital Status						
Married	22**	23	8	5	2**	2**
Not Married	38**	24	14	5	8**	7**
Overweight						
Not Overweight	19*	21	7	7	2*	3
Overweight	31*	25	12	4	6*	4
Physical Activity						
Inactive	33	25	13	5	7	4
Insufficient	24	22	7	3	3	3
Recommended	29	27	14	9	6	5

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

#### *Diabetes*

- All 18 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

#### *Asthma*

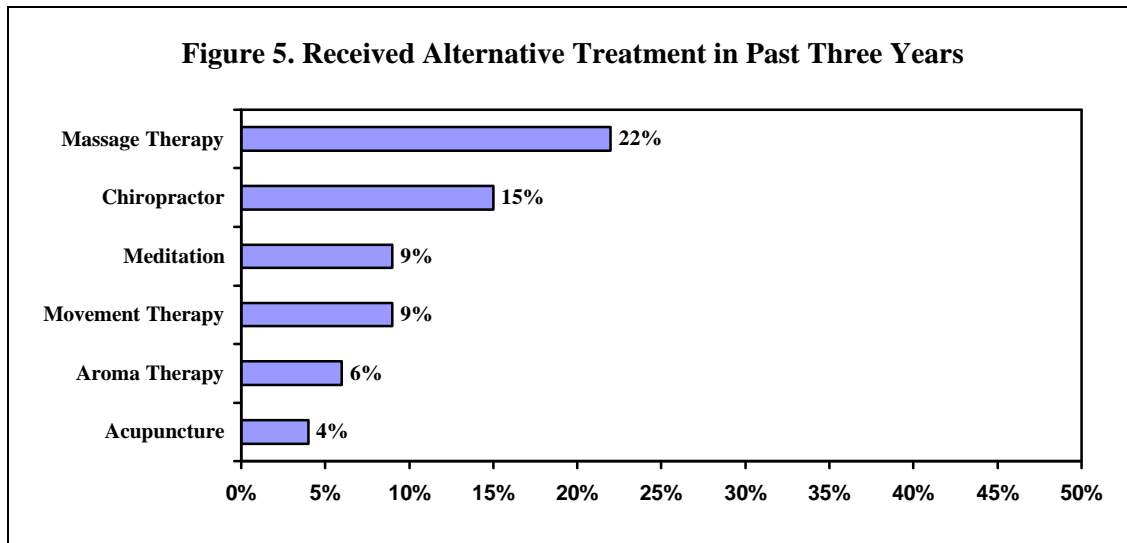
- Of the 22 respondents who currently had asthma, 47% had an asthma action plan.

## 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 mentioned in the past three years were massage therapy or chiropractic care (22% and 15%, respectively). Massage therapy or movement therapy were more likely for female respondents, those who were 18 to 34 years old, with higher education or higher household income.

- Respondents were more likely to have used massage therapy (22%) or gone to a chiropractor (15%) in the past three years.



- Female respondents were more likely to have used massage therapy or movement therapy in the past three years compared to male respondents.
- Respondents 18 to 34 years old were more likely to have used massage therapy or movement therapy in the past three years.
- As education increased, so did the likelihood of having used massage therapy or movement therapy in the past three years.
- Respondents with higher household income were more likely to have used massage therapy or movement therapy in the past three years.

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

	Massage Therapy	Chiropractor	Meditation	Movement Therapy	Aroma Therapy	Acupuncture
TOTAL	22%	15%	9%	9%	6%	4%
Gender						
Male	12**	15	8	4**	3	4
Female	30**	15	10	13**	8	5
Age						
18 to 34	44**	15	4	20**	9	11
35 to 44	23**	17	10	7**	8	1
45 to 54	32**	17	8	13**	6	3
55 to 64	18**	18	12	5**	3	7
65 and Older	10**	12	9	4**	4	3
Education						
High School or Less	13*	13	8	2*	8	6
Some Post High School	20*	17	12	6*	2	5
College Graduate	27*	16	8	12*	6	3
Household Income						
\$30,000 or Less	13*	14	6	2*	5	6
\$30,001 to \$60,000	24*	13	6	9*	3	4
\$60,001 or More	31*	19	11	13*	8	3
Marital Status						
Married	24	16	9	10	4	4
Not Married	19	14	10	6	10	6

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

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

**KEY FINDING:** Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents who were female, 18 to 34 years old, 65 years old and older or not overweight were more likely to meet the recommended activity level. Fifty-two percent of respondents were classified as overweight (36% overweight and 16% obese). Male respondents, those with some post high school education or who were physically inactive were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

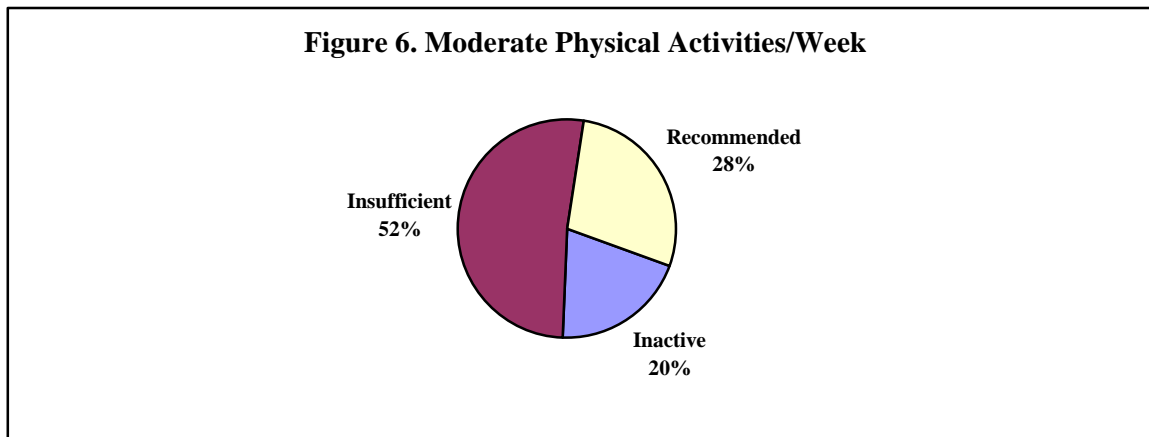
- Seventy-five percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### *Moderate Physical Activities in Usual Week*

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

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

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-two percent did some activity, but not to the extent of the recommendation while 20% were classified as inactive.



- Female respondents were more likely to meet the recommended amount of moderate physical activity in a typical week compared to male respondents (33% and 21%, respectively).
- Thirty-six percent of respondents 65 and older and 35% of respondents 18 to 34 years old met the recommended amount of moderate physical activity compared to 19% of respondents 35 to 44 years old. However, respondents 65 and older were also very likely to have been inactive (26%) compared to respondents 18 to 34 years old (2%).
- Respondents who were not overweight were more likely to meet the recommendation than overweight respondents (33% and 25%, respectively).

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

	Inactive	Insufficient	Recommended
TOTAL	20%	52%	28%
Gender*			
Male	22	57	21
Female	18	49	33
Age**			
18 to 34	2	63	35
35 to 44	12	69	19
45 to 54	25	52	23
55 to 64	18	52	30
65 and Older	26	38	36
Education			
High School or Less	21	50	29
Some Post High School	23	47	30
College Graduate	18	55	27
Household Income			
\$30,000 or Less	25	49	25
\$30,001 to \$60,000	26	48	27
\$60,001 or More	13	58	30
Marital Status			
Married	17	57	26
Not Married	25	44	31
Overweight*			
Not Overweight	14	54	33
Overweight	24	51	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>3</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>3</sup> Body Mass Index = (kg/m<sup>2</sup>). Developed by the Centers for Disease Control (CDC).

- According to the definition, 52% of respondents were considered overweight (36% overweight and 16% obese).
- Male respondents were more likely to be classified as overweight (66%) compared to female respondents (40%).
- Sixty percent of respondents with some post high school education were classified as overweight compared to 40% of respondents with a high school education or less.
- Sixty-four percent of respondents who were inactive in a typical week were classified as overweight compared to 45% of those who met recommendation or 50% who did some activity, but not to the extent recommended.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	52%
Gender**	
Male	66
Female	40
Age	
18 to 34	46
35 to 44	42
45 to 54	57
55 to 64	63
65 and Older	50
Education*	
High School or Less	40
Some Post High School	60
College Graduate	52
Household Income	
\$30,000 or Less	36
\$30,001 to \$60,000	54
\$60,001 or More	50
Marital Status	
Married	52
Not Married	51
Moderate Physical Activities*	
Inactive	64
Insufficient	50
Recommended	45

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Seventy-eight percent of respondents eat two or more servings of fruit while 33% eat three or more servings of vegetables on an average day. Female respondents or those who met the recommended amount of physical activity were more likely to eat fruit or vegetables. Thirty-five percent of respondents eat fried/fast food at least a few times a week; respondents who were male, 35 to 44 years old, with a household income of \$30,001 to \$60,000, married, overweight or inactive were more likely to report this.

### *Fruit Intake*

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

- Seventy-eight percent of respondents eat two or more servings of fruit on an average day. Twenty-two 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 (83% and 70%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to eat fruit at least twice a day (87%) compared to inactive respondents (64%) or those who did some activity but not to the extent of the recommendation (78%).

### *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.*

- Thirty-three percent of respondents eat three or more servings of vegetables on an average day. Sixty-seven percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables compared to male respondents (41% and 22%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to eat vegetables at least three times a day (46%) compared to inactive respondents (26%) or those who did some activity, but not to the extent of the recommendation (30%).

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	22%	78%	67%	33%
Gender				
Male	29*	70*	78**	22**
Female	17*	83*	59**	41**
Age				
18 to 34	13	87	67	33
35 to 44	24	76	73	27
45 to 54	30	69	68	32
55 to 64	21	77	64	36
65 and Older	20	80	65	35
Education				
High School or Less	25	74	67	33
Some Post High School	30	70	74	26
College Graduate	17	83	64	36
Household Income				
\$30,000 or Less	28	70	76	24
\$30,001 to \$60,000	24	76	64	36
\$60,001 or More	23	71	70	30
Marital Status				
Married	22	77	67	33
Not Married	23	77	66	34
Overweight				
Not Overweight	20	80	65	35
Overweight	25	75	68	32
Moderate Physical Activities				
Inactive	35**	64**	74**	26**
Insufficient	22**	78**	70**	30**
Recommended	12**	87**	54**	46**

\*= p≤0.05; \*\*= p≤0.01

### *Fried Food/Fast Food Intake*

- Three percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Thirty-two percent reported a few times per week. Thirty-nine percent reported a few times per month while 27% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (47%) compared to female respondents (26%).
- Fifty-eight percent of respondents 35 to 44 years old reported eating fried/fast food at least a few times per week compared to 28% of those 55 to 64 years old or 22% of those 65 and older.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report eating fried/fast food at least a few times per week (40%) compared to those with an income of less than \$30,001 (36%) or those with a household income of \$60,001 or more (31%).
- Married respondents were more likely to report eating fried/fast food at least a few times per week compared to unmarried respondents (38% and 29%, respectively).
- Forty-two percent of overweight respondents reported eating fried/fast food at least a few times per week compared to 29% of respondents who were not overweight.
- Inactive respondents were more likely to report eating fried/fast food at least a few times per week (46%) compared to respondents who met the recommended amount of physical activity (18%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	39%	35%
Gender**		
Male	35	47
Female	42	26
Age**		
18 to 34	30	46
35 to 44	34	58
45 to 54	54	33
55 to 64	44	28
65 and Older	31	22
Education		
High School or Less	33	33
Some Post High School	34	33
College Graduate	43	36
Household Income*		
\$30,000 or Less	28	36
\$30,001 to \$60,000	33	40
\$60,001 or More	48	31
Marital Status**		
Married	42	38
Not Married	30	29
Overweight*		
Not Overweight	43	29
Overweight	35	42
Moderate Physical Activities**		
Inactive	30	46
Insufficient	39	39
Recommended	46	18

\*= p≤0.05; \*\*= p≤0.01

## Women’s Health (Tables 14 & 15)

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

### *Mammogram*

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

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

- Twenty-two percent of all female respondents never had a mammogram while 64% had a mammogram within the past two years (49% within past year and 15% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (79% of those 50 and older; 67% of those 40 to 49 years of age).
  - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (ten responses), don’t like (five responses) or too young (four responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
<b>TOTAL</b>	49%	15%	14%	22%
<b>Age**</b>				
18 to 39	5	5	14	77
40 to 49	49	18	16	16
50 and Older	65	14	15	6

\*= p≤0.05; \*\*= p≤0.01

<sup>4</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>5</sup>*

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

- Sixty-three percent of respondents in the Northshore area reported they had a pap smear within the past year. An additional 19% reported between one year and less than three years.
- Ninety-eight percent of respondents 35 to 44 years old had a pap smear within the past three years compared to 69% of respondents 65 and older. Eleven percent of respondents 18 to 34 years old reported never having a pap smear compared to 0% of those 35 to 54 years old.
- As education level increased, so did the likelihood of having a pap smear in the past three years. Sixty-six percent of respondents with a high school education or less had a pap smear compared to 84% with some post high school education or 89% of college graduates.
- As household income increased, so did the likelihood of having a pap smear in the past three years. Sixty-nine percent of respondents with a household income of \$30,000 or less reported this compared to 79% of those with an income of \$30,001 to \$60,000 or 92% with a household income of at least \$60,001.
- Married respondents were more likely to have had a pap smear within the past three years (89%) compared to unmarried respondents (71%). Ten percent of unmarried respondents never had a pap smear.

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<sup>5</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.

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	63%	16%	3%	13%	4%
Age*					
18 to 34	67	22	0	0	11
35 to 44	82	13	3	3	0
45 to 54	66	22	2	10	0
55 to 64	56	18	3	15	9
65 and Older	55	10	4	24	7
Education**					
High School or Less	46	18	2	28	7
Some Post High School	48	27	9	13	4
College Graduate	78	10	<1	6	4
Household Income**					
\$30,000 or Less	51	15	3	28	3
\$30,001 to \$60,000	54	23	2	15	6
\$60,001 or More	79	9	4	5	4
Marital Status**					
Married	66	20	3	10	1
Not Married	57	10	4	18	10

\*= p≤0.05; \*\*= p≤0.01

### Men's Health (Table 16)

**KEY FINDING:** Forty-two percent of male respondents 40 to 49 years old and 51% 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>6</sup>*

#### Digital Rectal Exam

- Twenty-six percent of all male respondents never had a digital rectal exam. Thirty-nine percent had an exam in the past year while 19% reported within the past two years (one year but less than two years).
- Fifty-one percent of men 50 years of age and older had an exam less than a year ago while 42% of men 40 to 49 years old reported this.

<sup>6</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.

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	39%	19%	15%	26%
Age**				
18 to 39	3	6	3	86
40 to 49	42	20	18	20
50 and Older	51	20	20	6

\*= p≤0.05; \*\*= p≤0.01

### Other Tests (Tables 17 & 18)

**KEY FINDING:** Forty-nine percent of respondents 50 years of age and older had their blood stool tested within the past two years while 33% reported a sigmoidoscopy or colonoscopy within the past two years.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>7</sup>*

#### *Blood Stool Test*

- Thirty-nine percent of all respondents never had a blood stool test. Thirty-seven percent were tested within the past two years (26% less than a year ago and 11% more than one year ago, but less than two).
- Forty-nine percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 29% of respondents 40 to 49 years of age or 12% of respondents 18 to 39 years old. Twenty-three percent of respondents 50 and older reported never compared to 74% of respondents 18 to 39 years old.
- Respondents with a high school education or less were more likely to have had a test within the past two years (51%) compared to respondents with some post high school education (29%) or college degree (36%).

<sup>7</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.

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	26%	11%	19%	39%
Gender				
Male	26	9	21	38
Female	26	12	18	39
Age**				
18 to 39	12	0	9	74
40 to 49	21	8	16	47
50 and Older	34	15	24	23
Education*				
High School or Less	37	14	13	33
Some Post High School	19	10	27	41
College Graduate	25	11	17	40
Household Income				
\$30,000 or Less	31	14	25	23
\$30,001 to \$60,000	25	14	14	44
\$60,001 or More	24	8	19	43
Marital Status				
Married	24	10	17	43
Not Married	29	14	23	31

\*= p≤0.05; \*\*= p≤0.01

### *Sigmoidoscopy or Colonoscopy Exam*

- Fifty-six percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-three percent were examined within the past two years (11% less than a year ago and 12% more than one year ago, but less than two).
- Male and female respondents were similar when reporting an exam in the past two years (24% and 23%, respectively). However, female respondents were more likely to report never (62%) compared to male respondents (48%).
- A total of 33% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 17% of respondents 40 to 49 years of age or 3% of respondents 18 to 39 years old. Thirty-seven percent of respondents 50 and older reported never compared to 92% of respondents 18 to 39 years old.
- Respondents with lower household income were more likely to report an exam in the past two years. Thirty-nine percent of respondents with a household income of \$30,000 or less reported this compared to 22% of those with an income of \$30,001 to \$60,000 or 18% with a household income of at least \$60,001. In addition, 32% of respondents with a household income of \$30,000 or less reported never compared to 72% of those with a household income of \$60,001 or more.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	12%	13%	8%	56%
Gender*					
Male	9	15	15	11	48
Female	13	10	11	5	62
Age**					
18 to 39	3	0	0	5	92
40 to 49	5	12	10	3	71
50 and Older	17	16	19	11	37
Education					
High School or Less	10	18	17	10	46
Some Post High School	14	11	10	3	63
College Graduate	11	10	13	8	58
Household Income**					
\$30,000 or Less	17	22	17	11	32
\$30,001 to \$60,000	10	12	16	7	55
\$60,001 or More	9	9	5	3	72
Marital Status					
Married	11	10	12	6	60
Not Married	12	16	14	11	47

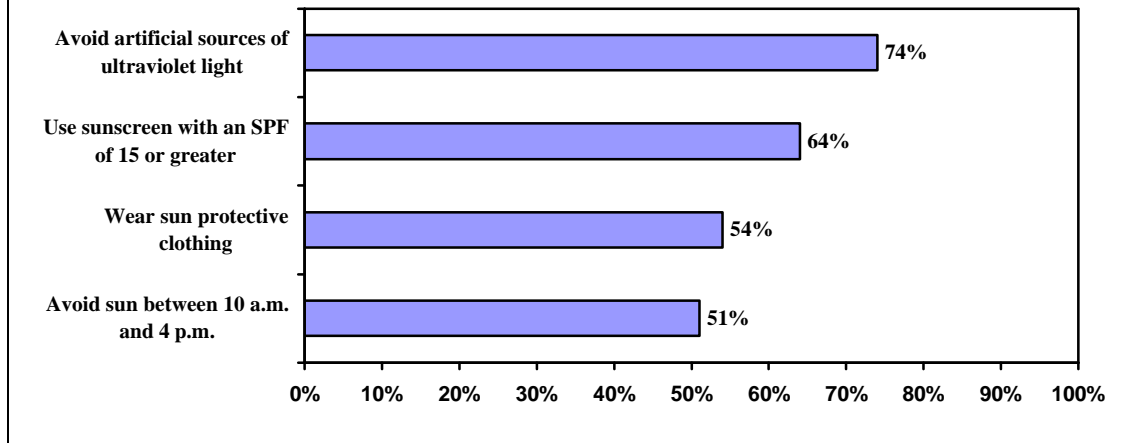
\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents or married respondents were more likely to report using sunscreen. Respondents 35 to 44 years old or 55 to 64 years old were more likely to report avoiding artificial sources of UV light; respondents 45 to 54 years old were more likely to report using sunscreen. Respondents with a college education or a household income of at least \$60,001 were more likely to report avoiding artificial UV light or using sunscreen.

- To reduce the risk of skin cancer, 74% of all respondents regularly avoid artificial sources of ultraviolet light, 64% use sunscreen with a SPF of 15 or higher, 54% wear sun protective clothing while 51% avoid the sun between 10 a.m. and 4 p.m.
- Eight percent of respondents did not reduce their risk by any of these four measures. Seventeen percent reported one measure. Twenty-six percent reported two of the four actions while 25% reported three and 25% reported they did all four measures regularly.

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



- Female respondents were more likely to report using sunscreen with SPF 15 or higher than male respondents (71% and 54%, respectively).
- Respondents 35 to 44 years old or 55 to 64 years old were more likely to avoid artificial sources of UV light while respondents 45 to 54 years old were more likely to report the use of sunscreen.
- College graduates were more likely to report avoiding artificial sources of UV light or using sunscreen.
- Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial sources of UV light or using sunscreen.
- Married respondents were more likely to use sunscreen with SPF 15 or higher compared to unmarried respondents (69% and 52%, respectively).

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	74%	64%	54%	51%
Gender				
Male	75	54**	49	46
Female	74	71**	59	54
Age				
18 to 34	54**	63**	41	59
35 to 44	85**	74**	42	37
45 to 54	77**	81**	56	56
55 to 64	84**	53**	61	48
65 and older	70**	49**	60	53
Education				
High School or Less	70*	52**	54	58
Some Post High School	65*	54**	57	47
College Graduate	80*	72**	53	49
Household Income				
\$30,000 or Less	63**	52**	47	53
\$30,001 to \$60,000	68**	59**	52	48
\$60,001 or More	82**	77**	60	51
Marital Status				
Married	73	69**	52	49
Not Married	77	52**	60	53

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-four percent of respondents wore seat belts always or nearly always. Respondents who were female or married were more likely to report they always wore seat belts. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or used a scooter, 32% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 61% reported their child always wore a helmet.

#### Seat Belts

- Ninety-four percent of respondents stated they wore seat belts always or nearly always (85% and 9%, respectively).
- Females were more likely to report wearing seat belts always (88%) compared to male respondents (81%).

- Married respondents were more likely to report always wearing a seat belt (87%) compared to unmarried respondents (81%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	2%	3%	1%	9%	85%
Gender*					
Male	<1	4	1	13	81
Female	3	2	1	5	88
Age					
18 to 34	0	0	2	15	83
35 to 44	0	9	0	6	85
45 to 54	3	3	1	8	85
55 to 64	2	3	0	7	89
65 and older	4	<1	3	8	85
Education					
High School or Less	1	2	0	11	86
Some Post High School	4	5	2	8	80
College Graduate	<1	2	2	8	88
Household Income					
\$30,000 or Less	0	3	2	9	86
\$30,001 to \$60,000	3	4	1	10	83
\$60,001 or More	3	3	<1	8	86
Marital Status**					
Married	<1	2	2	8	87
Not Married	5	5	0	10	81

\*= p≤0.05; \*\*= p≤0.01

### *Children and Seat Belts*

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

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

- Ninety-three percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 3% reported nearly always.
- There were no statistically significant differences between household income and children wearing seatbelts.

### Bicycle Helmet Usage

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

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

- Thirty-two percent of respondents who bicycled, in-line roller skated or rode a scooter always (28%) or nearly always (4%) used a helmet. Fifty-seven percent reported never.
- Respondents 35 to 54 years old were more likely to report always compared to those 18 to 34 years old (34% and 11%, respectively).
- Respondents with some post high school education were more likely to always wear a helmet (34%) compared to those with a high school degree or less (24%) or college graduates (27%).
- Married respondents were more likely to report always (32%) compared to unmarried respondents (14%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	57%	5%	5%	4%	28%
Gender					
Male	63	4	4	3	26
Female	52	6	5	5	31
Age**					
18 to 34	51	23	6	9	11
35 to 44	59	2	4	2	34
45 to 54	60	0	4	2	34
55 and older	56	2	4	4	31
Education*					
High School or Less	64	4	4	0	24
Some Post High School	64	0	2	0	34
College Graduate	53	8	7	5	27
Household Income					
\$30,000 or Less	57	14	5	14	10
\$30,001 to \$60,000	65	3	5	3	22
\$60,001 or More	52	4	4	3	36
Marital Status*					
Married	55	7	4	3	32
Not Married	69	0	7	7	14

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

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

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

- Sixty-one percent of respondents reported their child always wore a helmet while 14% reported nearly always. Twelve percent reported never.
- Seventy-one percent of respondents with a household income of \$60,001 or more reported their child always wore a helmet compared to 49% of those with a household income of \$60,000 or less. Nineteen percent of respondents with a household income of less than \$60,001 reported never compared to 7% of those with an income of \$60,001 or more.

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

**KEY FINDING:** Twelve percent of respondents were current smokers. Forty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 49% reported a health professional advised them to quit smoking. Eleven percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Seventy-three percent of all respondents preferred a smoke-free restaurant; nonsmokers were more likely to report this. Seventy-two percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were 35 to 44 years old, with higher education or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

#### *Current Smokers*

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

- Twelve percent of respondents in the Northshore area were current smokers. Two percent smoked between one and 29 days while the remaining 10% smoked every day.
- There were no statistically significant differences between demographic variables and current smokers.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	12%
Gender	
Male	17
Female	9
Age	
18 to 34	7
35 to 44	17
45 to 54	14
55 to 64	10
65 and older	11
Education	
High School or Less	18
Some Post High School	15
College Graduate	9
Household Income	
\$30,000 or Less	17
\$30,001 to \$60,000	13
\$60,001 or More	11
Marital Status	
Married	10
Not Married	18

\*= 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-seven 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 (67%) compared to married respondents (30%).

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

#### *Of current smokers...*

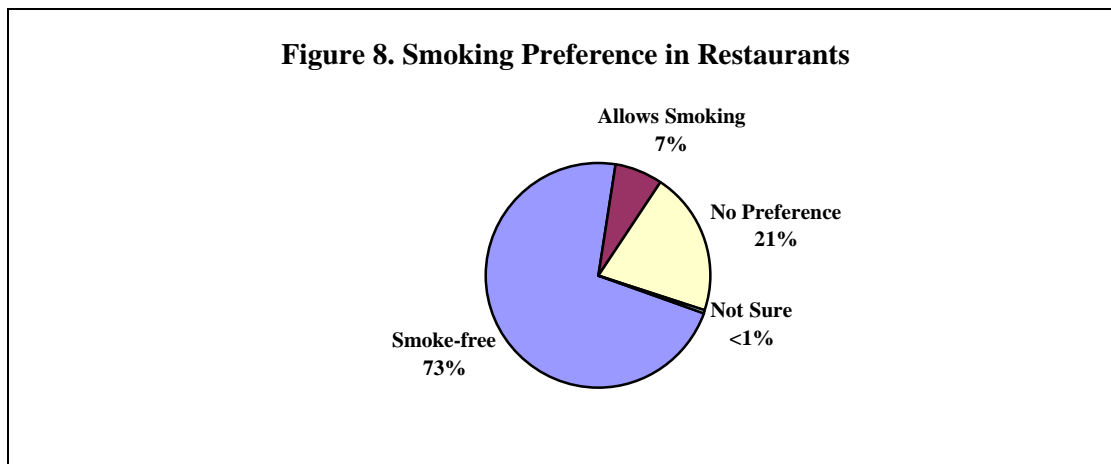
- Forty-nine percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising them to quit smoking in the past year.

### *Smoking Indoor or in Vehicle*

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

### *Smoking Preference in Restaurants*

- Seventy-three percent of respondents reported they preferred to eat in smoke-free restaurants while 7% preferred restaurants that allow smoking. Twenty-one percent reported they did not have a preference.



- Seventy-nine percent of nonsmokers preferred smoke-free restaurants compared to 31% of smokers. Thirty-three percent of smokers reported the preference for restaurants that allow smoking compared to 3% of nonsmokers.

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

- Seventy-two percent of respondents favored a community ordinance prohibiting smoking in eating establishments (46% strongly favor, 26% moderately favor).

- Male and female respondents were somewhat similar when looking at favoring an ordinance (70% and 74%), however, female respondents were more likely to strongly favor an ordinance (55%) compared to male respondents (34%).
- Respondents 35 to 44 years old were more likely to favor an ordinance (83%) than respondents 45 to 54 years old or 65 and older (64% and 67%, respectively).
- Seventy-six percent of respondents with a college degree and 73% of respondents with some post high school education favored an ordinance compared to 61% of those with a high school education or less reported this.
- Seventy-five percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 49% of smokers. Nonsmokers were much more likely to strongly favor it (51%) compared to smokers (8%).

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

	Moderately Favor	Strongly Favor
TOTAL	26%	46%
Gender**		
Male	36	34
Female	19	55
Age**		
18 to 34	30	48
35 to 44	26	57
45 to 54	31	33
55 to 64	23	53
65 and older	24	43
Education*		
High School or Less	18	43
Some Post High School	21	52
College Graduate	32	44
Household Income		
\$30,000 or Less	25	40
\$30,001 to \$60,000	25	47
\$60,001 or More	26	49
Marital Status		
Married	25	50
Not Married	29	37
Smoking Status**		
Nonsmoker	24	51
Smoker	41	8

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

### *Snuff or Chewing Tobacco*

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

### **Alcohol Use (Table 24)**

**KEY FINDING:** Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 22% had three or more drinks on at least one occasion while 8% binge. Male respondents, those who were 35 to 44 years old or with higher education were more likely to have had at least three drinks on an occasion and more often. Male respondents or unmarried respondents were more likely to have binge at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

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

- Sixty-three percent of respondents had a drink in the past 30 days. Thirty-seven percent reported they drank on at least five days, while 13% reported three to four days, and 13% reported drinking on one or two days in the past 30 days.
- Five percent of all respondents reported an average of four or more drinks per day on the days they drank while 6% reported three, 20% reported two and 32% 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*

- Twenty-two percent of all respondents had three or more drinks on an occasion in the past month. Ten percent reported this one to two times and 12% reported three or more times.
- Male respondents were more likely to have had three or more drinks (31%) than female respondents (14%). And males were much more likely to have had at least three drinks on three or more occasions (22%) compared to female respondents (4%).
- Respondents 35 to 44 years old were more likely to have had at least three drinks on an occasion and more often. Forty percent of respondents 35 to 44 years old reported three or more drinks (10% one to two occasions and 30% three or more occasions) compared to 9% of respondents 65 and older (4% one to two occasions and 5% three or more occasions).
- Twelve percent of respondents with high school education or less reported having three or more drinks (6% one to two occasions and 6% three or more occasions) compared to 28% of respondents with a college education (12% one to two occasions and 16% three or more occasions).

### Binge Drinking in Past Month

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

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

- Eight percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (12%) than female respondents (5%).
- Married respondents were more likely to have binged (11%) compared to unmarried respondents (3%).

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	10%	12%	8%
Gender			
Male	9**	22**	12*
Female	10**	4**	5*
Age			
18 to 34	0**	15**	15
35 to 44	10**	30**	12
45 to 54	19**	10**	10
55 to 64	15**	5**	8
65 and Older	4**	5**	2
Education			
High School or Less	6*	6*	2
Some Post High School	8*	8*	8
College Graduate	12*	16*	10
Household Income			
\$30,000 or Less	8	14	6
\$30,001 to \$60,000	5	10	8
\$60,001 or More	13	15	9
Marital Status			
Married	10	13	11*
Not Married	10	10	3*

\*= p≤0.05; \*\*= p≤0.01

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

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

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

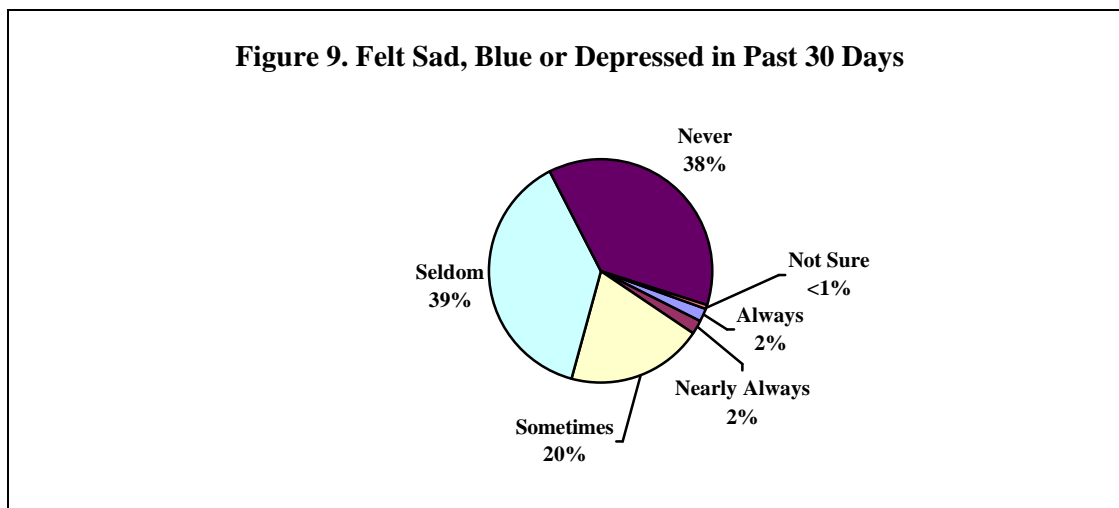
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a high school education or less, a household income of less than \$30,001 or unmarried respondents were more likely to report this. Twenty-four percent felt they were excellent at managing stress; 4% reported poor. Two percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” four percent of survey respondents answered always or nearly always. This equates up to 2,700 community residents. Twenty percent reported sometimes and the remaining 77% reported seldom (39%) or never (38%).



- Eight percent of respondents with a high school education or less reported they always or nearly always felt sad, blue or depressed compared to 2% of respondents with a college education or 1% of those with some post high school education.

- Respondents with a household income of less than \$30,001 were more likely to report always or nearly always feeling sad, blue or depressed (11%) compared to respondents with a household income of \$30,001 to \$60,000 (3%) or those with a household income of \$60,001 or more (1%).
- Ten percent of unmarried respondents reported they always or nearly always felt sad, blue or depressed compared to less than one percent of married respondents.

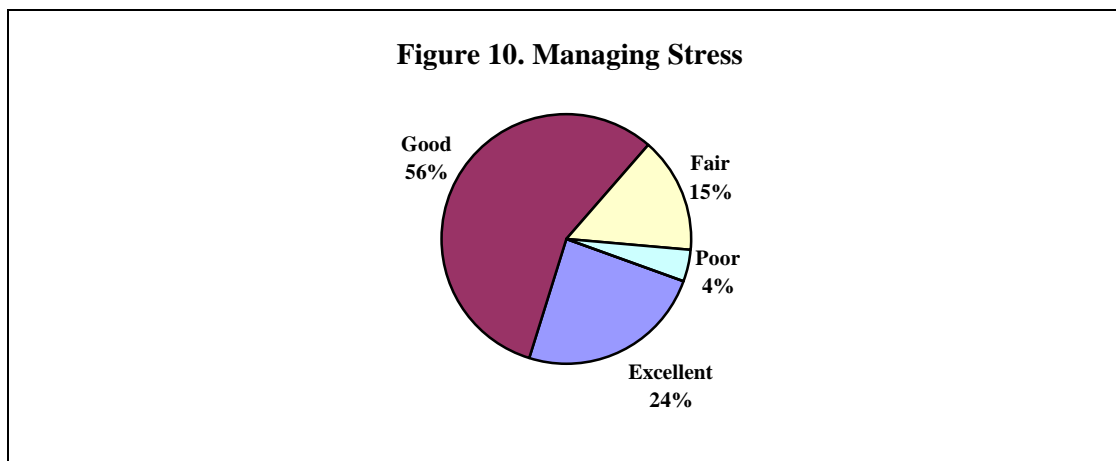
### Considered Suicide

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

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

### Managing Stress

- Twenty-four percent reported they were excellent at managing stress. Fifty-six percent reported good while 15% reported fair and 4% reported poor.



- Eight percent of respondents 35 to 44 years old and 7% of those 45 to 54 years old reported poor compared to 4% of those 18 to 34 years old. All other age groups ranged from zero percent to less than one percent. Respondents 35 to 44 years old were more likely to report fair or poor (40%) compared all other age groups (10% to 18%).
- Unmarried respondents were more likely to report poor compared married respondents (10% and 1%, respectively). Unmarried and married respondents were more similar when looking at fair or poor responses (21% and 18%, respectively).

*Finding Meaning and Purpose in Daily Life*

- Forty-nine percent of respondents reported they always find meaning and purpose in their daily life, an additional 36% reported nearly always. Thirteen percent reported sometimes while 2% reported seldom and less than one percent reported never.
- Respondents with a household income of less than \$30,001 were more likely to report always (53%) compared to all others (44% or 47%). However, respondents with a household income of at least \$60,001 or those with a household income of \$30,001 to \$60,000 were more likely to report always or nearly always (87% and 85%, respectively) compared to respondents with an income of less than \$30,001 (72%).
- Married respondents were more likely to report always/nearly always (88%) compared to unmarried respondents (79%).

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

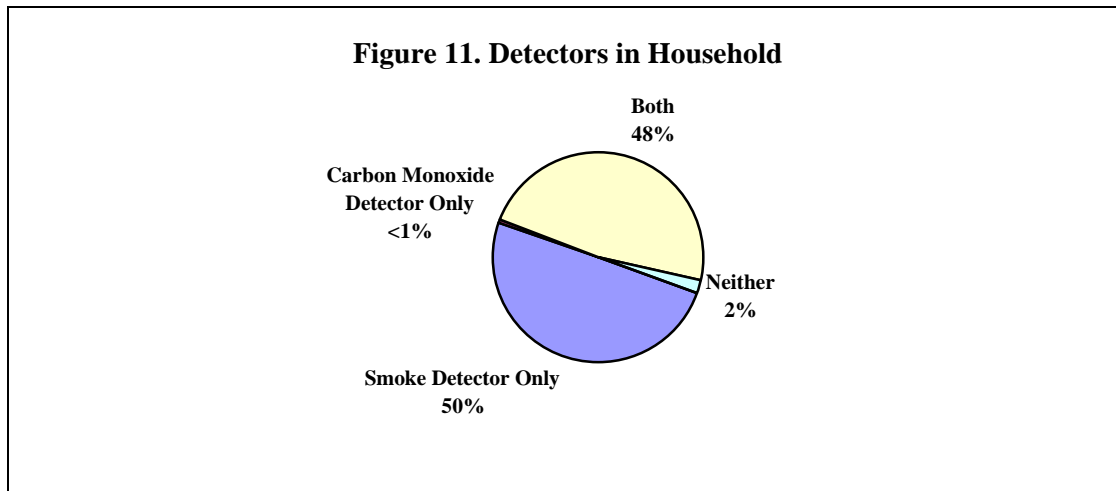
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	2%	13%	36%	49%
Gender				
Male	2	14	39	44
Female	2	12	33	52
Age				
18 to 34	0	22	26	52
35 to 44	2	18	36	43
45 to 54	3	7	44	46
55 to 64	2	5	41	53
65 and older	<1	12	28	56
Education				
High School or Less	4	14	30	50
Some Post High School	0	15	37	48
College Graduate	2	11	37	48
Household Income**				
\$30,000 or Less	2	25	19	53
\$30,001 to \$60,000	4	10	41	44
\$60,001 or More	0	13	40	47
Marital Status*				
Married	<1	11	38	50
Not Married	3	17	32	47

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-eight percent of households had a working smoke detector while 48% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Married households were more likely to have both detectors (57%) compared to unmarried households (27%). Six percent of unmarried respondents reported neither compared to less than one percent of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	50%	<1%	48%	2%
Household Income				
\$30,000 or Less	62	0	35	3
\$30,001 to \$60,000	45	<1	51	4
\$60,001 or More	53	<1	46	1
Marital Status**				
Married	42	<1	57	<1
Not Married	67	0	27	6

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Twenty percent of households had a firearm in or around the home. Of all households, less than one percent 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, 20% of households had one or more firearm.
- There were no statistically significant differences between household income or marital status and firearms kept in or around the house.

### *Loaded Firearm*

- Less than one 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:** Seven percent of respondents reported someone had made them afraid for their personal safety in the past year while 1% 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,” seven percent reported yes.
- Respondents 45 to 54 years old were more likely to report being afraid for their personal safety (17%) compared to respondents 65 and older (2%) or those 55 to 64 years old (3%). Seven percent of respondents 18 to 34 years old and 4% of those 35 to 54 years old reported being afraid.
  - A stranger (17 responses) was most often mentioned as the perpetrator. Fewer than five respondents reported each of the following: acquaintance, spouse, ex-spouse or someone else.

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

- One percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - A boyfriend/girlfriend was reported by two respondents while a stranger or spouse was reported by one respondent each.

### *Combined Personal Safety Threats*

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

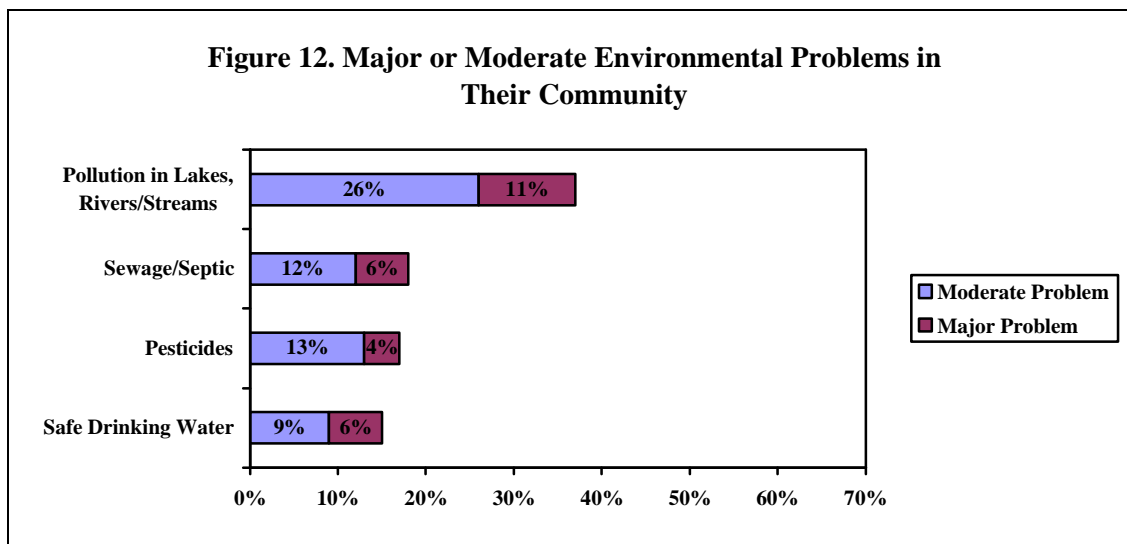
**APPENDIX A: ADDITIONAL QUESTIONS**

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

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

**KEY FINDING:** Out of four environmental problems that communities may face, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (37%). Respondents 18 to 34 years old or 45 to 54 years old were more likely to report water pollution as a major/moderate problem. Respondents 45 to 54 years old were also more likely to report pesticides as a major or moderate problem than all other age groups.

- Out of four environmental problems that communities may face, 37% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Sewage/septic was listed by 18% of respondents as a major or moderate problem followed by 17% reporting pesticides and 15% reporting safe drinking water.



- Forty-seven percent of respondents 18 to 34 years old and 46% of those 45 to 54 years old reported water pollution as a major or moderate problem compared to 25% of respondents 65 and older. Respondents 45 to 54 years old were also more likely to report pesticides as a major/moderate problem (28%) compared to all other age groups (9% to 23%).

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

	Lake, River & Stream Pollution	Sewage or Septic	Pesticides	Safe Drinking Water
TOTAL	37%	18%	17%	15%
Gender				
Male	34	17	16	14
Female	40	19	18	16
Age				
18 to 34	47*	26	9**	15
35 to 44	39*	18	18**	14
45 to 54	46*	26	28**	18
55 to 64	42*	18	23**	19
65 and older	25*	11	11**	12
Education				
High School or Less	31	17	11	12
Some Post High School	42	22	17	19
College Graduate	37	17	20	14
Household Income				
\$30,000 or Less	29	14	20	14
\$30,001 to \$60,000	41	17	16	15
\$60,001 or More	37	24	20	17
Marital Status				
Married	39	19	15	14
Not Married	34	18	22	17

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Five percent of respondents were not aware of the public health department prior to the interview; 34% received services from the health department. Female respondents were more likely to report services from the public health department.

- Five percent of respondents were not aware of the public health department prior to the interview. Sixty-two percent were aware of the department but had no experience with it. Thirty-one percent received limited services from the health department and 3% received more extensive services.
- Female respondents were more likely to have received services from the public health department. Forty percent of female respondents reported services compared to 25% of male respondents.

Table 28. Awareness of and Experience with Public Health Department by Demographic Variables

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	5%	62%	31%	3%
Gender*				
Male	6	69	22	3
Female	4	57	38	2
Age				
18 to 34	11	63	24	2
35 to 44	1	73	23	3
45 to 54	3	62	32	3
55 to 64	5	64	31	0
65 and older	6	53	38	4
Education				
High School or Less	4	52	39	6
Some Post High School	3	65	32	0
College Graduate	6	65	27	2
Household Income				
\$30,000 or Less	8	56	31	5
\$30,001 to \$60,000	4	64	31	2
\$60,001 or More	3	65	30	3
Marital Status				
Married	3	65	30	3
Not Married	8	57	33	2

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

NORTSHORE AREA  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 21 through April 14, 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 .....	6
Good .....	27
Very good .....	39
Excellent .....	25
Not sure .....	0

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

No health care coverage .....	1%
Medical Assistance or Title 19.....	2
Badger Care .....	1
Medicare .....	28
A prepaid plan such as a HMO, PPO .....	49
Another commercial health plan .....	14
Something else .....	4
Not sure .....	1

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

Not all members covered.....	6%
All members covered.....	94
Not sure .....	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.....	10%
All members covered.....	90
Not sure .....	<1

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

Medical doctor, internist, OBGYN, family practice .....	75%
Walk-in or urgent care clinic .....	13
Community health center.....	5
Hospital emergency room.....	5
Other.....	1
Not sure .....	<1

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

Yes..... 38%  
 No..... 60  
 Not sure ..... 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	63%	19%	6%	11%	<1%	<1%
8. Cholesterol testing .....	59	20	4	7	9	1
9. Visit to a dentist/dental clinic..	81	11	2	4	2	0
10. Eye exam.....	55	29	6	9	2	0

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

Yes..... 48%  
 No..... 52  
 Not sure ..... 0

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

Yes..... 26%  
 No..... 70  
 Not sure ..... 4

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

	Yes	No	Not sure
13. You have high blood pressure?.....	27%	73%	<1%
14. Your blood cholesterol is high? .....	24	76	<1
15. You had a stroke?.....	3	97	0
16. You have heart disease or a heart condition? ..	10	90	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	96	0
18. ....if yes, have you had your blood sugar tested in the past year? [18 Respondents]	100	0	0
19. You had a mental health problem?.....	3	97	0
20. You had cancer, other than skin cancer.....	4	97	0
21. You had a sexually transmitted disease.....	0	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	8%	92%	<1%
23. Do you still have asthma? [All Respondents] ...	6	94	<1
24. ....(if yes), do you have an asthma action plan? [22 Respondents].....	47	42	11

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

One or fewer servings..... 22%  
Two servings ..... 36  
Three or more servings ..... 42  
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..... 28%  
Two servings ..... 39  
Three or more servings ..... 33  
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 ..... 39%  
A few times per week..... 32  
Daily or nearly so ..... 3  
Hardly ever or never ..... 27  
Not sure ..... <1

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

Yes..... 75%  
No..... 25  
Not sure ..... <1

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

Yes..... 80%  
No..... 19  
Not sure ..... <1

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.....	20
Four .....	13
Five.....	12
Six .....	3
Seven .....	18
Not sure .....	<1
No moderate exercise/no answer.....	20

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 .....	18%
30 to 44 minutes .....	24
45 to 59 minutes .....	8
60 or more minutes.....	29
Not sure .....	2
No moderate exercise/no answer.....	20

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [227 Respondents]

Within the past year (anytime less than 12 months ago) .....	49%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	15	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	7	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	2	üCONTINUE WITH Q33
5 or more years ago .....	5	üCONTINUE WITH Q33
Never .....	22	üCONTINUE WITH Q33
Not sure .....	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [29 Respondents 40 years old or older]

Don't need ..... 10 responses  
 Don't like..... 5 responses  
 Too young..... 4 responses  
 No time ..... 3 responses  
 Too expensive ..... 2 responses  
 Not recommended by provider ..... 2 responses  
 Other..... 2 responses  
 Not sure ..... 1 response

[36 Respondents 18 to 39 years old]

Too young..... 32 responses  
 Not recommended by provider ..... 3 responses  
 Don't need ..... 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? [227 Respondents]

Within the past year (anytime less than 12 months ago) ..... 63%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 16  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 3  
 Within the past 5 years (3 years, but less than 5 years ago)..... 4  
 5 or more years ago ..... 9  
 Never ..... 4  
 Not sure..... 0

**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? [171 Respondents]

Within the past year (anytime less than 12 months ago) ..... 39%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 19  
 Within the past 5 years (2 years, but less than 5 years ago)..... 5  
 5 or more years ago ..... 10  
 Never ..... 26  
 Not sure..... 3

**ALL RESPONDENTS**

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

- Within the past year (anytime less than 12 months ago) ..... 26%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 10
- 5 or more years ago ..... 9
- Never ..... 39
- Not sure..... 5

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

- Within the past year (anytime less than 12 months ago) ..... 11%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 12
- Within the past 5 years (2 years, but less than 5 years ago)..... 13
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more ..... 5
- Never ..... 56
- Not sure..... <1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	51%	49%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	54	45	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	64	36	<1
41. Avoid artificial sources of ultraviolet light?.....	74	26	<1

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

Do not ride/skate/scoot..... 53%

Frequency of those who bicycle, use in-line roller skates or scooters [189 Respondents]

- Never ..... 57%
- Seldom..... 5
- Sometimes ..... 5
- Nearly always..... 4
- Always ..... 28
- Not sure ..... <1

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

Never .....	2%
Seldom.....	3
Sometimes .....	1
Nearly always.....	9
Always.....	85
Not sure .....	0

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

One .....	17%
Two .....	13
Three or more.....	6
None .....	64

üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [143 Respondents]

Do not ride/skate/scoot..... 17%

Frequency of those who bicycle, use in-line roller skates or scooters [119 Respondents]

Never .....	12%
Seldom.....	<1
Sometimes .....	5
Nearly always.....	14
Always.....	61
It depends.....	7
Not sure .....	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [143 Respondents]

Never .....	3%
Seldom.....	0
Sometimes .....	0
Nearly always.....	3
Always.....	93
Not sure .....	1

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 .....	38%
Seldom.....	39
Sometimes .....	20
Nearly always.....	2
Always.....	2
Not sure .....	<1

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

Poor .....	4%
Fair .....	15
Good.....	56
Excellent .....	24
Not sure .....	0

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

Never .....	<1%
Seldom.....	2
Sometimes .....	13
Nearly always.....	36
Always.....	49
Not sure .....	1

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

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

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

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

None .....	37%
One to two days.....	13
Three to four days .....	13
Five or more days.....	37
Not sure .....	0

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

None .....	38%
One drink .....	32
Two drinks .....	20
Three drinks .....	6
Four or more drinks .....	5
Not sure .....	<1

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

None .....	78%
One to two times .....	10
Three or more times .....	12
Not sure .....	<1

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

None .....	92%
Once .....	3
Two or more times .....	5
Not sure .....	<1

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

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

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

Yes.....	4%
No.....	96
Not sure .....	0

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.....	88%
1 to 29 days .....	2
30 days.....	10
Not sure .....	<1

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [51 Respondents]

0 days..... 53%  
At least 1 day ..... 47  
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? [51 Respondents]

Yes..... 49%  
No..... 51  
Not sure ..... 0

60. Do you currently use snuff or chewing tobacco?

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

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

Yes..... 11%  
No..... 38  
No smokers in the household..... 51  
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 ..... 73%  
Restaurants that allow smoking ..... 7  
No preference..... 21  
Not sure ..... <1

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

Strongly oppose..... 11%  
Moderately oppose ..... 14  
Moderately favor ..... 26  
Strongly favor ..... 46  
Not sure ..... 4

Another issue being discussed these days deals with firearms.

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

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

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

Yes..... <1%  
 No..... 18  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 81

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

Yes.....<1%  
 No.....<1  
 Not sure ..... 0  
 No firearms in household/not loaded/no answer .....99

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? .....	15%	85%	<1%
68. Having acupuncture? .....	4	96	0
69. Massage therapy? .....	22	78	0
70. Aroma therapy? .....	6	94	<1
71. Movement therapy, such as yoga or tai' chi? .....	9	91	0
72. Meditation? .....	9	91	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 43%  
 Female ..... 57

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

18 to 34 years old .....	12%
35 to 44 years old .....	20
45 to 54 years old .....	23
55 to 64 years old .....	16
65 and older .....	29

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	49%
Overweight .....	36
Obese.....	16

77. What is your racial heritage?

White .....	91%
Black, African American or Negro .....	4
Asian or Pacific Islander.....	3
American Indian or Alaska Native.....	<1
Another race .....	1
Multiple races.....	<1
Not sure .....	0

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married .....	10%
A member of an unmarried couple.....	<1
Married .....	68
Separated .....	<1
Divorced .....	7
Widowed.....	15
Not sure .....	0

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

8th grade or less .....	<1%
Some high school .....	1
High school graduate or GED .....	19
Some college.....	21
Technical school graduate .....	3
College graduate .....	34
Advanced or professional degree .....	21
Not sure .....	<1

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

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

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

Glendale, city .....	39%
Brown Deer, village .....	33
Fox Point, village .....	15
Bayside, village.....	10
River Hills, village .....	2

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

53217.....	39%
53209.....	30
53223.....	29
No answer .....	2

84. What is your annual household income before taxes?

Less than \$10,000.....	2%
\$10,000 to \$20,000.....	8
\$20,001 to \$30,000.....	6
\$30,001 to \$40,000.....	11
\$40,001 to \$50,000.....	11
\$50,001 to \$60,000.....	13
\$60,001 to \$75,000.....	13
\$75,001 to \$90,000.....	11
Over \$90,000 .....	14
Not sure .....	4
No answer .....	7

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.....	7%	üCONTINUE WITH Q86
No.....	93	üGO TO Q87
Not sure .....	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [26 Respondents; More than 1 response accepted]

Stranger .....	17 responses
Acquaintance .....	4 responses
Spouse .....	1 response
Ex-spouse.....	1 response
Someone else .....	3 responses

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

Yes.....	1%	üCONTINUE WITH Q88
No.....	99	üGO TO Q89
Not sure .....	0	üGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [4 Respondents; More than 1 response accepted]

Boyfriend or girlfriend .....	2 responses
Spouse .....	1 response
Stranger.....	1 response

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

Smoke detectors .....	50%
Carbon monoxide detectors .....	<1
Both .....	48
Neither .....	2
Not sure .....	0

ADDITIONAL QUESTIONS FOR THE NORTHSHORE AREA

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

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams .....	39%	19%	26%	11%	6%
A2. Sewage or septic .....	56	20	12	6	6
A3. Safe drinking water.....	66	17	9	6	2
A4. Pesticides .....	54	22	13	4	6

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

- Not aware of the health department until now ..... 5%
- Aware of the health department, but have had no experience with programs or services ..... 62
- Aware of the health department and have received limited service like a flu shot or other immunization ..... 31
- Aware of the health department and have received more extensive services ..... 3
- Not sure.....<1