

Oak Creek
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Oak Creek Health Department

Prepared by:
JKV Research, LLC

Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose	1
Methodology	1
Summary	4
Key Findings	9
Rating Their Own Health	9
Health Care Coverage	11
Routine Checkups	13
Vaccinations	19
Prevalence of Select Health Conditions	20
Prevalence of Select Alternative Treatments.....	23
Physical Well Being and Body Weight.....	24
Nutrition and Diet	28
Women’s Health.....	31
Men’s Health.....	33
Other Tests	33
Reducing the Risk of Skin Cancer	36
Safety: Seat Belts and Bicycle Helmets	37
Cigarettes and Tobacco Products.....	41
Alcohol Use.....	46
Mental Health Status.....	48
Detectors in Household.....	51
Presence of Firearms in Household	52
Personal Safety Issues	52

Appendix A: Additional Questions	54
Awareness of and Experience with Public Health Department	55
Factors Preventing Physical Exercise	56

Appendix B: Questionnaire Frequencies	58
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<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables.....	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables	15
Table 5. Dental Checkup by Demographic Variables	17
Table 6. Eye Exam by Demographic Variables	18
Table 7. Flu Vaccination by Demographic Variables.....	19
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables	22
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables.....	24
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables	26
Table 11. Overweight by Demographic Variables	27
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables.....	29
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables	30
Table 14. Time Since Last Mammogram by Age	31
Table 15. Time Since Last Pap Smear by Demographic Variables.....	32
Table 16. Time Since Last Digital Rectal Exam by Age	33

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables	34
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables	35
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	37
Table 20. Wear Seat Belt by Demographic Variables	38
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter)	40
Table 22. Current Smokers by Demographic Variables	42
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables	45
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents	47
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables	50
Table 26. Detectors in Household by Demographic Variables	51
Table 27. Awareness of and Experience with Public Health Department by Demographic Variables	55
Table 28. Major/Moderate Factors Preventing Physical Exercise by Demographic Variables.....	57

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health	9
Figure 2. Type of Health Care Coverage	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older)	20
Figure 4. Told or Received Treatment in the Past Three Years	21
Figure 5. Received Alternative Treatment in Past Three Years.....	23
Figure 6. Moderate Physical Activities/Week.....	25
Figure 7. Reducing the Risk of Skin Cancer (Regularly)	36
Figure 8. Smoking Preference in Restaurants	43
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days	48
Figure 10. Managing Stress	49
Figure 11. Detectors in Household.....	51
Figure 12. Major or Moderate Factors Preventing Exercise	56

Purpose

The purpose of this project is to provide the city of Oak Creek 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, health data of residents to state and national measurements.

Methodology

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

Respondents were scientifically selected so that the survey would be representative of all city adults 18 years old and older with a listed number. 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 22 and March 24, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the city of Oak Creek. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the city. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Oak Creek Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 34	32%
35 to 44	28
45 to 54	20
55 to 64	9
65 and Older	11
Education	
High School Graduate or Less	37%
Some Post High School	32
College Graduate	31
Household Income	
\$30,000 or Less	20%
\$30,001 to \$60,000	41
\$60,001 or More	36
Not Sure/No Answer	5
Married	70%

What do the percentages mean?

Results of the city of Oak Creek Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 21,349 adult residents in the city.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the city. One percentage point equals approximately 200 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 2,000 residents $\pm 1,000$ individuals. Meaning that from 1,000 to 3,000 residents may have fair or poor health in the city. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 11,239 households in the city of Oak Creek. 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 110 households. For example, 8% 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 880.

Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between the city of Oak Creek 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 Oak Creek residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

Overall Health		Risk Conditions in the Past 3 Years	
Oak Creek	<u>2003</u>	Oak Creek	<u>2003</u>
Excellent	27%	High Blood Pressure.....	18%
Very Good.....	35%	High Blood Cholesterol.....	15%
Good	29%	Heart Disease/Condition.....	8%
Fair or Poor	10%	Asthma (Current)	8%
		Diabetes	7%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Oak Creek	<u>2003</u>
Nation	56%	Inactive	24%
		Insufficient.....	48%
Health Care Coverage		Recommended.....	29%
Oak Creek	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	3%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	8%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	15%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Oak Creek	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	65%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	27%
Oak Creek	<u>2003</u>	Fried Food/Fast Food (a few times/week)	54%
Yes	22%	Overweight.....	62%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Oak Creek	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	83%	Nation	58%
Cholesterol Test (2 years or less)	66%	Women's Health	
Dental Checkup (past year).....	76%	Oak Creek	<u>2003</u>
Eye Exam (2 years or less).....	79%	Mammogram (50+; past year).....	64%
Vaccinations		Pap Smear (past year).....	61%
Oak Creek	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	35%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	66%	Pap Smear (past year).....	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Oak Creek	<u>2003</u>	Oak Creek	<u>2003</u>
Chiropractor	19%	Avoid Artificial Sources of UV Light	66%
Massage Therapy.....	15%	Use Sunscreen with SPF 15 or Higher	58%
Meditation	4%	Wear Sun Protective Clothing.....	47%
Movement Therapy.....	4%	Avoid Sun Between 10 a.m. and 4 p.m.	40%
Aroma Therapy.....	4%		
Acupuncture	2%		

Men's Health		Alcohol Use	
Oak Creek		Oak Creek	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	21%	Drink in Past Month	61%
50 and Older	56%	3+ Drinks on Occasion in Past Month.....	37%
		Binge in Past Month	
Other Tests		[5+ Drinks (Male): 4+ Drinks (Female)]	25%
Oak Creek	<u>2003</u>	Drive or Ride When Driver Had Perhaps Too	
Blood Stool Test (50+; within past 2 years)....	57%	Much to Drink (past month)	1%
Sigmoidoscopy or Colonoscopy			
(50+; within past 2 years).....	39%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
		<i>Wisconsin</i>	26%
Safety		<i>Nation</i>	15%
Oak Creek			
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	83%	Oak Creek	
Children.....	95%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	6%
(Of Those Who Ride Bike or In-Line Skate)		Never	36%
Adult.....	25%	Managing Stress	
Children	58%	Excellent/Good.....	78%
Detectors		Poor	5%
Smoke Detector	48%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom	4%
Both.....	49%	Considered Suicide (past year).....	<1%
Neither	2%		
		Firearms in Household	
Tobacco Use		Oak Creek	
Oak Creek	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	25%	Have a Firearm.....	31%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	3%
Year Because Trying to Quit (smokers).....	58%	Have a Loaded Firearm Unlocked.....	3%
Health Care Professional Advisement to			
Quit Smoking (smokers)	63%	Personal Safety in Past Year	
Smoking Indoors or in Vehicle.....	18%	Oak Creek	<u>2003</u>
Smoking Preference in Restaurants		Afraid for Their Safety	5%
Smoke-free	60%	Pushed/Kicked/Slapped/Hit	5%
Allow Smoking.....	13%		
No Preference	27%	Additional Questions	
Ordinance Prohibiting Smoking in Eating		Oak Creek	
Establishments		Awareness of/Experience with Health Dept.	<u>2003</u>
Moderately Favor	24%	Aware of/No Experience	56%
Strongly Favor	35%	Aware of/Received Limited Services	34%
		Aware of/Received Extensive Services	5%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Major/Moderate Factor For Not Exercising	
<i>Wisconsin</i>	24%	Time	46%
<i>Nation</i>	23%	Motivation.....	43%
		Health Problems	22%
		Cost.....	16%
		Safety Concerns	14%

Overall Health and Health Care Key Findings

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

Three percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Households with lower income or unmarried households were more likely to have someone currently not covered or in the past 12 months. Seventy-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females were more likely to report this. Twenty-two percent of respondents had an advance care plan; respondents who were 65 and older or unmarried were more likely to report a plan.

Seventy-six percent of all respondents reported a visit to the dentist in the past year while 57% reported having a routine checkup, 50% reported an eye exam and 49% reported having a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a routine checkup or eye exam in the past year while respondents 55 and older were more likely to report a cholesterol test. Respondents 45 to 64 years old or with a college education were more likely to report a dental exam in the past year. Respondents with a household income of at least \$60,001 were more likely to report a dental checkup or eye exam in the past year; respondents with a household income of less than \$30,001 were more likely to report a cholesterol test in the past year. Married respondents were more likely to report a cholesterol test or dental exam in the past year.

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

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Current asthma was at the same percent as heart disease/condition. Older respondents were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with a high school education or less were more likely to report high blood pressure; respondents with some post high school education were more likely to report high blood cholesterol or heart disease/condition. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or high blood cholesterol. Inactive respondents were more likely to report high blood pressure.

Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-four percent felt they were excellent at managing stress; 5% reported poor. Four percent of respondents reported they never or seldom find meaning and purpose in their daily life. Less than one percent of respondents felt so overwhelmed they considered suicide.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (19% and 15%, respectively). Female respondents were more likely to report massage therapy, movement therapy or aroma therapy. Respondents with a high school education or less were more likely to report chiropractic care. Respondents with a household income of at least \$60,001 were more likely to report movement therapy or aroma therapy. Unmarried respondents were more likely to report meditation therapy.

Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents who were 18 to 34 years old, with at least some post high school education or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Sixty-two percent of respondents were classified as overweight (44% overweight and 18% obese). Respondents who were male, 55 to 64 years old or with a high school education or less were more likely to be classified as overweight.

Sixty-five percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Overweight respondents were more likely to eat at least two servings of fruit on an average day. Female respondents or those with a household income of \$30,001 to \$60,000 were more likely to eat at least three servings of vegetables. Fifty-four percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those not married were more likely to report this.

Eighty-six percent of female respondents 50 years old or older had a mammogram within the past two years. Ninety-one percent of all female respondents reported a pap smear within the past three years. Younger respondents were more likely to have had a pap smear within the past three years.

Twenty-one percent of male respondents 40 to 49 years old and 56% of male respondents 50 and older had a digital rectal exam in the past year.

Fifty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 39% 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 were more likely to report avoiding artificial sources of UV light or using sunscreen with an SPF of at least 15. Respondents 65 and older were more likely to report avoiding artificial sources of UV light while respondents 55 to 64 years old were more likely to report wearing sun protective clothing. Respondents with a high school education or less or a college education were more likely to report using sunscreen with a SPF of 15 or higher. Married respondents were more likely to report wearing sun protective clothing.

Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with a college education, with a household income of at least \$60,001 or married respondents were more likely to report they always wore seat belts. Eighty-seven percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 42% reported their child always wore a helmet.

Twenty-five percent of respondents were current smokers. Respondents with some post high school education, a household income of less than \$60,001 or unmarried respondents were more likely to be smokers. Fifty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 63% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty percent of all respondents preferred a smoke-free restaurant. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were older, with a college education, with an income of at least \$60,001, married or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents, those who had a college education, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 37% had three or more drinks on at least one occasion while 25% binged. Male respondents or those 18 to 44 years old were more likely to have had at least three drinks on an occasion or binged at least once in the past month. One percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of households had a working smoke detector while 50% had a working carbon monoxide detector.

Thirty-one percent of households had a firearm in or around the home. Respondents with a household income of at least \$30,001 were more likely to report a firearm. Of all households, 3% had a loaded firearm. Three percent of all households had a firearm loaded and unlocked.

Five percent of respondents reported someone had made them afraid for their personal safety in the past year. Five percent of respondents reported they had been pushed, kicked, hit or slapped in the past year. Respondents who were female, with some post high school education or with a household income of \$30,001 to \$60,000 were more likely to report being afraid in the past year. Respondents who were 18 to 34 years old, with some post high school education, with a household income of \$30,001 to \$60,000 or unmarried were more likely to report having been pushed, etc.

Additional Questions Key Findings

Five percent of respondents were not aware of the public health department prior to the interview; 39% received services from the health department. Respondents who were older, with a college education or with a high school education or less were more likely to report services.

Out of five reasons that may prevent respondents from exercising, time was most often cited as a major/moderate factor, followed by motivation and health problems. Female respondents were more likely to report motivation. Respondents 18 to 44 years old were more likely to report time while respondents 65 and older were more likely to report health problems. Respondents who were 55 to 64 years old or overweight were more likely to report cost. Respondents with some post high school education were more likely to report time or health problems; those with a high school education or less were more likely to report safety concerns. Respondents with a household income of \$30,000 or less were more likely to report motivation, health problems or safety concerns. Unmarried or inactive respondents were more likely to report health problems or cost. Inactive respondents were also more likely to report motivation.

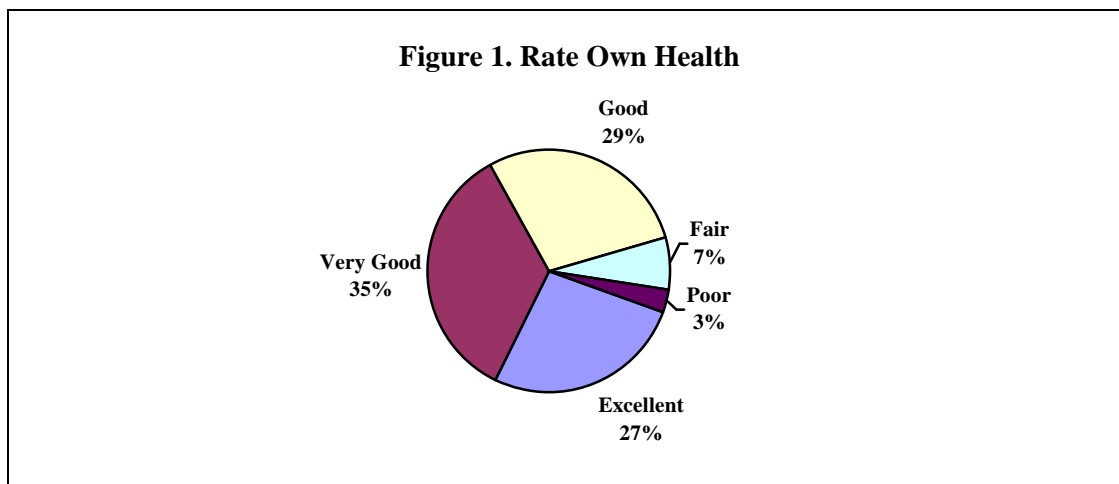
Key Findings

Rating Their Own Health (Figure 1; Table 2)

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

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

- Sixty-two percent of respondents said their own health, generally speaking, was either excellent (27%) or very good (35%). A total of 10% reported their health was fair (7%) or poor (3%).



- Respondents 65 and older were more likely to report fair or poor (26%) than respondents 35 to 44 years old (7%) or 18 to 34 years old (2%).
- Respondents with lower education were more likely to report their health as fair or poor. Thirteen percent of respondents with a high school degree or less reported this compared to 10% of those with some post high school education or 5% of respondents with a college degree.
- Twenty-three percent of respondents with a household income of \$30,000 or less reported their health condition as fair or poor in contrast to 9% of those with an income of \$30,001 to \$60,000 or 4% of respondents with a household income of \$60,001 or more.
- Respondents who did not engage in the recommended amount of physical activity were more likely to report their health as fair or poor (19%) compared to respondents who engaged in the recommended amount of physical activity (5%) or did some activity, but not to the extent recommended (7%).
- Respondents who smoked were more likely to report their health as fair or poor (13%) compared to respondents who did not smoke (8%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	29%	35%	27%
Gender				
Male	9	29	31	30
Female	10	28	39	23
Age**				
18 to 34	2	26	42	29
35 to 44	7	19	41	34
45 to 54	14	32	27	27
55 to 64	14	39	28	19
65 and Older	26	41	19	14
Education**				
High School or Less	13	29	35	23
Some Post High School	10	37	35	18
College Graduate	5	19	36	40
Household Income**				
\$30,000 or Less	23	42	25	10
\$30,001 to \$60,000	9	23	44	24
\$60,001 or More	4	26	33	37
Marital Status				
Married	8	27	37	28
Not Married	13	34	29	24
Overweight				
Not Overweight	11	27	30	32
Overweight	9	28	38	26
Physical Activity**				
Inactive	19	32	33	15
Insufficient	7	28	33	32
Recommended	5	28	40	27
Smoker*				
Nonsmoker	8	27	35	30
Smoker	13	36	32	18

*= p≤0.05; **= p≤0.01

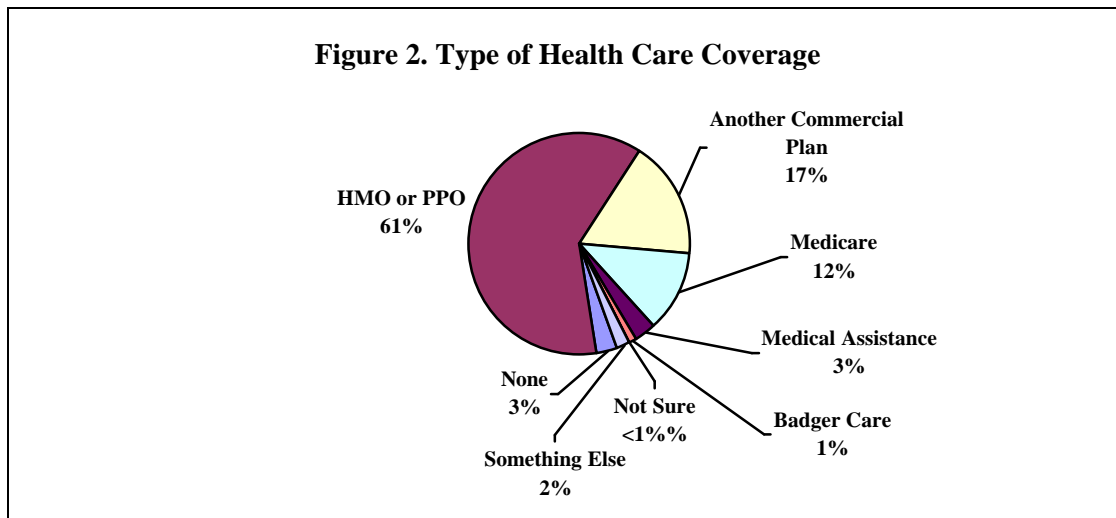
Health Care Coverage (Figure 2)

KEY FINDING: Three percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Households with lower income or unmarried households were more likely to have someone currently not covered or in the past 12 months. Seventy-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females were more likely to report this. Twenty-two percent of respondents had an advance care plan; respondents who were 65 and older or unmarried were more likely to report a plan.

Personally Not Covered

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

- Three percent of respondents reported they were not currently covered by any health insurance. Sixty-one percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Seventeen percent reported another commercial plan, 12% reported Medicare and 3% reported medical assistance.



Someone in Household Currently Not Covered

- Eight percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 880 households.
- Eighteen percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 6% of respondents with an income of \$30,001 to \$60,000 or 4% of respondents with a household income of more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (16%) compared to married respondents (4%).

Someone in Household Not Covered in the Past 12 Months

- Fifteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-six percent of households with an income of less than \$30,001 had someone not covered by insurance in the past 12 months compared to 15% of those with an income of \$30,001 to \$60,000 or 7% of households with an income of \$60,000 or more.
- Unmarried respondents were more likely to report someone was not covered (22%) compared to married respondents (12%).

Primary Health Care Services

- Seventy-six 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 6% reported hospital emergency room and 4% reported community health center.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (83%) compared to male respondents (68%).

Advance Care Plan

- Twenty-two percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Fifty-four percent of respondents 65 and older reported having an advance care plan followed by 28% of those 55 to 64 years old and 22% of respondents 45 to 54 years old. Eighteen percent of respondents 18 to 34 years old and 13% of those 35 to 44 years old reported an advance care plan.
- Unmarried respondents were more likely to report having an advance care plan compared to married respondents (29% and 20%, respectively).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-six percent of all respondents reported a visit to the dentist in the past year while 57% reported having a routine checkup, 50% reported an eye exam and 49% reported having a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 65 and older were more likely to report a routine checkup or eye exam in the past year while respondents 55 and older were more likely to report a cholesterol test. Respondents 45 to 64 years old or with a college education were more likely to report a dental exam in the past year. Respondents with a household income of at least \$60,001 were more likely to report a dental checkup or eye exam in the past year; respondents with a household income of less than \$30,001 were more likely to report a cholesterol test in the past year. Married respondents were more likely to report a cholesterol test or 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).

- Fifty-seven percent of respondents reported they had a routine checkup in the past year. An additional 26% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (64%) than male respondents (50%).
- Generally, as age increased, so did the likelihood of having a routine checkup in the past year. Forty percent of respondents 18 to 34 years old reported this compared to 62% of those 45 to 54 years old or 83% of respondents 65 and older.

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	57%	26%	5%	12%	<1%
Gender**					
Male	50	27	8	15	0
Female	64	24	2	9	<1
Age**					
18 to 34	40	41	5	15	0
35 to 44	54	23	8	14	<1
45 to 54	62	24	3	10	0
55 to 64	77	11	9	3	0
65 and Older	83	10	0	7	0
Education					
High School or Less	55	33	1	10	0
Some Post High School	59	23	6	12	<1
College Graduate	57	21	9	14	0
Household Income					
\$30,000 or Less	66	25	7	3	0
\$30,001 to \$60,000	51	31	7	12	0
\$60,001 or More	57	24	4	15	<1
Marital Status					
Married	58	24	6	11	<1
Not Married	55	30	3	13	0

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Forty-nine percent of respondents reported having their cholesterol tested within the past year. Seventeen percent reported one to two years ago. Twenty-four percent reported never having their cholesterol tested.
- Seventy-seven percent of respondents 55 to 64 years old and 76% of those 65 and older reported a cholesterol test in the past year compared to 26% of those 18 to 34 years old. Forty-six percent of respondents 18 to 34 years old never had their cholesterol tested compared to 2% of respondents 65 and older or 0% of those 55 to 64 years old.

- Sixty percent of respondents with a household income of \$30,000 or less reported a cholesterol test in the past year compared to 46% of those with an income of \$30,001 to \$60,000 or 45% of respondents with a household income of at least \$60,001. Thirty percent of respondents with a household income of \$30,001 to \$60,000 reported they never had a cholesterol test compared to 17% of respondents with a household income of \$60,001 or more.
- Married respondents were more likely to report a cholesterol test in the past year (51%) compared to unmarried respondents (44%). Thirty-five percent of unmarried respondents reported they never had their cholesterol tested compared to 20% of married respondents.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	49%	17%	4%	5%	24%
Gender					
Male	46	16	6	6	25
Female	51	18	3	4	24
Age**					
18 to 34	26	20	0	8	46
35 to 44	45	11	10	4	29
45 to 54	58	26	4	5	8
55 to 64	77	11	3	6	0
65 and Older	76	14	2	0	2
Education					
High School or Less	46	14	5	5	30
Some Post High School	52	14	5	3	26
College Graduate	47	24	3	7	17
Household Income*					
\$30,000 or Less	60	10	4	0	25
\$30,001 to \$60,000	46	15	4	5	30
\$60,001 or More	45	23	4	8	17
Marital Status*					
Married	51	18	5	5	20
Not Married	44	13	2	6	35

*= 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.¹

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

- Seventy-six percent of respondents reported a dental visit in the past year. An additional 18% had a visit in the past one to two years.
- Eighty-one percent of respondents 45 to 54 years old and 80% of respondents 55 to 64 years old had a dental checkup in the past year compared to 57% of respondents 65 and older.
- Eighty-five percent of respondents with a college degree reported a dental checkup in the past year compared to 73% of those with some post high school education or 70% of respondents with a high school degree or less.
- As household income increased, so did the likelihood of having a dental checkup in the past year. Fifty-seven percent of respondents with a household income of \$30,000 or less reported this compared to 75% of those with an income of \$30,001 to \$60,000 or 85% of respondents with a household income of more than \$60,000.
- Married respondents were more likely to report a dental checkup in the past year (83%) compared to unmarried respondents (59%).

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

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	76%	18%	3%	3%	1%
Gender					
Male	78	17	1	3	2
Female	74	19	4	3	<1
Age**					
18 to 34	74	23	2	0	0
35 to 44	77	18	4	0	2
45 to 54	81	14	4	1	0
55 to 64	80	9	0	9	3
65 and Older	57	21	2	14	5
Education**					
High School or Less	70	19	5	6	<1
Some Post High School	73	20	2	2	3
College Graduate	85	15	<1	0	0
Household Income**					
\$30,000 or Less	57	25	4	9	5
\$30,001 to \$60,000	75	21	2	2	0
\$60,001 or More	85	11	1	1	<1
Marital Status**					
Married	83	13	2	1	<1
Not Married	59	29	3	6	3

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

Eye Exam

- Fifty percent of respondents had an eye exam in the past year, while 29% reported one to two years ago. Four percent reported never.
- Female and male respondents were similar with having an eye exam in the past year (51% and 50%, respectively). However, female respondents were more likely to have had an eye exam within the past two years (86%) compared to male respondents (73%).
- Respondents 65 and older were more likely to report an eye exam in the past year (59%) compared to respondents 18 to 34 years old or 45 to 54 years old (45% and 49%, respectively).
- Respondents with a household income of at least \$60,001 were more likely to report having an eye exam in the past year (60%) compared to those with an income of \$30,001 to \$60,000 (47%) or respondents with a household income of \$30,000 or less (44%).

- Married and unmarried respondents were somewhat similar when looking at an eye exam in the past year or two years. However, married respondents were more likely to report five or more years ago (11%) compared to unmarried respondents (4%).

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	50%	29%	8%	9%	4%
Gender**					
Male	50	23	11	13	4
Female	51	35	4	5	4
Age*					
18 to 34	51	23	15	5	7
35 to 44	45	30	6	17	3
45 to 54	49	33	5	10	3
55 to 64	51	43	6	0	0
65 and Older	59	32	2	5	2
Education					
High School or Less	49	33	6	7	4
Some Post High School	48	26	9	12	5
College Graduate	52	27	8	9	3
Household Income*					
\$30,000 or Less	44	30	8	13	5
\$30,001 to \$60,000	47	33	9	5	6
\$60,001 or More	60	22	5	13	<1
Marital Status*					
Married	51	29	6	11	3
Not Married	48	29	12	4	7

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-five percent of respondents had an influenza vaccination in the past year. Respondents 65 years old or older were more likely to report a flu vaccination. Sixty-six percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Thirty-five percent of respondents had a flu vaccination in the past year.
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (83%) compared to respondents 18 to 34 years old (24%) or those 35 to 44 years old (22%).

Table 7. Flu Vaccination by Demographic Variables

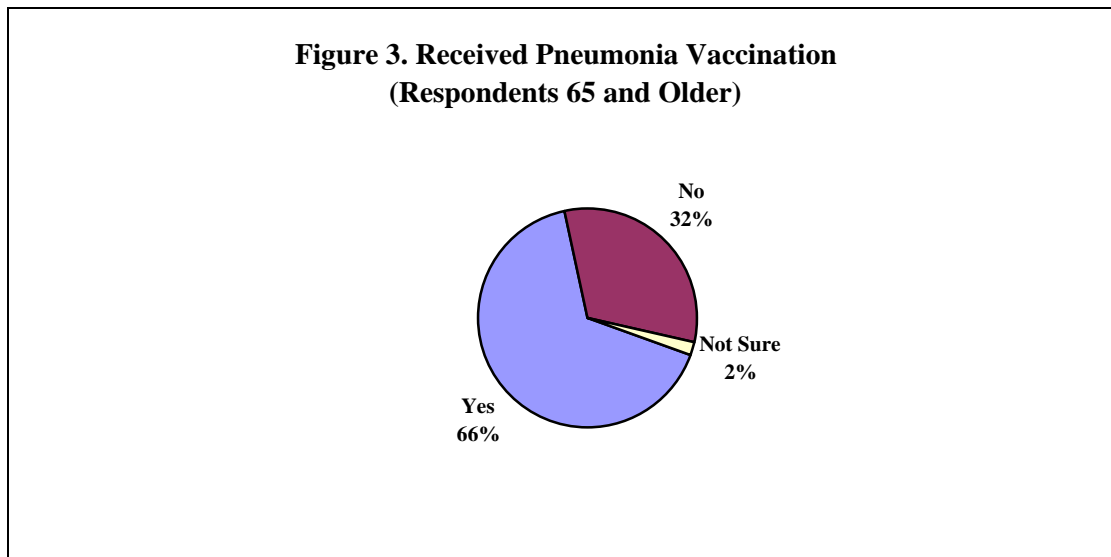
	Percent
TOTAL	35%
Gender	
Male	35
Female	35
Age**	
18 to 34	24
35 to 44	22
45 to 54	41
55 to 64	49
65 and Older	83
Education	
High School or Less	28
Some Post High School	40
College Graduate	36
Household Income	
\$30,000 or Less	36
\$30,001 to \$60,000	33
\$60,001 or More	35
Marital Status	
Married	34
Not Married	37

*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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



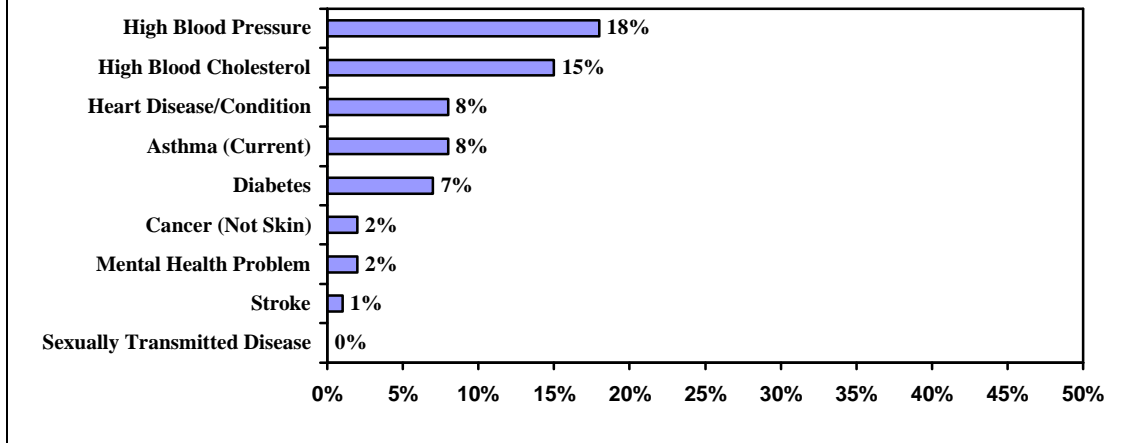
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Current asthma was at the same percent as heart disease/condition. Older respondents were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with a high school education or less were more likely to report high blood pressure; respondents with some post high school education were more likely to report high blood cholesterol or heart disease/condition. Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or high blood cholesterol. Inactive respondents were more likely to report high blood pressure.

- Respondents were more likely to report they have been told or been treated for high blood pressure (18%), high blood cholesterol (15%), heart disease/heart condition (8%), asthma (current, 8%) or diabetes (7%) in the past three years.

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



- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol or heart disease/condition increased as age increased.
- Respondents with a high school education or less were more likely to report high blood pressure. Respondents with some post high school education were more likely to report high blood cholesterol or heart disease/condition.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or high blood cholesterol.
- Inactive respondents were more likely to report high blood pressure (28%) compared to respondents who did the recommended amount of physical activity (16%) or those who did some activity, but not to the extent recommended (14%).

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Asthma (Current)	Diabetes
TOTAL	18%	15%	8%	8%	7%
Gender					
Male	17	17	8	5	8
Female	19	13	7	11	5
Age					
18 to 34	5**	<1**	3**	12	6
35 to 44	4**	9**	0**	3	4
45 to 54	24**	28**	13**	14	6
55 to 64	47**	29**	19**	3	9
65 and Older	55**	38**	24**	5	15
Education					
High School or Less	25*	16*	4**	8	4
Some Post High School	16*	20*	15**	11	7
College Graduate	13*	10*	3**	5	9
Household Income					
\$30,000 or Less	26*	26*	13	7	7
\$30,001 to \$60,000	21*	12*	7	10	8
\$60,001 or More	12*	14*	7	8	5
Marital Status					
Married	16	16	6	6	7
Not Married	23	13	11	13	5
Overweight					
Not Overweight	14	10	6	6	6
Overweight	18	18	9	10	7
Physical Activity					
Inactive	28*	23	10	9	7
Insufficient	14*	11	8	10	5
Recommended	16*	15	5	4	9

*= p≤0.05; **= p≤0.01

Diabetes

- Of the 26 respondents who reported being diagnosed with diabetes, 98% had their blood sugar tested in the past year.

Asthma

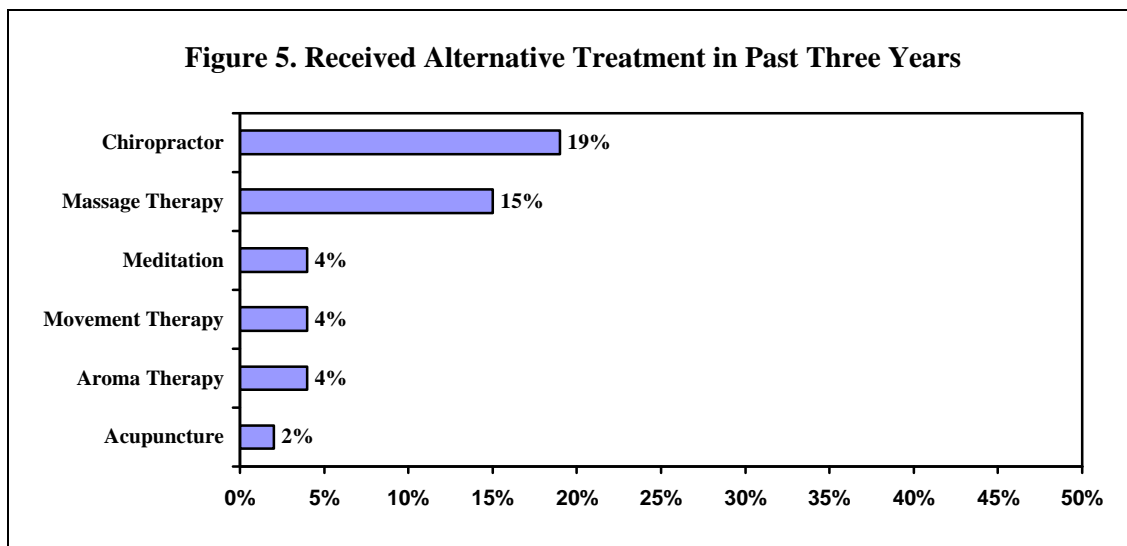
- Of the 33 respondents who currently had asthma, 61% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (19% and 15%, respectively). Female respondents were more likely to report massage therapy, movement therapy or aroma therapy. Respondents with a high school education or less were more likely to report chiropractic care. Respondents with a household income of at least \$60,001 were more likely to report movement therapy or aroma therapy. Unmarried respondents were more likely to report meditation therapy.

- Respondents were more likely to have gone to a chiropractor (19%) or used massage therapy (15%) in the past three years.



- Female respondents were more likely to have used massage therapy, movement therapy or aroma therapy in the past three years compared to male respondents.
- Twenty-eight percent of respondents with a high school education or less reported the use of a chiropractor compared to 14% of respondents with some post high school education or 15% of those with a college education.
- Respondents with a household income of at least \$60,001 were more likely to report the use of movement therapy or aroma therapy in the past three years.
- Unmarried respondents were more likely to report using meditation (8%) than married respondents (3%).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	19%	15%	4%	4%	4%
Gender					
Male	22	10**	3	0**	0**
Female	18	20**	5	8**	8**
Age					
18 to 34	20	20	4	6	6
35 to 44	18	16	5	3	6
45 to 54	18	15	3	5	3
55 to 64	20	11	3	3	3
65 and Older	21	5	7	2	0
Education					
High School or Less	28**	15	2	2	2
Some Post High School	14**	14	7	6	3
College Graduate	15**	17	4	5	8
Household Income					
\$30,000 or Less	20	13	6	4*	1*
\$30,001 to \$60,000	16	16	4	1*	1*
\$60,001 or More	25	12	3	7*	9*
Marital Status					
Married	20	16	3**	4	5
Not Married	17	12	8**	3	2

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents who were 18 to 34 years old, with at least some post high school education or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Sixty-two percent of respondents were classified as overweight (44% overweight and 18% obese). Respondents who were male, 55 to 64 years old or with a high school education or less were more likely to be classified as overweight.

Physical Activities in Past Month

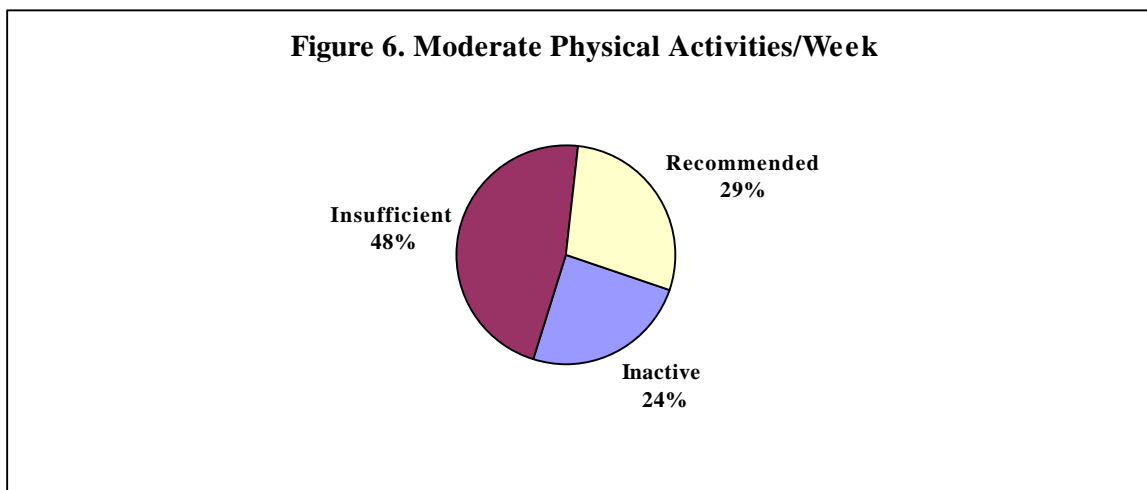
- Seventy percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

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



- Respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity (44%) compared to respondents 55 to 64 years old (15%). Respondents 65 and older were more likely to be inactive (42%).
- Thirty-three percent of respondents with some post high school education and 32% of those with a college education met the recommended amount of moderate physical activity in a week compared to 23% of respondents with a high school education or less.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to meet the recommendation (35%) compared to respondents with an income of at least \$60,001 (31%) or those with a household income of \$30,000 or less (13%). Forty-three percent of those with a household income of \$30,000 or less were classified as inactive.

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

	Inactive	Insufficient	Recommended
TOTAL	24%	48%	29%
Gender			
Male	24	45	32
Female	23	51	26
Age**			
18 to 34	21	36	44
35 to 44	19	58	23
45 to 54	21	53	26
55 to 64	27	59	15
65 and Older	42	39	20
Education*			
High School or Less	32	46	23
Some Post High School	23	44	33
College Graduate	15	54	32
Household Income**			
\$30,000 or Less	43	43	13
\$30,001 to \$60,000	18	46	35
\$60,001 or More	20	49	31
Marital Status			
Married	22	50	28
Not Married	27	42	31
Overweight			
Not Overweight	21	49	30
Overweight	23	48	29

*= 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.² Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

² Body Mass Index = (kg/m²). Developed by the Centers for Disease Control (CDC).

- According to the definition, 62% of respondents were considered overweight (44% overweight and 18% obese).
- Male respondents were more likely to be classified as overweight (78%) compared to female respondents (46%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (82%) compared to respondents 18 to 44 years old (57%) or 65 and older (55%).
- Sixty-nine percent of respondents with a high school education or less and 65% of those with a college degree were classified as overweight compared to 51% of respondents with some post high school education.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	62%
Gender**	
Male	78
Female	46
Age*	
18 to 34	57
35 to 44	57
45 to 54	68
55 to 64	82
65 and Older	55
Education*	
High School or Less	69
Some Post High School	51
College Graduate	65
Household Income	
\$30,000 or Less	55
\$30,001 to \$60,000	64
\$60,001 or More	61
Marital Status	
Married	65
Not Married	54
Moderate Physical Activities	
Inactive	64
Insufficient	62
Recommended	61

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-five percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Overweight respondents were more likely to eat at least two servings of fruit on an average day. Female respondents or those with a household income of \$30,001 to \$60,000 were more likely to eat at least three servings of vegetables. Fifty-four percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those not married were more likely to report this.

Fruit Intake

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

- Sixty-five percent of respondents eat two or more servings of fruit on an average day. Thirty-five percent reported one serving or less.
- Overweight respondents were more likely to eat at least two servings of fruit per day compared to not overweight respondents (72% and 56%, respectively).

Vegetable Intake

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

- Twenty-seven percent of respondents eat three or more servings of vegetables on an average day. Seventy-four percent reported two servings or less.
- Female respondents were more likely to eat at least three servings of vegetables compared to male respondents (33% and 21%, respectively).
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report eating at least three servings of vegetables per day (34%) compared to respondents with a household income of \$30,000 or less (16%).

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	35%	65%	74%	27%
Gender				
Male	37	63	78*	21*
Female	33	67	68*	33*
Age				
18 to 34	36	64	74	26
35 to 44	37	63	79	21
45 to 54	33	67	68	31
55 to 64	26	74	74	26
65 and Older	37	63	73	27
Education				
High School or Less	36	64	75	24
Some Post High School	36	64	75	25
College Graduate	32	68	70	30
Household Income				
\$30,000 or Less	40	60	84*	16*
\$30,001 to \$60,000	32	69	66*	34*
\$60,001 or More	38	62	75*	25*
Marital Status				
Married	34	66	75	25
Not Married	38	62	69	30
Overweight				
Not Overweight	44**	56**	70	30
Overweight	28**	72**	77	23
Moderate Physical Activities				
Inactive	42	58	75	25
Insufficient	30	70	71	29
Recommended	37	63	73	27

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Ten percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-four percent reported a few times per week. Thirty-two percent reported a few times per month while 14% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (64%) compared to female respondents (44%).

- Younger respondents were more likely to eat fried/fast foods. Seventy-four percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 39% of those 55 to 64 years old or 20% of those 65 and older.
- Unmarried respondents were more likely to report eating fried/fast food at least a few times per week (60%) compared to married respondents (51%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	32%	54%
Gender**		
Male	23	64
Female	40	44
Age**		
18 to 34	21	74
35 to 44	33	61
45 to 54	41	41
55 to 64	36	39
65 and Older	39	20
Education		
High School or Less	36	50
Some Post High School	30	57
College Graduate	30	56
Household Income		
\$30,000 or Less	33	50
\$30,001 to \$60,000	34	56
\$60,001 or More	27	54
Marital Status*		
Married	36	51
Not Married	23	60
Overweight		
Not Overweight	34	50
Overweight	30	57
Moderate Physical Activities		
Inactive	23	62
Insufficient	36	51
Recommended	33	54

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-six percent of female respondents 50 years old or older had a mammogram within the past two years. Ninety-one percent of all female respondents reported a pap smear within the past three years. Younger respondents were more likely to have had a pap smear within the past three years.

Mammogram

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

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).

- Forty-one percent of all female respondents never had a mammogram while 53% had a mammogram within the past two years (38% within past year and 15% more than one year but less than two years).
- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past two years (86% of those 50 and older; 81% 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: too young, not recommended by provider or don’t like (three responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	38%	15%	6%	41%
Age**				
18 to 39	12	4	3	80
40 to 49	55	26	9	11
50 and Older	64	22	10	5

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Sixty-one percent of respondents reported they had a pap smear within the past year. An additional 30% reported between one year and less than three years.
- Younger respondents were more likely to have had a pap smear within the past three years. All respondents 18 to 34 years old reported this followed by 93% of those 35 to 44 years old and 92% of respondents 45 to 54 years old. Seventy percent of respondents 65 and older reported a pap smear within the past three years.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	61%	27%	3%	8%	<1%
Age**					
18 to 34	74	25	2	0	0
35 to 44	63	28	2	7	0
45 to 54	65	22	5	8	0
55 to 64	55	35	0	5	5
65 and Older	35	35	0	26	0
Education					
High School or Less	58	29	1	10	1
Some Post High School	66	21	3	10	0
College Graduate	63	32	3	2	0
Household Income					
\$30,000 or Less	52	30	7	11	0
\$30,001 to \$60,000	59	29	1	9	1
\$60,001 or More	72	28	0	0	0
Marital Status					
Married	61	29	3	6	<1
Not Married	64	24	3	10	0

*= p≤0.05; **= p≤0.01

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

Men’s Health (Table 16)

KEY FINDING: Twenty-one percent of male respondents 40 to 49 years old and 56% of male respondents 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 50.⁵

Digital Rectal Exam

- Fifty-four percent of all male respondents never had a digital rectal exam. Twenty-three percent had an exam in the past year while 9% reported within the past two years (one year but less than two years).
- Fifty-six percent of male respondents 50 years old and older had an exam less than a year ago while 21% of men 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	23%	9%	13%	54%
Age**				
18 to 39	5	8	9	78
40 to 49	21	10	21	48
50 and Older	56	10	16	16

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

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 39% reported a sigmoidoscopy or colonoscopy within the past two years.

Screening for colorectal cancer is recommended for all persons aged 50 and older.⁶

Blood Stool Test

- Fifty-eight percent of all respondents never had a blood stool test. Twenty-nine percent were tested within the past two years (20% less than a year ago and 9% more than one year ago, but less than two).

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

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

- Fifty-seven percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 24% of respondents 40 to 49 years old or 13% of respondents 18 to 39 years old. Twenty-six percent of respondents 50 and older reported never compared to 78% of respondents 18 to 39 years old.
- Respondents with lower household income were more likely to report a test within the past two years. Forty-four percent of respondents with a household income of less than \$30,001 reported this compared to 27% of those with an income of \$30,001 to \$60,000 or 23% of those with a household income of at least \$60,001. In addition, 50% of respondents with a household income of \$30,000 or less reported never compared to 67% of those with a household income of \$60,001 or more.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	9%	10%	58%
Gender				
Male	21	8	8	62
Female	19	10	11	55
Age**				
18 to 39	9	4	6	78
40 to 49	11	13	11	63
50 and Older	41	16	15	26
Education				
High School or Less	22	10	9	55
Some Post High School	22	5	9	59
College Graduate	15	12	10	63
Household Income*				
\$30,000 or Less	32	12	5	50
\$30,001 to \$60,000	19	8	13	55
\$60,001 or More	14	9	7	67
Marital Status				
Married	18	10	9	60
Not Married	24	8	9	54

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-eight percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-one percent were examined within the past two years (12% less than a year ago and 9% more than one year ago, but less than two).
- Male respondents were more likely to report a sigmoidoscopy or colonoscopy within the past two years (23%) compared to female respondents (18%). In addition, 71% of female respondents never had a sigmoidoscopy or colonoscopy compared to 64% of male respondents.

- A total of 39% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 18% of respondents 40 to 49 years of age or 10% of respondents 18 to 39 years old. Forty-two percent of respondents 50 and older reported never compared to 87% of respondents 18 to 39 years old.
- Thirty-four percent of respondents with a household income of \$30,000 or less reported an exam in the past two years compared to 20% of those with an income of \$30,001 to \$60,000 or 12% of respondents with a household income of at least \$60,001. In addition, 57% of respondents with a household income of \$30,000 or less reported never compared to 74% of those with a household income of \$60,001 or more.

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

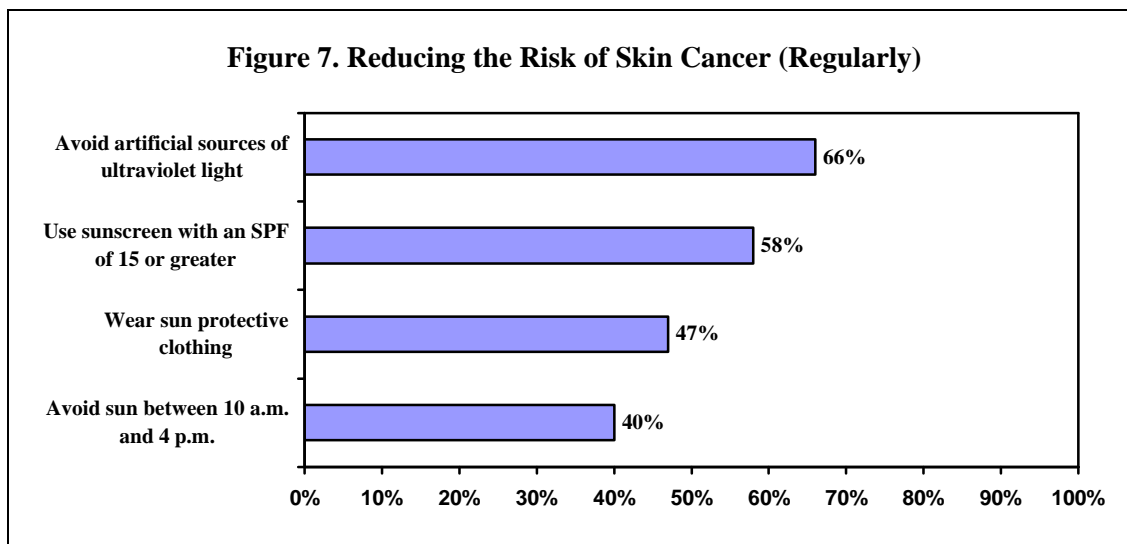
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	12%	9%	4%	6%	68%
Gender*					
Male	13	10	2	8	64
Female	10	8	6	4	71
Age**					
18 to 39	7	3	<1	1	87
40 to 49	7	11	4	15	63
50 and Older	22	17	11	8	42
Education					
High School or Less	9	12	5	8	66
Some Post High School	14	5	4	6	70
College Graduate	12	10	3	4	69
Household Income**					
\$30,000 or Less	20	14	4	5	57
\$30,001 to \$60,000	13	7	5	5	70
\$60,001 or More	5	7	3	9	74
Marital Status					
Married	13	9	5	8	63
Not Married	8	8	3	3	77

*= 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 were more likely to report avoiding artificial sources of UV light or using sunscreen with an SPF of at least 15. Respondents 65 and older were more likely to report avoiding artificial sources of UV light while respondents 55 to 64 years old were more likely to report wearing sun protective clothing. Respondents with a high school education or less or a college education were more likely to report using sunscreen with a SPF of 15 or higher. Married respondents were more likely to report wearing sun protective clothing.

- To reduce the risk of skin cancer, 66% of respondents regularly avoid artificial sources of ultraviolet light, 58% use sunscreen with a SPF of 15 or higher, 47% wear sun protective clothing while 40% avoid the sun between 10 a.m. and 4 p.m.
- Twelve percent of respondents did not reduce their risk by any of these four measures. Twenty-four percent reported one measure. Twenty-two percent reported two of the four actions while 23% reported three and 18% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding artificial sources of UV light or using sunscreen with a SPF of 15 or higher than male respondents.
- Respondents 65 and older were more likely to report avoiding artificial sources of UV light while respondents 55 to 64 years old were more likely to report wearing sun protective clothing.
- Sixty-three percent of respondents with a college education and 61% of those with a high school education or less reported using sunscreen with a SPF of 15 or higher compared to 49% of respondents with some post high school education.
- Married respondents were more likely to report wearing sun protective clothing (51%) compared to unmarried respondents (39%).

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	66%	58%	47%	40%
Gender				
Male	59**	50**	47	37
Female	73**	65**	48	44
Age				
18 to 34	49**	54	31**	41
35 to 44	69**	57	51**	40
45 to 54	72**	62	46**	39
55 to 64	71**	57	74**	37
65 and older	86**	66	66**	44
Education				
High School or Less	67	61*	50	39
Some Post High School	61	49*	45	39
College Graduate	71	63*	46	43
Household Income				
\$30,000 or Less	73	61	47	36
\$30,001 to \$60,000	65	53	50	42
\$60,001 or More	66	60	41	38
Marital Status				
Married	69	58	51*	40
Not Married	60	58	39*	41

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with a college education, with a household income of at least \$60,001 or married respondents were more likely to report they always wore seat belts. Eighty-seven percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 25% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 42% reported their child always wore a helmet.

Seat Belts

- Eighty-three percent of respondents reported they wore seat belts always or nearly always (76% and 7%, respectively).
- Females were more likely to report wearing a seat belt always (80%) compared to male respondents (71%).

- Eighty-eight percent of respondents 65 and older wore seat belts always compared to 69% of respondents 45 to 54 years old or 70% of those 18 to 34 years old.
- Eighty-nine percent of respondents with a college education reported always compared to 63% of respondents with some post high school education.
- Eighty percent of respondents who had a household income of \$60,001 or more reported always compared to 69% of respondents with a household income of \$30,001 to \$60,000.
- Married respondents were more likely to report always wearing a seat belt (80%) compared to unmarried respondents (66%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	7%	4%	7%	7%	76%
Gender**					
Male	9	2	9	9	71
Female	5	6	4	4	80
Age**					
18 to 34	9	10	10	2	70
35 to 44	3	<1	6	8	83
45 to 54	10	4	6	10	69
55 to 64	3	0	0	14	83
65 and older	7	2	2	0	88
Education**					
High School or Less	6	1	7	10	76
Some Post High School	12	12	5	8	63
College Graduate	2	0	8	<1	89
Household Income**					
\$30,000 or Less	3	3	4	14	77
\$30,001 to \$60,000	8	9	12	3	69
\$60,001 or More	9	<1	3	7	80
Marital Status**					
Married	5	1	8	6	80
Not Married	13	11	4	7	66

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Eighty-seven percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 8% reported nearly always.
- Married respondents were more likely to report their child always wore a seat belts always compared to unmarried respondents (92% and 72%, respectively). Eight percent of unmarried respondents reported never compared to one percent of married respondents.

Bicycle Helmet Usage

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

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

- Twenty-five percent of respondents who bicycled, in-line roller skated or rode a scooter always (20%) or nearly always (5%) wore a helmet. Sixty-six percent reported never.
- Respondents 55 and older were more likely to always wear a helmet compared to respondents 35 to 44 years old (27% and 16%, respectively).
- Twenty-six percent of respondents with a high school education or less and 23% of those with a college education reported always compared to 4% of those with some post high school education.
- Respondents with a household income of less than \$30,001 were more likely to report always (32%) compared to those with a household income of at least \$60,001 (18%) or respondents with a household income of \$30,001 to \$60,000 (20%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	66%	2%	7%	5%	20%
Gender					
Male	66	3	8	3	20
Female	67	0	5	7	21
Age*					
18 to 34	71	0	3	4	22
35 to 44	66	2	14	3	16
45 to 54	64	3	8	6	19
55 and older	50	14	0	9	27
Education*					
High School or Less	64	1	9	0	26
Some Post High School	75	4	6	10	4
College Graduate	64	3	5	5	23
Household Income*					
\$30,000 or Less	61	0	7	0	32
\$30,001 to \$60,000	71	1	1	7	20
\$60,001 or More	60	4	13	4	18
Marital Status					
Married	64	3	8	6	20
Not Married	72	2	2	2	21

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Forty-two percent of respondents reported their child always wore a helmet while 16% reported nearly always. Twenty-five percent reported never.
- Sixty-four percent of respondents with a household income of \$30,000 or less reported their child always wore a helmet compared to 47% of those with an income of \$30,001 to \$60,000 or 28% of respondents with a household income of \$60,001 or more. Seventy-five percent of respondents with some post high school reported never compared to 64% of all others.

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

KEY FINDING: Twenty-five percent of respondents were current smokers. Respondents with some post high school education, a household income of less than \$60,001 or unmarried respondents were more likely to be smokers. Fifty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 63% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty percent of all respondents preferred a smoke-free restaurant. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were older, with a college education, with an income of at least \$60,001, married or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents, those who had a college education, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-five percent of respondents were current smokers. Three percent smoked between one and 29 days while the remaining 22% smoked every day.
- Respondents with some post high school education were more likely to be smokers (40%) compared to those with a high school education or less (29%) or those with a college education (6%).
- Thirty-three percent of respondents with a household income of \$60,000 or less were classified as smokers compared to 15% of those with a household income of \$60,001 or more.
- Unmarried respondents were more likely to be smokers than married respondents (37% and 20%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	25%
Gender	
Male	22
Female	28
Age	
18 to 34	32
35 to 44	29
45 to 54	26
55 to 64	14
65 and older	14
Education**	
High School or Less	29
Some Post High School	40
College Graduate	6
Household Income**	
\$30,000 or Less	33
\$30,001 to \$60,000	33
\$60,001 or More	15
Marital Status**	
Married	20
Not Married	37

*= p≤0.05; **= p≤0.01

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

Of current smokers...

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

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

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

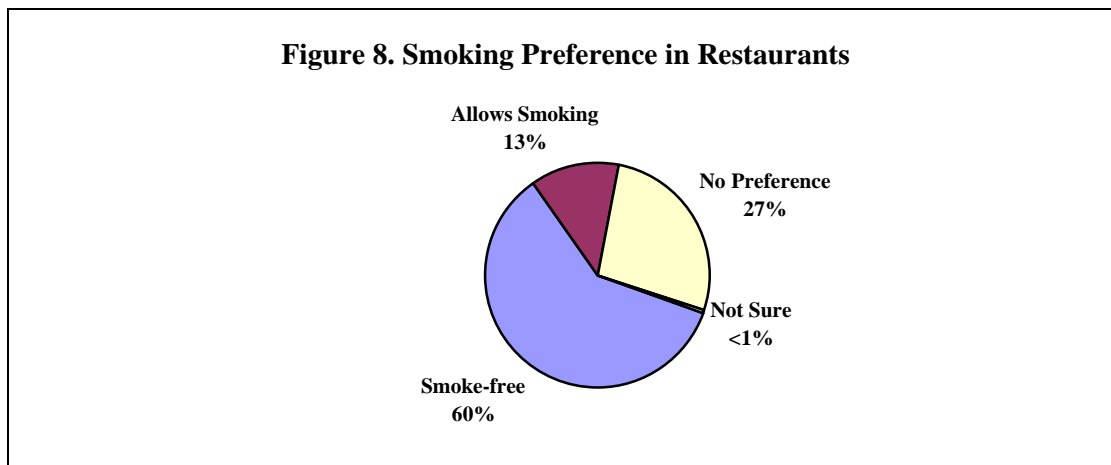
- Eighty percent of respondents with at least some post high school education reported a health professional advised them to quit smoking in the past year compared to 42% of respondents with a high school education or less.

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. Eighteen percent reported indoor smoking or vehicle smoking occurs.
- There was no statistically significant difference between households with children and households without children.

Smoking Preference in Restaurants

- Sixty percent of respondents reported they preferred to eat in smoke-free restaurants while 13% preferred restaurants that allow smoking. Twenty-seven percent reported no preference.



- Seventy-three percent of respondents 65 and older preferred smoke-free restaurants followed by 66% of those 55 to 64 years old, 59% of those 35 to 54 years old and 52% of respondents 18 to 34 years old. Respondents 45 to 54 years old were more likely to report the preference for restaurants that allow smoking (21%) followed by respondents 18 to 34 years old (17%) and 35 to 44 years old (10%). Eight percent of respondents 65 and older and 0% of respondents 55 to 64 years old reported the preference for restaurants that allow smoking.
- Respondents with a college education were more likely to prefer smoke-free restaurants (80%) compared to respondents with some post high school education (41%) or those with a high school education or less (59%). Twenty-six percent of respondents with some post high school education reported the preference for restaurants that allow smoking compared to 9% of those with a high school education or less, or 4% of respondents with a college education.
- Sixty-four percent of respondents with a household income of at least \$60,001 and 60% of those with an income of less than \$30,001 preferred smoke-free restaurants compared to 54% of respondents with a household income of \$30,001 to \$60,000. Eighteen percent of respondents with a household income of \$30,001 to \$60,000 reported the preference for restaurants that allow smoking compared to 12% of those with an income of at least \$60,001 or 5% with an income of less than \$30,001.

- Married respondents were more likely to prefer smoke-free restaurants (63%) than unmarried respondents (51%). Twenty-one percent of unmarried respondents preferred restaurants that allow smoking compared to 10% of married respondents.
- Seventy-five percent of nonsmokers preferred smoke-free restaurants compared to 17% of smokers. Forty-one percent of nonsmokers reported the preference for restaurants that allow smoking compared to 4% of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Fifty-nine percent of respondents favored a community ordinance prohibiting smoking in eating establishments (35% strongly favor, 24% moderately favor).
- Female respondents were more likely to favor an ordinance (66%) compared to male respondents (51%).
- Respondents with a college degree were more likely to favor an ordinance (69%) compared to respondents with a high school education or less (55%) or respondents with some post high school education (53%).
- Respondents with a household income of at least \$60,001 were more likely to favor an ordinance (71%) compared to respondents with an income of less than \$30,001 (62%) or a household income of \$30,001 to \$60,000 (47%).
- Seventy-one percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 24% of smokers. Nonsmokers were much more likely to strongly favor (44%) compared to smokers (10%).

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

	Moderately Favor	Strongly Favor
TOTAL	24%	35%
Gender**		
Male	24	27
Female	23	43
Age		
18 to 34	18	38
35 to 44	26	26
45 to 54	26	36
55 to 64	33	39
65 and older	25	35
Education**		
High School or Less	26	29
Some Post High School	26	27
College Graduate	19	50
Household Income**		
\$30,000 or Less	34	28
\$30,001 to \$60,000	19	28
\$60,001 or More	27	44
Marital Status		
Married	21	38
Not Married	30	27
Smoking Status**		
Nonsmoker	27	44
Smoker	14	10

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

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 37% had three or more drinks on at least one occasion while 25% binged. Male respondents or those 18 to 44 years old were more likely to have had at least three drinks on an occasion or binged at least once in the past month. One percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-one percent of respondents had a drink in the past 30 days. Twenty-eight percent reported they drank on at least on five days, while 12% reported three to four days, and 21% reported drinking on one or two days in the past 30 days.
- Sixteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 15% reported three, 15% reported two and 17% reported one drink on average on the days they drank. Thirty-eight percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-seven percent of all respondents had three or more drinks on an occasion in the past month. Seventeen percent reported this one to two times and 20% reported three or more times.
- Male respondents were more likely to have had three or more drinks on an occasion in the past month (45%) than female respondents (31%). And males were much more likely to report three or more drinks on three or more occasions (30%) compared to female respondents (12%).
- Respondents 18 to 34 years old were more likely to have had three or more drinks and more often. Forty-nine percent of respondents 18 to 34 years old reported three or more drinks (20% one to two occasions and 29% three or more occasions) compared to 8% of respondents 65 and older (5% one to two occasions and 3% 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).

- Twenty-five percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (32%) than female respondents (17%).

- Thirty-two percent of respondents 18 to 44 years old binged in the past month compared to 20% of respondents 45 to 64 years old or 0% for respondents 65 and older.

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	17%	20%	25%
Gender			
Male	15**	30**	32**
Female	19**	12**	17**
Age			
18 to 34	20*	29*	32**
35 to 44	22*	22*	32**
45 to 54	17*	15*	20**
55 to 64	17*	22*	20**
65 and Older	5*	3*	0**
Education			
High School or Less	14	23	23
Some Post High School	19	23	26
College Graduate	20	15	24
Household Income			
\$30,000 or Less	18	8	14
\$30,001 to \$60,000	15	26	29
\$60,001 or More	21	19	24
Marital Status			
Married	19	18	23
Not Married	14	27	28

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

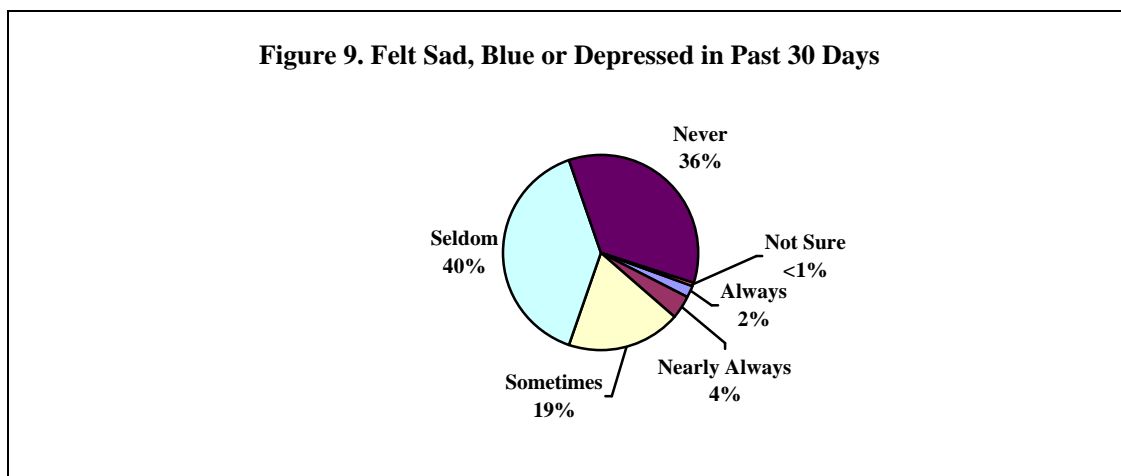
- Six percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Six percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-four percent felt they were excellent at managing stress; 5% reported poor. Four percent of respondents reported they never or seldom find meaning and purpose in their daily life. Less than one 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,” six percent of survey respondents answered always or nearly always. This equates up to 2,200 community residents. Nineteen percent reported sometimes and the remaining 76% reported seldom (40%) or never (36%).



- Female respondents were more likely to report they nearly always or always felt sad, blue or depressed (7%) compared to males (3%). Forty-two percent of male respondents reported never compared to 30% of female respondents.
- Respondents 35 to 44 years old were more likely to report nearly always or always (11%) followed by those 65 and older (7%) and respondents 45 to 54 years old (5%). Three percent of respondents 55 to 64 years old and 0% of those 18 to 34 years old reported nearly always/always.
- Seven percent of respondents with a high school education or less and 6% of respondents with some post high school education reported nearly always/always compared to 2% of respondents with a college education. Forty-one percent of respondents with a college education and 39% of those with a high school education or less reported never compared to 30% of those with some post high school.
- Respondents with a household income of less than \$30,001 were more likely to report nearly always or always (13%) compared to those with a household income of at least \$30,001 (4%).
- Six percent of married respondents reported nearly always or always compared to 3% of unmarried respondents.

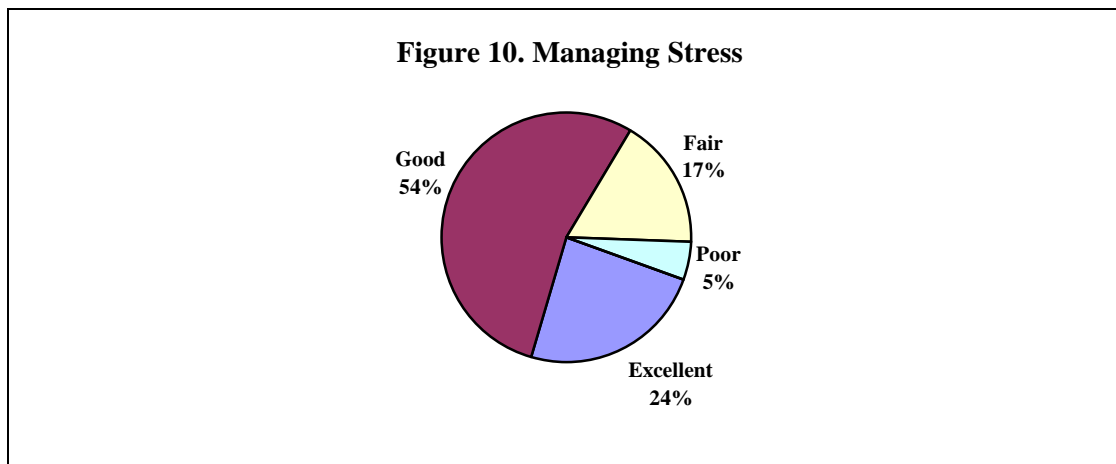
Considered Suicide

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

- Less than one 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 1,200 residents who considered suicide in the past year.

Managing Stress

- Twenty-four percent reported they were excellent at managing stress. Fifty-four percent reported good while 17% reported fair and 5% reported poor.



- Female respondents were more likely to report they were poor or fair at managing stress (6% and 20%, respectively) compared to male respondents (5% and 13%, respectively).
- Respondents 35 to 44 years old were more likely to report poor (9%) compared to those 18 to 34 years old (2%) or 65 and older (0%). All other age categories were 5% or 6%. Twenty-nine percent of respondents 55 to 64 years old reported fair or poor followed by 25% of those 35 to 44 years old, 21% of those 18 to 34 years old and 20% of respondents 45 to 54 years old. Fifteen percent of respondents 65 and older reported fair or poor.
- Respondents with some post high school education were more likely to report poor (9%) compared to respondents with a college education or those with a high school education or less (3% each). Twenty-five percent of respondents with some post high school education and 24% of those with a high school education or less reported poor or fair compared to 17% of those with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report poor (13%) compared to those with a household income of \$30,001 to \$60,000 (2%) or with an income of at least \$60,001 (4%). Thirty-four percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 20% of those with an income of \$30,001 to \$60,000 or 18% of those with a household income of at least \$60,001.

Finding Meaning and Purpose in Daily Life

- Forty-one percent of respondents reported they always find meaning and purpose in their daily life, an additional 37% reported nearly always. Eighteen percent reported sometimes while 3% reported seldom and less than one percent reported never.
- Respondents 35 to 44 years old or 55 to 64 years old were more likely to report seldom or never (8% each) compared to respondents 18 to 34 years old (2%) or 45 to 54 years old (1%). Respondents 65 and older were more likely to report always (50%) compared to those 45 to 55 year old (32%).
- Respondents with some post high school education were more likely to report never/seldom (7%) compared to those with a high school education or less (3%) or a college education (2%).
- Respondents with lower household income were more likely to report never/seldom. Nine percent of respondents with a household income of \$30,000 or less reported this compared to 5% of those with an income of \$30,001 to \$60,000 or 0% of respondents with a household income of at least \$60,001.

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

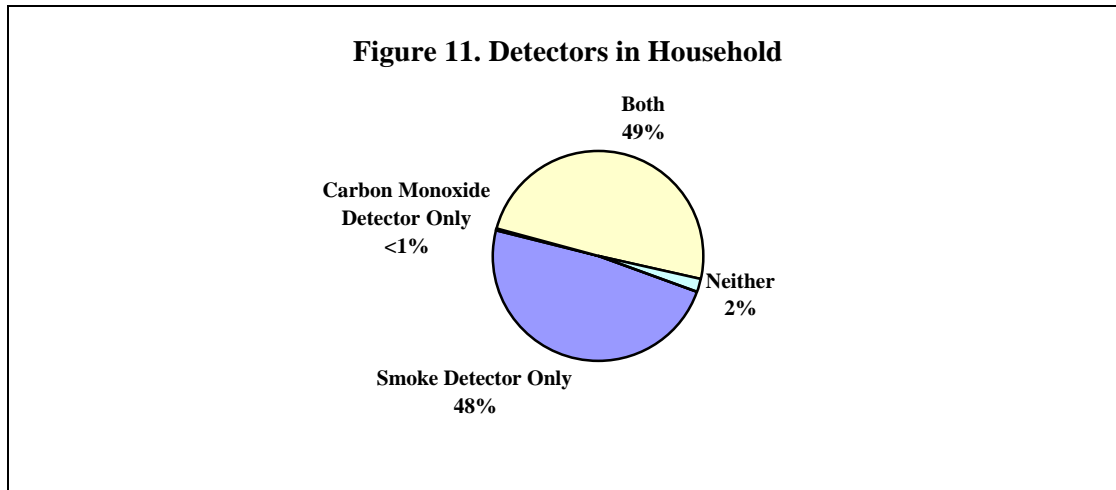
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	18%	37%	41%
Gender				
Male	6	20	33	42
Female	2	16	41	41
Age*				
18 to 34	2	15	37	47
35 to 44	8	14	41	38
45 to 54	1	23	44	32
55 to 64	8	22	33	36
65 and older	5	19	24	50
Education*				
High School or Less	3	19	31	47
Some Post High School	7	21	41	30
College Graduate	2	13	39	46
Household Income				
\$30,000 or Less	9	22	33	36
\$30,001 to \$60,000	5	19	34	42
\$60,001 or More	0	16	41	43
Marital Status				
Married	5	16	39	40
Not Married	2	22	32	44

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-seven percent of households had a working smoke detector while 50% had a working carbon monoxide detector.

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



- There were no statistically significant differences between household demographic variables and having a detector.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	48%	<1%	49%	2%
Household Income				
\$30,000 or Less	43	0	56	1
\$30,001 to \$60,000	49	<1	46	4
\$60,001 or More	46	1	51	<1
Marital Status				
Married	47	<1	51	1
Not Married	48	2	46	4

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

Presence of Firearms in Household

KEY FINDING: Thirty-one percent of households had a firearm in or around the home. Respondents with a household income of at least \$30,001 were more likely to report a firearm. Of all households, 3% had a loaded firearm. Three percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 31% of households had one or more firearms.
- Twelve percent of respondents with a household income of \$30,000 or less had a firearm compared to 37% of those with an income of \$30,001 to \$60,000 or 35% of those with \$60,001 or more.

Loaded Firearm

- Three percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

KEY FINDING: Five percent of respondents reported someone had made them afraid for their personal safety in the past year. Five percent of respondents reported they had been pushed, kicked, hit or slapped in the past year. Respondents who were female, with some post high school education or with a household income of \$30,001 to \$60,000 were more likely to report being afraid in the past year. Respondents who were 18 to 34 years old, with some post high school education, with a household income of \$30,001 to \$60,000 or unmarried were more likely to report having been pushed, etc.

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” five percent reported yes.
- Female respondents were more likely to report being afraid for their personal safety (7%) compared to male respondents (2%).
- Respondents with some post high school education were more likely to report being afraid for their personal safety (9%) compared to respondents with a high school education or less (3%) or respondents with a college degree (2%).

- Respondents with a household income of \$30,001 to \$60,000 were more likely to report being afraid for their personal safety (9%) compared to respondents with a household income of \$60,001 or more (1%) or less than \$30,001 (4%).
 - A stranger was most often mentioned as the perpetrator (11 responses). Fewer than five respondents reported each of the following: parent, acquaintance, spouse, friend or someone else.

Pushed, Kicked, Slapped or Hit

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Ten percent of respondents 18 to 34 years old reported being pushed, kicked, slapped or hit compared 0% of respondents 45 to 54 years old or 65 and older. Six percent of respondents 55 to 64 years old and 5% of respondents 35 to 44 years old reported this.
- Respondents with some post high school education were more likely to report being pushed etc., (12%) compared to respondents with a high school education or less (3%) or those with a college degree (less than one percent).
- Households with an income of \$30,001 to \$60,000 were more likely to report being pushed etc., (10%) compared to those with an income of at least \$60,001 (2%) or respondents with a household income of \$30,000 or less (0%).
- Unmarried respondents were more likely to report being pushed, kicked, slapped, hit or otherwise hurt in the past year (13%) compared to married respondents (2%).
 - A stranger was reported by nine respondents, a friend was reported by five respondents while a parent or spouse each had fewer than five respondents.

Combined Personal Safety Threats

- A total of 8% 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.

Awareness of and Experience with Public Health Department (Table 27)

KEY FINDING: Five percent of respondents were not aware of the public health department prior to the interview; 39% received services from the health department. Respondents who were older, with a college education or with a high school education or less were more likely to report services.

- Five percent of respondents were not aware of the public health department prior to the interview. Fifty-six percent were aware of the department but had no experience with it. Thirty-four percent received limited services from the health department and 5% received more extensive services.
- Generally, older respondents were more likely to have received services. Fourteen percent of respondents 65 and older reported extensive services while 48% reported limited services. Four percent of those 18 to 34 years old reported extensive services and 21% reported limited services.
- Respondents with a college degree were more likely to report services from the health department (46%) followed by respondents with a high school education or less (43%). Twenty-eight percent of respondents with some post high school reported services.

Table 27. Awareness of and Experience with Public Health Department by Demographic Variables

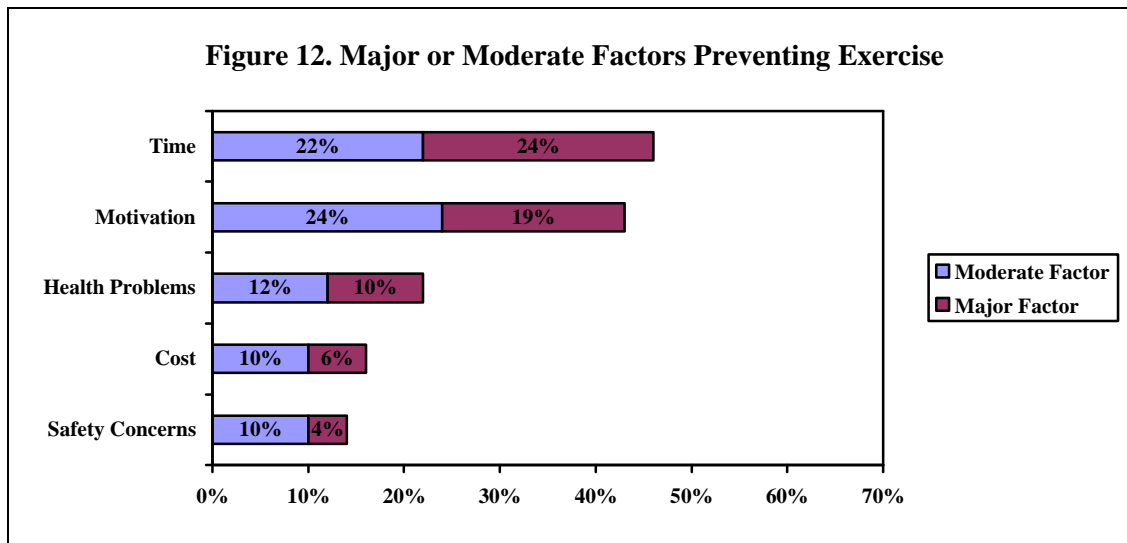
	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	5%	56%	34%	5%
Gender				
Male	5	54	35	6
Female	5	57	33	5
Age**				
18 to 34	9	66	21	4
35 to 44	0	62	31	8
45 to 54	4	49	45	3
55 to 64	6	50	42	3
65 and older	7	31	48	14
Education**				
High School or Less	2	55	38	5
Some Post High School	5	66	26	2
College Graduate	8	46	37	9
Household Income				
\$30,000 or Less	3	56	33	8
\$30,001 to \$60,000	4	55	35	6
\$60,001 or More	4	59	32	4
Marital Status				
Married	6	53	36	5
Not Married	3	64	29	5

*= p≤0.05; **= p≤0.01

Factors Preventing Physical Exercise (Figure 12; Table 28)

KEY FINDING: Out of five reasons that may prevent respondents from exercising, time was most often cited as a major/moderate factor, followed by motivation and health problems. Female respondents were more likely to report motivation. Respondents 18 to 44 years old were more likely to report time while respondents 65 and older were more likely to report health problems. Respondents who were 55 to 64 years old or overweight were more likely to report cost. Respondents with some post high school education were more likely to report time or health problems; those with a high school education or less were more likely to report safety concerns. Respondents with a household income of \$30,000 or less were more likely to report motivation, health problems or safety concerns. Unmarried or inactive respondents were more likely to report health problems or cost. Inactive respondents were also more likely to report motivation.

- Out of five reasons that may prevent respondents from exercising, time was most often cited as a major factor (24%) followed by motivation (19%) and health problems (10%). Six percent reported cost while 4% reported safety concerns.



- Female respondents were more likely to report motivation as a major/moderate factor preventing them from exercising compared to male respondents (49% and 37%, respectively).
- Respondents 18 to 44 years old were more likely to report time as a major/moderate factor while respondents 65 and older were more likely to report health problems. Respondents 55 to 64 years old were more likely to report cost than all other age groups.
- Respondents with some post high school education were more likely to report time or health problems as a major/moderate factor while respondents with a high school education or less were more likely to report safety concerns.
- Respondents with lower household income were more likely to report motivation, health problems or safety concerns as a major/moderate factor preventing them from exercising.

- Unmarried respondents were more likely to report health problems or cost as a major/moderate factor preventing them from exercising than married respondents.
- Overweight respondents were more likely to report cost (19%) compared to not overweight respondents (10%).
- Respondents who were classified as inactive were more likely to report motivation, health problems or cost as a major/moderate factor.

Table 28. Major/Moderate Factors Preventing Physical Exercise by Demographic Variables

	Time	Motivation	Health Problems	Cost	Safety Concerns
TOTAL	46%	43%	22%	16%	14%
Gender					
Male	44	37*	26	12	17
Female	48	49*	19	19	11
Age					
18 to 34	55**	42	15*	15*	12
35 to 44	55**	47	22*	11*	17
45 to 54	49**	43	24*	15*	9
55 to 64	37**	54	29*	34*	14
65 and older	5**	32	38*	10*	24
Education					
High School or Less	37**	43	25**	19	23**
Some Post High School	57**	48	29**	16	12**
College Graduate	46**	37	12**	11	5**
Household Income					
\$30,000 or Less	42	54*	37**	22	23*
\$30,001 to \$60,000	43	44*	20**	16	13*
\$60,001 or More	53	37*	18**	11	9*
Marital Status					
Married	47	43	20*	12**	12
Not Married	45	45	29*	23**	18
Overweight					
Not Overweight	49	40	19	10*	11
Overweight	45	45	24	19*	16
Physical Activity					
Inactive	50	56**	42**	24*	17
Insufficient	44	42**	17**	14*	15
Recommended	47	34**	16**	11*	9

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

CITY OF OAK CREEK
 COMMUNITY HEALTH SURVEY
 Conducted: February 22 through March 24, 2003
 (Due to rounding, some questions may total more/less than 100%)

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

Poor	3%
Fair	7
Good.....	29
Very good.....	35
Excellent.....	27
Not sure	0

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

No health care coverage	3%
Medical Assistance or Title 19	3
Badger Care.....	1
Medicare.....	12
A prepaid plan such as a HMO, PPO.....	61
Another commercial health plan.....	17
Something else.....	2
Not sure	<1

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

Not all members covered.....	8%
All members covered	92
Not sure	<1

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

Not all members covered.....	15%
All members covered	86
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	76%
Walk-in or urgent care clinic	13
Hospital emergency room.....	6
Community health center	4
Other.....	<1
Not sure	<1

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

Yes 22%
 No..... 77
 Not sure 1

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	57%	26%	5%	12%	<1%	<1%
8. Cholesterol testing	49	17	4	5	24	<1
9. Visit to a dentist/dental clinic..	76	18	3	3	1	<1
10. Eye exam.....	50	29	8	9	4	<1

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

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

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

Yes 14%
 No..... 84
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?	18%	82%	0%
14. Your blood cholesterol is high?	15	83	2
15. You had a stroke?.....	1	99	<1
16. You have heart disease or a heart condition? ..	8	92	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	7	93	<1
18.if yes, have you had your blood sugar tested in the past year? [26 Respondents]	98	2	0
19. You had a mental health problem?.....	2	99	0
20. You had cancer, other than skin cancer.....	2	98	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?	10%	90%	<1%
23. Do you still have asthma? [All Respondents] ...	8	92	<1
24.(if yes), do you have an asthma action plan? [33 Respondents].....	61	39	0

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

One or fewer servings 35%
Two servings..... 31
Three or more servings..... 34
Not sure 0

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 41%
Two servings..... 33
Three or more servings..... 27
Not sure <1

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

A few times per month..... 32%
A few times per week..... 44
Daily or nearly so..... 10
Hardly ever or never..... 14
Not sure 0

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

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

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

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

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

One	3%
Two	6
Three	21
Four	12
Five	16
Six	3
Seven.....	16
Not sure	<1
No moderate exercise/no answer	23

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

Less than 30 minutes	11%
30 to 44 minutes	24
45 to 59 minutes	5
60 or more minutes	35
Not sure	<1
No moderate exercise/no answer	24

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [206 Respondents]

Within the past year (anytime less than 12 months ago)	38%	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)	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	<1	üCONTINUE WITH Q33
5 or more years ago	3	üCONTINUE WITH Q33
Never	41	üCONTINUE WITH Q33
Not sure.....	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [14 Respondents 40 years old or older]

Too young..... 3 responses
 Not recommended by provider..... 3 responses
 Don't like..... 3 responses
 No time 1 response
 Not sure 4 responses

[75 Respondents 18 to 39 years old]

Too young.....67 responses
 Don't need 5 responses
 Too expensive 1 response
 Not recommended by provider..... 1 response
 Other 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? [206 Respondents]

Within the past year (anytime less than 12 months ago).....61%
 Within the past 2 years (1 year, but less than 2 years ago)27
 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)1
 5 or more years ago.....7
 Never..... <1
 Not sure..... <1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [194 Respondents]

Within the past year (anytime less than 12 months ago).....23%
 Within the past 2 years (1 year, but less than 2 years ago)9
 Within the past 5 years (2 years, but less than 5 years ago)3
 5 or more years ago..... 10
 Never.....54
 Not sure..... <1

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago)20%
- Within the past 2 years (1 year, but less than 2 years ago)9
- Within the past 5 years (2 years, but less than 5 years ago).....5
- 5 or more years ago5
- Never58
- Not sure3

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)..... 12%
- Within the past 2 years (1 year, but less than 2 years ago) 9
- Within the past 5 years (2 years, but less than 5 years ago) 4
- Within the past 10 years (5 years but less than 10 years ago) 1
- 10 years ago or more..... 5
- Never..... 68
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	40%	59%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	47	53	0
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	58	42	0
41. Avoid artificial sources of ultraviolet light?.....	66	34	<1

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

Do not ride/skate/scoot..... 51%

Frequency of those who bicycle, use in-line roller skates or scooters [194 Respondents]

- Never66%
- Seldom.....2
- Sometimes7
- Nearly always5
- Always.....20
- Not sure0

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	7%
Seldom.....	4
Sometimes	7
Nearly always	7
Always.....	76
Not sure	0

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

One.....	18%
Two	25
Three or more	7
None.....	50

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? [199 Respondents]

Do not ride/skate/scoot..... 21%

Frequency of those who bicycle, use in-line roller skates or scooters [157 Respondents]

Never	25%
Seldom.....	0
Sometimes	15
Nearly always	16
Always.....	42
It depends	1
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? [198 Respondents]

Never.....	0%
Seldom.....	3
Sometimes	2
Nearly always	8
Always.....	87
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	36%
Seldom.....	40
Sometimes	19
Nearly always	4
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	5%
Fair	17
Good.....	54
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.....	3
Sometimes	18
Nearly always	37
Always.....	41
Not sure	<1

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

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

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

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

None.....	38%
One to two days	21
Three to four days	12
Five or more days.....	28
Not sure	<1

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

None	38%
One drink.....	17
Two drinks.....	15
Three drinks	15
Four or more drinks.....	16
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	62%
One to two times	17
Three or more times	20
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	76%
Once	7
Two or more times	18
Not sure	<1

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

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

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

Yes	6%
No.....	94
Not sure	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	75%
1 to 29 days.....	3
30 days	22
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [104 Respondents]

0 days 43%
At least 1 day 58
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? [104 Respondents]

Yes 63%
No..... 36
Not sure <1

60. Do you currently use snuff or chewing tobacco?

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

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

Yes 18%
No..... 42
No smokers in the household..... 41
Not sure 0

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

Smoke-free restaurants 60%
Restaurants that allow smoking 13
No preference 27
Not sure <1

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

Strongly oppose 18%
Moderately oppose..... 16
Moderately favor..... 24
Strongly favor 35
Not sure 8

Another issue being discussed these days deals with firearms.

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

Yes 31%
 No..... 69
 Not sure <1

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

Yes 3%
 No..... 27
 Not sure 0
 No firearm in the household/no answer..... 70

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

Yes 3%
 No..... <1
 Not sure 0
 No firearm in the household/not loaded/no answer ... 97

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	19%	81%	0%
68. Having acupuncture?	2	98	0
69. Massage therapy?	15	85	0
70. Aroma therapy?	4	96	<1
71. Movement therapy, such as yoga or tai' chi?	4	96	0
72. Meditation?	4	96	0

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

73. Gender [DERIVED, NOT ASKED]

Male 49%
 Female..... 51

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

18 to 34 years old	32%
35 to 44 years old	28
45 to 54 years old	20
55 to 64 years old	9
65 and older	11

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight	38%
Overweight	44
Obese.....	18

77. What is your racial heritage?

White.....	95%
Black, African American or Negro	<1
Asian or Pacific Islander	<1
American Indian or Alaska Native.....	2
Another race	<1
Multiple races	<1
Not sure	<1

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married	18%
A member of an unmarried couple.....	<1
Married.....	69
Separated	<1
Divorced.....	6
Widowed	5
Not sure	0

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

8th grade or less	<1%
Some high school	3
High school graduate or GED.....	34
Some college.....	28
Technical school graduate	4
College graduate	24
Advanced or professional degree.....	7
Not sure	0

81. What county do you live in [FILTER]
 Milwaukee 100%

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

83. What is the zip code of your primary residence?
 53154..... 96%
 No answer..... 4

84. What is your annual household income before taxes?
 Less than \$10,000 2%
 \$10,000 to \$20,000..... 7
 \$20,001 to \$30,000..... 11
 \$30,001 to \$40,000..... 12
 \$40,001 to \$50,000..... 13
 \$50,001 to \$60,000..... 16
 \$60,001 to \$75,000..... 12
 \$75,001 to \$90,000..... 11
 Over \$90,000 13
 Not sure 2
 No answer..... 3

The next series of questions deal with personal safety issues.

85. During the past year has anyone made you afraid for your personal safety?
 Yes 5% ÛCONTINUE WITH Q86
 No..... 95 ÛGO TO Q87
 Not sure 0 ÛGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [19 Respondents; More than 1 response accepted]

Stranger 11 responses
 Parent 4 responses
 Acquaintance 2 responses
 Spouse 1 response
 Friend 1 response
 Someone else 1 response

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

Yes	5%	üCONTINUE WITH Q88
No.....	95	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? [20 Respondents; More than 1 response accepted]

Stranger	9 responses
Friend	5 responses
Parent	4 responses
Spouse	2 responses

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

Smoke detectors.....	48%
Carbon monoxide detectors.....	<1
Both.....	49
Neither.....	2
Not sure	0

ADDITIONAL QUESTIONS FOR THE CITY OF OAK CREEK

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

A1. Which of the following best describes your level of awareness and experience with your public health department?

- Not aware of the health department until now5%
- Aware of the health department, but have had no experience with programs or services 56
- Aware of the health department and have received limited service like a flu shot or other immunization 34
- Aware of the health department and have received more extensive services 5
- Not sure..... 0

I am going to read you a list of reasons that might prevent some people from getting physical exercise. For each one, tell me if it is a

	Not a Factor	Minor Factor	Moderate Factor	Major Factor	Not Sure
A2. Time	38%	14%	22%	24%	1%
A3. Health problems	61	16	12	10	1
A4. Cost.....	62	22	10	6	1
A5. Motivation.....	35	21	24	19	1
A6. Safety concerns	64	21	10	4	1