

**Oconto County
Community Health Survey**
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Oconto County Health Department

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Oconto County with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate and available, health data of residents to state and national measurements.

Methodology

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

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

A total of 400 telephone interviews were completed between February 22 and May 19, 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 Oconto County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Oconto County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

| | Survey Results |
|------------------------------|----------------|
| TOTAL | 100% |
| Gender | |
| Male | 50% |
| Female | 50 |
| Age | |
| 18 to 34 | 21% |
| 35 to 44 | 26 |
| 45 to 54 | 20 |
| 55 to 64 | 15 |
| 65 and Older | 19 |
| Education | |
| High School Graduate or Less | 56% |
| Some Post High School | 24 |
| College Graduate | 20 |
| Household Income | |
| \$30,000 or Less | 34% |
| \$30,001 to \$60,000 | 47 |
| \$60,001 or More | 17 |
| Not Sure/No Answer | 3 |
| Married | 61% |

What do the percentages mean?

Results of the Oconto County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 26,474 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 300 adults. So, when 15% of respondents reported their health was fair or poor, this roughly equates to 4,500 residents $\pm 1,500$ individuals. Meaning that from 3,000 to 6,000 residents may have fair or poor health in the county. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 13,979 households in Oconto County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 140 households. For example, 13% 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 1,820.

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

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

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

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Oconto County 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 | |
| Oconto County | <u>2003</u> | Oconto County | <u>2003</u> |
| Excellent | 21% | High Blood Pressure..... | 23% |
| Very Good..... | 32% | High Blood Cholesterol..... | 19% |
| Good | 32% | Heart Disease/Condition..... | 7% |
| Fair or Poor | 15% | Asthma (Current) | 6% |
| | | Diabetes | 5% |
| <i>Other Research: Excellent/Very Good</i> | <u>2001</u> | Moderate Physical Activity/Week | |
| Wisconsin | 57% | Oconto County | <u>2003</u> |
| Nation | 56% | Inactive | 26% |
| | | Insufficient..... | 46% |
| Health Care Coverage | | Recommended..... | 29% |
| Oconto County | <u>2003</u> | <i>Other Research: Recommended Physical</i> | |
| Personally Not Covered | 9% | Activity | <u>2000</u> |
| Household Member Not Covered (current) ... | 13% | Wisconsin..... | 27% |
| Household Member Not Covered (past yr).... | 20% | Nation | 26% |
| <i>Other Research: Personally Not Covered</i> | <u>2001</u> | Nutrition and Diet | |
| Wisconsin | 10% | Oconto County | <u>2003</u> |
| Nation | 13% | Fruit Intake (2 or more servings/day) | 63% |
| Advance Care Plan | | Vegetable Intake (3 or more servings/day) | 26% |
| Oconto County | <u>2003</u> | Fried Food/Fast Food (a few times/week) | 49% |
| Yes | 31% | Overweight..... | 68% |
| Routine Checkups | | <i>Other Research: Overweight</i> | <u>2001</u> |
| Oconto County | <u>2003</u> | Wisconsin..... | 59% |
| Routine Checkup (2 years or less) | 81% | Nation | 58% |
| Cholesterol Test (2 years or less) | 65% | Women's Health | |
| Dental Checkup (past year)..... | 64% | Oconto County | <u>2003</u> |
| Eye Exam (2 years or less)..... | 80% | Mammogram (50+; past year)..... | 48% |
| Vaccinations | | Pap Smear (past year)..... | 55% |
| Oconto County | <u>2003</u> | <i>Other Research: Wisconsin</i> | <u>2001</u> |
| Flu shot (past year) | 30% | Mammogram (50+; past year)..... | 69% |
| Pneumonia (ever—65 years or older)..... | 45% | Pap Smear (past year)..... | 66% |
| Alternative Treatment in Past 3 Years | | Reduce Risk of Skin Cancer | |
| Oconto County | <u>2003</u> | Oconto County | <u>2003</u> |
| Chiropractor | 26% | Avoid Artificial Sources of UV Light | 68% |
| Massage Therapy..... | 10% | Use Sunscreen with SPF 15 or Higher | 57% |
| Meditation | 7% | Wear Sun Protective Clothing..... | 56% |
| Movement Therapy..... | 4% | Avoid Sun Between 10 a.m. and 4 p.m. | 46% |
| Aroma Therapy..... | 4% | | |
| Acupuncture | <1% | | |

| | | | |
|---|-------------|--|-------------|
| Men's Health | | Alcohol Use | |
| Oconto County | | Oconto County | |
| Digital Rectal Exam (Within Past Year) | <u>2003</u> | Of all Respondents | <u>2003</u> |
| 40 to 49 Years Old | 22% | Drink in Past Month | 60% |
| 50 and Older | 43% | 3+ Drinks on Occasion in Past Month..... | 31% |
| Other Tests | | Binge in Past Month | |
| Oconto County | <u>2003</u> | [5+ Drinks (Male): 4+ Drinks (Female)] | 22% |
| Blood Stool Test (50+; within past 2 years).... | 51% | Drive or Ride When Driver Had Perhaps Too | |
| Sigmoidoscopy or Colonoscopy | | Much to Drink (past month) | 5% |
| (50+; within past 2 years)..... | 29% | <i>Other Research: Had 5+ Drinks at One Time</i> | <u>2001</u> |
| Safety | | Wisconsin..... | 26% |
| Oconto County | | Nation | 15% |
| Wear Seat Belt Always/Nearly Always | <u>2003</u> | Mental Health Status | |
| Adult..... | 82% | Oconto County | |
| Children..... | 93% | 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 | 41% |
| Adult..... | 15% | Managing Stress | |
| Children | 43% | Excellent/Good..... | 80% |
| Detectors | | Poor | 4% |
| Smoke Detector | 52% | Find Meaning and Purpose in Daily Life | |
| Carbon Monoxide..... | <1% | Never/Seldom | 5% |
| Both..... | 43% | Considered Suicide (past year)..... | 4% |
| Neither | 5% | Firearms in Household | |
| Tobacco Use | | Oconto County | |
| Oconto County | <u>2003</u> | Of all Households... | <u>2003</u> |
| Current Smokers | 25% | Have a Firearm..... | 57% |
| Quit Smoking 1 Day or More in Past | | Have a Loaded Firearm | 5% |
| Year Because Trying to Quit (smokers)..... | 41% | Have a Loaded Firearm Unlocked..... | 3% |
| Health Care Professional Advisement to | | Personal Safety in Past Year | |
| Quit Smoking (smokers) | 39% | Oconto County | <u>2003</u> |
| Smoking Indoors or in Vehicle..... | 19% | Afraid for Their Safety | 4% |
| Smoking Preference in Restaurants | | Pushed/Kicked/Slapped/Hit | 3% |
| Smoke-free | 57% | Additional Questions | |
| Allow Smoking..... | 14% | Oconto County | |
| No Preference | 29% | Major/Moderate Community Environmental | |
| Ordinance Prohibiting Smoking in Eating | | Problems | <u>2003</u> |
| Establishments | | Pollution in Lakes, Rivers and Streams | 25% |
| Moderately Favor..... | 22% | Pesticides | 14% |
| Strongly Favor | 37% | Safe Drinking Water..... | 14% |
| <i>Other Research: Current Smokers</i> | <u>2001</u> | Sewage/Septic | 11% |
| Wisconsin..... | 24% | Awareness of/Experience with Public Health Dept. | |
| Nation..... | 23% | Aware of/No Experience | 60% |
| | | Aware of/Received Limited Services | 24% |
| | | Aware of/Received Extensive Services | 5% |

Overall Health and Health Care Key Findings

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

Nine percent of respondents reported they personally did not have health care coverage. Respondents who were 18 to 34 years old, with a household income of less than \$30,001 or unmarried were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; 20% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report that someone was currently not covered or in the past 12 months. Sixty-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Older respondents or those with higher education were more likely to report a medical doctor, etc. Thirty-one percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Sixty-four percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 49% an eye exam and 47% reported a cholesterol test. Female respondents were more likely to report a routine checkup, dental checkup or an eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 55 to 64 years old were more likely to report an eye exam. Respondents with higher education or higher household income were more likely to report a dental checkup in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report an eye exam in the past year.

Thirty percent of respondents had an influenza vaccination in the past year. Respondents 65 and older or those with a household income of less than \$30,001 were more likely to report a flu vaccination. Forty-five percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or diabetes. Respondents with a household income of less than \$30,001, those who were unmarried or inactive were more likely to report high blood pressure. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or current asthma.

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

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 10%, respectively). Female respondents were more likely to report massage therapy. Respondents 45 to 54 years old or with some post high school education were more likely to report chiropractic care in the past three years. Respondents with at least some post high school education were more likely to report aroma therapy.

Twenty-nine percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 26% were classified as inactive. Respondents 45 to 54 years old, with a college education or a household income of at least \$30,001 were more likely to meet the recommended activity level. Sixty-eight percent of respondents were classified as overweight (41% overweight and 27% obese); male respondents were more likely to be overweight.

Sixty-three percent of respondents eat two or more servings of fruit while 26% eat three or more servings of vegetables on an average day. Female respondents or those who met the recommended amount of physical activity were more likely to eat two or more servings of fruit per 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 a day. Forty-nine percent of respondents eat fried/fast food at least a few times per week; respondents who were male, 18 to 34 years old or overweight were more likely to report this.

Seventy-three percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-two percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 64 years old or with higher household income were more likely to have had a pap smear within the past three years.

Twenty-two percent of male respondents 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

Fifty-one percent of respondents 50 years old and older had their blood stool tested within the past two years while 29% 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 sources of ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun from 10 a.m. to 4 p.m. Female respondents were more likely to report each of the four activities. Respondents with a college education or married respondents were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m.

Eighty-two percent of respondents wore seat belts always or nearly always. Female respondents were more likely to report they always wore seat belts. Ninety-one 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, 15% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 33% reported their child always wore a helmet.

Twenty-five percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Forty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 39% reported a health professional advised them to quit smoking. Nineteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-seven percent of all respondents preferred a smoke-free restaurant. Respondents with a household income of less than \$30,001, with an income of at least \$60,001 or nonsmokers preferred smoke-free restaurants. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with some post high school education, married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks on at least one occasion while 22% binged. Respondents who were male or younger were more likely to have had three or more drinks, more often or binged in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males, those 18 to 34 years old or unmarried respondents were more likely to report this. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-five percent of households had a working smoke detector while 43% had a working carbon monoxide detector. Married households or those with a household income of \$30,001 to \$60,000 were more likely to have both a smoke detector and a carbon monoxide detector.

Fifty-seven percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 5% had a loaded firearm. Three percent of all households had a firearm loaded and unlocked.

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

Additional Questions Key Findings

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (25%). Respondents with some post high school education were more likely to report water pollution as a major/moderate problem.

Ten percent of respondents were not aware of the public health department prior to the interview; 29% received services from the health department. Respondents with some post high school education were more likely to report services.

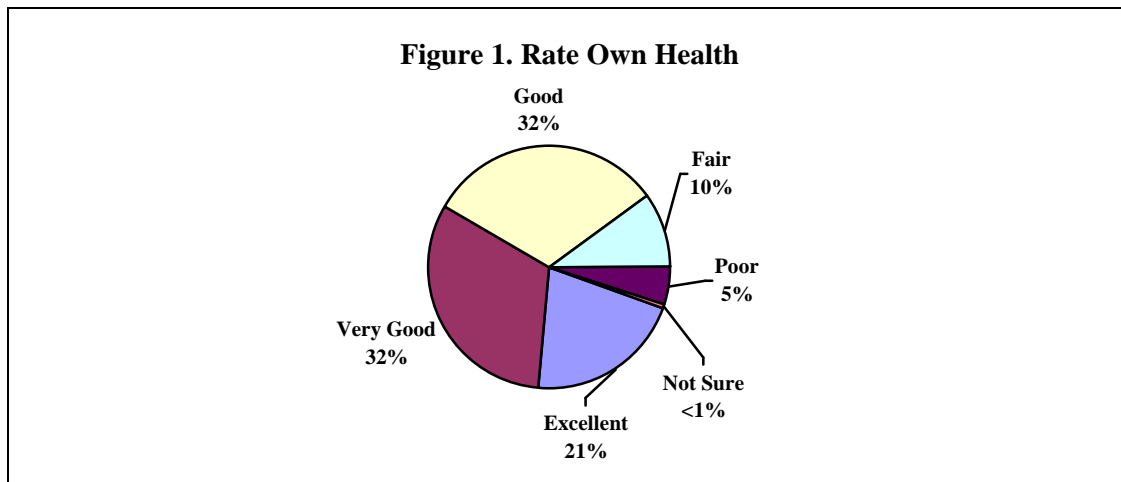
Key Findings

Rating Their Own Health (Figure 1; Table 2)

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

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

- Fifty-three percent of respondents said their own health, generally speaking, was either excellent (21%) or very good (32%). A total of 15% reported their health was fair (10%) or poor (5%).



- Female respondents were more likely to report their health was fair or poor (18%) compared to male respondents (10%).
- Respondents 65 years old and older were more likely to state their health was fair or poor (27%) compared to those 35 to 44 years old (7%) or respondents 18 to 34 years old (4%).
- Eighteen percent of respondents with a high school education or less reported fair or poor health compared to 12% of those with some post high school education or 7% of respondents with a college education.
- Twenty-three percent of respondents with a household income of less than \$30,001 reported fair or poor health compared to 11% of those with an income of at least \$60,001 or 10% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried and married respondents were similar in rating their health fair or poor (15% and 14%, respectively). However, married respondents were more likely to report excellent or very good health (60%) compared to unmarried respondents (44%).

- Respondents classified as inactive were more likely to report their health as fair or poor (27%) compared to those who did an insufficient amount of physical activity (12%) or respondents who did the recommended amount of physical activity in a typical week (5%).
- Smokers and nonsmokers were similar in rating their health fair or poor (15% and 14%, respectively). However 25% of nonsmokers reported their health as excellent compared to 10% of smokers.

Table 2. Rate Own Health by Demographic Variables

| | Fair or Poor | Good | Very Good | Excellent |
|-----------------------|--------------|------|-----------|-----------|
| TOTAL | 15% | 32% | 32% | 21% |
| Gender* | | | | |
| Male | 10 | 31 | 33 | 26 |
| Female | 18 | 33 | 32 | 17 |
| Age** | | | | |
| 18 to 34 | 4 | 31 | 40 | 25 |
| 35 to 44 | 7 | 36 | 29 | 28 |
| 45 to 54 | 21 | 31 | 33 | 14 |
| 55 to 64 | 16 | 31 | 27 | 26 |
| 65 and Older | 27 | 34 | 27 | 11 |
| Education* | | | | |
| High School or Less | 18 | 33 | 32 | 17 |
| Some Post High School | 12 | 27 | 40 | 21 |
| College Graduate | 7 | 35 | 23 | 34 |
| Household Income* | | | | |
| \$30,000 or Less | 23 | 35 | 25 | 17 |
| \$30,001 to \$60,000 | 10 | 31 | 34 | 25 |
| \$60,001 or More | 11 | 28 | 39 | 22 |
| Marital Status* | | | | |
| Married | 14 | 26 | 36 | 24 |
| Not Married | 15 | 41 | 26 | 18 |
| Overweight | | | | |
| Not Overweight | 13 | 28 | 31 | 28 |
| Overweight | 15 | 34 | 31 | 19 |
| Physical Activity** | | | | |
| Inactive | 27 | 23 | 32 | 19 |
| Insufficient | 12 | 35 | 32 | 20 |
| Recommended | 5 | 35 | 33 | 27 |
| Smoker** | | | | |
| Nonsmoker | 14 | 32 | 28 | 25 |
| Smoker | 15 | 31 | 44 | 10 |

*= p≤0.05; **= p≤0.01

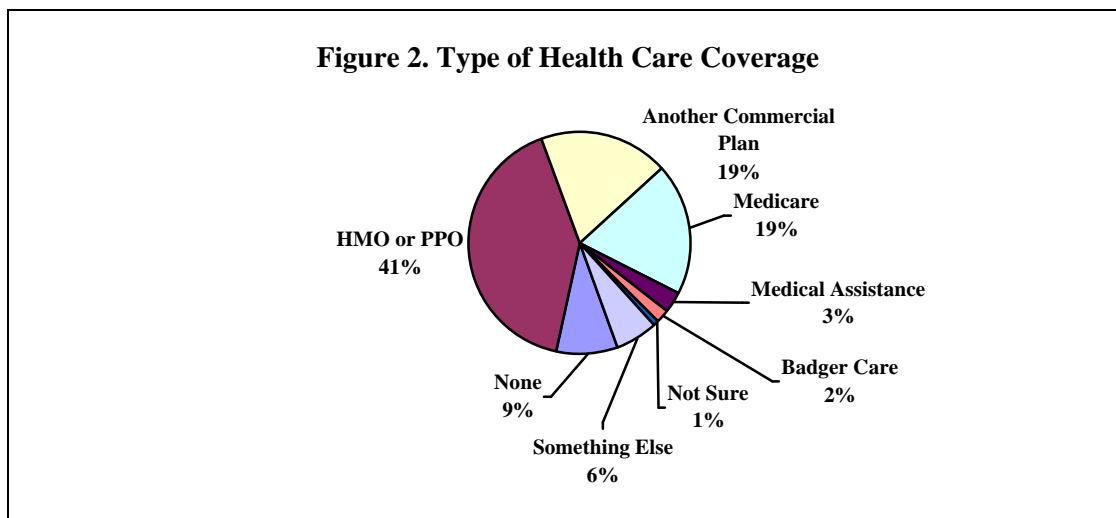
Health Care Coverage (Figure 2)

KEY FINDING: Nine percent of respondents reported they personally did not have health care coverage. Respondents who were 18 to 34 years old, with a household income of less than \$30,001 or unmarried were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; 20% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report that someone was currently not covered or in the past 12 months. Sixty-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Older respondents or those with higher education were more likely to report a medical doctor, etc. Thirty-one percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Personally Not Covered

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

- Nine percent of respondents reported they were not currently covered by any health insurance. Forty-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). Nineteen percent reported another commercial plan, 19% reported Medicare and 3% reported medical assistance.



- Fifteen percent of respondents 18 to 34 years old reported they were not currently covered by any health insurance compared to 0% of respondents 65 and older. Eleven percent of respondents 55 to 64 years old reported no coverage along with 9% of those 45 to 54 years old or 8% of respondents 35 to 44 years old.
- Seventeen percent of respondents with a household income of less than \$30,001 reported they were not currently covered by any health insurance compared to 5% of those with an income of \$30,001 to \$60,000 or 3% of respondents with a household income of at least \$60,001.

- Unmarried respondents were more likely to report they were not currently covered by any health insurance (12%) than married respondents (7%).

Someone in Household Currently Not Covered

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,820 households.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered compared to 9% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered (18%) compared to married respondents (10%).

Someone in Household Not Covered in the Past 12 Months

- Twenty percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty-one percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 15% of those with an income of \$30,001 to \$60,000 or 9% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (30%) compared to married respondents (13%).

Primary Health Care Services

- Sixty-three percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twenty-three percent reported walk-in or urgent care while 6% reported hospital emergency room and 4% reported community health center.
- Seventy-eight percent of respondents 65 and older reported receiving most of their health care services from a medical doctor, internist, OBGYN or family practice compared to 52% of respondents 18 to 34 years old. Seventy percent of respondents 55 to 64 years old reported a medical doctor, etc., along with 62% of those 45 to 54 years old or 58% of respondents 35 to 44 years old.
- As education increased, so did the likelihood of respondents reporting a medical doctor, etc. Fifty-five percent of respondents with a high school education or less reported this compared to 69% of those with some post high school education or 80% of respondents with a college education.

Advance Care Plan

- Thirty-one percent of respondents reported they had an advance care plan stating their end of life health care wishes.

- Fifty-two percent of respondents 65 and older reported having an advance care plan compared to 13% of respondents 18 to 34 years old. Forty percent of respondents 55 to 64 years old reported an advance care plan along with 35% of those 45 to 54 years old or 24% of respondents 35 to 44 years old.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Sixty-four percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 49% an eye exam and 47% reported a cholesterol test. Female respondents were more likely to report a routine checkup, dental checkup or an eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 55 to 64 years old were more likely to report an eye exam. Respondents with higher education or higher household income were more likely to report a dental checkup in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report an eye exam in the past year.

Routine Checkup

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

- Sixty percent of respondents reported they had a routine checkup in the past year. An additional 21% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (69%) than male respondents (52%).
- Respondents 65 and older were more likely to report they had a routine checkup in the past year (78%) compared to those 18 to 34 years old (54%) or respondents 45 to 54 years old (52%).

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 | 60% | 21% | 7% | 10% | 3% |
| Gender** | | | | | |
| Male | 52 | 22 | 7 | 15 | 5 |
| Female | 69 | 20 | 6 | 5 | <1 |
| Age* | | | | | |
| 18 to 34 | 54 | 18 | 15 | 10 | 4 |
| 35 to 44 | 58 | 20 | 4 | 14 | 4 |
| 45 to 54 | 52 | 28 | 5 | 13 | 3 |
| 55 to 64 | 61 | 27 | 7 | 5 | 0 |
| 65 and Older | 78 | 12 | 4 | 4 | 1 |
| Education | | | | | |
| High School or Less | 61 | 19 | 6 | 9 | 5 |
| Some Post High School | 65 | 20 | 7 | 9 | 0 |
| College Graduate | 56 | 26 | 7 | 11 | 0 |
| Household Income | | | | | |
| \$30,000 or Less | 58 | 18 | 9 | 13 | 3 |
| \$30,001 to \$60,000 | 62 | 22 | 5 | 8 | 3 |
| \$60,001 or More | 60 | 25 | 5 | 10 | 0 |
| Marital Status | | | | | |
| Married | 60 | 23 | 5 | 9 | 3 |
| Not Married | 61 | 18 | 8 | 11 | 2 |

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Forty-seven percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Nineteen percent reported never having their cholesterol tested.
- As age increased, so did the likelihood of respondents having their cholesterol tested within the past year. Twenty-five percent of respondents 18 to 34 years old reported this compared 53% of those 45 to 54 years old or 65% of respondents 65 and older.

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 | 47% | 18% | 4% | 9% | 19% |
| Gender | | | | | |
| Male | 44 | 17 | 5 | 11 | 18 |
| Female | 50 | 19 | 3 | 7 | 19 |
| Age** | | | | | |
| 18 to 34 | 25 | 13 | 4 | 9 | 39 |
| 35 to 44 | 38 | 20 | 4 | 9 | 25 |
| 45 to 54 | 53 | 19 | 4 | 13 | 10 |
| 55 to 64 | 57 | 25 | 2 | 7 | 7 |
| 65 and Older | 65 | 16 | 1 | 7 | 7 |
| Education | | | | | |
| High School or Less | 49 | 15 | 3 | 7 | 22 |
| Some Post High School | 46 | 18 | 4 | 11 | 15 |
| College Graduate | 41 | 28 | 5 | 12 | 15 |
| Household Income | | | | | |
| \$30,000 or Less | 43 | 14 | 5 | 10 | 23 |
| \$30,001 to \$60,000 | 48 | 21 | 2 | 8 | 18 |
| \$60,001 or More | 52 | 22 | 2 | 8 | 14 |
| Marital Status | | | | | |
| Married | 49 | 20 | 3 | 9 | 16 |
| Not Married | 43 | 16 | 5 | 8 | 22 |

*= 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).

- Sixty-four percent of respondents reported a dental visit in the past year. An additional 20% had a visit in the past one to two years.
- Female respondents were more likely to report a dental visit in the past year (72%) compared to male respondents (55%).

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.

- As education increased, so did the likelihood of respondents having a dental checkup in the past year. Fifty-nine percent of respondents with a high school education or less reported a dental checkup in the past year compared to 66% of those with some post high school education or 77% of respondents with a college education.
- Respondents with higher household income were more likely have had a dental checkup in the past year. Seventy-four percent of respondents with a household income of at least \$60,001 reported this compared to 67% of those with an income of \$30,001 to \$60,000 or 56% of respondents with a household income of less than \$30,001.

Table 5. Dental Checkup by Demographic Variables

| | <1 Yr Ago | 1 to 2 Years Ago | 3 to 4 Years Ago | 5 or More Years Ago | Never |
|-----------------------|-----------|---------------------|---------------------|------------------------|-------|
| TOTAL | 64% | 20% | 7% | 6% | 3% |
| Gender** | | | | | |
| Male | 55 | 28 | 9 | 5 | 3 |
| Female | 72 | 12 | 5 | 8 | 3 |
| Age | | | | | |
| 18 to 34 | 59 | 26 | 6 | 6 | 3 |
| 35 to 44 | 67 | 22 | 8 | 3 | 0 |
| 45 to 54 | 68 | 14 | 10 | 4 | 4 |
| 55 to 64 | 63 | 21 | 7 | 7 | 2 |
| 65 and Older | 60 | 15 | 6 | 12 | 7 |
| Education** | | | | | |
| High School or Less | 59 | 23 | 5 | 8 | 5 |
| Some Post High School | 66 | 19 | 9 | 7 | 0 |
| College Graduate | 77 | 10 | 11 | 2 | 0 |
| Household Income** | | | | | |
| \$30,000 or Less | 56 | 19 | 12 | 11 | 3 |
| \$30,001 to \$60,000 | 67 | 23 | 3 | 5 | 3 |
| \$60,001 or More | 74 | 14 | 9 | 2 | 2 |
| Marital Status | | | | | |
| Married | 67 | 21 | 6 | 4 | 2 |
| Not Married | 60 | 17 | 10 | 10 | 3 |

*= p≤0.05; **= p≤0.01

Eye Exam

- Forty-nine percent of respondents had an eye exam in the past year, while 31% reported one to two years ago. Three percent reported never having an eye exam.
- Female respondents were more likely to have had an eye exam in the past year (51%) compared to male respondents (47%). Eighty-five percent of female respondents reported in the past two years compared to 75% of male respondents.

- Respondents 55 to 64 years old were more likely to have had an eye exam in the past year (54%) compared to those 65 and older (48%) or respondents 18 to 34 years old (41%). Seven percent of respondents 35 to 44 years old reported never.
- Fifty-eight percent of respondents with a household income of \$30,001 to \$60,000 reported an eye exam in the past year compared to 47% of those with an income of at least \$60,001 or 37% of respondents with a household income of less than \$30,001.

Table 6. Eye Exam by Demographic Variables

| | <1 Yr Ago | 1 to 2 Years Ago | 3 to 4 Years Ago | 5 or More Years Ago | Never |
|-----------------------|-----------|---------------------|---------------------|------------------------|-------|
| TOTAL | 49% | 31% | 9% | 9% | 3% |
| Gender* | | | | | |
| Male | 47 | 28 | 10 | 10 | 5 |
| Female | 51 | 34 | 7 | 8 | <1 |
| Age* | | | | | |
| 18 to 34 | 41 | 33 | 9 | 14 | 4 |
| 35 to 44 | 50 | 28 | 4 | 11 | 7 |
| 45 to 54 | 51 | 31 | 12 | 6 | 0 |
| 55 to 64 | 54 | 30 | 9 | 5 | 2 |
| 65 and Older | 48 | 33 | 12 | 4 | 0 |
| Education | | | | | |
| High School or Less | 43 | 32 | 11 | 10 | 4 |
| Some Post High School | 60 | 25 | 4 | 10 | 1 |
| College Graduate | 50 | 37 | 6 | 5 | 2 |
| Household Income* | | | | | |
| \$30,000 or Less | 37 | 35 | 13 | 10 | 2 |
| \$30,001 to \$60,000 | 58 | 27 | 6 | 6 | 3 |
| \$60,001 or More | 47 | 31 | 6 | 11 | 5 |
| Marital Status | | | | | |
| Married | 51 | 31 | 6 | 8 | 4 |
| Not Married | 45 | 31 | 12 | 10 | 1 |

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty percent of respondents had an influenza vaccination in the past year. Respondents 65 and older or those with a household income of less than \$30,001 were more likely to report a flu vaccination. Forty-five percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Thirty percent of respondents had a flu vaccination in the past year.
- Sixty-two percent of respondents 65 and older reported receiving a flu vaccination compared to 20% of those 45 to 54 years old or 15% of respondents 35 to 44 years old.
- Respondents with a household income of less than \$30,001 were more likely to receive a flu vaccination (40%) compared to those with an income of at least \$60,001 (25%) or respondents with a household income of \$30,001 to \$60,000 (23%).

Table 7. Flu Vaccination by Demographic Variables

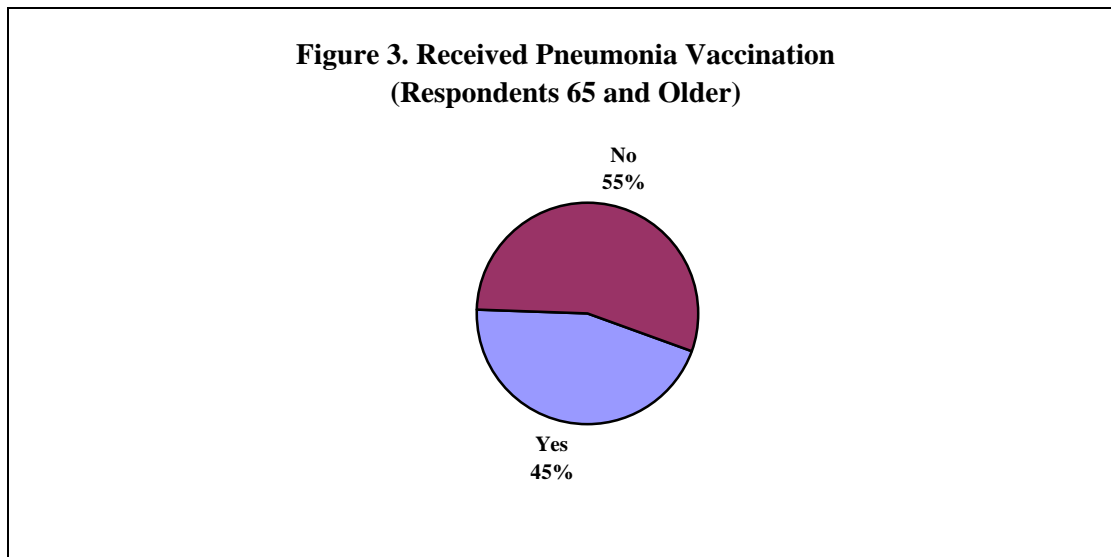
| | Percent |
|-----------------------|---------|
| TOTAL | 30% |
| Gender | |
| Male | 27 |
| Female | 33 |
| Age** | |
| 18 to 34 | 21 |
| 35 to 44 | 15 |
| 45 to 54 | 20 |
| 55 to 64 | 34 |
| 65 and Older | 62 |
| Education | |
| High School or Less | 31 |
| Some Post High School | 31 |
| College Graduate | 24 |
| Household Income** | |
| \$30,000 or Less | 40 |
| \$30,001 to \$60,000 | 23 |
| \$60,001 or More | 25 |
| Marital Status | |
| Married | 29 |
| Not Married | 32 |

*= 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).

- Fifteen percent of all respondents had a pneumonia vaccination.
- Forty-five percent of respondents who were 65 years old and older reported they received a pneumonia vaccination.



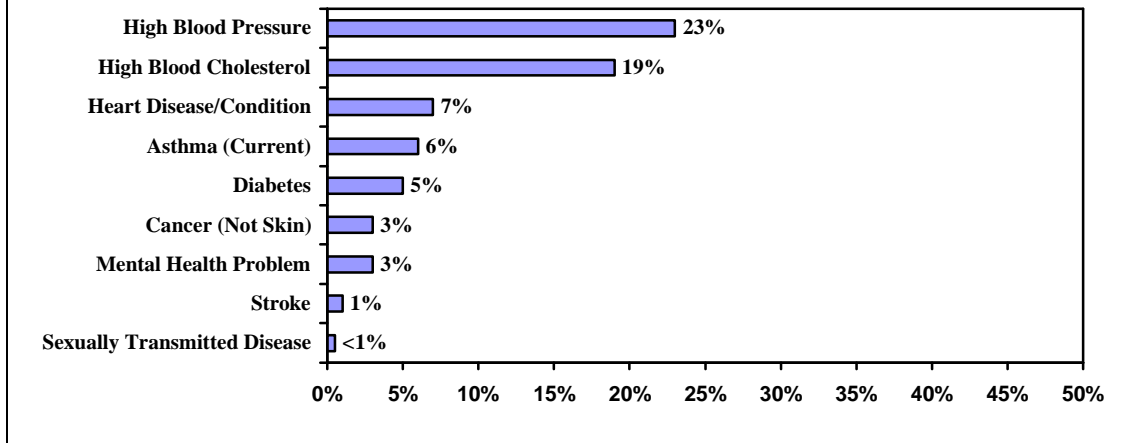
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or diabetes. Respondents with a household income of less than \$30,001, those who were unmarried or inactive were more likely to report high blood pressure. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or current asthma.

- Respondents were more likely to report they have been told or been treated for high blood pressure (23%), high blood cholesterol (19%), heart disease/heart condition (7%), asthma (current, 6%), or diabetes (5%) in the past three years.

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



- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition or diabetes.
- Thirty-one percent of respondents with a household income of less than \$30,001 reported high blood pressure compared to 21% of those with an income of at least \$60,001 or 18% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report high blood pressure (30%) compared to married respondents (18%).
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or current asthma.
- Inactive respondents were more likely to report high blood pressure (31%) compared to those who did the recommended amount of physical activity in a typical week (26%) or respondents who did an insufficient amount of activity (17%).

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 | 23% | 19% | 7% | 6% | 5% |
| Gender | | | | | |
| Male | 20 | 16 | 6 | 6 | 4 |
| Female | 25 | 22 | 9 | 5 | 6 |
| Age | | | | | |
| 18 to 34 | 6** | 6* | 3** | 10 | 0** |
| 35 to 44 | 14** | 18* | 1** | 7 | 2** |
| 45 to 54 | 19** | 20* | 6** | 6 | 1** |
| 55 to 64 | 32** | 23* | 5** | 4 | 7** |
| 65 and Older | 50** | 30* | 23** | 1 | 18** |
| Education | | | | | |
| High School or Less | 25 | 20 | 8 | 5 | 5 |
| Some Post High School | 19 | 18 | 7 | 7 | 4 |
| College Graduate | 20 | 16 | 4 | 9 | 5 |
| Household Income | | | | | |
| \$30,000 or Less | 31* | 20 | 10 | 7 | 7 |
| \$30,001 to \$60,000 | 18* | 15 | 6 | 5 | 4 |
| \$60,001 or More | 21* | 23 | 6 | 6 | 5 |
| Marital Status | | | | | |
| Married | 18* | 16 | 8 | 7 | 4 |
| Not Married | 30* | 23 | 6 | 5 | 7 |
| Overweight | | | | | |
| Not Overweight | 12** | 12* | 10 | 3* | 3 |
| Overweight | 27** | 23* | 6 | 8* | 7 |
| Physical Activity | | | | | |
| Inactive | 31* | 22 | 10 | 5 | 7 |
| Insufficient | 17* | 18 | 8 | 8 | 4 |
| Recommended | 26* | 16 | 4 | 4 | 4 |

*= p≤0.05; **= p≤0.01

Diabetes

- One hundred percent of the 20 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

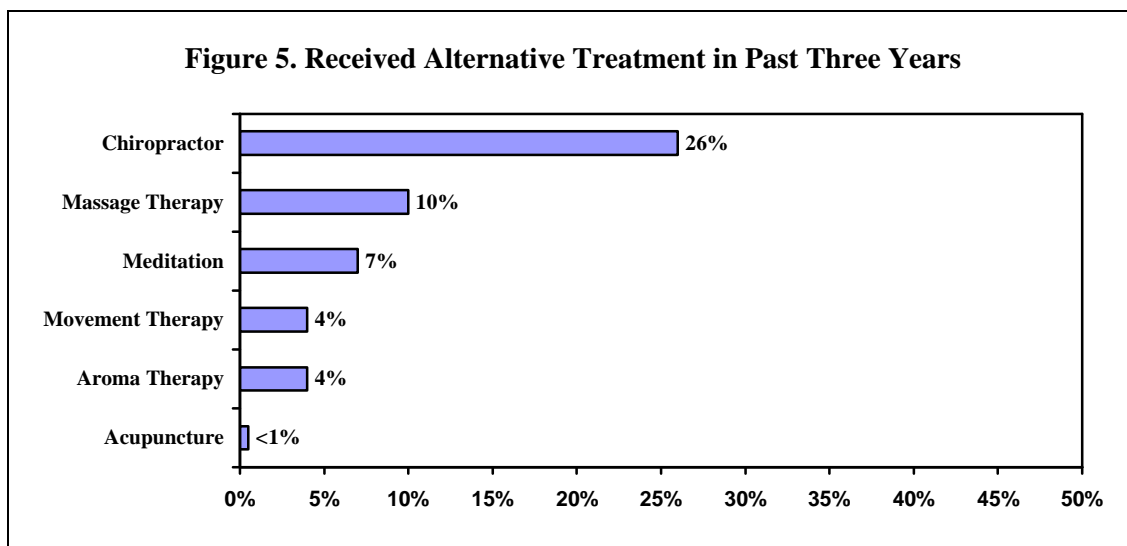
- Of the 23 respondents who currently had asthma, 64% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 10%, respectively). Female respondents were more likely to report massage therapy. Respondents 45 to 54 years old or with some post high school education were more likely to report chiropractic care in the past three years. Respondents with at least some post high school education were more likely to report aroma therapy.

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



- Female respondents were more likely to have reported massage therapy in the past three years (15%) compared to male respondents (6%).
- Respondents 45 to 54 years old were more likely to have reported chiropractic care in the past three years (40%) compared to those 65 and older (21%) or respondents 18 to 34 years old (15%).
- Respondents with some post high school education were more likely to have reported chiropractic care in the past three years. Respondents with at least some post high school education were more likely to report aroma therapy.

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

| | Chiropractor | Massage Therapy | Meditation | Movement Therapy | Aroma Therapy |
|-----------------------|--------------|-----------------|------------|------------------|---------------|
| TOTAL | 26% | 10% | 7% | 4% | 4% |
| Gender | | | | | |
| Male | 26 | 6** | 6 | 3 | 3 |
| Female | 27 | 15** | 8 | 6 | 5 |
| Age | | | | | |
| 18 to 34 | 15** | 14 | 3 | 3 | 3 |
| 35 to 44 | 25** | 8 | 8 | 2 | 7 |
| 45 to 54 | 40** | 15 | 5 | 4 | 3 |
| 55 to 64 | 37** | 9 | 12 | 7 | 4 |
| 65 and Older | 21** | 5 | 8 | 3 | 1 |
| Education | | | | | |
| High School or Less | 23* | 10 | 5 | 5 | <1** |
| Some Post High School | 37* | 7 | 8 | 3 | 8** |
| College Graduate | 23* | 16 | 12 | 4 | 7** |
| Household Income | | | | | |
| \$30,000 or Less | 24 | 10 | 5 | 6 | 4 |
| \$30,001 to \$60,000 | 28 | 12 | 7 | 2 | 4 |
| \$60,001 or More | 27 | 5 | 8 | 5 | 2 |
| Marital Status | | | | | |
| Married | 29 | 10 | 8 | 5 | 4 |
| Not Married | 21 | 10 | 5 | 3 | 3 |

*= 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; 26% were classified as inactive. Respondents 45 to 54 years old, with a college education or a household income of at least \$30,001 were more likely to meet the recommended activity level. Sixty-eight percent of respondents were classified as overweight (41% overweight and 27% obese); male respondents were more likely to be overweight.

Physical Activities in Past Month

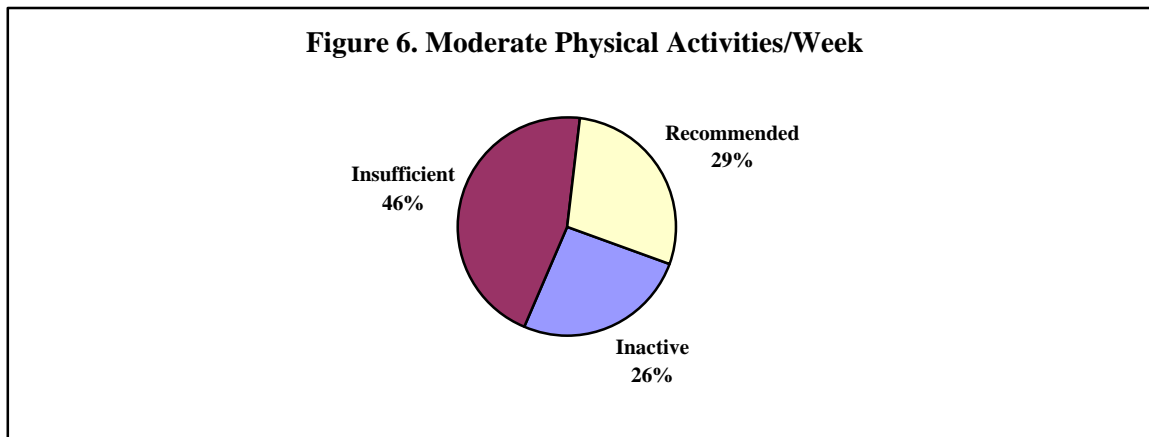
- Sixty-six percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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-six percent did some activity, but not to the extent of the recommendation while 26% were classified as inactive.



- Thirty-four percent of respondents 45 to 54 years old and 32% of those 35 to 44 years old met the recommended amount of moderate physical activity in a week compared to 22% of respondents 18 to 34 years old.
- Forty-six percent of respondents with a college education met the recommended amount of moderate physical activity in a week compared to 25% of those with a high school education or less or 24% of respondents with some post high school education.
- Thirty-three percent of respondents with a household income of \$30,001 to \$60,000 and 30% of those with an income of at least \$60,001 met the recommended amount of moderate physical activity in a week compared to 22% of respondents with a household income of less than \$30,001.

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

| | Inactive | Insufficient | Recommended |
|-----------------------|----------|--------------|-------------|
| TOTAL | 26% | 46% | 29% |
| Gender | | | |
| Male | 27 | 46 | 26 |
| Female | 24 | 45 | 31 |
| Age** | | | |
| 18 to 34 | 14 | 64 | 22 |
| 35 to 44 | 19 | 49 | 32 |
| 45 to 54 | 24 | 42 | 34 |
| 55 to 64 | 29 | 41 | 30 |
| 65 and Older | 39 | 33 | 28 |
| Education** | | | |
| High School or Less | 32 | 44 | 25 |
| Some Post High School | 20 | 56 | 24 |
| College Graduate | 15 | 40 | 46 |
| Household Income** | | | |
| \$30,000 or Less | 37 | 41 | 22 |
| \$30,001 to \$60,000 | 20 | 48 | 33 |
| \$60,001 or More | 22 | 48 | 30 |
| Marital Status | | | |
| Married | 24 | 49 | 27 |
| Not Married | 29 | 40 | 31 |
| Overweight | | | |
| Not Overweight | 23 | 47 | 31 |
| Overweight | 26 | 46 | 28 |

*= p≤0.05; **= p≤0.01

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.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, 68% of respondents were overweight (41% overweight and 27% obese).
- Male respondents were more likely to be classified as overweight (78%) compared to female respondents (56%).

Table 11. Overweight by Demographic Variables

| | Percent |
|------------------------------|---------|
| TOTAL | 68% |
| Gender** | |
| Male | 78 |
| Female | 56 |
| Age | |
| 18 to 34 | 63 |
| 35 to 44 | 61 |
| 45 to 54 | 69 |
| 55 to 64 | 83 |
| 65 and Older | 70 |
| Education | |
| High School or Less | 65 |
| Some Post High School | 74 |
| College Graduate | 69 |
| Household Income | |
| \$30,000 or Less | 66 |
| \$30,001 to \$60,000 | 68 |
| \$60,001 or More | 72 |
| Marital Status | |
| Married | 68 |
| Not Married | 67 |
| Moderate Physical Activities | |
| Inactive | 70 |
| Insufficient | 67 |
| Recommended | 65 |

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-three percent of respondents eat two or more servings of fruit while 26% eat three or more servings of vegetables on an average day. Female respondents or those who met the recommended amount of physical activity were more likely to eat two or more servings of fruit per 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 a day. Forty-nine percent of respondents eat fried/fast food at least a few times per week; respondents who were male, 18 to 34 years old or overweight 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-three percent of respondents eat two or more servings of fruit on an average day. Thirty-seven percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day (72%) compared to male respondents (54%).
- Respondents who met the recommended amount of physical activity were more likely to eat two or more servings of fruit per day (78%) compared to those who did an insufficient amount of physical activity (60%) or inactive respondents (53%).

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-six percent of respondents eat three or more servings of vegetables on an average day. Seventy-three percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day (32%) compared to male respondents (20%).
- Thirty-one percent of respondents with a household income of \$30,001 to \$60,000 reported eating three or more servings of vegetables per day compared to 20% of those with an income of less than \$30,001 or 19% of respondents with a household income of at least \$60,001.

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

| | Fruit Servings | | Vegetable Servings | |
|------------------------------|----------------|-----------|--------------------|-----------|
| | 1 or Less | 2 or More | 2 or Less | 3 or More |
| TOTAL | 37% | 63% | 73% | 26% |
| Gender | | | | |
| Male | 45** | 54** | 79* | 20* |
| Female | 28** | 72** | 67* | 32* |
| Age | | | | |
| 18 to 34 | 41 | 59 | 80 | 20 |
| 35 to 44 | 37 | 63 | 72 | 28 |
| 45 to 54 | 39 | 61 | 77 | 23 |
| 55 to 64 | 39 | 61 | 75 | 23 |
| 65 and Older | 29 | 67 | 70 | 27 |
| Education | | | | |
| High School or Less | 39 | 60 | 78 | 21 |
| Some Post High School | 38 | 62 | 70 | 30 |
| College Graduate | 29 | 71 | 66 | 34 |
| Household Income | | | | |
| \$30,000 or Less | 42 | 56 | 78* | 20* |
| \$30,001 to \$60,000 | 31 | 69 | 69* | 31* |
| \$60,001 or More | 40 | 59 | 81* | 19* |
| Marital Status | | | | |
| Married | 35 | 64 | 75 | 25 |
| Not Married | 39 | 60 | 70 | 28 |
| Overweight | | | | |
| Not Overweight | 38 | 62 | 75 | 25 |
| Overweight | 38 | 61 | 76 | 23 |
| Moderate Physical Activities | | | | |
| Inactive | 45** | 53** | 72 | 26 |
| Insufficient | 40** | 60** | 78 | 22 |
| Recommended | 22** | 78** | 66 | 33 |

*= 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. Thirty-nine percent reported a few times per week. Thirty-eight percent reported a few times per month while 13% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (60%) compared to female respondents (39%).

- Younger respondents were more likely to eat fried/fast foods. Seventy percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 36% of those 55 to 64 years old or 28% of respondents 65 and older.
- Overweight respondents were more likely to eat fried/fast food at least a few times per week (54%) compared to respondents who were not overweight (40%).

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

| | Few Times Per Month | At Least A Few Times Per Week |
|------------------------------|------------------------|----------------------------------|
| TOTAL | 38% | 49% |
| Gender** | | |
| Male | 34 | 60 |
| Female | 42 | 39 |
| Age** | | |
| 18 to 34 | 27 | 70 |
| 35 to 44 | 32 | 55 |
| 45 to 54 | 40 | 50 |
| 55 to 64 | 52 | 36 |
| 65 and Older | 46 | 28 |
| Education | | |
| High School or Less | 39 | 47 |
| Some Post High School | 35 | 54 |
| College Graduate | 37 | 49 |
| Household Income | | |
| \$30,000 or Less | 42 | 44 |
| \$30,001 to \$60,000 | 35 | 54 |
| \$60,001 or More | 34 | 52 |
| Marital Status | | |
| Married | 37 | 52 |
| Not Married | 39 | 44 |
| Overweight** | | |
| Not Overweight | 38 | 40 |
| Overweight | 37 | 54 |
| Moderate Physical Activities | | |
| Inactive | 44 | 46 |
| Insufficient | 34 | 56 |
| Recommended | 38 | 43 |

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-three percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-two percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 64 years old or with higher household income 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).

- Thirty-two percent of all female respondents never had a mammogram while 56% had a mammogram within the past two years (36% within past year and 20% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (73% of those 50 years old and older; 70% of those 40 to 49 years old).
 - Of respondents who were 40 years old and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (six responses), don’t like (5 responses), too young, not recommended by provider or no time (two responses each).

Table 14. Time Since Last Mammogram by Age

| | Within Past Year | Within Past 2 Years (1 Year; Less than 2) | 2 or More Years Ago | Never |
|--------------|------------------|---|---------------------|-------|
| TOTAL | 36% | 20% | 13% | 32% |
| Age** | | | | |
| 18 to 39 | 11 | 8 | 7 | 74 |
| 40 to 49 | 43 | 27 | 14 | 16 |
| 50 and Older | 48 | 25 | 14 | 12 |

*= 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).

- Fifty-five percent of respondents reported they had a pap smear within the past year. An additional 27% reported between one year and less than three years.
- Ninety-two percent of respondents 18 to 34 years old and 90% of those 45 to 64 years old reported a pap smear within the past three years compared to 61% of respondents 65 and older.
- One hundred percent of respondents with a household income of at least \$60,001 reported a pap smear in the past three years compared to 85% of those with an income of \$30,001 to \$60,000 or 75% of respondents with a household income of less than \$30,001.

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 | 55% | 21% | 6% | 14% | 3% |
| Age** | | | | | |
| 18 to 34 | 76 | 13 | 3 | 3 | 5 |
| 35 to 44 | 63 | 22 | 4 | 10 | 0 |
| 45 to 54 | 49 | 27 | 14 | 8 | 3 |
| 55 to 64 | 70 | 17 | 3 | 10 | 0 |
| 65 and Older | 26 | 28 | 7 | 33 | 7 |
| Education | | | | | |
| High School or Less | 53 | 22 | 6 | 14 | 4 |
| Some Post High School | 62 | 13 | 5 | 15 | 5 |
| College Graduate | 54 | 28 | 5 | 13 | 0 |
| Household Income* | | | | | |
| \$30,000 or Less | 47 | 21 | 7 | 21 | 4 |
| \$30,001 to \$60,000 | 62 | 20 | 3 | 10 | 4 |
| \$60,001 or More | 55 | 35 | 10 | 0 | 0 |
| Marital Status | | | | | |
| Married | 57 | 23 | 7 | 11 | 3 |
| Not Married | 52 | 19 | 5 | 18 | 5 |

*= 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-two percent of male respondents 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.⁵

Digital Rectal Exam

- Forty-four percent of all male respondents never had a digital rectal exam. Twenty-nine percent had an exam in the past year while 11% reported within the past two years (one year but less than two years).
- Forty-three percent of male respondents 50 and older had an exam less than a year ago while 22% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

| | Within Past Year | Within Past 2 Years (1 Year; Less than 2) | 2 or More Years Ago | Never |
|--------------|------------------|---|---------------------|-------|
| TOTAL | 29% | 11% | 17% | 44% |
| Age** | | | | |
| 18 to 39 | 18 | 5 | 10 | 67 |
| 40 to 49 | 22 | 10 | 18 | 49 |
| 50 and Older | 43 | 19 | 16 | 23 |

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

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-one percent of respondents 50 years old and older had their blood stool tested within the past two years while 29% 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

- Forty-four percent of all respondents never had a blood stool test. Thirty-six percent were tested within the past two years (25% less than a year ago and 11% more than one year ago, but less than two). Five percent were not sure.

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-one percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 32% of those 40 to 49 years old or 21% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 67% of respondents 18 to 39 years old.

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 | 25% | 11% | 15% | 44% |
| Gender | | | | |
| Male | 26 | 11 | 16 | 44 |
| Female | 24 | 12 | 14 | 43 |
| Age** | | | | |
| 18 to 39 | 13 | 8 | 6 | 67 |
| 40 to 49 | 23 | 9 | 18 | 43 |
| 50 and Older | 35 | 16 | 19 | 27 |
| Education | | | | |
| High School or Less | 24 | 11 | 15 | 45 |
| Some Post High School | 33 | 11 | 15 | 36 |
| College Graduate | 20 | 15 | 13 | 50 |
| Household Income | | | | |
| \$30,000 or Less | 25 | 13 | 18 | 39 |
| \$30,001 to \$60,000 | 22 | 9 | 15 | 50 |
| \$60,001 or More | 35 | 13 | 10 | 40 |
| Marital Status | | | | |
| Married | 25 | 13 | 15 | 43 |
| Not Married | 25 | 10 | 16 | 45 |

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-four percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Nineteen percent were examined within the past two years (12% less than a year ago and 7% more than one year ago, but less than two).
- A total of 29% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 17% of those 40 to 49 years old or 8% of respondents 18 to 39 years old. Forty-three percent of respondents 50 and older reported never compared to 87% of respondents 18 to 39 years old.
- Twenty-one percent of respondents with a household income of \$30,001 to \$60,000 and 19% of those with an income of at least \$60,001 reported a sigmoidoscopy or colonoscopy within the past two years compared to 13% of respondents with a household income of less than \$30,001.

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

| | Within Past Year | Within Past 2 Yrs (1 Year; Less than 2) | Within Past 5 Yrs (2 Years; Less than 5) | 5 or More Years Ago | Never |
|-----------------------|------------------|---|--|---------------------|-------|
| TOTAL | 12% | 7% | 10% | 7% | 64% |
| Gender | | | | | |
| Male | 13 | 6 | 12 | 5 | 63 |
| Female | 12 | 7 | 8 | 7 | 65 |
| Age** | | | | | |
| 18 to 39 | 7 | <1 | 2 | 4 | 87 |
| 40 to 49 | 10 | 7 | 4 | 8 | 71 |
| 50 and Older | 18 | 11 | 17 | 8 | 43 |
| Education | | | | | |
| High School or Less | 12 | 8 | 11 | 8 | 60 |
| Some Post High School | 16 | 6 | 5 | 6 | 66 |
| College Graduate | 9 | 4 | 11 | 2 | 74 |
| Household Income** | | | | | |
| \$30,000 or Less | 7 | 6 | 10 | 12 | 62 |
| \$30,001 to \$60,000 | 15 | 6 | 10 | 3 | 65 |
| \$60,001 or More | 14 | 5 | 6 | 3 | 70 |
| Marital Status | | | | | |
| Married | 15 | 7 | 10 | 5 | 63 |
| Not Married | 8 | 7 | 9 | 8 | 65 |

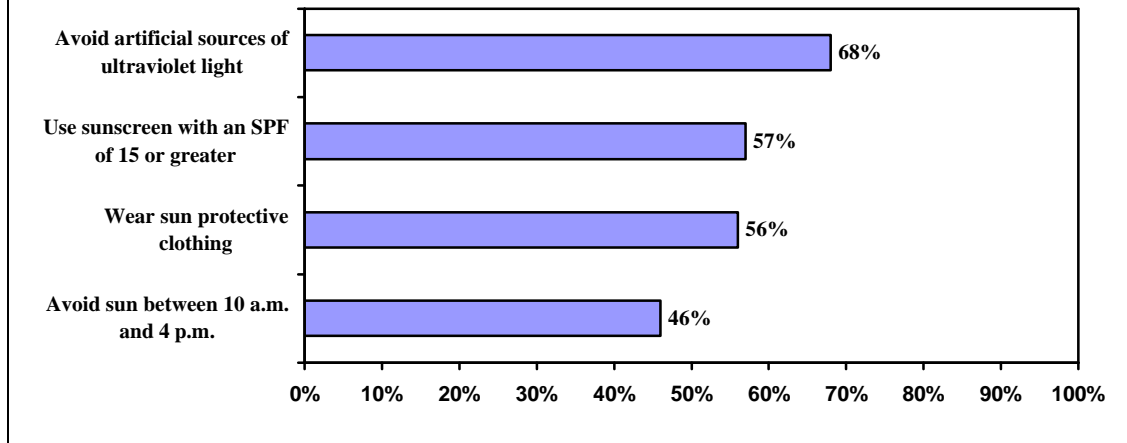
*= p≤0.05; **= p≤0.01

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 sources of ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun from 10 a.m. to 4 p.m. Female respondents were more likely to report each of the four activities. Respondents with a college education or married respondents were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m.

- To reduce the risk of skin cancer, 68% of respondents regularly avoid artificial sources of ultraviolet light, 57% use sunscreen with a SPF of 15 or higher, 56% wear sun protective clothing while 46% avoid the sun between 10 a.m. and 4 p.m.
- Eleven percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-two percent reported two of the four actions while 27% reported three and 21% reported they did all four measures regularly.

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



- Female respondents were more likely to report each of the four measures than male respondents.
- Respondents with a college education were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m.
- Married respondents were more likely to report using sunscreen with a SPF of at least 15 or avoiding the sun from 10 a.m. to 4 p.m.

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 | 68% | 57% | 56% | 46% |
| Gender | | | | |
| Male | 62** | 45** | 51* | 33** |
| Female | 74** | 69** | 61* | 59** |
| Age | | | | |
| 18 to 34 | 65 | 59 | 43 | 49 |
| 35 to 44 | 65 | 60 | 59 | 51 |
| 45 to 54 | 70 | 51 | 54 | 42 |
| 55 to 64 | 74 | 61 | 63 | 52 |
| 65 and older | 74 | 49 | 62 | 43 |
| Education | | | | |
| High School or Less | 64 | 51** | 53 | 46** |
| Some Post High School | 70 | 60** | 54 | 37** |
| College Graduate | 76 | 71** | 64 | 60** |
| Household Income | | | | |
| \$30,000 or Less | 68 | 51 | 62 | 43 |
| \$30,001 to \$60,000 | 69 | 59 | 53 | 48 |
| \$60,001 or More | 69 | 63 | 49 | 53 |
| Marital Status | | | | |
| Married | 71 | 63** | 57 | 50* |
| Not Married | 64 | 48** | 55 | 40* |

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-two percent of respondents wore seat belts always or nearly always. Female respondents were more likely to report they always wore seat belts. Ninety-one 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, 15% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 33% reported their child always wore a helmet.

Seat Belts

- Eighty-two percent of respondents reported they wore seat belts always or nearly always (71% and 11%, respectively).
- Female respondents were more likely to report wearing seat belts always (81%) compared to male respondents (60%).

Table 20. Wear Seat Belt by Demographic Variables

| | Never | Seldom | Sometimes | Nearly Always | Always |
|-----------------------|-------|--------|-----------|---------------|--------|
| TOTAL | 7% | 4% | 7% | 11% | 71% |
| Gender** | | | | | |
| Male | 10 | 6 | 9 | 16 | 60 |
| Female | 5 | 3 | 5 | 6 | 81 |
| Age | | | | | |
| 18 to 34 | 10 | 9 | 8 | 14 | 60 |
| 35 to 44 | 4 | 5 | 8 | 9 | 74 |
| 45 to 54 | 9 | 1 | 9 | 13 | 68 |
| 55 to 64 | 12 | 2 | 5 | 9 | 72 |
| 65 and older | 3 | 3 | 6 | 10 | 80 |
| Education | | | | | |
| High School or Less | 8 | 5 | 10 | 10 | 67 |
| Some Post High School | 8 | 4 | 3 | 10 | 75 |
| College Graduate | 4 | 1 | 2 | 13 | 79 |
| Household Income | | | | | |
| \$30,000 or Less | 11 | 5 | 6 | 9 | 69 |
| \$30,001 to \$60,000 | 5 | 5 | 7 | 12 | 72 |
| \$60,001 or More | 8 | 2 | 9 | 13 | 69 |
| Marital Status | | | | | |
| Married | 5 | 3 | 7 | 13 | 72 |
| Not Married | 10 | 6 | 7 | 8 | 70 |

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Ninety-one percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 2% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

Bicycle Helmet Usage

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

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

- Fifteen percent of respondents who bicycled, in-line roller skated or rode a scooter always (10%) or nearly always (5%) wore a helmet. Seventy-four percent reported never.
- There were no statistically significant differences between demographic variables and responses of wearing a helmet.

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

| | Never | Seldom | Sometimes | Nearly Always | Always |
|-------------------------|-------|--------|-----------|---------------|--------|
| TOTAL | 74% | 7% | 3% | 5% | 10% |
| Gender | | | | | |
| Male | 72 | 7 | 5 | 7 | 9 |
| Female | 74 | 8 | 1 | 4 | 11 |
| Age | | | | | |
| 18 to 34 | 61 | 11 | 6 | 8 | 14 |
| 35 to 44 | 83 | 4 | 0 | 2 | 12 |
| 45 to 54 | 73 | 6 | 3 | 9 | 9 |
| 55 and older | 83 | 3 | 6 | 3 | 3 |
| Education | | | | | |
| High School or Less | 76 | 8 | 3 | 3 | 8 |
| Some Post High School | 73 | 2 | 2 | 14 | 9 |
| College Graduate | 69 | 11 | 3 | 0 | 17 |
| Household Income | | | | | |
| \$30,000 or Less | 76 | 8 | 4 | 4 | 8 |
| \$30,001 to \$60,000 | 72 | 9 | 4 | 6 | 10 |
| \$60,001 or More | 73 | 0 | 4 | 4 | 19 |
| Marital Status | | | | | |
| Married | 71 | 5 | 3 | 7 | 14 |
| Not Married | 79 | 12 | 3 | 3 | 3 |

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

Children and Helmets

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

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

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

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

KEY FINDING: Twenty-five percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Forty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 39% reported a health professional advised them to quit smoking. Nineteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-seven percent of all respondents preferred a smoke-free restaurant. Respondents with a household income of less than \$30,001, with an income of at least \$60,001 or nonsmokers preferred smoke-free restaurants. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with some post high school education, married 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. Four percent smoked between one and 29 days while the remaining 21% smoked every day.
- Respondents 18 to 34 years old were more likely to be current smokers (41%) compared to those 65 and older (12%) or respondents 55 to 64 years old (11%).
- Unmarried respondents were more likely to be smokers than married respondents (32% and 21%, respectively).

Table 22. Current Smokers by Demographic Variables

| | Percent |
|-----------------------|---------|
| TOTAL | 25% |
| Gender | |
| Male | 26 |
| Female | 24 |
| Age** | |
| 18 to 34 | 41 |
| 35 to 44 | 27 |
| 45 to 54 | 30 |
| 55 to 64 | 11 |
| 65 and older | 12 |
| Education | |
| High School or Less | 29 |
| Some Post High School | 24 |
| College Graduate | 17 |
| Household Income | |
| \$30,000 or Less | 31 |
| \$30,001 to \$60,000 | 24 |
| \$60,001 or More | 19 |
| Marital Status* | |
| Married | 21 |
| Not Married | 32 |

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-one percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- There were no statistically significant differences between demographic variables and smokers quitting for at least one day in the past 12 months.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

- Thirty-nine percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (49%) compared to male respondents (29%).

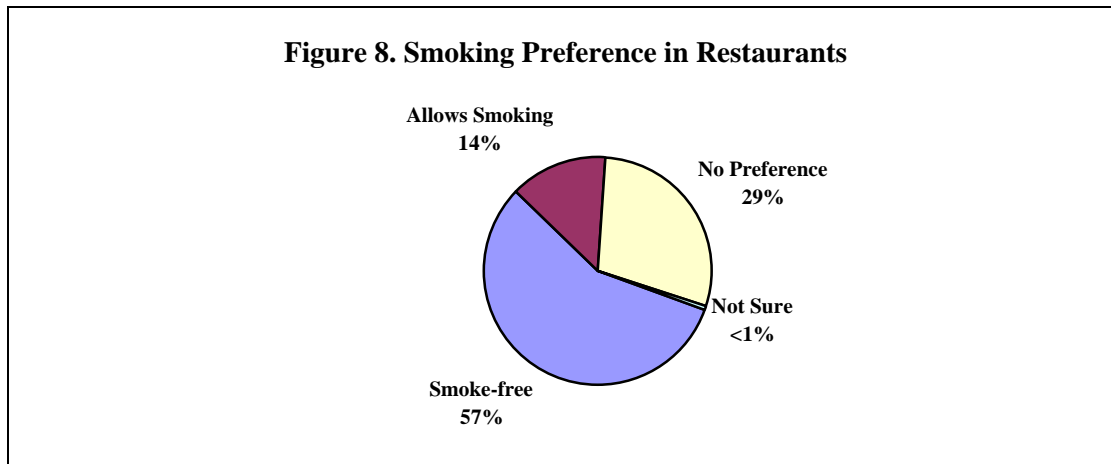
- Forty-eight percent of respondents 35 to 44 years old and 47% of respondents 45 and older reported a health professional advised them to quit smoking compared to 21% of respondents 18 to 34 years old.

Smoking Indoor or in Vehicle

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

Smoking Preference in Restaurants

- Fifty-seven percent of respondents reported they preferred to eat in smoke-free restaurants while 14% preferred restaurants that allow smoking. Twenty-nine percent reported they did not have a preference.



- Sixty percent of respondents with a household income of less than \$30,001 and 58% of those with an income of at least \$60,001 preferred smoke-free restaurants compared to 52% of respondents with a household income of \$30,001 to \$60,000. Nineteen percent of respondents with a household income of at least \$60,001 and 18% of those with an income of less than \$30,001 preferred restaurants that allow smoking compared to 10% of respondents with a household income of \$30,001 to \$60,000.
- Sixty-nine percent of nonsmokers preferred smoke-free restaurants compared to 21% of smokers. Thirty-nine percent of smokers preferred restaurants that allow smoking while 5% of nonsmokers had this preference.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Fifty-nine percent of respondents favored a community ordinance prohibiting smoking in eating establishments (37% strongly favor, 22% moderately favor). Eleven percent were not sure.

- Sixty-three percent of respondents 65 and older and 61% of those 18 to 34 years old favored a community ordinance compared to 58% of respondents 35 to 44 years old or 55 to 64 years old. Respondents 18 to 34 years old were more likely to report not sure (21%) compared to those 65 and older (14%) or all other age groups (4% to 9%).
- Seventy percent of respondents with some post high school education favored a community ordinance compared to 60% of those with a college education or 54% of respondents with a high school education or less.
- Married respondents were more likely to favor a community ordinance (67%) than unmarried respondents (47%).
- Sixty-eight percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 33% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (45%) compared to smokers (13%).

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

| | Moderately Favor | Strongly Favor |
|-----------------------|------------------|----------------|
| TOTAL | 22% | 37% |
| Gender | | |
| Male | 21 | 33 |
| Female | 23 | 42 |
| Age* | | |
| 18 to 34 | 22 | 39 |
| 35 to 44 | 25 | 33 |
| 45 to 54 | 20 | 39 |
| 55 to 64 | 23 | 35 |
| 65 and older | 18 | 45 |
| Education* | | |
| High School or Less | 22 | 32 |
| Some Post High School | 28 | 42 |
| College Graduate | 15 | 45 |
| Household Income | | |
| \$30,000 or Less | 20 | 35 |
| \$30,001 to \$60,000 | 21 | 36 |
| \$60,001 or More | 24 | 46 |
| Marital Status** | | |
| Married | 25 | 42 |
| Not Married | 18 | 29 |
| Smoking Status** | | |
| Nonsmoker | 23 | 45 |
| Smoker | 20 | 13 |

*= 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 percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks on at least one occasion while 22% binge. Respondents who were male or younger were more likely to have had three or more drinks, more often or binge in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males, those 18 to 34 years old or unmarried respondents were more likely to report this. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty percent of respondents had a drink in the past 30 days. Twenty-five percent reported they drank on at least five days, while 14% reported three to four days, and 21% reported drinking on one or two days in the past 30 days.
- Nineteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 16% reported two and 14% reported one drink on average on the days they drank. Forty percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-one percent of all respondents had three or more drinks on an occasion in the past month. Fourteen percent reported this one to two times and 17% reported three or more times.
- Male respondents were more likely to report three or more drinks (39%) than female respondents (23%). Males were also more likely to report three or more drinks on at least three occasions (23%) compared to female respondents (11%).
- Forty-six percent of respondents 18 to 34 years old reported three or more drinks (19% one to two occasions and 27% three or more occasions) compared to 16% of respondents 65 and older (6% one to two occasions and 10% 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-two percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (26%) than female respondents (17%).
- Respondents 18 to 34 years old were more likely to have binged (37%) compared to those 55 to 64 years old (14%) or respondents 65 and older (8%).

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

| | 3 or More Drinks | | Binge |
|-----------------------|------------------|-----------------|------------------------|
| | 1 to 2 Times | 3 or More Times | (5+ Males; 4+ Females) |
| TOTAL | 14% | 17% | 22% |
| Gender | | | |
| Male | 16** | 23** | 26* |
| Female | 12** | 11** | 17* |
| Age | | | |
| 18 to 34 | 19** | 27** | 37** |
| 35 to 44 | 24** | 20** | 28** |
| 45 to 54 | 12** | 13** | 17** |
| 55 to 64 | 5** | 14** | 14** |
| 65 and Older | 6** | 10** | 8** |
| Education | | | |
| High School or Less | 15 | 17 | 24 |
| Some Post High School | 12 | 13 | 17 |
| College Graduate | 16 | 21 | 20 |
| Household Income | | | |
| \$30,000 or Less | 15 | 17 | 24 |
| \$30,001 to \$60,000 | 13 | 15 | 19 |
| \$60,001 or More | 14 | 27 | 26 |
| Marital Status | | | |
| Married | 14 | 15 | 20 |
| Not Married | 15 | 19 | 23 |

*= p≤0.05; **= p≤0.01

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

- Five 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.
- Male respondents were more likely to report being a driver or passenger than female respondents (8% and 2%, respectively).
- Thirteen percent of respondents 18 to 34 years old reported being a driver or passenger compared to 0% of respondents 65 and older. Seven percent of respondent 35 to 44 years old reported being a driver or passenger along with 4% of those 55 to 64 years old or 1% of respondents 45 to 54 years old.
- Unmarried respondents were more likely to report being a driver or passenger (8%) compared to married respondents (3%).

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.

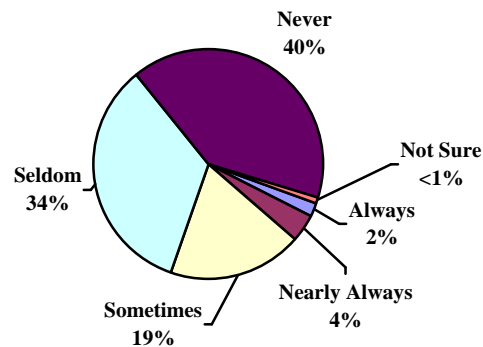
Mental Health Status (Figures 9 & 10; Table 25)

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

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” six percent of survey respondents answered always or nearly always. This equates up to 3,300 residents. Nineteen percent reported sometimes and the remaining 75% reported seldom (34%) or never (41%).

Figure 9. Felt Sad, Blue or Depressed in Past 30 Days



- Female and male respondents were somewhat similar in reporting they always or nearly always felt sad, blue or depressed in the past 30 days (8% and 6%, respectively). However, 47% of male respondents reported never compared to 35% of female respondents.
- Respondents with a household income of less than \$30,001 were more likely to report they always/nearly always felt sad, blue or depressed (10%) compared to those with an income of \$30,001 to \$60,000 (4%) or respondents with a household income of at least \$60,001 (3%). Forty-four percent of respondents with a household income of at least \$60,001 reported never compared to 41% of those with an income of \$30,001 to \$60,000 or 38% of respondents with a household income of less than \$30,001.
- Unmarried and married respondents were similar in reporting they always/nearly always felt sad, blue or depressed in the past 30 days (7% and 6% respectively). However, married respondents were more likely to report never (45%) compared to unmarried (34%).

Considered Suicide

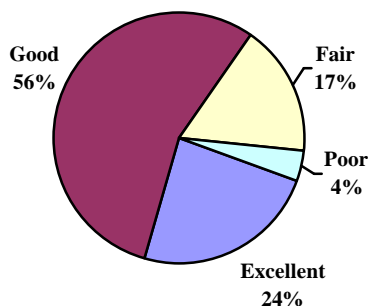
All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Oconto County Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.

- Four percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 2,700 residents who considered suicide in the past year.
- There were no statistically significant difference between demographic variables and respondents feeling so overwhelmed in the past year that they considered suicide.

Managing Stress

- Twenty-four percent reported they were excellent at managing stress. Fifty-six percent reported good while 17% reported fair and 4% reported poor.

Figure 10. Managing Stress



- Ten percent of respondents with some post high school education reported poor compared to 3% of those with a high school education or less or 0% of respondents with a college education. Twenty-five percent of respondents with a high school education or less reported fair or poor compared to 20% of those with some post high school education or 7% of respondents with a college education.

Finding Meaning and Purpose in Daily Life

- Forty-nine percent of respondents reported they always find meaning and purpose in their daily life, an additional 33% reported nearly always. Twelve percent reported sometimes while 3% reported seldom and 2% reported never.
- Respondents 18 to 34 years old and those 55 to 64 years old were more likely to report they seldom or never find meaning and purpose in their daily lives (9% each) compared to respondents 45 to 54 years old (0%). Fifty-nine percent of respondents 65 and older and 58% of those 35 to 44 years old reported always compared to 30% of respondents 55 to 64 years old.
- Respondents with a household income of less than \$30,001 were more likely to report never/seldom (10%) compared to those with an income of \$30,001 to \$60,000 (3%) or respondents with a household income of at least \$60,001 (2%).
- Married and unmarried respondents were similar in reporting never/seldom (5% each). However, married respondents were more likely to report always (51%) compared to unmarried respondents (45%).

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

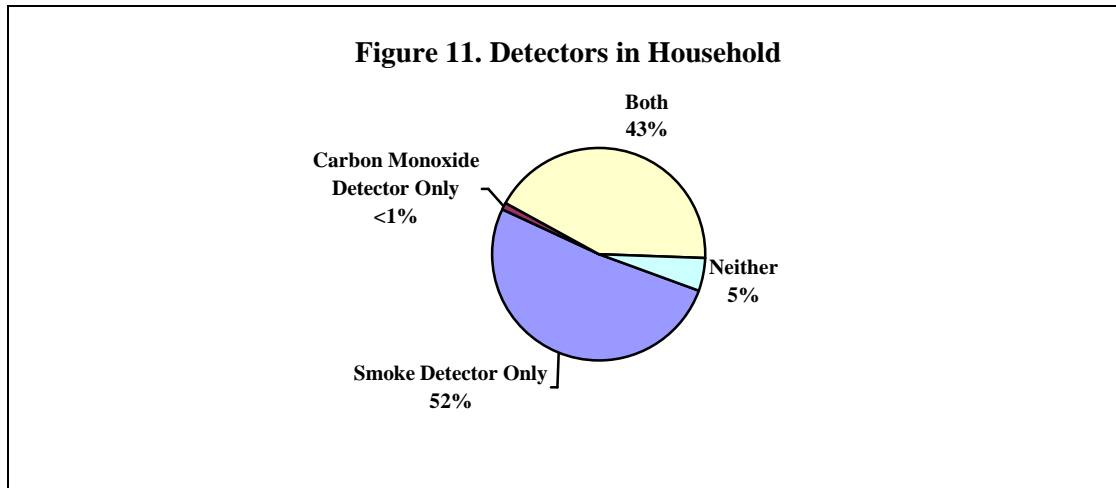
| | Never/Seldom | Sometimes | Nearly Always | Always |
|-----------------------|--------------|-----------|---------------|--------|
| TOTAL | 5% | 12% | 33% | 49% |
| Gender | | | | |
| Male | 7 | 13 | 31 | 50 |
| Female | 3 | 11 | 36 | 47 |
| Age** | | | | |
| 18 to 34 | 9 | 19 | 26 | 46 |
| 35 to 44 | 2 | 7 | 31 | 58 |
| 45 to 54 | 0 | 17 | 37 | 46 |
| 55 to 64 | 9 | 11 | 46 | 30 |
| 65 and older | 3 | 10 | 27 | 59 |
| Education | | | | |
| High School or Less | 6 | 14 | 29 | 49 |
| Some Post High School | 5 | 13 | 40 | 40 |
| College Graduate | 1 | 5 | 37 | 57 |
| Household Income** | | | | |
| \$30,000 or Less | 10 | 19 | 28 | 40 |
| \$30,001 to \$60,000 | 3 | 9 | 34 | 54 |
| \$60,001 or More | 2 | 6 | 41 | 52 |
| Marital Status* | | | | |
| Married | 5 | 9 | 34 | 51 |
| Not Married | 5 | 16 | 32 | 45 |

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-five percent of households had a working smoke detector while 43% had a working carbon monoxide detector. Married households or those with a household income of \$30,001 to \$60,000 were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Fifty percent of respondents with a household income \$30,001 to \$60,000 reported having both a smoke detector and a carbon monoxide detector compared to 44% of those with an income of at least \$60,001 or 34% of respondents with a household income of less than \$30,001. Eight percent of respondents with a household income of less than \$30,001 reported having neither.
- Married households were more likely to have both detectors (48%) compared to unmarried households (35%). Seven percent of unmarried respondents reported neither compared to 3% of married respondents.

Table 26. Detectors in Household by Demographic Variables

| | Carbon Monoxide | | | |
|---------------------------|-----------------|----------|------|---------|
| | Smoke Detector | Detector | Both | Neither |
| TOTAL | 52% | <1% | 43% | 5% |
| Household Income** | | | | |
| \$30,000 or Less | 59 | 0 | 34 | 8 |
| \$30,001 to \$60,000 | 48 | 0 | 50 | 2 |
| \$60,001 or More | 50 | 2 | 44 | 5 |
| Marital Status* | | | | |
| Married | 48 | <1 | 48 | 3 |
| Not Married | 58 | 0 | 35 | 7 |

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Fifty-seven percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 5% 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, 57% of households had one or more firearms.
- Households with higher income were more likely to have a firearm. Sixty-nine percent of respondents with a household income of at least \$60,001 reported a firearm compared to 59% of those with an income of \$30,001 to \$60,000 or 47% of respondents with a household income of less than \$30,001.
- Married households were more likely to have a firearm (67%) compared to unmarried households (40%).

Loaded Firearm

- Five percent of all households had a loaded firearm.
- There were no statistically significant differences between demographic variables and responses of having 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: Four percent of respondents reported someone had made them afraid for their personal safety in the past year while 3% reported they had been pushed, kicked, hit or slapped in the past year.

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” four percent reported yes.
- There were no statistically significant differences between demographic variables and responses of being afraid for their personal safety.
 - A stranger was most often mentioned as the perpetrator (seven responses). Fewer than four respondents reported each of the following: acquaintance, spouse, friend or someone else.

Pushed, Kicked, Slapped or Hit

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - A stranger was reported by six respondents while an acquaintance, friend or someone else was reported by two respondents each.

Combined Personal Safety Threats

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

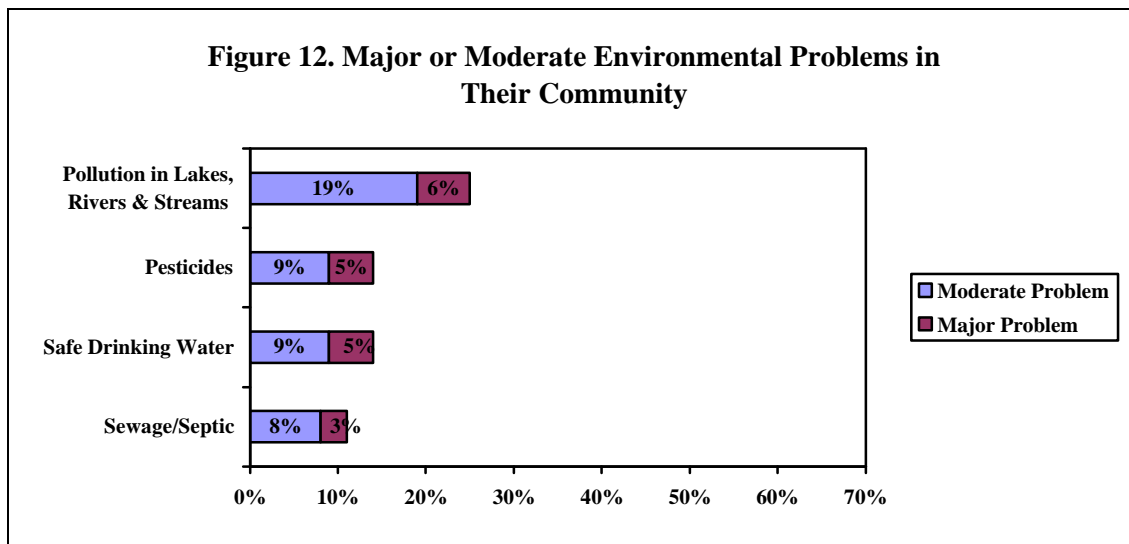
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (25%). Respondents with some post high school education were more likely to report water pollution as a major/moderate problem.

- Out of four environmental problems that communities may face, 25% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Fourteen percent reported pesticides or safe drinking water followed by 11% reporting sewage/septic.



- Respondents with some post high school education were more likely to report water pollution in lakes, rivers and streams as a major or moderate problem (37%) compared to those with a college education (31%) or respondents with a high school education or less (18%).

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

| | Lake, River & Stream Pollution | Pesticides | Safe Drinking Water | Sewage or Septic |
|-----------------------|-----------------------------------|------------|------------------------|---------------------|
| TOTAL | 25% | 14% | 14% | 11% |
| Gender | | | | |
| Male | 23 | 12 | 14 | 10 |
| Female | 27 | 14 | 14 | 11 |
| Age | | | | |
| 18 to 34 | 19 | 13 | 11 | 8 |
| 35 to 44 | 31 | 12 | 14 | 14 |
| 45 to 54 | 21 | 17 | 17 | 9 |
| 55 to 64 | 26 | 12 | 11 | 11 |
| 65 and older | 29 | 11 | 15 | 11 |
| Education | | | | |
| High School or Less | 18** | 11 | 14 | 10 |
| Some Post High School | 37** | 18 | 18 | 15 |
| College Graduate | 31** | 12 | 10 | 7 |
| Household Income | | | | |
| \$30,000 or Less | 23 | 15 | 16 | 9 |
| \$30,001 to \$60,000 | 23 | 12 | 11 | 11 |
| \$60,001 or More | 30 | 11 | 17 | 11 |
| Marital Status | | | | |
| Married | 23 | 11 | 14 | 9 |
| Not Married | 29 | 16 | 14 | 13 |

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Ten percent of respondents were not aware of the public health department prior to the interview; 29% received services from the health department. Respondents with some post high school education were more likely to report services.

- Ten percent of respondents were not aware of the public health department prior to the interview. Sixty percent were aware of the department but had no experience with it. Twenty-four percent received limited services from the health department and 5% received more extensive services.
- Thirty-nine percent of respondents with some post high school education reported receiving services compared to 34% of those with a college education or 24% of respondents with a high school education or less. Thirteen percent of respondents with a high school education or less were not aware of the health department prior to the interview compared to 7% of those with a college education or 4% of respondents with some post high school education.

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

| | Not aware | Aware/no experience | Aware/received limited services | Aware/received more extensive services |
|-----------------------|-----------|---------------------|---------------------------------|--|
| TOTAL | 10% | 60% | 24% | 5% |
| Gender | | | | |
| Male | 12 | 63 | 20 | 5 |
| Female | 8 | 57 | 28 | 7 |
| Age | | | | |
| 18 to 34 | 11 | 60 | 23 | 6 |
| 35 to 44 | 12 | 51 | 31 | 6 |
| 45 to 54 | 5 | 73 | 21 | 1 |
| 55 to 64 | 12 | 65 | 14 | 5 |
| 65 and older | 8 | 54 | 28 | 8 |
| Education* | | | | |
| High School or Less | 13 | 62 | 19 | 5 |
| Some Post High School | 4 | 57 | 30 | 9 |
| College Graduate | 7 | 59 | 32 | 2 |
| Household Income | | | | |
| \$30,000 or Less | 11 | 53 | 28 | 6 |
| \$30,001 to \$60,000 | 7 | 60 | 26 | 6 |
| \$60,001 or More | 13 | 73 | 11 | 3 |
| Marital Status | | | | |
| Married | 8 | 61 | 25 | 6 |
| Not Married | 12 | 58 | 23 | 5 |

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

OCONTO COUNTY
 COMMUNITY HEALTH SURVEY
 Conducted: February 22 through May 19, 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 | 5% |
| Fair | 10 |
| Good | 32 |
| Very good | 32 |
| Excellent | 21 |
| Not sure | <1 |

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

| | |
|---|----|
| No health care coverage | 9% |
| Medical Assistance or Title 19..... | 3 |
| Badger Care | 2 |
| Medicare | 19 |
| A prepaid plan such as a HMO, PPO | 41 |
| Another commercial health plan | 19 |
| Something else | 6 |
| Not sure | 1 |

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

| | |
|-------------------------------|-----|
| Not all members covered | 13% |
| All members covered..... | 87 |
| Not sure | 0 |

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

| | |
|-------------------------------|-----|
| Not all members covered | 20% |
| All members covered..... | 81 |
| Not sure | 0 |

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

| | |
|---|-----|
| Medical doctor, internist, OBGYN, family practice | 63% |
| Walk-in or urgent care clinic | 23 |
| Hospital emergency room..... | 6 |
| Community health center..... | 4 |
| Other..... | 2 |
| Not sure | 2 |

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

Yes..... 31%
 No..... 66
 Not sure 3

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

| | Less than a year ago | 1 to 2 years ago | 3 to 4 years ago | 5 or more years ago | Never | Not sure |
|---------------------------------------|-------------------------|---------------------|---------------------|------------------------|-------|----------|
| 7. A routine checkup..... | 60% | 21% | 7% | 10% | 3% | 0% |
| 8. Cholesterol testing | 47 | 18 | 4 | 9 | 19 | 4 |
| 9. Visit to a dentist/dental clinic.. | 64 | 20 | 7 | 6 | 3 | 0 |
| 10. Eye exam..... | 49 | 31 | 9 | 9 | 3 | <1 |

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

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

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

Yes..... 15%
 No..... 82
 Not sure 3

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

| | Yes | No | Not sure |
|--|-----|-----|----------|
| 13. You have high blood pressure?..... | 23% | 77% | <1% |
| 14. Your blood cholesterol is high? | 19 | 79 | 2 |
| 15. You had a stroke?..... | 1 | 99 | 0 |
| 16. You have heart disease or a heart condition? .. | 7 | 93 | <1 |
| 17. You have diabetes (men) You have diabetes not associated with a pregnancy (women)..... | 5 | 95 | 0 |
| 18.if yes, have you had your blood sugar tested in the past year? [20 Respondents] | 100 | 0 | 0 |
| 19. You had a mental health problem?..... | 3 | 97 | <1 |
| 20. You had cancer, other than skin cancer..... | 3 | 97 | <1 |
| 21. You had a sexually transmitted disease..... | <1 | 99 | 0 |

| | Yes | No | Not sure |
|---|-----|-----|----------|
| 22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? | 7% | 93% | <1% |
| 23. Do you still have asthma? [All Respondents] ... | 6 | 94 | <1 |
| 24.(if yes), do you have an asthma action plan? [23 Respondents]..... | 64 | 36 | 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..... 37%
Two servings 29
Three or more servings 34
Not sure <1

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

One or fewer servings..... 37%
Two servings 36
Three or more servings 26
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 38%
A few times per week..... 39
Daily or nearly so 10
Hardly ever or never 13
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..... 66%
No..... 34
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..... 75%
No..... 25
Not sure 0

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

| | |
|-------------------------------------|----|
| One | 5% |
| Two | 8 |
| Three..... | 17 |
| Four | 11 |
| Five..... | 13 |
| Six | 3 |
| Seven | 18 |
| Not sure | <1 |
| No moderate exercise/no answer..... | 25 |

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

| | |
|-------------------------------------|-----|
| Less than 30 minutes | 15% |
| 30 to 44 minutes | 25 |
| 45 to 59 minutes | 5 |
| 60 or more minutes..... | 30 |
| Not sure | <1 |
| No moderate exercise/no answer..... | 25 |

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [202 Respondents]

| | | |
|--|-----|--------------------|
| Within the past year (anytime less than 12 months ago) | 36% | üGO TO Q34 |
| Within the past 2 years (1 year, but less than 2 years ago) | 20 | üGO TO Q34 |
| Within the past 3 years (2 years, but less than 3 years ago) | 7 | üGO TO Q34 |
| Within the past 5 years (3 years, but less than 5 years ago) | 2 | üCONTINUE WITH Q33 |
| 5 or more years ago | 4 | üCONTINUE WITH Q33 |
| Never | 32 | üCONTINUE WITH Q33 |
| Not sure | <1 | üCONTINUE WITH Q33 |

33. What is the most important reason why you have not had a mammogram in the last three years? [25 Respondents 40 years old or older]

Don't need 6 responses
 Don't like..... 5 responses
 Too young..... 2 responses
 No time 2 responses
 Not recommended by provider 2 responses
 Too expensive 1 response
 Other..... 4 responses
 Not sure 3 responses

[46 Respondents 18 to 39 years old]

Too young..... 34 responses
 Not recommended by provider 6 responses
 Don't need 2 responses
 Too expensive 1 response
 No time 1 response
 Not insured..... 1 response
 Not sure 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? [202 Respondents]

Within the past year (anytime less than 12 months ago) 55%
 Within the past 2 years (1 year, but less than 2 years ago) 21
 Within the past 3 years (2 years, but less than 3 years ago) 6
 Within the past 5 years (3 years, but less than 5 years ago)..... 4
 5 or more years ago 10
 Never 3
 Not sure..... <1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [199 Respondents]

Within the past year (anytime less than 12 months ago) 29%
 Within the past 2 years (1 year, but less than 2 years ago) 11
 Within the past 5 years (2 years, but less than 5 years ago)..... 8
 5 or more years ago 9
 Never 44
 Not sure..... 0

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) 25%
- Within the past 2 years (1 year, but less than 2 years ago) 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- 5 or more years ago 7
- Never 44
- Not sure..... 5

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

- Within the past year (anytime less than 12 months ago) 12%
- Within the past 2 years (1 year, but less than 2 years ago) 7
- Within the past 5 years (2 years, but less than 5 years ago)..... 10
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more 4
- Never 64
- Not sure..... 1

Do you regularly...

| | Yes | No | Not sure |
|--|-----|-----|----------|
| 38. Avoid the sun between 10 a.m. and 4 p.m. ... | 46% | 53% | <1% |
| 39. Wear sun-protective clothing when exposed to sunlight?..... | 56 | 44 | 0 |
| 40. Use sunscreen with a sun protective factor (SPF) of 15 or greater..... | 57 | 43 | <1 |
| 41. Avoid artificial sources of ultraviolet light?..... | 68 | 31 | 1 |

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

Do not ride/skate/scoot..... 59%

Frequency of those who bicycle, use in-line roller skates or scooters [165 Respondents]

- Never 74%
- Seldom..... 7
- Sometimes 3
- Nearly always..... 5
- Always 10
- Not sure <1

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

| | |
|--------------------|----|
| Never | 7% |
| Seldom..... | 4 |
| Sometimes | 7 |
| Nearly always..... | 11 |
| Always | 71 |
| Not sure | 0 |

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

| | |
|--------------------|-----|
| One | 11% |
| Two | 16 |
| Three or more..... | 8 |
| None | 66 |

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? [136 Respondents]

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

Frequency of those who bicycle, use in-line roller skates or scooters [107 Respondents]

| | |
|--------------------|-----|
| Never | 28% |
| Seldom..... | 9 |
| Sometimes | 18 |
| Nearly always..... | 10 |
| Always | 33 |
| It Depends..... | 3 |
| Not sure | 0 |

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [136 Respondents]

| | |
|--------------------|-----|
| Never | <1% |
| Seldom..... | 2 |
| Sometimes | 4 |
| Nearly always..... | 2 |
| Always | 91 |
| 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 | 41% |
| Seldom..... | 34 |
| 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 | 4% |
| Fair | 17 |
| Good..... | 56 |
| Excellent | 24 |
| Not sure | 0 |

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

| | |
|--------------------|----|
| Never | 2% |
| Seldom..... | 3 |
| Sometimes | 12 |
| Nearly always..... | 33 |
| Always..... | 49 |
| Not sure | 2 |

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

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

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

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

| | |
|--------------------------|-----|
| None | 40% |
| One to two days..... | 21 |
| Three to four days | 14 |
| Five or more days..... | 25 |
| Not sure | <1 |

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

| | |
|---------------------------|-----|
| None | 40% |
| One drink | 14 |
| Two drinks | 16 |
| Three drinks | 9 |
| Four or more drinks | 19 |
| 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 | 68% |
| One to two times | 14 |
| Three or more times | 17 |
| 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 | 78% |
| Once | 7 |
| Two or more times | 15 |
| Not sure | <1 |

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

| | |
|----------------|----|
| Yes..... | 5% |
| No..... | 95 |
| 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 | 4 |
| 30 days..... | 21 |
| 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? [100 Respondents]

0 days..... 59%
At least 1 day 41
Not sure 0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [99 Respondents]

Yes..... 39%
No..... 61
Not sure 0

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..... 19%
No..... 38
No smokers in the household..... 43
Not sure <1

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

Smoke-free restaurants 57%
Restaurants that allow smoking 14
No preference..... 29
Not sure <1

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

Strongly oppose..... 17%
Moderately oppose 13
Moderately favor 22
Strongly favor 37
Not sure 11

Another issue being discussed these days deals with firearms.

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

Yes..... 57%
 No..... 43
 Not sure <1

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

Yes..... 5%
 No..... 51
 Not sure 0
 No firearms in the household/no answer 43

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

Yes..... 3%
 No..... 2
 Not sure 0
 No firearms in household/not loaded/no answer95

The next questions deal with alternative therapy treatments.

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

| | Yes | No | Not sure |
|---|-----|-----|----------|
| 67. Going to a chiropractor? | 26% | 74% | 0% |
| 68. Having acupuncture? | <1 | 100 | 0 |
| 69. Massage therapy? | 10 | 90 | 0 |
| 70. Aroma therapy? | 4 | 96 | 0 |
| 71. Movement therapy, such as yoga or tai' chi?.. | 4 | 96 | 0 |
| 72. Meditation? | 7 | 93 | 0 |

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

73. Gender [DERIVED, NOT ASKED]

Male..... 50%
 Female 50

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

18 to 34 years old 21%
 35 to 44 years old 26
 45 to 54 years old 20
 55 to 64 years old 15
 65 and older 19

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

| | |
|---------------------|-----|
| Not overweight..... | 32% |
| Overweight | 41 |
| Obese..... | 27 |

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

| | |
|--------------------------------------|-----|
| Single, never married | 18% |
| A member of an unmarried couple..... | <1 |
| Married | 61 |
| Separated | 0 |
| Divorced | 10 |
| Widowed..... | 11 |
| Not sure | 0 |

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

| | |
|---------------------------------------|----|
| 8th grade or less | 2% |
| Some high school | 11 |
| High school graduate or GED..... | 43 |
| Some college..... | 15 |
| Technical school graduate | 9 |
| College graduate | 17 |
| Advanced or professional degree | 3 |
| Not sure | 0 |

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

| | |
|-------------|------|
| Oconto..... | 100% |
|-------------|------|

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

| | |
|------------------------------|-----|
| Oconto city..... | 20% |
| Abrams town..... | 7 |
| Oconto Falls city | 7 |
| Gillett city | 6 |
| Little Suamico town | 6 |
| Oconto Falls town | 6 |
| Lakewood town..... | 5 |
| Oconto town..... | 5 |
| Townsend town..... | 5 |
| Lena town | 4 |
| Suring village | 4 |
| All others (3% or less)..... | 26 |

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

| | |
|------------------------------|-----|
| 54153..... | 21% |
| 54154..... | 16 |
| 54124..... | 9 |
| 54139..... | 9 |
| 54101..... | 8 |
| 54174..... | 7 |
| 54141..... | 6 |
| 54138..... | 4 |
| 54175..... | 4 |
| All others (3% or less)..... | 5 |
| No answer | 11 |

84. What is your annual household income before taxes?

| | |
|---------------------------|----|
| Less than \$10,000..... | 7% |
| \$10,000 to \$20,000..... | 9 |
| \$20,001 to \$30,000..... | 18 |
| \$30,001 to \$40,000..... | 17 |
| \$40,001 to \$50,000..... | 17 |
| \$50,001 to \$60,000..... | 13 |
| \$60,001 to \$75,000..... | 7 |
| \$75,001 to \$90,000..... | 5 |
| Over \$90,000 | 5 |
| Not sure | 1 |
| No answer | 2 |

The next series of questions deal with personal safety issues.

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

| | | |
|----------------|----|--------------------|
| Yes..... | 4% | üCONTINUE WITH Q86 |
| No..... | 96 | üGO TO Q87 |
| Not sure | 0 | üGO TO Q87 |

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [16 Respondents; More than 1 response accepted]

Stranger 7 responses
 Acquaintance 3 responses
 Spouse 1 response
 Friend 1 response
 Someone else 3 responses

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

Yes..... 3% ÛCONTINUE WITH Q88
 No..... 96 ÛGO TO Q89
 Not sure <1 ÛGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [13 Respondents; More than 1 response accepted]

Stranger 6 responses
 Acquaintance 2 responses
 Friend 2 responses
 Someone else 2 responses

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

Smoke detectors 52%
 Carbon monoxide detectors <1
 Both 43
 Neither 5
 Not sure 0

ADDITIONAL QUESTIONS FOR OCONTO COUNTY

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

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

| | Not a Problem | Minor Problem | Moderate Problem | Major Problem | Not Sure |
|--|------------------|------------------|---------------------|------------------|----------|
| A1. Water pollution in lakes, rivers and streams | 43% | 23% | 19% | 6% | 9% |
| A2. Sewage or septic | 62 | 21 | 8 | 3 | 6 |
| A3. Safe drinking water..... | 66 | 17 | 9 | 5 | 3 |
| A4. Pesticides | 62 | 17 | 9 | 5 | 8 |

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

- Not aware of the health department until now 10%
- Aware of the health department, but have had no experience with programs or services 60
- Aware of the health department and have received limited service like a flu shot or other immunization 24
- Aware of the health department and have received more extensive services 5
- Not sure <1