

Oshkosh
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Oshkosh Health Department

Prepared by:
JKV Research, LLC

Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose	1
Methodology	1
Summary	4
Key Findings	9
Rating Their Own Health	9
Health Care Coverage	11
Routine Checkups	13
Vaccinations	17
Prevalence of Select Health Conditions	19
Prevalence of Select Alternative Treatments.....	22
Physical Well Being and Body Weight	23
Nutrition and Diet	28
Women’s Health	31
Men’s Health	33
Other Tests	33
Reducing the Risk of Skin Cancer	36
Safety: Seat Belts and Bicycle Helmets	37
Cigarettes and Tobacco Products.....	41
Alcohol Use.....	45
Mental Health Status.....	48
Detectors in Household	51
Presence of Firearms in Household	52
Personal Safety Issues	53
Appendix A: Additional Questions	54
Awareness of and Experience with Public Health Department	55
Factors Preventing Physical Exercise	56
Appendix B: Questionnaire Frequencies	59
<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables	15
Table 5. Dental Checkup by Demographic Variables.....	16
Table 6. Eye Exam by Demographic Variables	17
Table 7. Flu Vaccination by Demographic Variables.....	18
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables	21
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables	23
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables	25
Table 11. Overweight by Demographic Variables	27
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables	29
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables	30
Table 14. Time Since Last Mammogram by Age.....	31
Table 15. Time Since Last Pap Smear by Demographic Variables	32
Table 16. Time Since Last Digital Rectal Exam by Age	33

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables	34
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables	35
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	37
Table 20. Wear Seat Belt by Demographic Variables	38
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter)	40
Table 22. Current Smokers by Demographic Variables	42
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables	44
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents	47
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables	50
Table 26. Detectors in Household by Demographic Variables	51
Table 27. Awareness of and Experience with Public Health Department by Demographic Variables	56
Table 28. Major/Moderate Factors Preventing Physical Exercise by Demographic Variables	58

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health.....	9
Figure 2. Type of Health Care Coverage	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older)	19
Figure 4. Told or Received Treatment in the Past Three Years	20
Figure 5. Received Alternative Treatment in Past Three Years	22
Figure 6. Moderate Physical Activities/Week.....	24
Figure 7. Reducing the Risk of Skin Cancer (Regularly)	36
Figure 8. Smoking Preference in Restaurants	43
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days	48
Figure 10. Managing Stress.....	49
Figure 11. Detectors in Household	51
Figure 12. Major or Moderate Factors Preventing Exercise	57

Purpose

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

Respondents were scientifically selected so that the survey would be representative of all city adults 18 years old and older. The sample of random telephone numbers included 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 21 and July 9, 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 Oshkosh. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the city. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Oshkosh Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 34	43%
35 to 44	18
45 to 54	16
55 to 64	9
65 and Older	15
Education	
High School Graduate or Less	42%
Some Post High School	32
College Graduate	27
Household Income	
\$30,000 or Less	35%
\$30,001 to \$60,000	39
\$60,001 or More	23
Not Sure/No Answer	4
Married	53%

What do the percentages mean?

Results of the Oshkosh Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 49,871 adult residents in the city.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the city. One percentage point equals approximately 500 adults. So, when 12% of respondents reported their health was fair or poor, this roughly equates to 6,000 residents $\pm 2,500$ individuals. Meaning that from 3,500 to 8,500 residents may have fair or poor health in the city. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 24,082 households in Oshkosh. 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 240 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 3,120.

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

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

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

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Oshkosh 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	
Oshkosh	<u>2003</u>	Oshkosh	<u>2003</u>
Excellent	24%	High Blood Pressure.....	23%
Very Good.....	34%	High Blood Cholesterol	15%
Good	30%	Asthma (Current).....	10%
Fair or Poor	12%	Heart Disease/Condition.....	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Diabetes	5%
Wisconsin	57%	Moderate Physical Activity/Week	
Nation	56%	Oshkosh	<u>2003</u>
Health Care Coverage		Inactive	26%
Oshkosh	<u>2003</u>	Insufficient	46%
Personally Not Covered	7%	Recommended.....	28%
Household Member Not Covered (current) ...	13%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	19%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin.....	27%
Wisconsin	10%	Nation	26%
Nation	13%	Nutrition and Diet	
Advance Care Plan		Oshkosh	<u>2003</u>
Oshkosh	<u>2003</u>	Fruit Intake (2 or more servings/day)	63%
Yes	23%	Vegetable Intake (3 or more servings/day)	30%
Routine Checkups		Fried Food/Fast Food (a few times/week)	51%
Oshkosh	<u>2003</u>	Overweight.....	53%
Routine Checkup (2 years or less)	82%	<i>Other Research: Overweight</i>	
Cholesterol Test (2 years or less).....	59%	Wisconsin.....	<u>2001</u>
Dental Checkup (past year).....	77%	Nation	58%
Eye Exam (2 years or less).....	81%	Women's Health	
Vaccinations		Oshkosh	<u>2003</u>
Oshkosh	<u>2003</u>	Mammogram (50+; past year).....	60%
Flu shot (past year)	38%	Pap Smear (past year).....	66%
Pneumonia (ever—65 years or older).....	70%	<i>Other Research: Wisconsin</i>	
Alternative Treatment in Past 3 Years		Mammogram (50+; past year).....	<u>2001</u>
Oshkosh	<u>2003</u>	Pap Smear (past year)	66%
Chiropractor	28%	Reduce Risk of Skin Cancer	
Massage Therapy.....	15%	Oshkosh	<u>2003</u>
Meditation	9%	Avoid Artificial Sources of UV Light	69%
Movement Therapy.....	7%	Use Sunscreen with SPF 15 or Higher	64%
Aroma Therapy.....	5%	Wear Sun Protective Clothing.....	57%
Acupuncture	2%	Avoid Sun Between 10 a.m. and 4 p.m.	44%

Men's Health		Alcohol Use	
Oshkosh		Oshkosh	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	31%	Drink in Past Month	60%
50 and Older	70%	3+ Drinks on Occasion in Past Month.....	32%
Other Tests		Binge in Past Month	
Oshkosh	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)]	22%
Blood Stool Test (50+; within past 2 years)...	54%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	3%
(50+; within past 2 years).....	38%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
Safety		<i>Wisconsin</i>	26%
Oshkosh		<i>Nation</i>	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	83%	Oshkosh	
Children	99%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	4%
(Of Those Who Ride Bike or In-Line Skate)		Never	27%
Adult.....	18%	Managing Stress	
Children	58%	Excellent/Good.....	75%
Detectors		Poor	3%
Smoke Detector	55%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom.....	6%
Both.....	42%	Considered Suicide (past year).....	2%
Neither	2%	Firearms in Household	
Tobacco Use		Oshkosh	
Oshkosh	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	25%	Have a Firearm.....	24%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	2%
Year Because Trying to Quit (smokers).....	42%	Have a Loaded Firearm Unlocked.....	<1%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers).....	63%	Oshkosh	<u>2003</u>
Smoking Indoors or in Vehicle.....	18%	Afraid for Their Safety	4%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	6%
Smoke-free	57%	Additional Questions	
Allow Smoking.....	10%	Oshkosh	
No Preference	33%	Awareness of/Experience with Health Dept.	<u>2003</u>
Ordinance Prohibiting Smoking in Eating		Aware of/No Experience	59%
Establishments		Aware of/Received Limited Services	27%
Moderately Favor	26%	Aware of/Received Extensive Services	5%
Strongly Favor	40%	Maj./Mod. Factors Preventing Physical Exercise	
<i>Other Research: Current Smokers</i>	<u>2001</u>	Motivation	54%
<i>Wisconsin</i>	24%	Time.....	43%
<i>Nation</i>	23%	Health Problems	24%
		Cost	15%
		Safety Concerns	12%

Overall Health and Health Care Key Findings

Fifty-eight percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with lower education, lower household income, married or physically inactive were more likely to report fair or poor conditions.

Seven percent of respondents reported they personally did not have health care coverage. Respondents who were male, 35 to 44 years old or unmarried were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; unmarried respondents were more likely to report this. Nineteen percent reported in the past 12 months someone in their household was not covered. Respondents with a household income of \$30,001 to \$60,000 or unmarried respondents were more likely to report someone was not covered in the past 12 months. Sixty-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents 45 to 54 years old, with lower education or a household income of \$30,001 to \$60,000 were more likely to report a medical doctor, etc. Twenty-three percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan.

Seventy-seven percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine checkup, 58% an eye exam and 46% reported a cholesterol test. Female respondents, those with a high school education or less or with a college education were more likely to report a routine checkup in the past year. Respondents 55 and older, with a household income of \$30,001 to \$60,000 or married respondents were more likely to report a cholesterol test in the past year. Respondents with a household income of at least \$30,001 were more likely to report an eye exam in the past year.

Thirty-eight percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Seventy percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report current asthma. Respondents 18 to 34 years old were more likely to report current asthma while respondents 65 and older were more likely to report high blood pressure or heart disease/condition. Respondents who were 55 and older, overweight or inactive were more likely to report high blood cholesterol or diabetes. Respondents who were not overweight were more likely to report current asthma. Respondents with a high school education or less or with a household income of less than \$60,001 were more likely to report high blood pressure. Respondents with a household income of \$30,001 to \$60,000 were more likely to report high blood cholesterol. Married respondents were more likely to report high blood cholesterol.

Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents 35 to 44 years old were more likely to report they felt sad, blue or depressed. Eighteen percent felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (28% and 15%, respectively). Female respondents were more likely to report chiropractic care. Respondents 35 to 44 years old were more likely to report massage therapy. Meditation, movement therapy or aroma therapy varied across education levels. Respondents with a household income of less than \$30,001 or with a household income of at least \$60,001 were more likely to report chiropractic care, while respondents with a household income of at least \$60,001 were more likely to report massage therapy.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 26% were classified as inactive. Female respondents or those with a high school education or less were more likely to meet the recommendation. Fifty-three percent of respondents were classified as overweight (31% overweight and 22% obese). Respondents who were male, 55 to 64 years old, with a high school education or less, with a college education, with a household income of \$30,001 to \$60,000 or married were more likely to be classified as overweight.

Sixty-three percent of respondents eat two or more servings of fruit while 30% eat three or more servings of vegetables on an average day. Respondents with at least some post high school education or who did at least some physical activity were more likely to eat two or more servings of fruit. Female respondents or those who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males or younger respondents were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

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

Thirty-one percent of male respondents 40 to 49 years old and 70% of males 50 and older had a digital rectal exam in the past year.

Fifty-four percent of respondents 50 years old and older had their blood stool tested within the past two years while 38% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female or married respondents were more likely to report avoiding the sun between 10 a.m. and 4 p.m. Respondents with higher education were more likely to report using sunscreen. Respondents with a household income of at least \$60,001 were more likely to report wearing sun protective clothing.

Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with higher education or married 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, 18% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 49% 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 a smoker. Forty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 63% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-seven percent of all respondents preferred a smoke-free restaurant; married respondents or nonsmokers were more likely to prefer this. Sixty-six percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with higher education, who were 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, 32% had three or more drinks on at least one occasion while 22% binged. Generally, respondents who were male, younger, with a household income of less than \$30,001 or unmarried respondents were more likely to have had three or more drinks, on more occasions or binged at least once in the past month. Respondents with some post high school education were more likely to have binged while respondents with at least some post high school education were more likely to have had three or more drinks on more occasions. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

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

Twenty-four percent of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 2% had a loaded firearm. Less than one 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 6% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Eight percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 65 and older, with at least some post high school education or with a household income of less than \$30,001 were more likely to report services.

Out of five factors that may prevent respondents from exercising, the most often mentioned major or moderate factor were motivation or time. Respondents 18 to 44 years old were more likely to report motivation while respondents 18 to 34 years old were more likely to report time as a major/moderate factor. Respondents 55 to 64 years old were more likely to report health problems or safety concerns. Respondents with some post high school education were more likely to report time, health problems or safety concerns. Respondents with a household income of less than \$30,001 were more likely to report cost or safety concerns. Married respondents were more likely to report health problems. Respondents who were physically inactive were more likely to report safety concerns or cost while respondents who did an insufficient amount of physical activity were more likely to report motivation, time or cost.

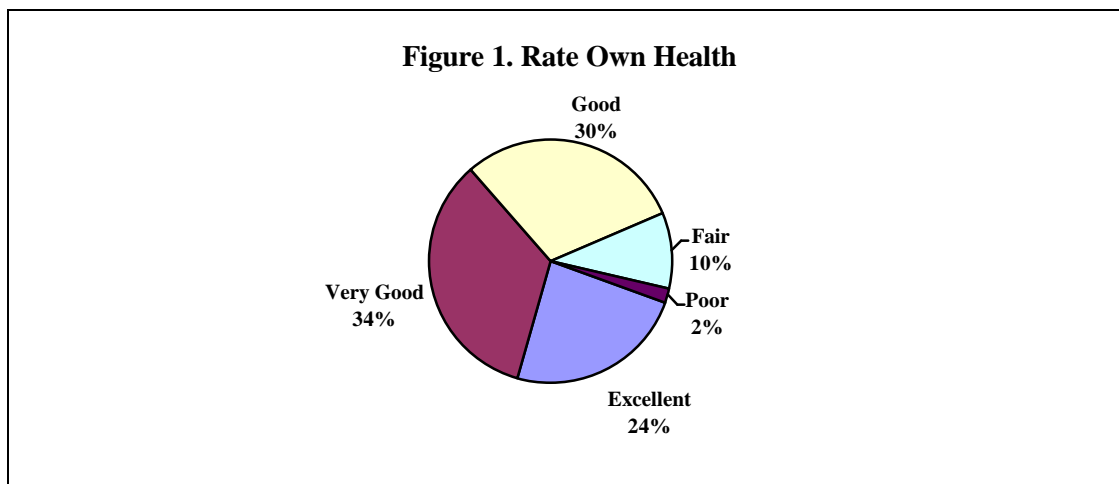
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-eight percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with lower education, lower household income, married or physically inactive were more likely to report fair or poor conditions.

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

- Fifty-eight percent of respondents said their own health, generally speaking, was either excellent (24%) or very good (34%). A total of 12% reported their health was fair (10%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor (32%) compared to those 18 to 34 years old or 45 to 54 years old (8% each) or respondents 35 to 44 years old (7%).
- Sixteen percent of respondents with a high school education or less reported fair or poor health compared to 13% of those with some post high school education or 7% of respondents with a college education.
- Sixteen percent of respondents with a household income of less than \$30,001 reported their health was fair or poor compared to 13% of those with an income of \$30,001 to \$60,000 or 6% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report fair or poor (17%) compared to unmarried respondents (8%).
- Inactive respondents were more likely to report fair/poor (17%) compared to those who did an insufficient amount of physical activity (12%) or respondents who met the recommendation (8%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	12%	30%	34%	24%
Gender				
Male	12	30	34	24
Female	13	30	34	23
Age**				
18 to 34	8	30	32	30
35 to 44	7	28	44	21
45 to 54	8	26	41	25
55 to 64	18	29	32	21
65 and Older	32	38	25	5
Education**				
High School or Less	16	34	33	17
Some Post High School	13	34	32	22
College Graduate	7	18	39	37
Household Income*				
\$30,000 or Less	16	34	34	16
\$30,001 to \$60,000	13	27	34	27
\$60,001 or More	6	25	36	33
Marital Status*				
Married	17	27	34	22
Not Married	8	32	34	26
Overweight				
Not Overweight	8	30	37	25
Overweight	14	31	34	20
Physical Activity*				
Inactive	17	35	24	24
Insufficient	12	31	33	25
Recommended	8	23	46	22
Smoker				
Nonsmoker	13	28	36	23
Smoker	10	35	29	26

*= p≤0.05; **= p≤0.01

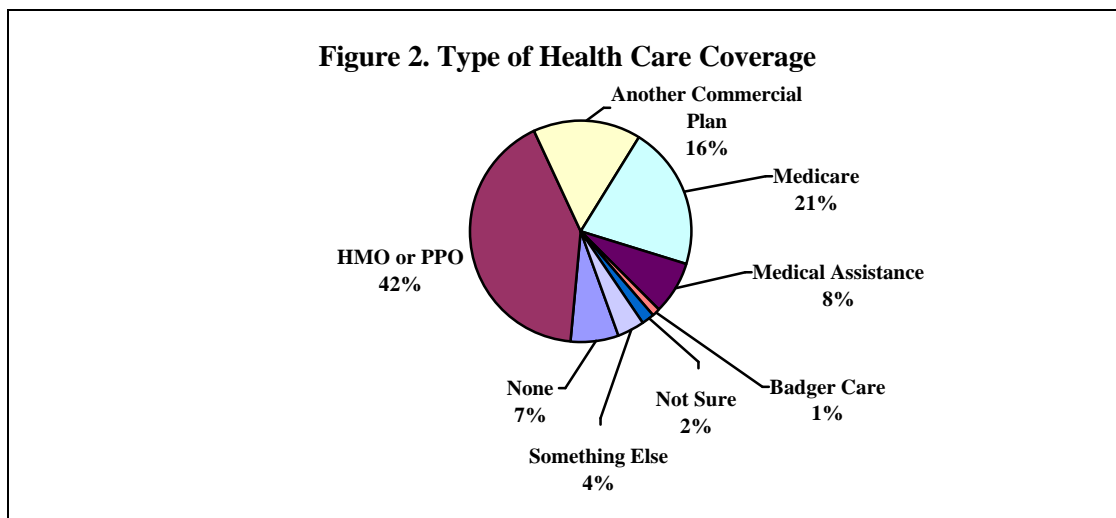
Health Care Coverage (Figure 2)

KEY FINDING: Seven percent of respondents reported they personally did not have health care coverage. Respondents who were male, 35 to 44 years old or unmarried were more likely to report not having personal health insurance. Thirteen percent reported someone in their household currently was not covered; unmarried respondents were more likely to report this. Nineteen percent reported in the past 12 months someone in their household was not covered. Respondents with a household income of \$30,001 to \$60,000 or unmarried respondents were more likely to report someone was not covered in the past 12 months. Sixty-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Respondents 45 to 54 years old, with lower education or a household income of \$30,001 to \$60,000 were more likely to report a medical doctor, etc. Twenty-three 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).

- Seven percent of respondents reported they were not currently covered by any health insurance. Forty-two percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Sixteen percent reported another commercial plan, 21% reported Medicare, and 8% reported medical assistance.



- Ten percent of male respondents reported they did not have personal coverage compared to 4% of female respondents.
- Eighteen percent of respondents 35 to 44 years old reported they were not currently covered by any health insurance compared to 0% of respondents 55 and older. Six percent of respondents 18 to 34 years old reported no coverage along with 5% of respondents 45 to 54 years old.
- Unmarried respondents were more likely to report not being personally covered than married respondents (13% and 2%, respectively).

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 3,120 households.
- Unmarried respondents were more likely to have someone not covered (19%) compared to married respondents (8%).

Someone in Household Not Covered in the Past 12 Months

- Nineteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-five percent of respondents with a household income of \$30,001 to \$60,000 reported someone in their household was not covered in the past 12 months compared to 17% of those with an income of less than \$30,001 or 13% 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 (24%) compared to married respondents (16%).

Primary Health Care Services

- Sixty-six percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eighteen percent reported walk-in or urgent care while 6% reported community health center or hospital emergency room.
- Eighty-two percent of respondents 45 to 54 years old reported a medical doctor, etc., compared to 57% of respondents 18 to 34 years old. Seventy-nine percent of respondents 65 and older reported a medical doctor, etc., along with 68% of those 55 to 64 years old or 64% of respondents 35 to 44 years old.
- Seventy-three percent of respondents with a high school education or less reported a medical doctor etc., compared to 68% of those with a college education or 55% of respondents with some post high school education.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report a medical doctor, etc., (75%) compared to those with an income of at least \$60,001 (65%) or respondents with a household income of less than \$30,001 (57%).

Advance Care Plan

- Twenty-three percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Fifty-three percent of respondents 65 and older reported they had an advance care plan followed by 36% of those 55 to 64 years old, 24% of those 45 to 54 years old, 15% of respondents 35 to 44 years old and 13% of respondents 18 to 34 years old.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-seven percent of all respondents reported a visit to the dentist in the past year while 63% reported having a routine checkup, 58% an eye exam and 46% reported a cholesterol test. Female respondents, those with a high school education or less or with a college education were more likely to report a routine checkup in the past year. Respondents 55 and older, with a household income of \$30,001 to \$60,000 or married respondents were more likely to report a cholesterol test in the past year. Respondents with a household income of at least \$30,001 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-three percent of respondents reported they had a routine checkup in the past year. An additional 19% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (75%) than male respondents (51%).
- Sixty-seven percent of respondents with a college education and 65% of those with a high school education or less reported a routine checkup in the past year compared to 56% of respondents with some post high school education.

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	63%	19%	6%	9%	2%
Gender**					
Male	51	22	10	13	3
Female	75	17	2	6	<1
Age					
18 to 34	65	18	7	8	<1
35 to 44	49	25	8	14	4
45 to 54	53	26	7	13	2
55 to 64	82	12	0	6	0
65 and Older	77	16	2	5	0
Education**					
High School or Less	65	14	2	13	3
Some Post High School	56	25	11	6	<1
College Graduate	67	21	5	8	0
Household Income					
\$30,000 or Less	64	16	8	12	<1
\$30,001 to \$60,000	69	17	3	8	1
\$60,001 or More	53	27	8	11	1
Marital Status					
Married	65	18	6	9	<1
Not Married	60	21	5	11	3

*= 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-six percent of respondents reported having their cholesterol tested within the past year. Thirteen percent reported one to two years ago. Thirty percent reported never having their cholesterol tested.
- Seventy-six percent of respondents 55 to 64 years old and 75% of those 65 and older reported a cholesterol test in the past year compared to 28% of respondents 18 to 34 years old.
- Fifty-seven percent of respondents with a household income of \$30,001 to \$60,000 reported a cholesterol test in the past year compared to 42% of those with an income of at least \$60,001 or 38% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a cholesterol test in the past year (53%) compared to unmarried respondents (38%).

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	46%	13%	4%	5%	30%
Gender					
Male	45	9	4	6	33
Female	47	15	5	3	27
Age**					
18 to 34	28	10	5	4	49
35 to 44	38	11	3	11	34
45 to 54	61	15	10	2	13
55 to 64	76	15	0	6	3
65 and Older	75	18	0	4	2
Education					
High School or Less	47	11	3	6	29
Some Post High School	43	10	5	5	35
College Graduate	48	17	7	3	24
Household Income*					
\$30,000 or Less	38	9	7	5	39
\$30,001 to \$60,000	57	12	3	4	22
\$60,001 or More	42	18	3	7	28
Marital Status**					
Married	53	10	5	5	27
Not Married	38	16	4	4	33

*= p≤0.05; **= p≤0.01

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.¹

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

- Seventy-seven percent of respondents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- There were no statistically significant differences between demographic variables and having a dental checkup.

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

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	77%	12%	4%	7%	0%
Gender					
Male	72	14	5	8	0
Female	82	10	3	5	0
Age					
18 to 34	76	14	5	4	0
35 to 44	81	8	1	10	0
45 to 54	83	11	5	2	0
55 to 64	71	18	3	9	0
65 and Older	73	11	5	11	0
Education					
High School or Less	74	13	3	8	0
Some Post High School	78	10	7	6	0
College Graduate	79	14	3	5	0
Household Income					
\$30,000 or Less	68	19	4	9	0
\$30,001 to \$60,000	81	10	4	5	0
\$60,001 or More	83	7	4	7	0
Marital Status					
Married	82	10	3	5	0
Not Married	71	15	5	8	0

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

Eye Exam

- Fifty-eight percent of respondents had an eye exam in the past year, while 23% reported one to two years ago. Three percent reported never.
- Sixty-two percent of respondents with a household income of \$30,001 to \$60,000 and 60% of those with an income of at least \$60,001 reported an eye exam in the past year compared to 55% 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	58%	23%	6%	9%	3%
Gender					
Male	58	22	6	12	2
Female	59	23	6	6	5
Age					
18 to 34	53	20	9	13	4
35 to 44	60	19	7	7	6
45 to 54	61	30	2	5	3
55 to 64	64	30	3	3	0
65 and Older	68	21	5	4	2
Education					
High School or Less	58	21	11	6	3
Some Post High School	56	24	3	13	4
College Graduate	62	24	3	9	3
Household Income*					
\$30,000 or Less	55	25	6	14	1
\$30,001 to \$60,000	62	18	8	6	4
\$60,001 or More	60	26	0	8	5
Marital Status					
Married	61	22	4	8	5
Not Married	56	23	9	10	2

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-eight percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Seventy 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-eight percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report a flu vaccination in the past year than male respondents (45% and 30%, respectively).

- Respondents 65 and older were more likely to report receiving a flu vaccination (84%) compared to those 18 to 34 years old (26%) or respondents 35 to 44 years old (25%).
- Forty-two percent of married respondents reported receiving a flu vaccination compared to 33% of unmarried respondents.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	38%
Gender**	
Male	30
Female	45
Age**	
18 to 34	26
35 to 44	25
45 to 54	36
55 to 64	47
65 and Older	84
Education	
High School or Less	41
Some Post High School	32
College Graduate	38
Household Income	
\$30,000 or Less	37
\$30,001 to \$60,000	42
\$60,001 or More	30
Marital Status*	
Married	42
Not Married	33

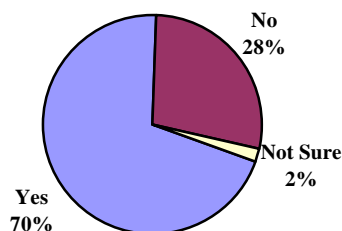
*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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

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



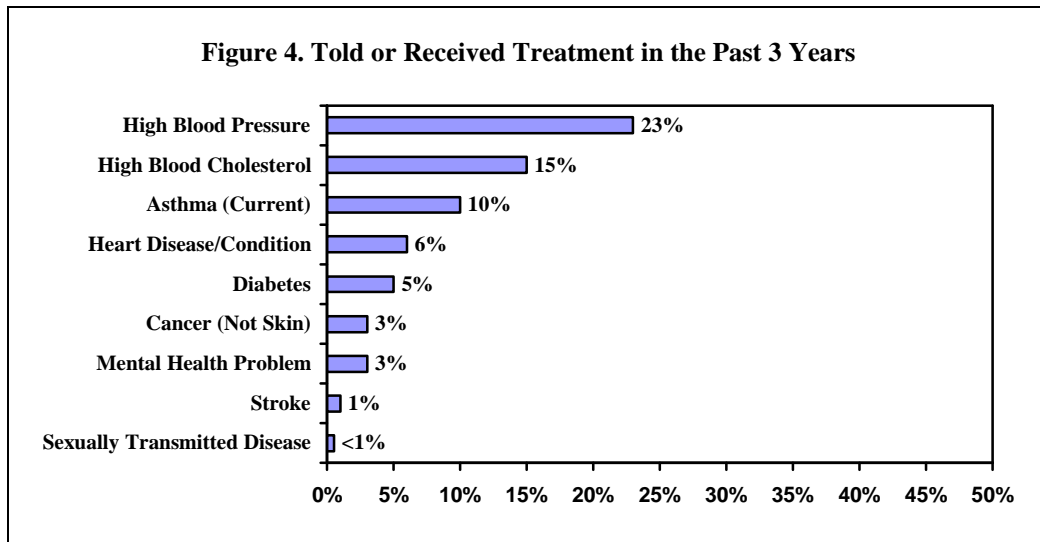
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report current asthma. Respondents 18 to 34 years old were more likely to report current asthma while respondents 65 and older were more likely to report high blood pressure or heart disease/condition. Respondents who were 55 and older, overweight or inactive were more likely to report high blood cholesterol or diabetes. Respondents who were not overweight were more likely to report current asthma. Respondents with a high school education or less or with a household income of less than \$60,001 were more likely to report high blood pressure. Respondents with a household income of \$30,001 to \$60,000 were more likely to report high blood cholesterol. Married respondents were more likely to report high blood cholesterol.

- Respondents were more likely to report they have been told or been treated for high blood pressure (23%), high blood cholesterol (15%), asthma (current, 10%), heart disease/heart condition (6%) or diabetes (5%) in the past three years.

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



- Female respondents were more likely to report current asthma (15%) compared to male respondents (4%).
- Respondents 65 and older were more likely to report high blood pressure or heart disease/condition. Respondents 55 and older were more likely to report high blood cholesterol or diabetes, while respondents 18 to 34 years old were more likely to report current asthma.
- Twenty-eight percent of respondents with a high school education or less reported high blood pressure compared to 22% of those with a college education or 16% of respondents with some post high school education.
- Respondents with a household income of less than \$60,001 were more likely to report high blood pressure while respondents with a household income of \$30,001 to \$60,000 were more likely to report high blood cholesterol.
- Married respondents were more likely to report high blood cholesterol than unmarried respondents (19% and 11%, respectively).
- Overweight respondents were more likely to report high blood cholesterol or diabetes. Respondents who were not overweight were more likely to report current asthma.
- Inactive respondents were more likely to report high blood cholesterol or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Heart Disease or Condition	Diabetes
TOTAL	23%	15%	10%	6%	5%
Gender					
Male	19	19	4**	6	5
Female	26	13	15**	6	4
Age					
18 to 34	12**	5**	17*	3**	0**
35 to 44	11**	11**	6*	6**	4**
45 to 54	24**	20**	5*	2**	3**
55 to 64	32**	36**	3*	12**	15**
65 and Older	60**	32**	9*	19**	14**
Education					
High School or Less	28*	17	10	7	5
Some Post High School	16*	14	12	7	6
College Graduate	22*	14	8	4	4
Household Income					
\$30,000 or Less	26*	10*	15	5	4
\$30,001 to \$60,000	25*	21*	9	7	7
\$60,001 or More	11*	13*	7	4	2
Marital Status					
Married	25	19*	7	7	4
Not Married	20	11*	13	5	5
Overweight					
Not Overweight	18	8**	17**	5	1**
Overweight	26	22**	5**	7	8**
Physical Activity					
Inactive	21	23**	7	9	10**
Insufficient	22	14**	8	3	2**
Recommended	26	8**	16	7	5**

*= p≤0.05; **= p≤0.01

Diabetes

- Ninety-seven percent of the 19 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

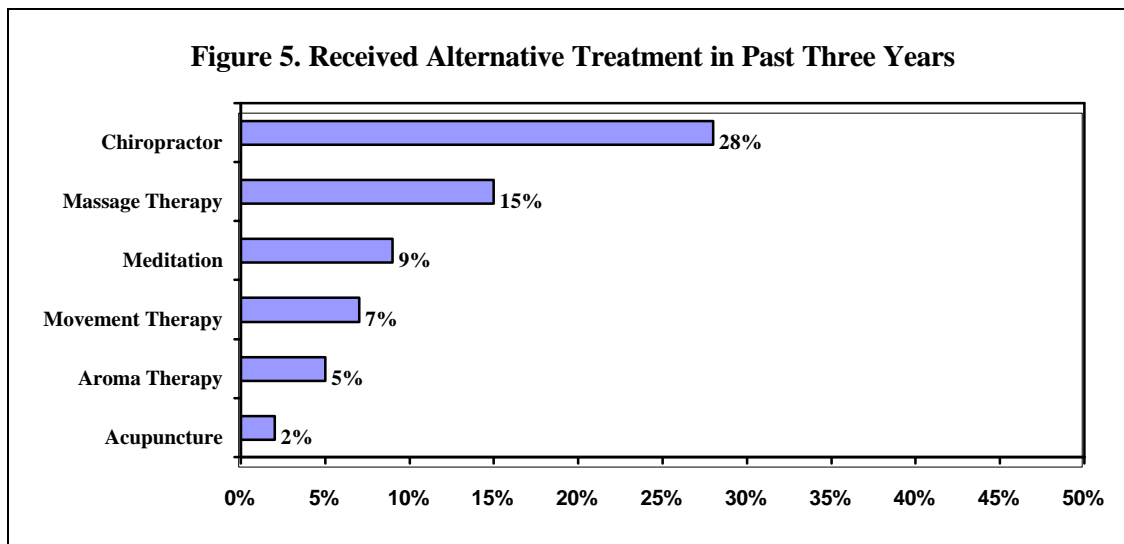
- Of the 41 respondents who currently had asthma, 51% had an asthma action plan.

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 (28% and 15%, respectively). Female respondents were more likely to report chiropractic care. Respondents 35 to 44 years old were more likely to report massage therapy. Meditation, movement therapy or aroma therapy varied across education levels. Respondents with a household income of less than \$30,001 or with a household income of at least \$60,001 were more likely to report chiropractic care, while respondents with a household income of at least \$60,001 were more likely to report massage therapy.

- Respondents were more likely to have gone to a chiropractor (28%) or used massage therapy (15%) in the past three years.



- Female respondents were more likely to report chiropractic care in the past three years (33%) compared to male respondents (22%).
- Respondents 35 to 44 years old were more likely to have reported massage therapy in the past three years (22%) compared to those 55 to 64 years old (9%) or respondents 65 and older (2%).
- Respondents with a college education were more likely to report meditation, while respondents with some post high school education were more likely to report movement therapy. Respondents with at least some post high school education were more likely to report aroma therapy in the past three years.
- Respondents with a household income of less than \$30,001 or with an income of at least \$60,001 were more likely report chiropractic care, while respondents with a household income of at least \$60,001 were more likely to report massage therapy in the past three years.

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	28%	15%	9%	7%	5%
Gender					
Male	22**	14	7	5	3
Female	33**	16	12	9	7
Age					
18 to 34	30	17*	6	8	8
35 to 44	33	22*	15	13	4
45 to 54	31	19*	13	7	7
55 to 64	27	9*	9	3	0
65 and Older	14	2*	5	0	0
Education					
High School or Less	29	11	4**	5*	1**
Some Post High School	28	19	10**	12*	8**
College Graduate	26	18	16**	5*	9**
Household Income					
\$30,000 or Less	32*	13**	10	6	6
\$30,001 to \$60,000	20*	11**	7	6	5
\$60,001 or More	33*	25**	11	9	5
Marital Status					
Married	26	14	8	7	6
Not Married	30	16	10	7	5

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 26% were classified as inactive. Female respondents or those with a high school education or less were more likely to meet the recommendation. Fifty-three percent of respondents were classified as overweight (31% overweight and 22% obese). Respondents who were male, 55 to 64 years old, with a high school education or less, with a college education, with a household income of \$30,001 to \$60,000 or married were more likely to be classified as overweight.

Physical Activities in Past Month

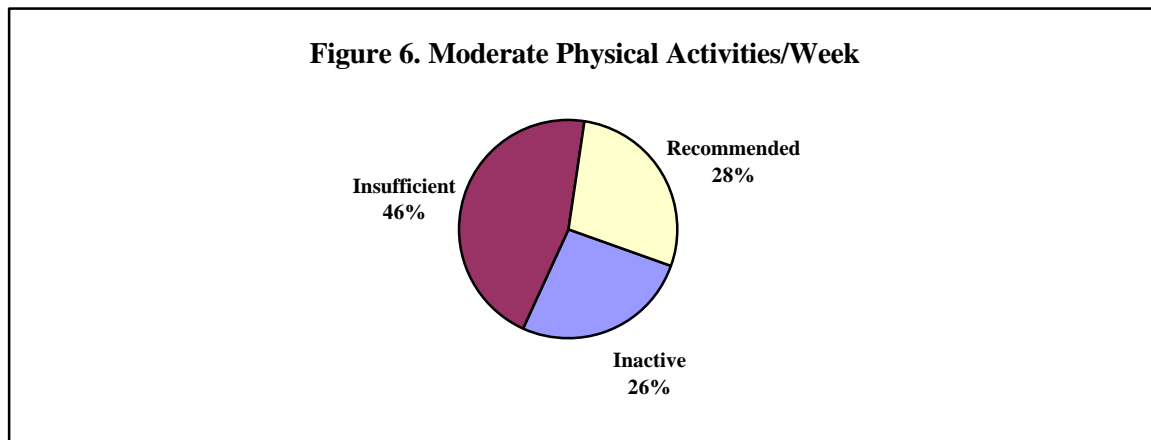
- Seventy-one percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Forty-six percent did some activity, but not to the extent of the recommendation while 26% were classified as inactive.



- Thirty-one percent of female respondents met the recommendation compared to 24% of male respondents. Male respondents were more likely to be classified as inactive (34%) than female respondents (19%).
- Thirty-one percent of respondents with a high school education or less met the recommended amount of physical activity compared to 26% of those with some post high school education or 24% of respondents with a college education. Thirty-three percent of respondents with some post high school education and 31% of those with a high school education or less were classified as inactive compared to 11% of respondents with a college education.

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

	Inactive	Insufficient	Recommended
TOTAL	26%	46%	28%
Gender**			
Male	34	43	24
Female	19	50	31
Age			
18 to 34	24	47	29
35 to 44	17	50	33
45 to 54	24	51	25
55 to 64	42	42	15
65 and Older	30	39	30
Education**			
High School or Less	31	38	31
Some Post High School	33	42	26
College Graduate	11	65	24
Household Income			
\$30,000 or Less	28	46	27
\$30,001 to \$60,000	31	44	25
\$60,001 or More	19	49	32
Marital Status			
Married	25	51	24
Not Married	27	42	31
Overweight			
Not Overweight	24	43	33
Overweight	27	48	25

*= p≤0.05; **= p≤0.01

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.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, 53% of respondents were overweight (31% overweight and 22% obese).
- Male respondents were more likely to be classified as overweight (65%) compared to female respondents (42%).
- Respondents 55 to 64 years old were more likely to be overweight (79%) compared to those 35 to 44 years old (55%) or respondents 18 to 34 years old (42%).
- Fifty-nine percent of respondents with a high school education or less and 57% of those with a college education were classified as overweight compared to 43% of respondents with some post high school education.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to be overweight (62%) compared to those with an income of at least \$60,001 (51%) or respondents with a household income of less than \$30,001 (44%).
- Married respondents were more likely to be overweight than unmarried respondents (62% and 45%, respectively).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	53%
Gender**	
Male	65
Female	42
Age**	
18 to 34	42
35 to 44	55
45 to 54	59
55 to 64	79
65 and Older	62
Education*	
High School or Less	59
Some Post High School	43
College Graduate	57
Household Income*	
\$30,000 or Less	44
\$30,001 to \$60,000	62
\$60,001 or More	51
Marital Status**	
Married	62
Not Married	45
Moderate Physical Activities	
Inactive	56
Insufficient	55
Recommended	48

*= 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 30% eat three or more servings of vegetables on an average day. Respondents with at least some post high school education or who did at least some physical activity were more likely to eat two or more servings of fruit. Female respondents or those who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males or younger respondents were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

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-five percent reported one serving or less.
- Sixty-eight percent of respondents with at least some post high school education reported eating two or more servings of fruit per day compared to 56% of respondents with a high school education or less.
- Respondents who did at least some physical activity in a typical week were more likely to eat at least two servings of fruit a day (68% each) compared to inactive respondents (51%).

Vegetable Intake

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

- Thirty percent of respondents eat three or more servings of vegetables on an average day. Sixty-eight percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (33% and 27%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day (41%) compared to those who did an insufficient amount of physical activity (27%) or respondents classified as inactive (24%).

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	35%	63%	68%	30%
Gender				
Male	36	62	70*	27*
Female	34	65	68*	33*
Age				
18 to 34	35	62	70	28
35 to 44	31	68	64	36
45 to 54	37	61	76	24
55 to 64	38	62	70	30
65 and Older	33	67	68	32
Education				
High School or Less	41*	56*	68	30
Some Post High School	30*	68*	71	29
College Graduate	32*	68*	68	32
Household Income				
\$30,000 or Less	43	56	73	27
\$30,001 to \$60,000	31	66	65	34
\$60,001 or More	30	70	71	29
Marital Status				
Married	31	67	69	30
Not Married	39	59	69	30
Overweight				
Not Overweight	32	67	72	28
Overweight	39	59	67	32
Moderate Physical Activities				
Inactive	47*	51*	74**	24**
Insufficient	31*	68*	73**	27**
Recommended	29*	68*	57**	41**

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Twelve 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-four percent reported a few times per month while 14% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (62%) compared to female respondents (41%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-one percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 42% of those 55 to 64 years old or 26% of respondents 65 and older.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	34%	51%
Gender**		
Male	28	62
Female	40	41
Age**		
18 to 34	31	61
35 to 44	35	54
45 to 54	39	47
55 to 64	42	42
65 and Older	39	26
Education		
High School or Less	29	55
Some Post High School	40	47
College Graduate	36	51
Household Income		
\$30,000 or Less	33	50
\$30,001 to \$60,000	29	55
\$60,001 or More	43	51
Marital Status		
Married	32	54
Not Married	38	49
Overweight		
Not Overweight	36	48
Overweight	35	53
Moderate Physical Activities		
Inactive	35	50
Insufficient	39	50
Recommended	27	53

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

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

Mammogram

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

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

- Forty-one percent of all female respondents never had a mammogram while 50% had a mammogram within the past two years (36% within past year and 14% 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 (85% of those 50 and older; 69% of those 40 to 49 years old).
 - Of respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: too young, don’t need, no time or don’t like (three responses each) or too expensive or not recommended by provider (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%	14%	9%	41%
Age**				
18 to 39	13	4	9	74
40 to 49	49	20	9	23
50 and Older	60	25	10	6

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Sixty-six percent of respondents reported they had a pap smear within the past year. An additional 22% reported between one year and less than three years.
- Ninety-six percent of respondents 18 to 34 years old reported a pap smear within the past three years compared to 83% of those 45 to 54 years old or 73% of respondents 65 and older.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	66%	18%	4%	9%	3%
Age**					
18 to 34	83	13	0	1	4
35 to 44	65	22	5	8	0
45 to 54	67	13	3	17	0
55 to 64	68	16	0	5	11
65 and Older	34	24	15	22	5
Education					
High School or Less	60	19	5	13	2
Some Post High School	64	19	3	6	8
College Graduate	75	15	5	5	0
Household Income					
\$30,000 or Less	69	13	3	12	3
\$30,001 to \$60,000	61	21	6	7	4
\$60,001 or More	66	23	2	9	0
Marital Status					
Married	67	16	3	12	2
Not Married	66	19	5	5	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: Thirty-one percent of male respondents 40 to 49 years old and 70% 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

- Fifty-two percent of all male respondents never had a digital rectal exam. Thirty-three percent had an exam in the past year while 6% reported within the past two years (one year but less than two years).
- Seventy percent of male respondents 50 years old and older had an exam less than a year ago while 31% 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	33%	6%	6%	52%
Age**				
18 to 39	17	<1	5	74
40 to 49	31	14	14	40
50 and Older	70	9	6	15

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-four percent of respondents 50 years old and older had their blood stool tested within the past two years while 38% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

- Fifty-five percent of all respondents never had a blood stool test. Thirty-one percent were tested within the past two years (22% less than a year ago and 9% more than one year ago, but less than two).

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

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

- Fifty-four percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 31% of those 40 to 49 years old or 16% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 77% of respondents 18 to 39 years old.
- Married respondents were more likely to have had a test within the past year two years compared to unmarried respondents (38% and 24%, respectively). Sixty-two percent of unmarried respondents reported never compared to 49% of married respondents.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	22%	9%	11%	55%
Gender				
Male	25	10	9	52
Female	19	8	12	58
Age**				
18 to 39	14	2	6	77
40 to 49	17	14	19	44
50 and Older	36	18	15	27
Education				
High School or Less	24	11	10	49
Some Post High School	22	6	10	60
College Graduate	18	11	11	59
Household Income				
\$30,000 or Less	24	8	12	55
\$30,001 to \$60,000	24	13	8	50
\$60,001 or More	17	6	11	64
Marital Status*				
Married	28	10	11	49
Not Married	16	8	11	62

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-six percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty percent were examined within the past two years (14% less than a year ago and 6% more than one year ago, but less than two).
- Twenty-two percent of male respondents and 18% of female respondents reported a sigmoidoscopy or colonoscopy exam within the past two years. Male respondents were more likely to report within the past year (19%) compared to female respondents (9%).

- A total of 38% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 16% of those 40 to 49 years old or 9% of respondents 18 to 39 years old. Thirty-five percent of respondents 50 and older reported never compared to 84% of respondents 18 to 39 years old.
- Twenty-seven percent of respondents with a household income of \$30,001 to \$60,000 reported a sigmoidoscopy or colonoscopy within the past two years compared to 19% of those with an income of less than \$30,001 or 9% of respondents with a household income of at least \$60,001. Fifty-seven percent of respondents with a household income of \$30,001 to \$60,000 reported never compared to 73% of those with a household income of at least \$60,001.
- Married respondents were more likely to report sigmoidoscopy or colonoscopy within the past two years than unmarried respondents (29% and 10%, respectively). Seventy-seven percent of unmarried respondents reported never compared to 55% of married respondents.

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

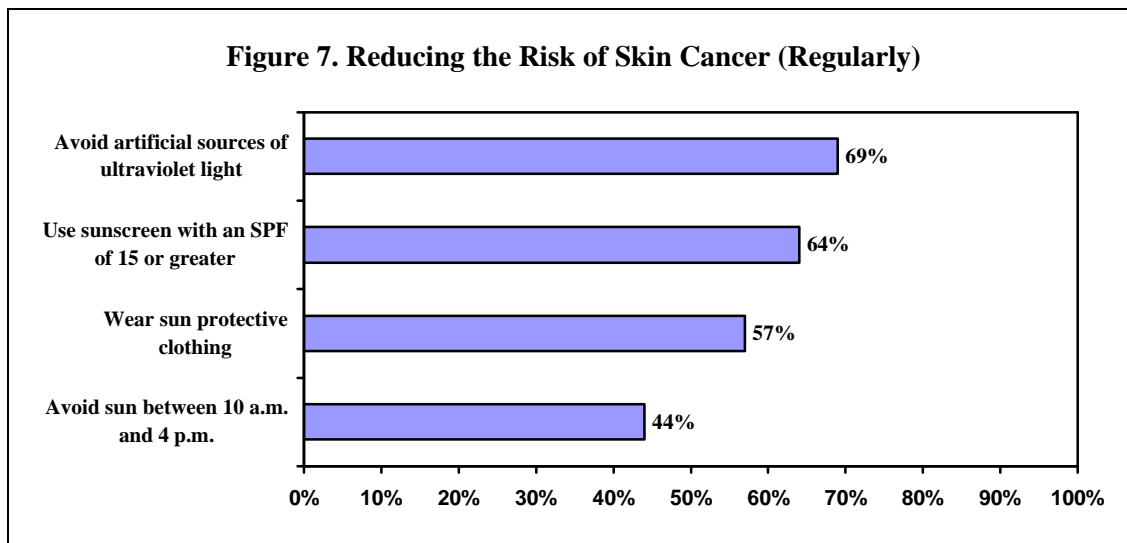
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	14%	6%	8%	7%	66%
Gender**					
Male	19	3	5	6	67
Female	9	9	10	8	64
Age**					
18 to 39	9	0	2	4	84
40 to 49	7	9	9	9	66
50 and Older	24	14	17	11	35
Education					
High School or Less	13	8	6	6	66
Some Post High School	15	5	5	9	66
College Graduate	12	4	12	7	65
Household Income*					
\$30,000 or Less	12	7	6	7	70
\$30,001 to \$60,000	20	7	10	5	57
\$60,001 or More	5	4	7	11	73
Marital Status**					
Married	21	8	9	7	55
Not Married	6	4	6	7	77

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

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

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

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 64% use sunscreen with a SPF of 15 or higher, 57% wear sun protective clothing while 44% avoid the sun between 10 a.m. and 4 p.m.
- Fourteen percent of respondents did not reduce their risk by any of these four measures. Thirteen percent reported one measure. Twenty-two percent reported two of the four actions while 25% reported three and 25% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. (49%) than male respondents (38%).
- As education increased, so did the likelihood of respondents using sunscreen. Fifty-four percent of respondents with a high school education or less reported this compared to 69% of those with some post high school education or 75% of respondents with a college education.
- Respondents with a household income of at least \$60,001 were more likely to report wearing sun protective clothing (63%) compared to those with a household income of \$30,001 to \$60,000 (57%) or respondents with a household income of less than \$30,001 (55%).
- Married respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. than unmarried respondents (51% and 36%, respectively).

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	64%	57%	44%
Gender				
Male	68	59	57	38*
Female	69	68	57	49*
Age				
18 to 34	68	68	56	37
35 to 44	65	69	56	44
45 to 54	65	68	54	40
55 to 64	74	59	65	56
65 and older	79	47	61	54
Education				
High School or Less	62	54**	57	38
Some Post High School	78	69**	56	43
College Graduate	67	75**	60	52
Household Income				
\$30,000 or Less	63	62	55*	40
\$30,001 to \$60,000	76	67	57*	51
\$60,001 or More	64	64	63*	36
Marital Status				
Married	69	69	61	51**
Not Married	68	60	53	36**

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-three percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with higher education or married 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, 18% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 49% reported their child always wore a helmet.

Seat Belts

- Eighty-three percent of respondents reported they wore seat belts always or nearly always (74% and 9%, respectively).
- Female respondents were more likely to report wearing seat belts always (81%) compared to male respondents (67%).

- Respondents 65 and older were more likely to always wear seat belts (98%) compared to those 18 to 34 years old (68%) or respondents 55 to 64 years old (65%).
- As education increased, so did the likelihood of always wearing seat belts. Sixty-nine percent of respondents with a high school education or less reported this compared to 75% of those with some post high school education or 81% of respondents with a college education.
- Married respondents were more likely to report always (83%) compared to unmarried respondents (65%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	3%	8%	9%	74%
Gender**					
Male	3	6	14	11	67
Female	7	1	3	6	81
Age*					
18 to 34	6	4	10	10	68
35 to 44	7	0	10	10	74
45 to 54	2	3	8	13	75
55 to 64	9	6	15	6	65
65 and older	0	0	0	2	98
Education**					
High School or Less	9	4	7	8	69
Some Post High School	2	2	14	7	75
College Graduate	2	4	3	11	81
Household Income					
\$30,000 or Less	7	1	10	11	69
\$30,001 to \$60,000	3	5	8	10	75
\$60,001 or More	4	1	7	5	82
Marital Status**					
Married	2	4	5	6	83
Not Married	8	2	12	12	65

*= p≤0.05; **= p≤0.01

Children and Seat Belts

- Thirty-eight 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 8% reported nearly always.
- Married respondents were more likely to report their child always wore a seat belt, etc., than unmarried respondents (96% and 81%, respectively).

Bicycle Helmet Usage

- Sixty-two 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...

- Eighteen percent of respondents who bicycled, in-line roller skated or rode a scooter always (14%) or nearly always (4%) wore a helmet. Seventy-six percent reported never.
- Male and female respondents were similar in reporting always (14% each). Female respondents were more likely to report nearly always (8%) compared to male respondents (less than one percent).
- Respondents 35 to 44 years old were more likely to report they always wore a helmet (28%) compared to those 55 and older (20%) or respondents 18 to 34 years old (5%).
- As education increased, so did the likelihood of reporting always. Five percent of respondents with a high school education or less reported this compared to 13% of those with some post high school education or 29% of respondents with a college education.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report always (23%) compared to those with an income of at least \$60,001 (14%) or respondents with a household income of less than \$30,001 (7%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	76%	3%	3%	4%	14%
Gender*					
Male	77	3	5	<1	14
Female	75	3	<1	8	14
Age*					
18 to 34	84	2	4	5	5
35 to 44	68	2	0	2	28
45 to 54	64	3	8	5	21
55 and older	77	0	0	3	20
Education**					
High School or Less	79	5	5	6	5
Some Post High School	81	3	1	3	13
College Graduate	64	1	3	3	29
Household Income*					
\$30,000 or Less	87	2	0	4	7
\$30,001 to \$60,000	65	6	5	2	23
\$60,001 or More	78	0	6	2	14
Marital Status					
Married	75	3	2	3	19
Not Married	77	3	4	6	10

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Forty-nine percent of respondents reported their child always wore a helmet while 9% reported nearly always. Twenty percent reported never.
- Married respondents were more likely to report their child always wore a helmet than unmarried respondents (56% and 35%, respectively). Thirty-three percent of unmarried respondents reported never compared to 13% of married respondents.

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 a smoker. Forty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 63% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Fifty-seven percent of all respondents preferred a smoke-free restaurant; married respondents or nonsmokers were more likely to prefer this. Sixty-six percent favored a community ordinance prohibiting smoking in eating establishments. Respondents with higher education, who were 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. Three percent smoked between one and 29 days while the remaining 22% smoked every day.
- Respondents 18 to 34 years old were more likely to be current smokers (32%) compared to those 45 to 54 years old (16%) or respondents 65 and older (11%).
- Unmarried respondents were more likely to be smokers than married respondents (33% and 18%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	25%
Gender	
Male	25
Female	26
Age*	
18 to 34	32
35 to 44	28
45 to 54	16
55 to 64	27
65 and older	11
Education	
High School or Less	26
Some Post High School	30
College Graduate	18
Household Income	
\$30,000 or Less	29
\$30,001 to \$60,000	24
\$60,001 or More	24
Marital Status**	
Married	18
Not Married	33

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-two percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Female respondents were more likely to quit smoking for at least one day in the past year than male respondents (53% and 30%, respectively).
- Unmarried respondents were more likely to quit smoking for at least one day (52%) than married respondents (28%).

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

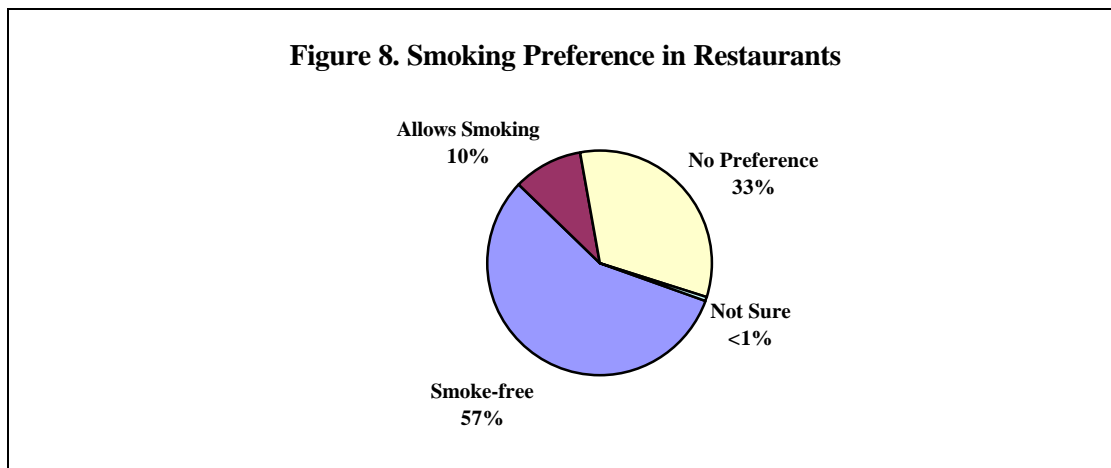
- Sixty-three percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (73%) compared to male respondents (50%).

Smoking Indoor or in Vehicle

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

Smoking Preference in Restaurants

- Fifty-seven percent of respondents reported they preferred to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Thirty-three percent reported they did not have a preference.



- Married respondents were more likely to prefer smoke-free restaurants (64%) than unmarried respondents (48%). Sixteen percent of unmarried respondents preferred restaurants that allow smoking while 5% of married respondents reported this.
- Seventy-one percent of nonsmokers preferred smoke-free restaurants compared to 12% of smokers. Thirty-one percent of smokers reported the preference for restaurants that allow smoking while 3% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty-six percent of respondents favored a community ordinance prohibiting smoking in eating establishments (40% strongly favor, 23% moderately favor).
- As education increased, so did the likelihood of respondents favoring a smoking prohibition ordinance. Fifty-seven percent of respondents with a high school education or less reported this compared to 67% of those with some post high school education or 79% of respondents with a college education.
- Married respondents were more likely to favor an ordinance than unmarried respondents (74% and 58%, respectively).
- Seventy-six percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 36% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (51%) compared to smokers (8%).

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

	Moderately Favor	Strongly Favor
TOTAL	26%	40%
Gender		
Male	26	38
Female	26	42
Age		
18 to 34	30	40
35 to 44	34	37
45 to 54	23	40
55 to 64	18	38
65 and older	16	46
Education**		
High School or Less	26	31
Some Post High School	27	40
College Graduate	26	53
Household Income		
\$30,000 or Less	19	44
\$30,001 to \$60,000	30	38
\$60,001 or More	32	37
Marital Status*		
Married	28	46
Not Married	24	34
Smoking Status**		
Nonsmoker	25	51
Smoker	28	8

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

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 32% had three or more drinks on at least one occasion while 22% binge. Generally, respondents who were male, younger, with a household income of less than \$30,001 or unmarried respondents were more likely to have had three or more drinks, on more occasions or binge at least once in the past month. Respondents with some post high school education were more likely to have binge while respondents with at least some post high school education were more likely to have had three or more drinks on more occasions. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Six percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty percent of respondents had a drink in the past 30 days. Thirty percent reported they drank on at least five days, while 11% reported three to four days, and 19% reported drinking on one or two days in the past 30 days.
- Eighteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 17% reported two and 16% 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-two percent of all respondents had three or more drinks on an occasion in the past month. Twelve percent reported this one to two times and 20% reported three or more times.
- Male respondents were more likely to report three or more drinks (39%) than female respondents (26%). Males were more likely to have had three or more drinks on at least three occasions (26%) compared to female respondents (15%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks, and more often. Forty-four percent of respondents 18 to 34 years old reported three or more drinks (15% one to two occasions and 29% three or more occasions) compared to 12% of respondents 65 and older (7% one to two occasions and 5% three or more occasions).
- Thirty-nine percent of respondents with at least some post high school education reported three or more drinks compared to 22% of respondents with a high school education or less.
- Respondents with a household income of less than \$30,001 were more likely to have had three or more drinks (44%) compared to those with an income of at least \$60,001 (35%) or respondents with a household income of \$30,001 to \$60,000 (22%).

- Unmarried respondents were more likely to report three or more drinks (40%) compared to married respondents (25%).

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 (27%) than female respondents (16%).
- Respondents 18 to 34 years old were more likely to have binged (33%) compared to respondents 55 to 64 years old (9%) or respondents 65 and older (7%).
- Respondents with some post high school education were more likely to have binged (30%) compared to those with a college education (23%) or respondents with a high school education or less (14%).
- Thirty-five percent of respondents with a household income of less than \$30,001 binged in the past month compared to 22% of those with an income of at least \$60,001 or 11% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to have binged in the past month (31%) compared to married respondents (12%).

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	12%	20%	22%
Gender			
Male	13*	26*	27*
Female	11*	15*	16*
Age			
18 to 34	15**	29**	33**
35 to 44	15**	14**	17**
45 to 54	8**	18**	18**
55 to 64	9**	15**	9**
65 and Older	7**	5**	7**
Education			
High School or Less	7**	15**	14**
Some Post High School	17**	22**	30**
College Graduate	13**	26**	23**
Household Income			
\$30,000 or Less	15**	29**	35**
\$30,001 to \$60,000	10**	12**	11**
\$60,001 or More	13**	22**	22**
Marital Status			
Married	13**	12**	12**
Not Married	11**	29**	31**

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

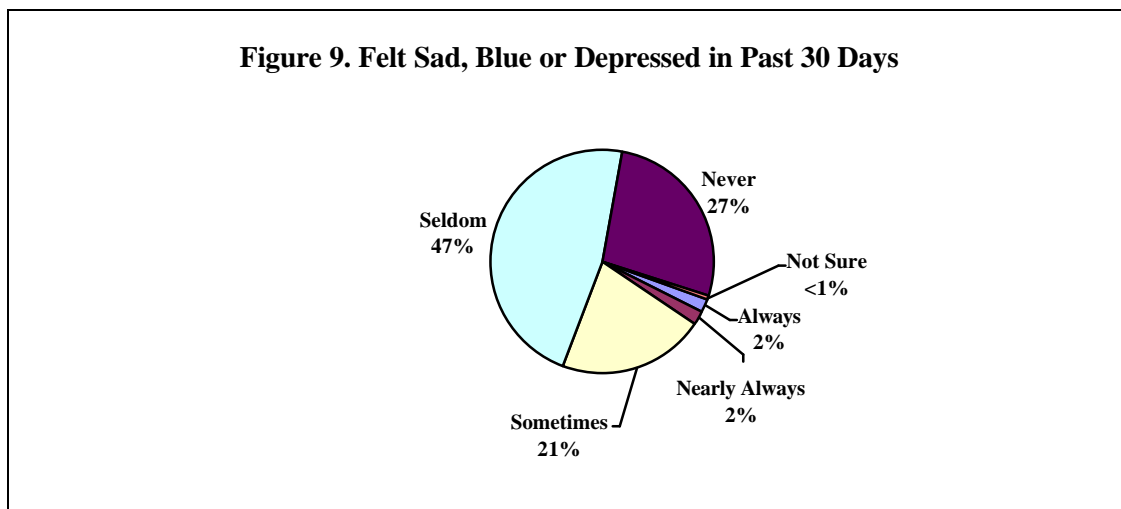
- Six percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents 35 to 44 years old were more likely to report they felt sad, blue or depressed. Eighteen percent felt they were excellent at managing stress; 3% reported poor. Six percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” four percent of survey respondents answered always or nearly always. This equates up to 4,500 residents. Twenty-one percent reported sometimes and the remaining 74% reported seldom (47%) or never (27%).



- Thirteen percent of respondents 35 to 44 years old reported they nearly always/always felt sad, blue or depressed in the past thirty days compared to 0% of respondents 45 to 54 years old. Six percent of respondents 55 to 64 years old reported nearly always/always along with 4% of those 65 and older or 1% of respondents 18 to 34 years old.

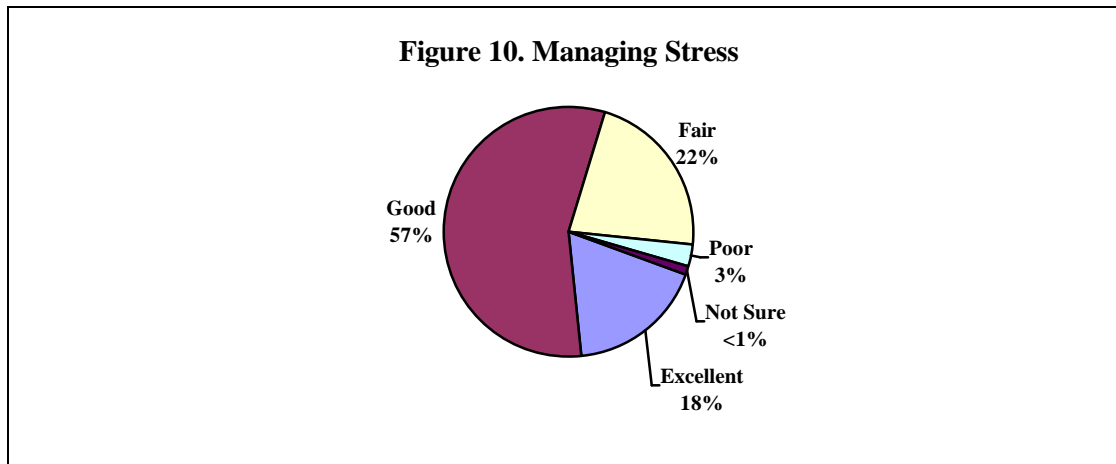
Considered Suicide

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

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 3,500 residents who considered suicide in the past year.

Managing Stress

- Eighteen percent reported they were excellent at managing stress. Fifty-seven percent reported good while 22% reported fair and 3% reported poor.



- Male respondents were more likely to report poor (6%) compared to female respondents (0%). Twenty-nine percent of male respondents reported poor or fair compared to 22% of female respondents.
- Seven percent of respondents 35 to 44 years old and 6% of those 55 to 64 years old reported poor compared to 3% of those 18 to 34 years old or 0% of respondents 45 to 54 years old or 65 and older. Forty-six percent of respondents 35 to 44 years old reported poor or fair compared to 7% of respondents 65 and older. Twenty-seven percent of respondents 18 to 34 years old reported poor or fair along with 21% of those 55 to 64 years old or 18% of respondents 45 to 54 years old.
- Respondents with a household income of at least \$60,001 were more likely to report poor (8%) compared to those with an income of less than \$30,001 (3%) or respondents with a household income of \$30,001 to \$60,000 (less than one percent). Thirty-one percent of respondents with a household income of less than \$30,001 reported poor or fair compared to 25% of those with an income of at least \$60,001 or 22% of respondents with a household income of \$30,001 to \$60,000.

Finding Meaning and Purpose in Daily Life

- Forty percent of respondents reported they always find meaning and purpose in their daily life, an additional 37% reported nearly always. Sixteen percent reported sometimes while 5% reported seldom and less than one percent reported never.
- Respondents 55 to 64 years old were more likely to report never/seldom (12%) compared to those 35 to 44 years old (4%) or respondents 45 to 54 years old (2%). Fifty-five percent of respondents 65 and older reported they always find meaning and purpose in their daily life compared to 37% of those 18 to 34 years old or 29% of respondents 45 to 54 years old.

- Ten percent of respondents with a high school education or less reported never/seldom compared to 4% of those with a college education or 2% of respondents with some post high school education.
- Eight percent of respondents with a household income of \$30,001 to \$60,000 reported never/seldom compared to 5% of those with an income of less than \$30,001 or 3% of respondents with a household income of at least \$60,001. Forty-five percent of respondents with a household income of at least \$60,001 reported always compared to 40% of those with an income of \$30,001 to \$60,000 or 36% of respondents with a household income of less than \$30,001.

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

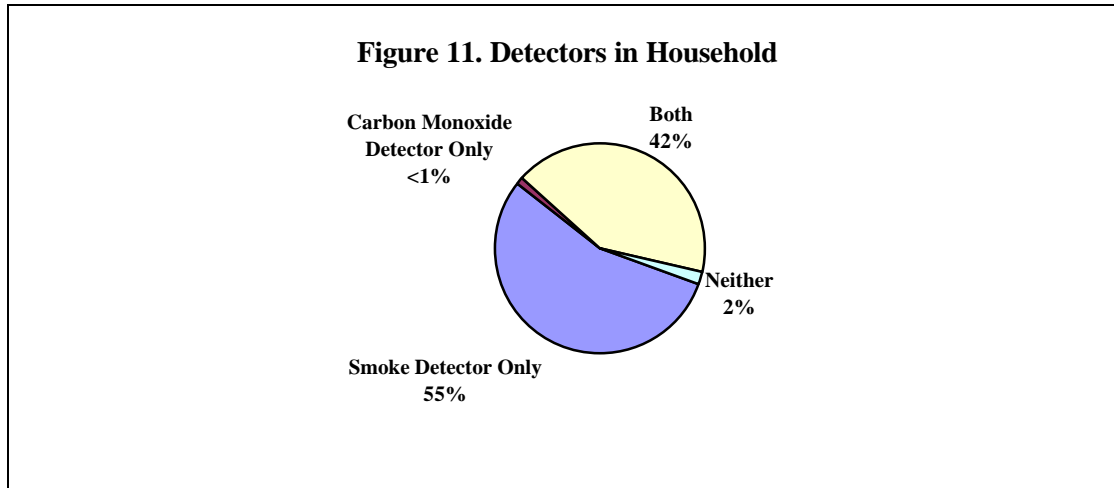
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	6%	16%	37%	40%
Gender				
Male	8	17	36	38
Female	3	14	39	42
Age*				
18 to 34	5	20	38	37
35 to 44	4	21	29	47
45 to 54	2	16	50	29
55 to 64	12	3	39	46
65 and older	5	7	30	55
Education*				
High School or Less	10	19	33	37
Some Post High School	2	14	39	44
College Graduate	4	14	41	41
Household Income*				
\$30,000 or Less	5	22	34	36
\$30,001 to \$60,000	8	12	39	40
\$60,001 or More	3	10	42	45
Marital Status				
Married	3	13	38	45
Not Married	8	19	37	34

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

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

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



- Fifty-two percent of respondents with a household income of at least \$30,001 reported having both a smoke detector and a carbon monoxide detector compared to 25% of respondents with a household income of less than \$30,001.
- Married households were more likely to have both detectors (57%) compared to unmarried households (26%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	55%	<1%	42%	2%
Household Income**				
\$30,000 or Less	73	0	25	2
\$30,001 to \$60,000	46	0	52	2
\$60,001 or More	44	1	52	3
Marital Status**				
Married	41	<1	57	2
Not Married	71	<1	26	3

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Twenty-four percent of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 2% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 24% of households had one or more firearms.
- Married households were more likely to have a firearm (32%) compared to unmarried households (15%).

Loaded Firearm

- Two percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

KEY FINDING: Four percent of respondents reported someone had made them afraid for their personal safety in the past year while 6% 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.
- Respondents with some post high school education were more likely to report someone had made them afraid for their personal safety in the past year (7%) compared to those with a college education (5%) or respondents with a high school education or less (1%).
 - A stranger was most often mentioned as the perpetrator (nine responses). Fewer than three respondents reported each of the following: acquaintance, ex-spouse, boyfriend/girlfriend, friend, separated spouse or someone else.

Pushed, Kicked, Slapped or Hit

- Six percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Male respondents were more likely to report they were pushed, kicked, slapped or hit in the past year (10%) than female respondents (2%).
- Younger respondents were more likely to report they were pushed, kicked, slapped or hit in the past year. Ten percent of respondents 18 to 34 years old reported this followed by 7% of those 35 to 44 years old, 2% of those 45 to 54 years old and 0% of respondents 55 and older.
- Ten percent of respondents with some post high school education reported they were pushed, etc., compared to 4% of those with a high school education or less or 2% of respondents with a college education.
 - A stranger was reported by eleven respondents while a friend was reported by seven. One respondent reported each of the following: separated spouse, boyfriend/girlfriend or someone else.

Combined Personal Safety Threats

- A total of 8% of all respondents reported at least one of the two threats.

APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Eight percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 65 and older, with at least some post high school education or with a household income of less than \$30,001 were more likely to report services.

- Eight percent of respondents were not aware of the public health department prior to the interview. Fifty-nine percent were aware of the department but had no experience with it. Twenty-seven percent received limited services from the health department and 5% received more extensive services.
- Female respondents were more likely to have received services from the health department (37%) compared to male respondents (27%). Thirteen percent of male respondents were not aware of the health department compared to 4% of female respondents.
- Respondents 65 and older were more likely to report receiving services (45%) compared to those 35 to 44 years old (25%) or respondents 55 to 64 years old (24%). Thirteen percent of respondents 18 to 34 years old were not aware of the health department compared to 4% of those 65 and older or 2% of respondents 45 to 54 years old.
- Thirty-eight percent of respondents with a college education and 36% of those with some post high school education reported receiving services compared to 26% of respondents with a high school education or less. Ten percent of respondents with some post high school education received extensive services compared to 3% of those with a college education or 2% of respondents with a high school education or less.
- Respondents with a household income of less than \$30,001 were more likely to have received services (41%) compared to those with an income of \$30,001 to \$60,000 (31%) or respondents with a household income of at least \$60,001 (23%). Eleven percent of respondents with a household income of less than \$30,001 reported extensive services compared to 4% of those with an income of at least \$60,001, or less than one percent of respondents with a household income of \$30,001 to \$60,000.
- Married and unmarried respondents were somewhat similar in reporting they received services (33% and 31%, respectively). However, 8% of unmarried respondents received extensive services compared to 2% of married respondents.

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	8%	59%	27%	5%
Gender**				
Male	13	60	22	5
Female	4	59	32	5
Age*				
18 to 34	13	53	26	7
35 to 44	7	68	21	4
45 to 54	2	67	28	3
55 to 64	9	67	24	0
65 and older	4	52	41	4
Education**				
High School or Less	6	68	24	2
Some Post High School	9	55	26	10
College Graduate	11	51	35	3
Household Income**				
\$30,000 or Less	5	54	30	11
\$30,001 to \$60,000	11	58	30	<1
\$60,001 or More	5	72	19	4
Marital Status*				
Married	7	60	31	2
Not Married	10	59	23	8

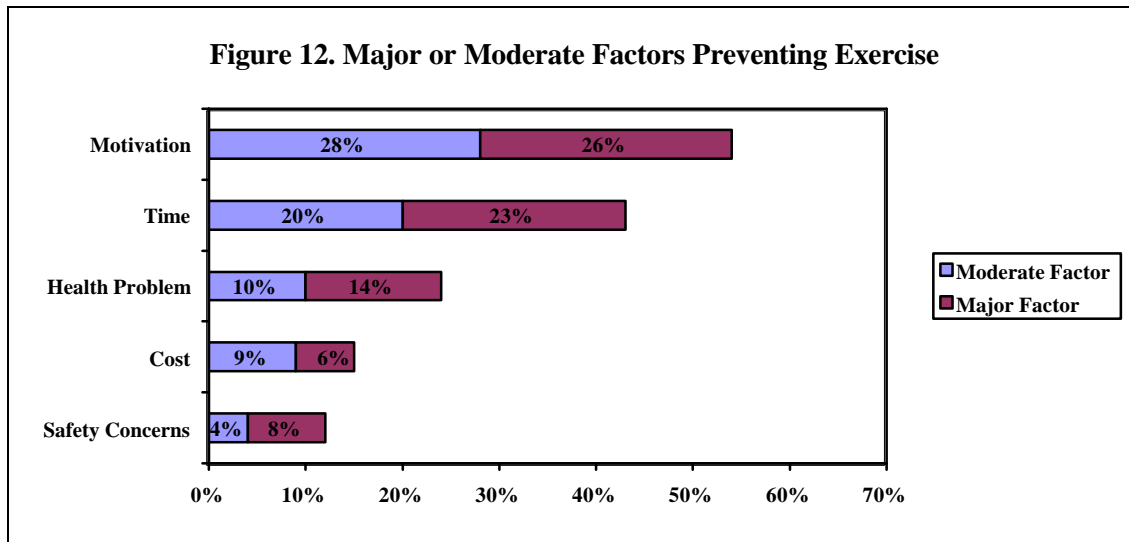
*= $p \leq 0.05$; **= $p \leq 0.01$

Factors Preventing Physical Exercise

KEY FINDING: Out of five factors that may prevent respondents from exercising, the most often mentioned major or moderate factor were motivation or time. Respondents 18 to 44 years old were more likely to report motivation while respondents 18 to 34 years old were more likely to report time as a major/moderate factor. Respondents 55 to 64 years old were more likely to report health problems or safety concerns. Respondents with some post high school education were more likely to report time, health problems or safety concerns. Respondents with a household income of less than \$30,001 were more likely to report cost or safety concerns. Married respondents were more likely to report health problems. Respondents who were physically inactive were more likely to report safety concerns or cost while respondents who did an insufficient amount of physical activity were more likely to report motivation, time or cost.

- Out of five factors for not exercising, 54% of respondents reported motivation as a major or moderate factor followed by 43% reporting time, 24% reporting health problems and 15% reporting cost.

Figure 12. Major or Moderate Factors Preventing Exercise



- Respondents 18 to 44 years old were more likely to report motivation while respondents 18 to 34 years old were more likely to report time as a major/moderate factor preventing physical exercise. Respondent 55 to 64 years old were more likely to report health problems or safety concerns.
- Respondents with some post high school education were more likely to report time, health problems or safety concerns as a major/moderate factor.
- Respondents with a household income of less than \$30,001 were more likely to report cost or safety concerns.
- Married respondents were more likely to report health problems as a major/moderate factor (28%) compared to unmarried respondents (19%).
- Inactive respondents were more likely to report safety concerns or cost as a major/moderate factor while respondents who did an insufficient amount of physical activity were more likely to report motivation, time or cost.

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

	Motivation	Time	Health Problems	Cost	Safety Concerns
TOTAL	54%	43%	24%	15%	12%
Gender					
Male	56	38	22	15	14
Female	51	47	26	16	11
Age					
18 to 34	64**	56**	18**	16	11*
35 to 44	63**	47**	25**	17	7*
45 to 54	39**	44**	23**	15	8*
55 to 64	52**	21**	44**	24	27*
65 and Older	33**	14**	34**	7	16*
Education					
High School or Less	50	28**	24**	17	13**
Some Post High School	62	56**	32**	18	19**
College Graduate	49	51**	15**	9	3**
Household Income					
\$30,000 or Less	58	41	27	24**	18**
\$30,001 to \$60,000	53	44	27	12**	12**
\$60,001 or More	52	44	17	7**	4**
Marital Status					
Married	51	46	28*	15	12
Not Married	56	40	19*	16	13
Physical Activity					
Inactive	57**	42**	30	17*	24**
Insufficient	62**	50**	22	19*	8**
Recommended	37**	32**	21	7*	8**

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

OSHKOSH
 COMMUNITY HEALTH SURVEY
 Conducted: February 21 through July 9, 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	2%
Fair	10
Good	30
Very good	34
Excellent	24
Not sure	0

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

No health care coverage.....	7%
Medical Assistance or Title 19.....	8
Badger Care	1
Medicare	21
A prepaid plan such as a HMO, PPO	42
Another commercial health plan	16
Something else	4
Not sure	2

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.....	19%
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	66%
Walk-in or urgent care clinic	18
Community health center.....	6
Hospital emergency room.....	6
Other.....	2
Not sure	1

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

Yes..... 23%
 No..... 75
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	63%	19%	6%	9%	2%	1%
8. Cholesterol testing	46	13	4	5	30	3
9. Visit to a dentist/dental clinic..	77	12	4	7	0	<1
10. Eye exam.....	58	23	6	9	3	<1

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

Yes..... 38%
 No..... 62
 Not sure <1

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

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

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

	Yes	No	Not sure
13. You have high blood pressure?	23%	77%	<1%
14. Your blood cholesterol is high?	15	83	2
15. You had a stroke?.....	1	98	<1
16. You have heart disease or a heart condition?...	6	93	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	<1
18.if yes, have you had your blood sugar tested in the past year? [19 Respondents]	97	3	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	<1

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	15%	84%	<1%
23. Do you still have asthma? [All Respondents] ...	10	90	<1
24. (if yes), do you have an asthma action plan? [41 Respondents].....	51	49	0

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

One or fewer servings..... 35%
Two servings 29
Three or more servings 34
Not sure 2

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

One or fewer servings..... 38%
Two servings 30
Three or more servings 30
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 34%
A few times per week..... 39
Daily or nearly so 12
Hardly ever or never 14
Not sure <1

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

Yes..... 71%
No..... 29
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..... 74%
No..... 26
Not sure <1

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

One	1%
Two.....	8
Three.....	19
Four	12
Five.....	11
Six	4
Seven	18
Not sure	<1
No moderate exercise/no answer.....	26

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

Less than 30 minutes	15%
30 to 44 minutes	21
45 to 59 minutes	8
60 or more minutes	30
Not sure	<1
No moderate exercise/no answer.....	26

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [209 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)	14	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	2	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	1	üCONTINUE WITH Q33
5 or more years ago	6	üCONTINUE WITH Q33
Never	41	üCONTINUE WITH Q33
Not sure	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [19 Respondents 40 years old or older]

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

[77 Respondents 18 to 39 years old]

Too young..... 63 responses
 Not recommended by provider..... 4 responses
 Not insured..... 2 responses
 Don't need 1 response
 Don't like 1 response
 Not sure 6 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? [209 Respondents]

Within the past year (anytime less than 12 months ago) 66%
 Within the past 2 years (1 year, but less than 2 years ago) 18
 Within the past 3 years (2 years, but less than 3 years ago) 4
 Within the past 5 years (3 years, but less than 5 years ago)..... 3
 5 or more years ago 6
 Never 3
 Not sure..... 0

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [191 Respondents]

Within the past year (anytime less than 12 months ago) 33%
 Within the past 2 years (1 year, but less than 2 years ago) 6
 Within the past 5 years (2 years, but less than 5 years ago)..... 3
 5 or more years ago 3
 Never 52
 Not sure..... 2

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago)22%
- Within the past 2 years (1 year, but less than 2 years ago) 9
- Within the past 5 years (2 years, but less than 5 years ago)..... 5
- 5 or more years ago 6
- Never55
- Not sure..... 3

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) 14%
- Within the past 2 years (1 year, but less than 2 years ago) 6
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 4
- Never66
- Not sure.....<1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	44%	56%	1%
39. Wear sun-protective clothing when exposed to sunlight?.....	57	42	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	64	36	<1
41. Avoid artificial sources of ultraviolet light?.....	69	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..... 38%

Frequency of those who bicycle, use in-line roller skates or scooters [249 Respondents]

- Never 76%
- Seldom..... 3
- Sometimes..... 3
- Nearly always..... 4
- Always 14
- Not sure 0

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

Never	5%
Seldom.....	3
Sometimes.....	8
Nearly always.....	9
Always	74
Not sure	<1

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

One	18%
Two.....	11
Three or more.....	9
None	63

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? [148 Respondents]

Do not ride/skate/scoot..... 18%

Frequency of those who bicycle, use in-line roller skates or scooters [121 Respondents]

Never	20%
Seldom.....	5
Sometimes.....	16
Nearly always.....	9
Always	49
It depends.....	<1
Not sure	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [148 Respondents]

Never	<1%
Seldom.....	0
Sometimes.....	0
Nearly always.....	8
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	27%
Seldom.....	47
Sometimes.....	21
Nearly always.....	2
Always	2
Not sure	<1

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

Poor	3%
Fair	22
Good	57
Excellent	18
Not sure	<1

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

Never	<1%
Seldom.....	5
Sometimes.....	16
Nearly always.....	37
Always	40
Not sure	1

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

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

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

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

None	40%
One to two days.....	19
Three to four days	11
Five or more days	30
Not sure	<1

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

None	40%
One drink	16
Two drinks	17
Three drinks	10
Four or more drinks	18
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	67%
One to two times	12
Three or more times	20
Not sure	1

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

None	79%
Once	7
Two or more times	15
Not sure	0

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

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

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

Yes.....	6%
No.....	94
Not sure	0

Now I'd like to talk to you about cigarettes and tobacco....

57. During the past 30 days, on how many days did you smoke at least one cigarette?

0 days.....	75%
1 to 29 days	3
30 days.....	22
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [101 Respondents]

0 days..... 58%
At least 1 day 42
Not sure 0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [101 Respondents]

Yes..... 63%
No..... 37
Not sure 0

60. Do you currently use snuff or chewing tobacco?

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

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

Yes..... 18%
No..... 38
No smokers in the household..... 44
Not sure 0

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

Smoke-free restaurants 57%
Restaurants that allow smoking 10
No preference..... 33
Not sure <1

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

Strongly oppose..... 12%
Moderately oppose 14
Moderately favor 26
Strongly favor 40
Not sure 9

Another issue being discussed these days deals with firearms.

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

Yes..... 24%
 No..... 76
 Not sure 0

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

Yes..... 2%
 No..... 22
 Not sure <1
 No firearms in the household/no answer 76

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	28%	72%	0%
68. Having acupuncture?	2	98	0
69. Massage therapy?	15	85	0
70. Aroma therapy?	5	95	0
71. Movement therapy, such as yoga or tai'chi?	7	93	0
72. Meditation?	9	91	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 48%
 Female 52

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

18 to 34 years old	43%
35 to 44 years old	18
45 to 54 years old	16
55 to 64 years old	9
65 and older	15

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	47%
Overweight.....	31
Obese.....	22

77. What is your racial heritage?

White	97%
Black, African American or Negro	1
Asian or Pacific Islander.....	1
American Indian or Alaska Native	0
Another race	<1
Multiple races.....	0
Not sure	0

78. Are you of Spanish or Hispanic origin?

Yes.....	<1%
No.....	100
Not sure	0

79. What is your current marital status?

Single, never married.....	34%
A member of an unmarried couple.....	4
Married	49
Separated	<1
Divorced	8
Widowed.....	5
Not sure	0

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

8th grade or less	<1%
Some high school	5
High school graduate or GED	36
Some college.....	26
Technical school graduate	6
College graduate.....	19
Advanced or professional degree	8
Not sure	0

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

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

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

Oshkosh	100%
---------------	------

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

54901	42%
54902	36
54904	15
54903	<1
No answer	7

84. What is your annual household income before taxes?

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

The next series of questions deal with personal safety issues.

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

Yes.....	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 9 responses
 Acquaintance..... 2 responses
 Ex-spouse..... 1 response
 Boyfriend of girlfriend..... 1 response
 Friend..... 1 response
 Separated spouse 1 response
 Someone else 2 responses

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

Yes..... 6% ÜCONTINUE WITH Q88
 No..... 94 ÜGO TO Q89
 Not sure 0 ÜGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [22 Respondents; More than 1 response accepted]

Stranger 11 responses
 Friend 7 responses
 Separated spouse 1 response
 Boyfriend or girlfriend 1 response
 Someone else 1 response
 Not sure 2 responses

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

Smoke detectors55%
 Carbon monoxide detectors<1
 Both42
 Neither 2
 Not sure 0

ADDITIONAL QUESTIONS FOR OSHKOSH

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

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

Not aware of the health department until now 8%
 Aware of the health department, but have had
 no experience with programs or services59
 Aware of the health department and have received
 limited service like a flu shot or other immunization27
 Aware of the health department and have received
 more extensive services5
 Not sure.....0

I am going to read you a list of reasons that might prevent some people from getting physical exercise. For each of the following please indicate if it is a major, moderate, minor or not a factor at all in keeping you from exercising.

		Not a Factor	Minor Factor	Moderate Factor	Major Factor	Not Sure
A2.	Time.....	36%	18%	20%	23%	4%
A3.	Health problem.....	58	17	10	14	<1
A4.	Cost.....	63	21	9	6	1
A5.	Motivation.....	27	19	28	26	<1
A6.	Safety concerns	66	21	4	8	<1