

# **Outagamie County Health Department Community Health Survey**

Fall 2003

Commissioned by:  
**Aurora Health Care**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

The purpose of this project is to provide information for an assessment of the health status of Outagamie County health department 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 Outagamie County Health Department Community Health Survey<sup>1</sup> was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care to provide health departments and other community groups with information on local needs.

Respondents were scientifically selected so that the survey would be representative of all 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 325 telephone interviews were completed between February 24 and September 16, 2003. With a sample size of 325, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the area. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the area. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehy@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

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<sup>1</sup> Outagamie County Health Department is defined as all communities excluding the city of Appleton.

## Demographic Profile of the Outagamie County Health Department Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 34	29%
35 to 44	29
45 to 54	21
55 to 64	12
65 and Older	10
Education	
High School Graduate or Less	40%
Some Post High School	34
College Graduate	26
Household Income	
\$30,000 or Less	20%
\$30,001 to \$60,000	47
\$60,001 or More	29
Not Sure/No Answer	4
Married	69%

## What do the percentages mean?

Results of the Outagamie County Health Department Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 73,632 adult residents.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the area. One percentage point equals approximately 700 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 6,300 residents  $\pm 3,500$  individuals. Meaning that from 2,800 to 9,800 residents may have fair or poor health. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 37,921 households in the area. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 380 households. For example, 9% 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 3,420.

## Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between this data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Outagamie County health department residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

<b>Overall Health</b>		<b>Risk Conditions in the Past 3 Years</b>	
Outagamie County Health Department	<u>2003</u>	Outagamie County Health Department	<u>2003</u>
Excellent .....	25%	High Blood Cholesterol .....	18%
Very Good.....	37%	High Blood Pressure.....	14%
Good .....	30%	Heart Disease/Condition.....	5%
Fair or Poor .....	9%	Asthma (Current) .....	3%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Diabetes .....	2%
Wisconsin .....	57%	Mental Health Problem.....	2%
Nation .....	56%		
<b>Health Care Coverage</b>		<b>Moderate Physical Activity/Week</b>	
Outagamie County Health Department	<u>2003</u>	Outagamie County Health Department	<u>2003</u>
Personally Not Covered .....	3%	Inactive .....	20%
Household Member Not Covered (current) ...	9%	Insufficient .....	57%
Household Member Not Covered (past yr)....	13%	Recommended.....	23%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<i>Other Research: Recommended Physical Activity</i>	<u>2000</u>
Wisconsin .....	10%	Wisconsin.....	27%
Nation .....	13%	Nation .....	26%
<b>Advance Care Plan</b>		<b>Nutrition and Diet</b>	
Outagamie County Health Department	<u>2003</u>	Outagamie County Health Department	<u>2003</u>
Yes .....	35%	Fruit Intake (2 or more servings/day) .....	62%
		Vegetable Intake (3 or more servings/day) .....	27%
		Fried Food/Fast Food (a few times/week) .....	54%
		Overweight.....	62%
		<i>Other Research: Overweight</i>	<u>2001</u>
		Wisconsin.....	59%
		Nation.....	58%
<b>Routine Checkups</b>		<b>Women's Health</b>	
Outagamie County Health Department	<u>2003</u>	Outagamie County Health Department	<u>2003</u>
Routine Checkup (2 years or less) .....	83%	Mammogram (50+; past year).....	59%
Cholesterol Test (2 years or less) .....	70%	Pap Smear (past year).....	76%
Dental Checkup (past year).....	79%	<i>Other Research: Wisconsin</i>	<u>2001</u>
Eye Exam (2 years or less).....	85%	Mammogram (50+; past year).....	69%
		Pap Smear (past year).....	66%
<b>Vaccinations</b>		<b>Reduce Risk of Skin Cancer</b>	
Outagamie County Health Department	<u>2003</u>	Outagamie County Health Department	<u>2003</u>
Flu shot (past year) .....	33%	Avoid Artificial Sources of UV Light .....	77%
Pneumonia (ever—65 years or older).....	59%	Use Sunscreen with SPF 15 or Higher .....	59%
		Wear Sun Protective Clothing.....	45%
		Avoid Sun Between 10 a.m. and 4 p.m. ....	39%
<b>Alternative Treatment in Past 3 Years</b>			
Outagamie County Health Department	<u>2003</u>		
Chiropractor .....	26%		
Massage Therapy.....	16%		
Movement Therapy.....	5%		
Meditation Therapy .....	4%		
Aroma Therapy.....	4%		
Acupuncture .....	<1%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Outagamie County Health Department		Outagamie County Health Department	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	17%	Drink in Past Month .....	68%
50 and Older .....	57%	3+ Drinks on Occasion in Past Month.....	35%
<b>Other Tests</b>		Binge in Past Month	
Outagamie County Health Department		[5+ Drinks (Male): 4+ Drinks (Female)] .....	24%
Blood Stool Test (50+; within past 2 years)....	49%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month) .....	3%
(50+; within past 2 years).....	42%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		<i>Wisconsin.....</i>	
Outagamie County Health Department		<i>Nation .....</i>	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<b>Mental Health Status</b>	
Adult.....	89%	Outagamie County Health Department	
Children.....	96%	Felt Sad, Blue or Depressed in Past 30 Days	
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always .....	<u>2003</u>
(Of Those Who Ride Bike or In-Line Skate)		Never .....	5%
Adult.....	28%	Managing Stress	
Children .....	71%	Excellent/Good.....	84%
Detectors		Poor .....	2%
Smoke Detector .....	35%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom .....	3%
Both.....	63%	Considered Suicide (past year).....	3%
Neither .....	1%	<b>Firearms in Household</b>	
<b>Tobacco Use</b>		Outagamie County Health Department	
Outagamie County Health Department		Of all Households...	
Current Smokers .....	14%	Have a Firearm.....	<u>2003</u>
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm .....	45%
Year Because Trying to Quit (smokers).....	43%	Have a Loaded Firearm Unlocked.....	3%
Health Care Professional Advisement to			2%
Quit Smoking (smokers) .....	66%	<b>Personal Safety in Past Year</b>	
Smoking Indoors or in Vehicle.....	13%	Outagamie County Health Department	
Smoking Preference in Restaurants		Afraid for Their Safety .....	
Smoke-free .....	70%	Pushed/Kicked/Slapped/Hit .....	
Allow Smoking.....	6%		
No Preference .....	25%	<b>Additional Questions</b>	
Ordinance Prohibiting Smoking in Eating		Outagamie County Health Department	
Establishments		Source of Home's Water Supply	
Moderately Favor.....	29%	Private or Individual Well .....	
Strongly Favor .....	41%	City or Community Water Source.....	
<i>Other Research: Current Smokers</i>		Of Those with a Private or Individual Well	
<i>Wisconsin.....</i>		Well Ever Tested.....	
<i>Nation.....</i>		Most Recent Test (Of Those with a Tested Well)	
	<u>2001</u>	Past Three Years .....	
	24%	4 to 5 Years .....	
	23%	6 to 10 Years .....	
		More Than 10 Years Ago .....	
		1%	

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

Sixty-two percent of respondents reported their health as excellent or very good. Respondents with a household income of less than \$30,001, unmarried respondents or those who did the recommended amount of physical activity were more likely to report fair or poor health.

Three percent of respondents reported they personally did not have health care coverage. Nine percent reported someone in their household was currently not covered; 13% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Eighty-one percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-five percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

Seventy-nine percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine checkup, 57% an eye exam and 49% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 55 and older were more likely to report a cholesterol test in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report an eye exam in the past year. Respondents with a household income of at least \$30,001 or married respondents were more likely to report a dental checkup in the past year.

Thirty-three percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Fifty-nine 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 cholesterol or high blood pressure. Respondents 65 and older were more likely to report high blood cholesterol, high blood pressure or heart disease/condition. Overweight respondents were more likely to report high blood cholesterol or high blood pressure. Respondents who did the recommended amount of physical activity were more likely to report heart/disease condition.

Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-one percent felt they were excellent at managing stress; 2% reported poor. Three percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide in the past year.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 16%, respectively). Married respondents were more likely to report chiropractic care.

Twenty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 65 and older were more likely to meet the recommended activity level. Sixty-two percent of respondents were classified as overweight (43% overweight and 19% obese). Male respondents, those 55 to 64 years old, with higher household income or married respondents were more likely to be classified as overweight.

Sixty-two percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with a college education were also more likely to report eating vegetables. Fifty-four percent of respondents eat fried/fast food at least a few times a week; respondents 45 to 54 years old were more likely to report this.

Eighty-five percent of female respondents 50 years old or older had a mammogram within the past two years. Ninety-four percent of all female respondents reported a pap smear within the past three years.

Seventeen percent of male respondents 40 to 49 years old and 57% of males 50 and older had a digital rectal exam in the past year.

Forty-nine percent of respondents 50 years old and older had their blood stool tested within the past two years while 42% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. Respondents 65 and older were more likely to report avoiding the sun.

Eighty-nine percent of respondents wore seat belts always or nearly always. Female respondents, those 45 to 54 years old, 65 and older or with a college education 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, 28% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 58% reported their child always wore a helmet.

Fourteen percent of respondents were current smokers. Respondents with a high school education or less, with a household income of less than \$30,001 or unmarried respondents were more likely to be current smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 66% reported a health professional advised them to quit smoking. Thirteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Seventy percent of all respondents preferred a smoke-free restaurant; 70% favored a community ordinance prohibiting smoking in eating establishments. Respondents with higher education, higher household income or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments.

Sixty-eight percent of respondents had an alcoholic drink in the past 30 days. In the past month, 35% had three or more drinks on at least one occasion while 24% binge. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke detector while 63% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

Forty-five percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two 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 4% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Thirty-four percent of respondents reported their source of water was from a private or individual system or well. Eighty-four percent of respondents who had a private well or system reported it had been tested. Seventy-five percent of respondent who had a private system and had it tested reported it was within the past three years.

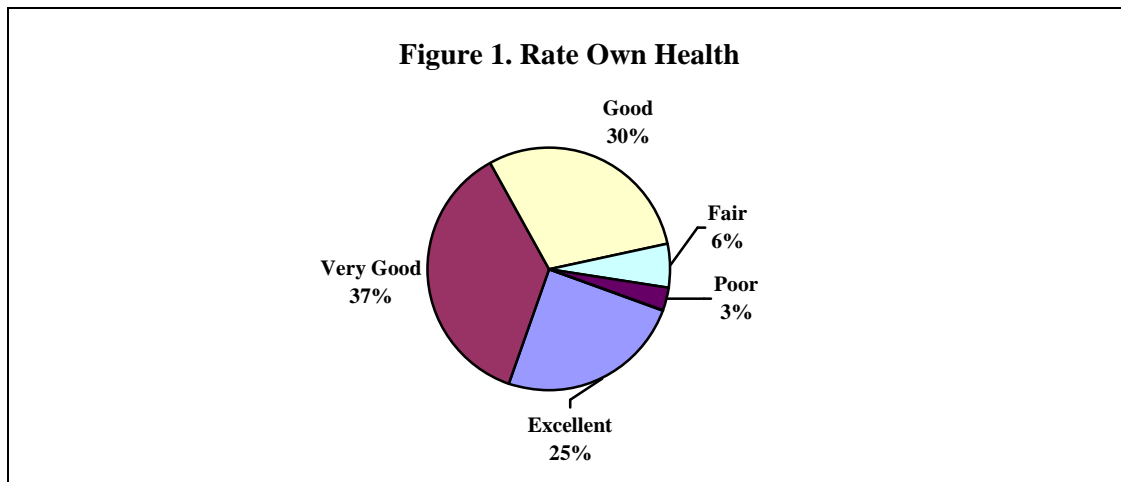
## Key Findings

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

**KEY FINDING:** Sixty-two percent of respondents reported their health as excellent or very good. Respondents with a household income of less than \$30,001, unmarried respondents or those who did the recommended amount of physical activity were more likely to report fair or poor health.

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

- Sixty-two percent of respondents said their own health, generally speaking, was either excellent (25%) or very good (37%). A total of 9% reported their health was fair (6%) or poor (3%).



- Nineteen percent of respondents with a household income of less than \$30,001 reported their health as fair or poor compared to 5% of respondents with a household income of at least \$30,001.
- Unmarried respondents were more likely to report fair or poor health (14%) compared to married respondents (6%).
- Respondents who did the recommended amount of physical activity were more likely to report their health as fair or poor (20%) compared to those who were inactive (9%) or respondents who did an insufficient amount of physical activity (4%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	9%	30%	37%	25%
Gender				
Male	8	35	34	23
Female	9	26	40	25
Age				
18 to 34	10	35	30	25
35 to 44	7	26	38	30
45 to 54	5	24	45	27
55 to 64	8	35	38	19
65 and Older	20	34	34	11
Education				
High School or Less	10	34	32	24
Some Post High School	10	33	38	19
College Graduate	4	22	43	31
Household Income**				
\$30,000 or Less	19	23	42	16
\$30,001 to \$60,000	5	34	44	18
\$60,001 or More	5	27	25	44
Marital Status**				
Married	6	27	38	30
Not Married	14	38	35	13
Overweight				
Not Overweight	10	25	37	29
Overweight	8	32	37	22
Physical Activity**				
Inactive	9	40	34	17
Insufficient	4	30	38	28
Recommended	20	23	37	20
Smoker				
Nonsmoker	7	30	36	26
Smoker	15	30	39	15

\*= p≤0.05; \*\*= p≤0.01

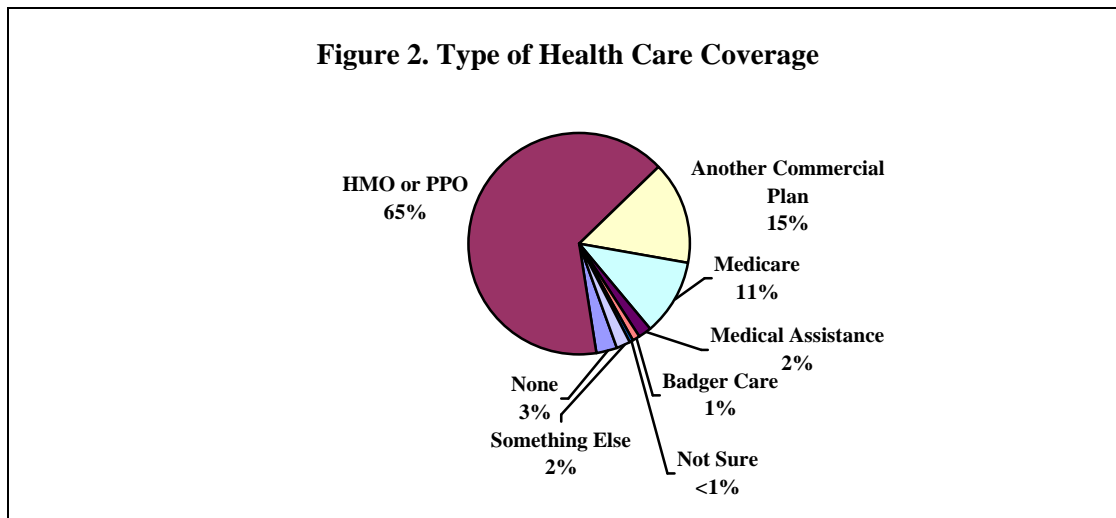
## Health Care Coverage (Figure 2)

**KEY FINDING:** Three percent of respondents reported they personally did not have health care coverage. Nine percent reported someone in their household was currently not covered; 13% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Eighty-one percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-five percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

### *Personally Not Covered*

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

- Three percent of respondents reported they were not currently covered by any health insurance. Sixty-five percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fifteen percent reported another commercial plan, 11% reported Medicare and 2% reported medical assistance.



### *Someone in Household Currently Not Covered*

- Nine percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 3,420 households.
- Nineteen percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered by insurance compared to 7% of those with an income of \$30,001 to \$60,000 or 5% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone in their household was not covered by insurance (17%) compared to married respondents (5%).

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

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 12% of those with an income of \$30,001 to \$60,000 or 9% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (21%) compared to married respondents (9%).

### *Primary Health Care Services*

- Eighty-one percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eleven percent reported walk-in or urgent care while 3% reported hospital emergency room or community health center.
- There were no statistically significant differences between demographic variables and receiving medical services.

### *Advance Care Plan*

- Thirty-five percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Sixty-eight percent of respondents 65 and older reported having an advance care plan compared to 15% of respondents 18 to 34 years old. Forty-seven percent of respondents 55 to 64 years old reported having an advance care plan along with 38% of those 35 to 44 years old or 33% of respondents 45 to 54 years old.

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

**KEY FINDING:** Seventy-nine percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine checkup, 57% an eye exam and 49% reported a cholesterol test. Female respondents were more likely to report a routine checkup in the past year. Respondents 55 and older were more likely to report a cholesterol test in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a college education were more likely to report an eye exam in the past year. Respondents with a household income of at least \$30,001 or married respondents were more likely to report a dental checkup in the past year.

### *Routine Checkup*

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

- Sixty-two percent of respondents reported they had a routine checkup in the past year. An additional 21% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (73%) than male respondents (49%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	62%	21%	7%	9%	2%
Gender**					
Male	49	23	12	14	2
Female	73	19	3	4	1
Age					
18 to 34	61	17	11	11	0
35 to 44	59	21	7	12	1
45 to 54	55	30	5	8	3
55 to 64	63	24	8	0	5
65 and Older	82	9	0	9	0
Education					
High School or Less	60	19	7	12	2
Some Post High School	57	24	9	7	2
College Graduate	70	18	5	6	1
Household Income					
\$30,000 or Less	63	19	3	11	3
\$30,001 to \$60,000	62	19	8	10	1
\$60,001 or More	61	26	4	7	2
Marital Status					
Married	61	21	8	9	1
Not Married	63	20	5	10	2

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

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

- Forty-nine percent of respondents reported having their cholesterol tested within the past year. Twenty-one percent reported one to two years ago. Eighteen percent reported never having their cholesterol tested.
- Seventy-four percent of respondents 65 and older and 73% of those 55 to 64 years old had their cholesterol tested within the past year compared to 30% of respondents 18 to 34 years old.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	49%	21%	4%	6%	18%
Gender					
Male	45	23	4	8	20
Female	53	19	4	4	18
Age**					
18 to 34	30	14	7	5	41
35 to 44	46	27	3	5	17
45 to 54	52	27	4	9	6
55 to 64	73	16	3	3	5
65 and Older	74	15	3	6	0
Education					
High School or Less	47	16	5	5	24
Some Post High School	47	24	5	10	13
College Graduate	54	22	2	2	17
Household Income					
\$30,000 or Less	45	16	8	5	23
\$30,001 to \$60,000	47	21	4	6	21
\$60,001 or More	54	25	3	3	12
Marital Status					
Married	51	23	4	5	16
Not Married	45	16	4	8	25

\*= p≤0.05; \*\*= p≤0.01

### *Dental Checkup*

*Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.<sup>2</sup>*

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

- Seventy-nine percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Respondents 35 to 44 years old were more likely to have had a dental checkup in the past year (85%) compared to those 55 to 64 years old (70%) or respondents 65 and older (65%).

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

- Eighty-six percent of respondents with a household income of at least \$60,001 and 85% of those with an income of \$30,001 to \$60,000 reported a dental checkup in the past year compared to 55% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a dental checkup in the past year (84%) compared to unmarried respondents (67%).

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
<b>TOTAL</b>	79%	14%	3%	4%	<1%
<b>Gender</b>					
Male	76	15	5	5	<1
Female	82	13	2	4	0
<b>Age*</b>					
18 to 34	79	17	1	3	0
35 to 44	85	12	1	1	1
45 to 54	82	13	3	2	0
55 to 64	70	16	5	8	0
65 and Older	65	9	12	15	0
<b>Education</b>					
High School or Less	76	16	2	6	0
Some Post High School	78	14	5	4	0
College Graduate	84	12	1	2	1
<b>Household Income**</b>					
\$30,000 or Less	55	27	6	13	0
\$30,001 to \$60,000	85	9	3	3	<1
\$60,001 or More	86	12	1	1	0
<b>Marital Status**</b>					
Married	84	12	2	2	<1
Not Married	67	19	6	8	0

\*= p≤0.05; \*\*= p≤0.01

### *Eye Exam*

- Fifty-seven percent of respondents had an eye exam in the past year, while 28% reported one to two years ago. One percent reported never.
- Fifty-nine percent of female respondents and 55% of male respondents had an eye exam in the past year. Female respondents were more likely to report in the past two years (90%) than male respondents (79%).

- Seventy-three percent of respondents with a college education reported having an eye exam in the past year compared to 54% of those with a high school education or less or 47% of respondents with some post high school education.

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	57%	28%	7%	7%	1%
Gender*					
Male	55	24	9	10	2
Female	59	31	4	5	<1
Age					
18 to 34	52	28	8	9	1
35 to 44	52	24	10	13	2
45 to 54	63	31	3	3	0
55 to 64	61	32	3	3	3
65 and Older	61	27	9	3	0
Education**					
High School or Less	54	28	6	8	3
Some Post High School	47	35	10	8	0
College Graduate	73	18	4	6	0
Household Income					
\$30,000 or Less	56	18	15	9	2
\$30,001 to \$60,000	54	33	3	7	1
\$60,001 or More	62	26	6	5	1
Marital Status					
Married	56	28	6	7	1
Not Married	57	26	8	8	1

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

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-three percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Fifty-nine 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-three percent of respondents had a flu vaccination in the past year.

- Seventy-seven percent of respondents 65 and older reported receiving a flu vaccination compared to 32% of those 35 to 44 years old or 15% of respondents 18 to 34 years old.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	33%
Gender	
Male	27
Female	39
Age**	
18 to 34	15
35 to 44	32
45 to 54	34
55 to 64	41
65 and Older	77
Education	
High School or Less	31
Some Post High School	36
College Graduate	34
Household Income	
\$30,000 or Less	35
\$30,001 to \$60,000	36
\$60,001 or More	26
Marital Status	
Married	33
Not Married	34

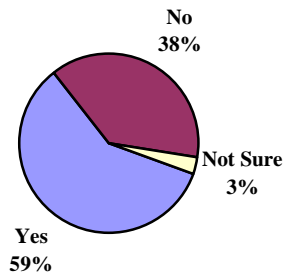
\*= p<0.05; \*\*= p<0.01

### *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).*

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

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



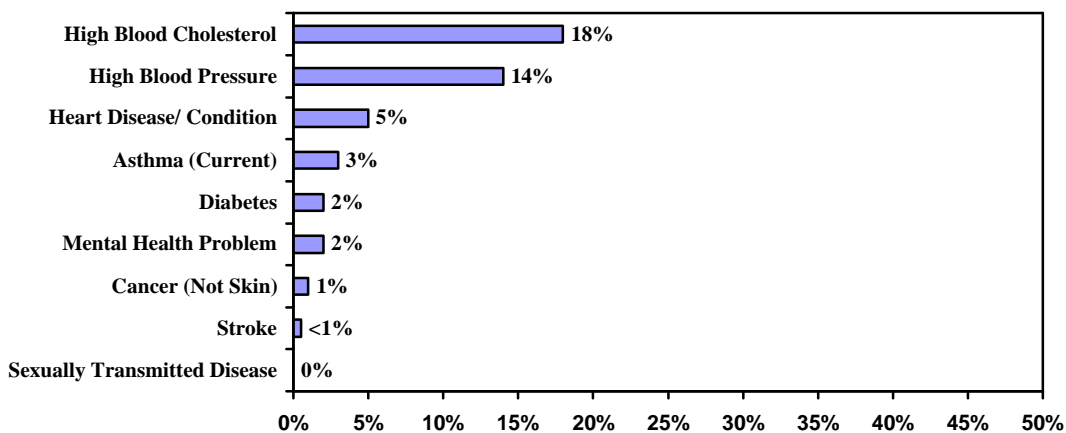
**Prevalence of Select Health Conditions (Figure 4; Table 8)**

*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 cholesterol or high blood pressure. Respondents 65 and older were more likely to report high blood cholesterol, high blood pressure or heart disease/condition. Overweight respondents were more likely to report high blood cholesterol or high blood pressure. Respondents who did the recommended amount of physically activity were more likely to report heart/disease condition.

- Respondents were more likely to report they have been told or been treated for high blood cholesterol (18%), high blood pressure (14%) or heart disease/heart condition (5%) in the past three years.

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



- Respondents 65 and older were more likely to report high blood cholesterol, high blood pressure or heart disease/condition.
- Overweight respondents were more likely to report high blood cholesterol or high blood pressure than respondents who were not overweight.
- Respondents who did the recommended amount of physically activity were more likely to report heart/disease condition (12%) than those who were inactive (6%) or respondents who did an insufficient amount of activity (2%).

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

	High Blood Cholesterol	High Blood Pressure	Heart Disease/Condition
TOTAL	18%	14%	5%
Gender			
Male	19	12	5
Female	16	16	6
Age			
18 to 34	3**	8**	2**
35 to 44	19**	8**	2**
45 to 54	16**	15**	0**
55 to 64	35**	24**	11**
65 and Older	38**	41**	27**
Education			
High School or Less	20	19	7
Some Post High School	15	10	5
College Graduate	19	13	3
Household Income			
\$30,000 or Less	22	20	6
\$30,001 to \$60,000	16	13	1
\$60,001 or More	15	10	7
Marital Status			
Married	19	12	5
Not Married	16	20	5
Overweight			
Not Overweight	11*	10*	4
Overweight	22*	18*	6
Physical Activity			
Inactive	22	11	6*
Insufficient	17	17	2*
Recommended	18	11	12*

\*= p≤0.05; \*\*= p≤0.01

*Diabetes*

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

*Asthma*

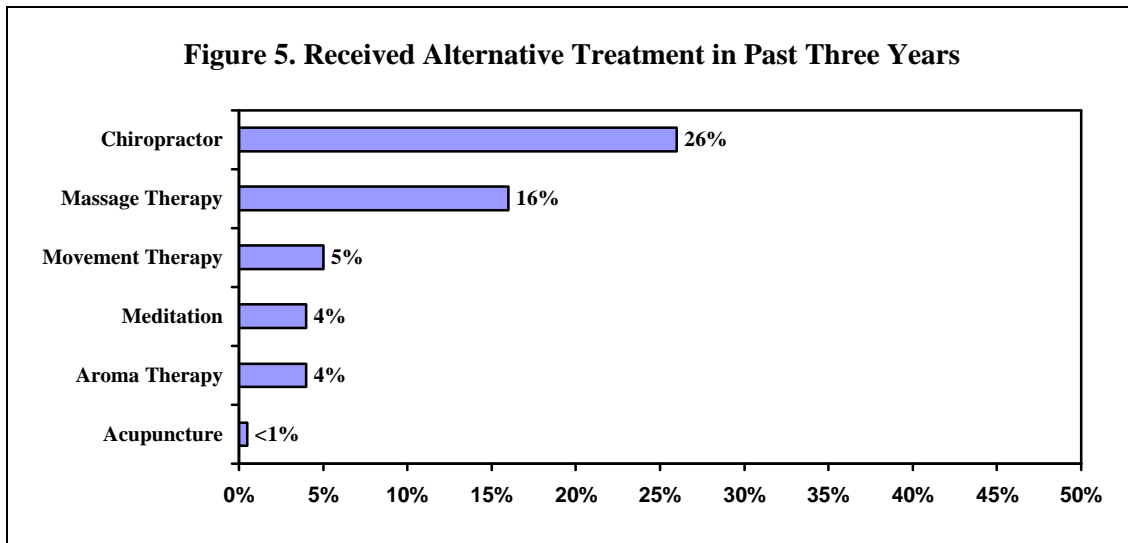
- Of the 10 respondents who currently had asthma, 60% had an asthma action plan.

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

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

**KEY FINDING:** Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (26% and 16%, respectively). Married respondents were more likely to report chiropractic care.

- Respondents were more likely to have gone to a chiropractor (26%) or used massage therapy (16%) in the past three years.



- Married respondents were more likely to report going to a chiropractor in the past three years (30%) compared to unmarried respondents (17%).

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

	Chiropractor	Massage Therapy	Movement Therapy	Meditation	Aroma Therapy
TOTAL	26%	16%	5%	4%	4%
Gender					
Male	25	14	4	5	3
Female	27	18	5	4	5
Age					
18 to 34	22	12	5	3	2
35 to 44	30	22	4	9	8
45 to 54	33	19	9	3	5
55 to 64	22	19	3	3	3
65 and Older	18	6	0	3	0
Education					
High School or Less	27	13	2	2	3
Some Post High School	26	16	5	4	4
College Graduate	23	20	8	7	6
Household Income					
\$30,000 or Less	26	17	3	2	0
\$30,001 to \$60,000	26	15	3	5	5
\$60,001 or More	27	18	9	4	6
Marital Status					
Married	30*	17	5	5	5
Not Married	17*	15	3	2	1

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 65 and older were more likely to meet the recommended activity level. Sixty-two percent of respondents were classified as overweight (43% overweight and 19% obese). Male respondents, those 55 to 64 years old, with higher household income or married respondents were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

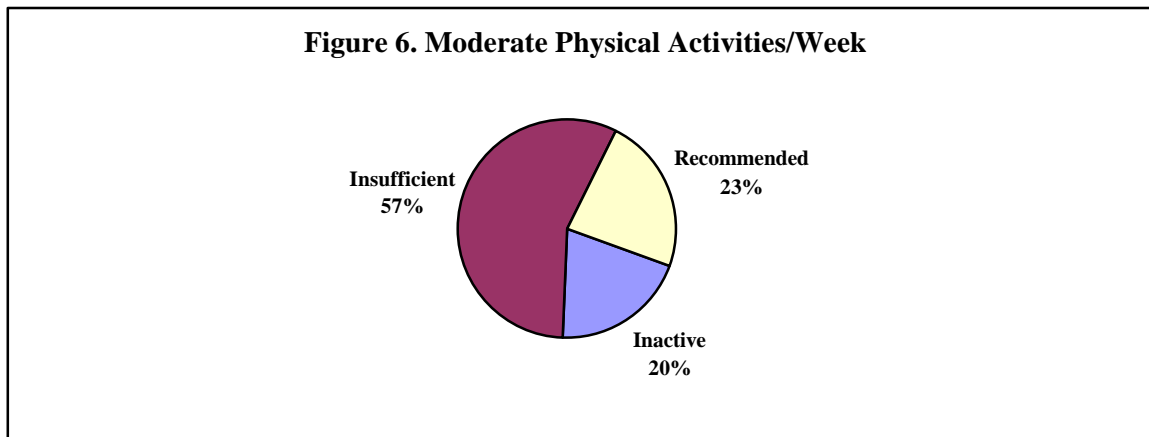
- Seventy-eight percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

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



- Respondents 65 and older were more likely to meet the recommended amount of moderate physical activity in a week (35%) compared to those 18 to 34 years old (19%) or respondents 45 to 54 years old (10%).

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

	Inactive	Insufficient	Recommended
TOTAL	20%	57%	23%
Gender			
Male	21	56	23
Female	19	59	23
Age**			
18 to 34	24	58	19
35 to 44	13	58	29
45 to 54	16	73	10
55 to 64	32	38	30
65 and Older	21	44	35
Education			
High School or Less	26	49	25
Some Post High School	19	60	21
College Graduate	13	66	22
Household Income			
\$30,000 or Less	14	52	33
\$30,001 to \$60,000	21	60	19
\$60,001 or More	19	61	20
Marital Status			
Married	19	59	22
Not Married	22	52	26
Overweight			
Not Overweight	16	66	19
Overweight	24	52	24

\*= p≤0.05; \*\*= p≤0.01

### Body Weight

*Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.<sup>3</sup> Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. Throughout the report, the category "overweight" includes both overweight and obese respondents.*

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

<sup>3</sup> Body Mass Index = (kg/m<sup>2</sup>). Developed by the Centers for Disease Control (CDC).

- According to the definition, 62% of respondents were overweight (43% overweight and 19% obese).
- Male respondents were more likely to be classified as overweight (71%) compared to female respondents (54%).
- Respondents 55 to 64 years old were more likely to be overweight (80%) compared to those 65 and older (67%) or respondents 18 to 34 years old (42%).
- As income increased, so did the likelihood of respondents being classified as overweight. Fifty-one percent of respondents with a household income of less than \$30,001 were overweight compared to 61% of those with an income of \$30,001 to \$60,000 or 71% of respondents with a household income of at least \$60,001.
- Sixty-seven percent of married respondents were overweight compared to 53% of unmarried respondents.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	62%
Gender**	
Male	71
Female	54
Age**	
18 to 34	42
35 to 44	68
45 to 54	72
55 to 64	80
65 and Older	67
Education	
High School or Less	57
Some Post High School	71
College Graduate	60
Household Income*	
\$30,000 or Less	51
\$30,001 to \$60,000	61
\$60,001 or More	71
Marital Status*	
Married	67
Not Married	53
Moderate Physical Activities	
Inactive	71
Insufficient	57
Recommended	68

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Sixty-two percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with a college education were also more likely to report eating vegetables. Fifty-four percent of respondents eat fried/fast food at least a few times a week; respondents 45 to 54 years old were more likely to report this.

### *Fruit Intake*

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

- Sixty-two percent of respondents eat two or more servings of fruit on an average day. Thirty-eight percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day (73%) compared to male respondents (49%).

### *Vegetable Intake*

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

- Twenty-seven percent of respondents eat three or more servings of vegetables on an average day. Seventy-three percent reported two servings or less.
- Female respondents were more likely to report eating three or more servings of vegetables per day (34%) compared to male respondents (19%).
- Thirty-seven percent of respondents with a college education reported eating three or more servings of vegetables per day compared to 25% of those with some post high school education or 21% of respondents with a high school education or less.

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	38%	62%	73%	27%
Gender				
Male	50**	49**	80**	19**
Female	27**	73**	67**	34**
Age				
18 to 34	49	51	76	24
35 to 44	34	65	72	28
45 to 54	39	60	72	27
55 to 64	32	68	73	27
65 and Older	21	79	71	29
Education				
High School or Less	35	64	79*	21*
Some Post High School	43	58	75*	25*
College Graduate	36	63	62*	37*
Household Income				
\$30,000 or Less	39	62	66	34
\$30,001 to \$60,000	34	64	75	25
\$60,001 or More	43	57	73	26
Marital Status				
Married	40	59	74	25
Not Married	33	67	70	30
Overweight				
Not Overweight	33	66	72	28
Overweight	42	58	74	26
Moderate Physical Activities				
Inactive	50	48	70	30
Insufficient	35	65	75	25
Recommended	33	67	72	28

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

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

- Nine percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-five percent reported a few times per week. Thirty-eight percent reported a few times per month while 9% reported hardly ever or never.
- Respondents 45 to 54 years old were more likely to report eating fried/fast foods at least a few times per week (69%) compared to those 55 to 64 years old (38%) or respondents 65 and older (18%).

- Fifty-five percent of married respondents and 51% of unmarried respondents reported eating fried/fast food at least a few times per week. Unmarried respondents were more likely to report hardly ever or never (15%) than married respondents (6%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	38%	54%
Gender		
Male	34	59
Female	41	49
Age**		
18 to 34	36	58
35 to 44	38	58
45 to 54	27	69
55 to 64	41	38
65 and Older	58	18
Education		
High School or Less	45	48
Some Post High School	32	55
College Graduate	34	61
Household Income		
\$30,000 or Less	47	44
\$30,001 to \$60,000	35	58
\$60,001 or More	36	56
Marital Status*		
Married	39	55
Not Married	35	51
Overweight		
Not Overweight	44	50
Overweight	33	57
Moderate Physical Activities		
Inactive	31	61
Insufficient	38	55
Recommended	43	43

\*= 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. Ninety-four percent of all female respondents reported a pap smear within the past three years.

### *Mammogram*

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

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

- Forty-two percent of all female respondents never had a mammogram while 52% had a mammogram within the past two years (37% within past year and 15% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (85% of those 50 and older; 68% 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 (seven responses), don’t need, no time or not insured (two responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	37%	15%	5%	42%
Age**				
18 to 39	14	5	1	80
40 to 49	50	18	8	24
50 and Older	59	26	9	6

\*= p≤0.05; \*\*= p≤0.01

<sup>4</sup>“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 73.

## Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.<sup>5</sup>

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

- Seventy-six percent of respondents reported they had a pap smear within the past year. An additional 18% reported between one year and less than three years.
- There were no statistically significant differences between demographic variables and responses of having a pap smear.

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
TOTAL	76%	15%	3%	6%
Age				
18 to 34	78	18	0	4
35 to 44	89	7	4	0
45 to 54	70	21	0	9
55 and Older	68	13	5	13
Education				
High School or Less	75	13	3	9
Some Post High School	73	18	3	5
College Graduate	83	13	3	3
Household Income				
\$30,000 or Less	71	17	3	6
\$30,001 to \$60,000	79	12	3	6
\$60,001 or More	75	18	0	7
Marital Status				
Married	80	11	2	6
Not Married	68	23	2	6

\*= p≤0.05; \*\*= p≤0.01

<sup>5</sup>“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 105.

## Men’s Health (Table 16)

KEY FINDING: Seventeen percent of male respondents 40 to 49 years old and 57% of males 50 and older had a digital rectal exam in the past year.

*Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.<sup>6</sup>*

### Digital Rectal Exam

- Forty-four percent of all male respondents never had a digital rectal exam. Twenty-six percent had an exam in the past year while 13% reported within the past two years (one year but less than two years).
- Fifty-seven percent of male respondents 50 years old and older had an exam less than a year ago while 17% 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	26%	13%	16%	44%
Age**				
18 to 39	9	6	14	71
40 to 49	17	21	19	41
50 and Older	57	15	17	11

\*= p≤0.05; \*\*= p≤0.01

## Other Tests (Tables 17 & 18)

KEY FINDING: Forty-nine percent of respondents 50 years old and older had their blood stool tested within the past two years while 42% reported a sigmoidoscopy or colonoscopy within the past two years.

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

### Blood Stool Test

- Fifty-five percent of all respondents never had a blood stool test. Twenty-eight percent were tested within the past two years (18% less than a year ago and 10% more than one year ago, but less than two).

<sup>6</sup>“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

<sup>7</sup>“Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 89.

- Forty-nine percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 32% of those 40 to 49 years old or 11% of respondents 18 to 39 years old. Thirty-five percent of respondents 50 and older reported never compared to 76% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	18%	10%	13%	55%
Gender				
Male	18	8	15	54
Female	19	11	12	55
Age**				
18 to 39	7	4	12	76
40 to 49	16	16	16	42
50 and Older	35	14	14	35
Education				
High School or Less	18	9	13	57
Some Post High School	21	9	14	51
College Graduate	16	13	14	55
Household Income				
\$30,000 or Less	23	8	18	49
\$30,001 to \$60,000	17	11	12	56
\$60,001 or More	16	12	13	57
Marital Status				
Married	17	11	13	54
Not Married	21	9	14	56

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

### *Sigmoidoscopy or Colonoscopy Exam*

- Sixty-seven percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty percent were examined within the past two years (11% less than a year ago and 9% more than one year ago, but less than two).
- A total of 42% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 10% of respondents 18 to 49 years old. Thirty-eight percent of respondents 50 and older reported never compared to 79% of those 18 to 39 years old or 81% of respondents 40 to 49 years old.
- Twenty-eight percent of respondents with a college education reported a sigmoidoscopy or colonoscopy within the past two years compared to 20% of those with some post high school education or 15% of respondents with a high school education or less.

- Twenty-six percent of respondents with a household income of at least \$60,001 reported a sigmoidoscopy or colonoscopy within the past two years compared to 23% of those with an income of less than \$30,001 or 15% of respondents with a household income of \$30,001 to \$60,000. Seventy-two percent of respondents with an income of \$30,001 to \$60,000 reported never compared to 65% of those with an income of at least \$60,001 or 59% of respondents with an income of less than \$30,001.

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

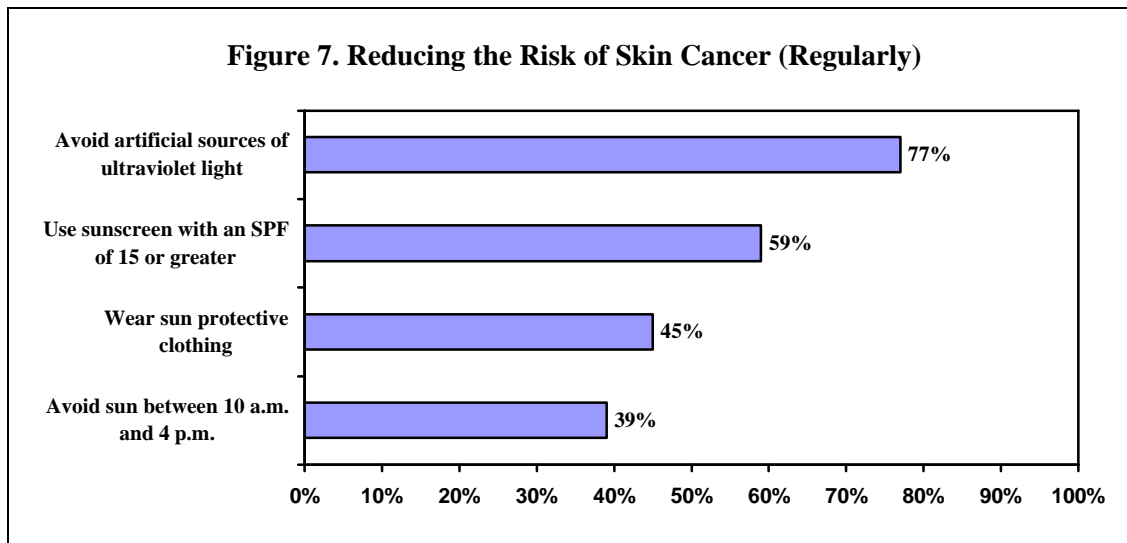
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	9%	8%	6%	67%
Gender					
Male	10	8	7	6	69
Female	11	10	8	5	65
Age**					
18 to 39	4	6	3	6	79
40 to 49	4	6	6	4	81
50 and Older	25	17	15	6	38
Education*					
High School or Less	9	6	12	4	69
Some Post High School	8	12	5	11	63
College Graduate	17	11	4	1	68
Household Income*					
\$30,000 or Less	20	3	9	9	59
\$30,001 to \$60,000	7	8	8	5	72
\$60,001 or More	11	15	4	5	65
Marital Status					
Married	11	12	7	5	65
Not Married	10	4	8	7	71

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. Respondents 65 and older were more likely to report avoiding the sun.

- To reduce the risk of skin cancer, 77% of respondents regularly avoid artificial sources of ultraviolet light, 59% use sunscreen with a SPF of 15 or higher, 45% wear sun protective clothing while 39% avoid the sun between 10 a.m. and 4 p.m.
- Ten percent of respondents did not reduce their risk by any of these four measures. Twenty-two percent reported one measure. Twenty-five percent reported two of the four actions while 24% reported three and 19% reported they did all four measures regularly.



- Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. and 4 p.m.
- Respondents 65 and older were more likely to report avoiding the sun (62%) compared to those 35 to 44 years old (35%) or respondents 18 to 34 years old (29%).

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	77%	59%	45%	39%
Gender				
Male	79	51*	42	24**
Female	75	65*	48	53**
Age				
18 to 34	71	46	35	29**
35 to 44	75	66	43	35**
45 to 54	81	69	54	46**
55 to 64	87	60	55	41**
65 and older	82	49	53	62**
Education				
High School or Less	76	50	40	38
Some Post High School	78	60	47	40
College Graduate	78	70	51	41
Household Income				
\$30,000 or Less	71	45	39	45
\$30,001 to \$60,000	79	61	47	39
\$60,001 or More	81	67	49	36
Marital Status				
Married	76	63	44	42
Not Married	79	49	47	34

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Eighty-nine percent of respondents wore seat belts always or nearly always. Female respondents, those 45 to 54 years old, 65 and older or with a college education 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, 28% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 58% reported their child always wore a helmet.

#### Seat Belts

- Eighty-nine percent of respondents reported they wore seat belts always or nearly always (82% and 7%, respectively).
- Female respondents were more likely to report wearing seat belts always (87%) compared to male respondents (76%).

- Respondents 65 and older and those 45 to 54 years old were more likely to report always (91% and 90%, respectively) compared to respondents 18 to 34 years old (65%).
- Eighty-eight percent of respondents with a college education reported they always wore seat belts compared to 82% of those with some post high school education or 78% of respondents with a high school education or less.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	1%	6%	7%	82%
Gender*					
Male	5	2	5	12	76
Female	2	<1	7	4	87
Age*					
18 to 34	4	3	15	12	65
35 to 44	5	0	5	4	85
45 to 54	2	0	2	7	90
55 to 64	3	3	3	8	84
65 and older	3	0	3	3	91
Education*					
High School or Less	8	<1	8	6	78
Some Post High School	0	3	7	8	82
College Graduate	1	0	2	8	88
Household Income					
\$30,000 or Less	2	2	9	3	85
\$30,001 to \$60,000	6	2	6	7	80
\$60,001 or More	1	0	5	12	82
Marital Status					
Married	3	1	6	6	84
Not Married	5	1	8	10	77

\*= p≤0.05; \*\*= p≤0.01

### *Children and Seat Belts*

- Forty-seven 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 5% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

### Bicycle Helmet Usage

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

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

- Twenty-eight percent of respondents who bicycled, in-line roller skated or rode a scooter always (20%) or nearly always (8%) wore a helmet. Sixty-four percent reported never.
- Respondents 45 to 54 years old were more likely to report always (34%) compared to those 18 to 34 years old (9%) or respondents 55 and older (6%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	64%	4%	4%	8%	20%
Gender					
Male	59	6	7	10	18
Female	69	2	2	5	21
Age*					
18 to 34	75	6	3	6	9
35 to 44	60	2	2	11	26
45 to 54	47	3	11	5	34
55 and older	78	11	0	6	6
Education					
High School or Less	64	6	6	10	14
Some Post High School	73	5	0	7	16
College Graduate	55	0	6	6	32
Household Income					
\$30,000 or Less	53	17	3	10	17
\$30,001 to \$60,000	69	2	3	5	21
\$60,001 or More	64	0	5	9	22
Marital Status					
Married	63	3	4	9	20
Not Married	68	3	3	5	20

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

- Forty-two 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...*

- Fifty-eight percent of respondents reported their child always wore a helmet while 13% reported nearly always. Nineteen percent reported never.
- There were no statistically significant differences between household income level or marital status and children wearing helmets.

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

**KEY FINDING:** Fourteen percent of respondents were current smokers. Respondents with a high school education or less, with a household income of less than \$30,001 or unmarried respondents were more likely to be current smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 66% reported a health professional advised them to quit smoking. Thirteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Seventy percent of all respondents preferred a smoke-free restaurant; 70% favored a community ordinance prohibiting smoking in eating establishments. Respondents with higher education, higher household income or nonsmokers were more likely to prefer a smoke-free restaurant or 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).*

- Fourteen percent of respondents were current smokers. Less than one percent smoked between one and 29 days and 14% smoked every day.
- Twenty-one percent of respondents with a high school education or less were current smokers compared to 10% of those with some post high school education or 8% of respondents with a college education.
- Thirty-one percent of respondents with a household income of less than \$30,001 were current smokers compared to 12% of those with an income of \$30,001 to \$60,000 or 7% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to be smokers (22%) compared to married respondents (10%).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	14%
Gender	
Male	12
Female	15
Age	
18 to 34	16
35 to 44	11
45 to 54	15
55 to 64	19
65 and older	12
Education**	
High School or Less	21
Some Post High School	10
College Graduate	8
Household Income**	
\$30,000 or Less	31
\$30,001 to \$60,000	12
\$60,001 or More	7
Marital Status**	
Married	10
Not Married	22

\*= 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-three percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- There were no statistically significant differences between demographic variables and respondents reporting they quit smoking for at least one day because they were trying to quit.

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

*Of current smokers...*

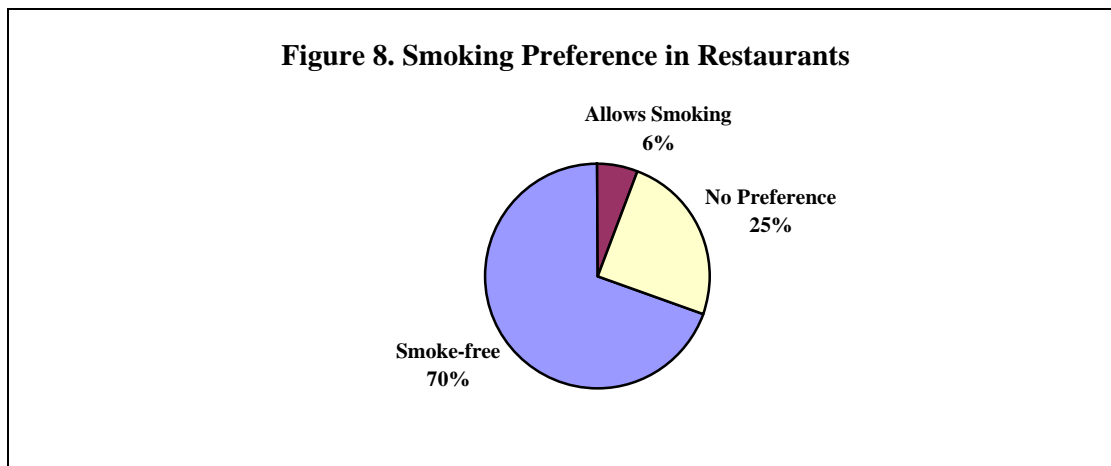
- Sixty-six percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

### *Smoking Indoor or in Vehicle*

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Thirteen 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*

- Seventy percent of respondents reported they preferred to eat in smoke-free restaurants while 6% preferred restaurants that allow smoking. Twenty-five percent reported they did not have a preference.



- Respondents with higher education were more likely to prefer smoke-free restaurants. Eighty-three percent of respondents with a college education preferred smoke-free restaurants compared to 71% of those with some post high school education or 59% of respondents with a high school education or less. Nine percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 6% of those with a college education or 3% of respondents with some post high school education.
- Respondents with higher household income were more likely to prefer smoke-free restaurants. Eighty-three percent of respondents with a household income of at least \$60,001 reported this compared to 70% of those with an income of \$30,001 to \$60,000 or 52% of respondents with a household income of less than \$30,001. Nineteen percent of respondents with a household income of less than \$30,001 preferred restaurants that allow smoking compared to 4% of those with an income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.
- Seventy-eight percent of nonsmokers preferred smoke-free restaurants compared to 20% of smokers. Thirty-five percent of smokers preferred restaurants that allow smoking while 1% of nonsmokers had this preference.

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

- Seventy percent of respondents favored a community ordinance prohibiting smoking in eating establishments (41% strongly favor, 29% moderately favor).
- Seventy-two percent of female respondents and 68% of male respondents favored an ordinance. Female respondents were more likely to strongly favor an ordinance (47%) compared to male respondents (34%).
- Respondents with higher education were more likely to favor a community ordinance that prohibits smoking in eating establishments. Eighty-one percent of respondents with a college education reported this compared to 72% of those with some post high school education or 62% of respondents with a high school education or less.
- As household income increased, so did the likelihood of favoring a community ordinance. Fifty-one percent of respondents with a household income of less than \$30,001 reported this compared to 72% of those with an income of \$30,001 to \$60,000 or 86% of respondents with a household income of at least \$60,001.
- Seventy-seven percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 32% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (46%) compared to smokers (9%).

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

	Moderately Favor	Strongly Favor
TOTAL	29%	41%
Gender*		
Male	34	34
Female	25	47
Age		
18 to 34	38	29
35 to 44	33	46
45 to 54	24	50
55 to 64	21	50
65 and older	18	35
Education**		
High School or Less	29	33
Some Post High School	29	43
College Graduate	30	51
Household Income**		
\$30,000 or Less	28	23
\$30,001 to \$60,000	28	44
\$60,001 or More	36	50
Marital Status		
Married	29	46
Not Married	30	32
Smoking Status**		
Nonsmoker	31	46
Smoker	23	9

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

*Snuff or Chewing Tobacco*

- Less than one percent of respondents reported they currently use snuff or chewing tobacco.

## Alcohol Use (Table 24)

**KEY FINDING:** Sixty-eight percent of respondents had an alcoholic drink in the past 30 days. In the past month, 35% had three or more drinks on at least one occasion while 24% binged. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three 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-eight percent of respondents had a drink in the past 30 days. Thirty-six percent reported they drank on at least five days, while 14% reported three to four days, and 18% reported drinking on one or two days in the past 30 days.
- Fourteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 11% reported three, 24% reported two and 21% reported one drink on average on the days they drank. Thirty-one percent reported having no drinks in the past month.

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

- Thirty-five percent of all respondents had three or more drinks on an occasion in the past month. Fifteen 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 (50%) than female respondents (23%). Males were also more likely to report three or more drinks on at least three occasions (31%) compared to female respondents (23%).
- Forty-six percent of respondents 18 to 34 years old and 44% of those 35 to 44 years old had three or more drinks on an occasion compared to 6% of respondents 65 and older.

### *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-four percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (34%) than female respondents (14%).

- Respondents 18 to 34 years old were more likely to have binged (36%) compared to those 55 to 64 years old (18%) or respondents 65 and older (0%).

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	15%	20%	24%
Gender			
Male	19**	31**	34**
Female	12**	11**	14**
Age			
18 to 34	13**	33**	36**
35 to 44	26**	18**	27**
45 to 54	9**	19**	19**
55 to 64	16**	16**	18**
65 and Older	3**	3**	0**
Education			
High School or Less	17	22	26
Some Post High School	15	18	23
College Graduate	13	21	21
Household Income			
\$30,000 or Less	6	22	23
\$30,001 to \$60,000	21	19	25
\$60,001 or More	13	24	25
Marital Status			
Married	15	21	23
Not Married	14	20	27

\*= 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*

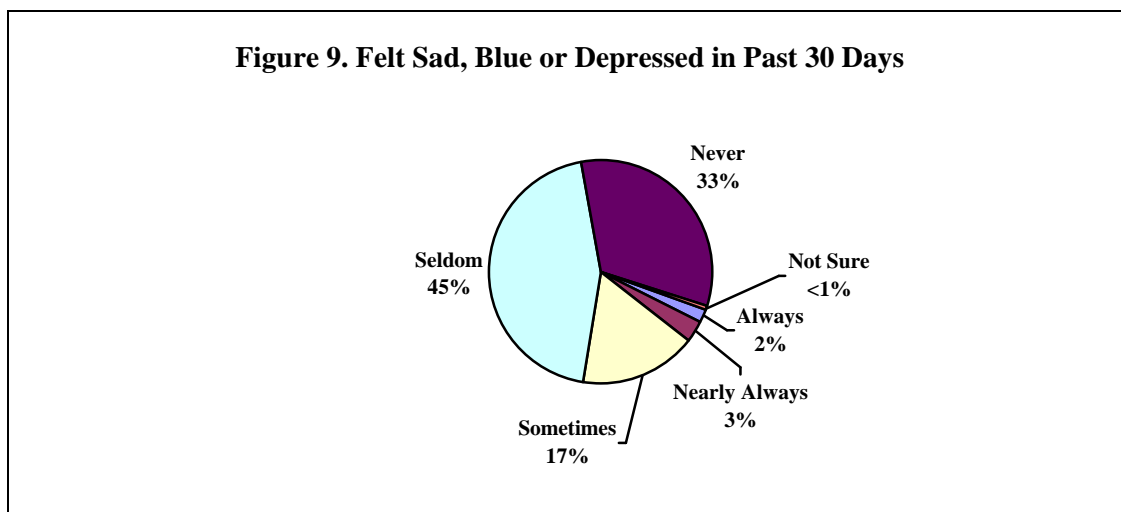
- Three percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-one percent felt they were excellent at managing stress; 2% reported poor. Three percent reported they never or seldom find meaning and purpose in their daily life. Three percent of respondents felt so overwhelmed they considered suicide in the past year.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” five percent of survey respondents answered always or nearly always. This equates up to 7,000 residents. Seventeen percent reported sometimes and the remaining 78% reported seldom (45%) or never (33%).



- There were no statistically significant differences between demographic variables and responses of feeling sad, blue or depressed.

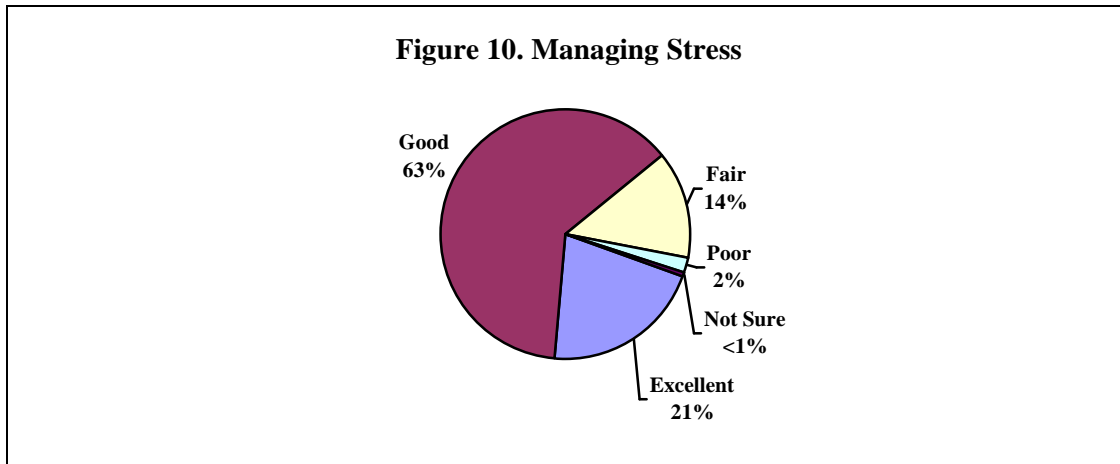
### *Considered Suicide*

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

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 5,600 residents who considered suicide in the past year.

### *Managing Stress*

- Twenty-one percent reported they were excellent at managing stress. Sixty-three percent reported good while 14% reported fair and 2% reported poor.



- There were no statistically significant differences between demographic variables and responses of managing stress.

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

- Forty-seven percent of respondents reported they always find meaning and purpose in their daily life, an additional 35% reported nearly always. Fourteen percent reported sometimes while 3% reported seldom and less than one percent reported never.
- Seven percent of unmarried respondents reported never/seldom compared to 2% of married respondents. Married respondents were more likely to report they always/nearly always find meaning and purpose in their daily life (86%) compared to unmarried respondents (73%).

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

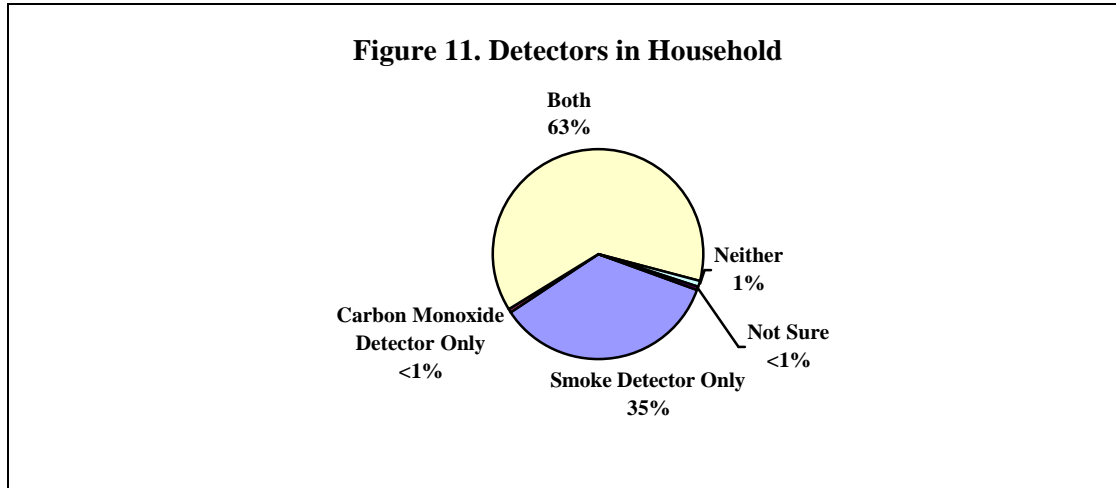
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	14%	35%	47%
Gender				
Male	5	17	30	48
Female	2	11	39	47
Age				
18 to 34	4	22	27	47
35 to 44	0	12	41	47
45 to 54	6	15	38	41
55 to 64	8	8	29	55
65 and older	3	9	38	50
Education				
High School or Less	2	13	35	50
Some Post High School	6	12	35	48
College Graduate	1	20	36	43
Household Income				
\$30,000 or Less	5	17	24	55
\$30,001 to \$60,000	3	15	37	46
\$60,001 or More	1	13	39	47
Marital Status**				
Married	2	12	38	48
Not Married	7	21	28	45

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-eight percent of households had a working smoke detector while 63% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

- Sixty-three percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Thirty-five percent reported only a working smoke detector while less than one percent reported only a carbon monoxide detector. One percent had neither.



- Seventy-one percent of respondents with a household income of at least \$60,001 reported having both a smoke detector and a carbon monoxide detector compared to 67% of those with an income of \$30,001 to \$60,000 or 41% of respondents with a household income of less than \$30,001. Five percent of respondents with a household income of \$30,000 or less reported having neither.
- Married households were more likely to have both detectors (69%) compared to unmarried households (49%). Four percent of unmarried respondents reported neither.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	35%	<1%	63%	1%
<b>Household Income**</b>				
\$30,000 or Less	53	0	41	5
\$30,001 to \$60,000	33	0	67	<1
\$60,001 or More	28	1	71	0
<b>Marital Status**</b>				
Married	30	<1	69	0
Not Married	47	0	49	4

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Forty-five percent of households had a firearm in or around the home. Married households or households with higher income were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two 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, 45% of households had one or more firearms.
- Respondents with higher household income were more likely to report a firearm. Sixty-four percent of respondents with a household income of at least \$60,001 had a firearm compared to 47% of those with an income of \$30,001 to \$60,000 or 19% of respondents with a household income of less than \$30,001.
- Married households were more likely to have a firearm (53%) compared to unmarried households (28%).

### *Loaded Firearm*

- Three percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

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

- Two 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 4% 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.
- Female respondents were more likely to report being afraid for their personal safety (6%) compared to male respondents (1%).
  - A stranger was most often mentioned as the perpetrator (seven responses). Fewer than three respondents reported each of the following: separated spouse, friend or ex-spouse.

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

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Female respondents were more likely to report being pushed, kicked, slapped or hit in the past year (6%) compared to male respondents (2%).
- Nine percent of respondents with a household income of less than \$30,001 reported being pushed, kicked, slapped or hit in the past year compared to 5% of those with an income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.
  - An acquaintance was reported by four respondents. Fewer than three respondents reported each of the following: spouse, stranger, separated spouse, ex-spouse, boyfriend/girlfriend or friend. Five respondents reported someone else not listed.

### *Combined Personal Safety Threats*

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

**APPENDIX A: ADDITIONAL QUESTIONS**

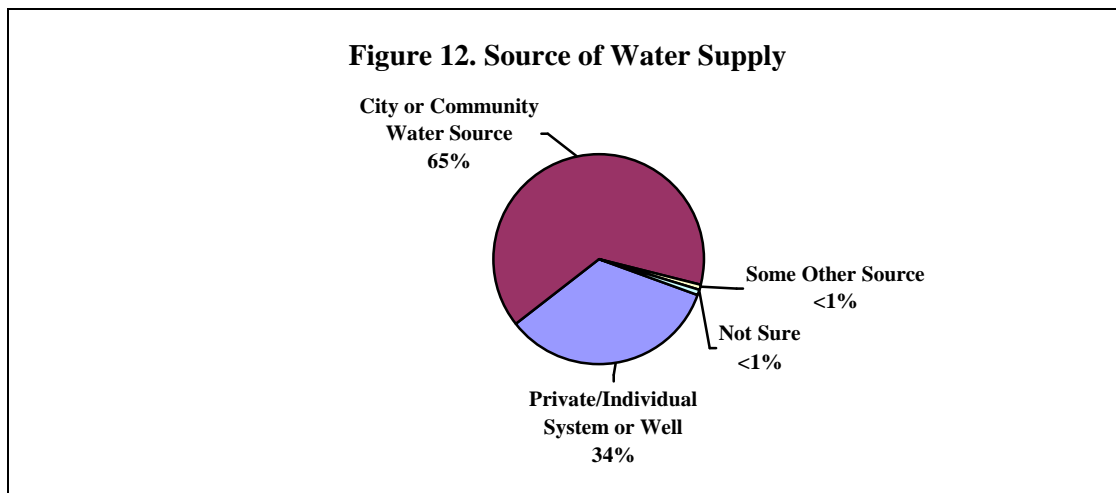
Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.

### Household Water Supply (Figure 12)

**KEY FINDING:** Thirty-four percent of respondents reported their source of water was from a private or individual system or well. Eighty-four percent of respondents who had a private well or system reported it had been tested. Seventy-five percent of respondent who had a private system and had it tested reported it was within the past three years.

#### Source of Water Supply

- Sixty-five percent of respondents reported their home's water supply came from a city or a community water source. Thirty-four percent reported a private or individual system or well.



- There were no statistically significant differences between demographic variables and water supply source.

#### Well Water Tested

*Of those who had a private or individual system or well...*

- Eighty-four percent of respondents reported their private or individual system or well had been tested. Nine percent reported no while 8% were not sure.
- Eighty-eight percent of married respondents reported their well had been tested compared to 67% of unmarried respondents. Fifteen percent of unmarried respondents were not sure compared to 6% of married respondents.

*Of those who had a private or individual system or well and their well was tested...*

- Seventy-five percent of respondents reported their well was tested within the past three years. Twelve percent reported four to five years. Eleven percent reported six to ten years and 1% reported over 10 years ago.

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

OUTAGAMIE COUNTY HEALTH DEPARTMENT  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 24 through September 16, 2003  
 (Due to rounding, some questions may total more/less than 100%)

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

Poor .....	3%
Fair .....	6
Good .....	30
Very good .....	37
Excellent .....	25
Not sure .....	0

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

No health care coverage .....	3%
Medical Assistance or Title 19.....	2
Badger Care .....	1
Medicare .....	11
A prepaid plan such as a HMO, PPO .....	65
Another commercial health plan .....	15
Something else .....	2
Not sure .....	<1

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

Not all members covered.....	9%
All members covered.....	91
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.....	13%
All members covered.....	86
Not sure .....	<1

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

Medical doctor, internist, OBGYN, family practice .....	81%
Walk-in or urgent care clinic .....	11
Hospital emergency room.....	3
Community health center.....	3
Other.....	<1
Not sure .....	2

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

Yes..... 35%  
 No..... 62  
 Not sure ..... 3

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	62%	21%	7%	9%	2%	<1%
8. Cholesterol testing .....	49	21	4	6	18	2
9. Visit to a dentist/dental clinic..	79	14	3	4	<1	0
10. Eye exam.....	57	28	7	7	1	<1

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

Yes..... 33%  
 No..... 66  
 Not sure ..... <1

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

Yes..... 12%  
 No..... 85  
 Not sure ..... 4

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

	Yes	No	Not sure
13. You have high blood pressure?.....	14%	86%	0%
14. Your blood cholesterol is high? .....	18	82	<1
15. You had a stroke?.....	<1	100	0
16. You have heart disease or a heart condition? ..	5	95	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	2	98	0
18. ....if yes, have you had your blood sugar tested in the past year? [7 respondents]	100	0	0
19. You had a mental health problem?.....	2	98	0
20. You had cancer, other than skin cancer.....	1	99	0
21. You had a sexually transmitted disease.....	0	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	5%	95%	<1%
23. Do you still have asthma? [All Respondents] ...	3	97	0
24. ....(if yes), do you have an asthma action plan? [10 respondents] .....	60	40	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..... 38%  
Two servings ..... 28  
Three or more servings ..... 34  
Not sure ..... <1

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

One or fewer servings..... 38%  
Two servings ..... 35  
Three or more servings ..... 27  
Not sure ..... <1

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

A few times per month ..... 38%  
A few times per week..... 45  
Daily or nearly so ..... 9  
Hardly ever or never ..... 9  
Not sure ..... 0

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

Yes..... 78%  
No..... 22  
Not sure ..... <1

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

Yes..... 80%  
No..... 20  
Not sure ..... 0

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

One .....	3%
Two.....	14
Three.....	24
Four .....	12
Five.....	12
Six .....	3
Seven .....	14
Not sure .....	0
No moderate exercise/no answer.....	20

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

Less than 30 minutes .....	14%
30 to 44 minutes .....	24
45 to 59 minutes .....	7
60 or more minutes .....	34
Not sure .....	<1
No moderate exercise/no answer.....	20

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [171 Respondents]

Within the past year (anytime less than 12 months ago) .....	37%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	15	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	2	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	2	üCONTINUE WITH Q33
5 or more years ago .....	1	üCONTINUE WITH Q33
Never .....	42	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? [17 Respondents 40 years old or older]

Too young..... 7 responses  
 Don't need ..... 2 responses  
 No time ..... 2 responses  
 Not insured..... 2 responses  
 Don't like ..... 1 response  
 Not recommended by provider..... 1 response  
 Other ..... 1 response  
 Not sure ..... 1 response

[60 Respondents 18 to 39 years old]

Too young..... 49 responses  
 Not recommended by provider..... 8 responses  
 Not insured..... 1 response  
 Don't like ..... 1 response  
 Other ..... 1 response

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [171 Respondents]

Within the past year (anytime less than 12 months ago) ..... 76%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 15  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 3  
 Within the past 5 years (3 years, but less than 5 years ago)..... 3  
 5 or more years ago ..... 3  
 Not sure..... <1

**Q35 MALES ONLY**

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [155 Respondents]

Within the past year (anytime less than 12 months ago) ..... 26%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 13  
 Within the past 5 years (2 years, but less than 5 years ago)..... 9  
 5 or more years ago ..... 7  
 Never ..... 44  
 Not sure..... <1

**ALL RESPONDENTS**

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

Within the past year (anytime less than 12 months ago) ..... 18%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 10  
 Within the past 5 years (2 years, but less than 5 years ago)..... 7  
 5 or more years ago ..... 6  
 Never .....55  
 Not sure..... 4

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

Within the past year (anytime less than 12 months ago) ..... 11%  
 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)..... 8  
 Within the past 10 years (5 years but less than 10 years ago)... 2  
 10 years ago or more..... 4  
 Never .....67  
 Not sure.....<1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	39%	61%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	45	55	0
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	59	41	<1
41. Avoid artificial sources of ultraviolet light?.....	77	22	<1

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

Do not ride/skate/scoot..... 44%

Frequency of those who bicycle, use in-line roller skates or scooters [181 Respondents]

Never ..... 64%  
 Seldom..... 4  
 Sometimes..... 4  
 Nearly always..... 8  
 Always ..... 20  
 Not sure ..... <1

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

Never .....	3%
Seldom.....	1
Sometimes.....	6
Nearly always.....	7
Always .....	82
Not sure .....	0

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

One .....	14%
Two.....	19
Three or more.....	14
None .....	53

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? [152 Respondents]

Do not ride/skate/scoot..... 10%

Frequency of those who bicycle, use in-line roller skates or scooters [136 Respondents]

Never .....	19%
Seldom.....	3
Sometimes.....	7
Nearly always.....	13
Always .....	58
It depends.....	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [152 Respondents]

Never .....	2%
Seldom.....	2
Sometimes.....	<1
Nearly always.....	5
Always .....	91
Not sure .....	0

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

Never .....	33%
Seldom.....	45
Sometimes.....	17
Nearly always.....	3
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 .....	2%
Fair .....	14
Good.....	63
Excellent .....	21
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.....	3
Sometimes.....	14
Nearly always.....	35
Always .....	47
Not sure .....	0

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

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

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

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

None .....	31%
One to two days.....	18
Three to four days .....	14
Five or more days .....	36
Not sure .....	<1

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

None .....	31%
One drink .....	21
Two drinks .....	24
Three drinks .....	11
Four or more drinks .....	14
Not sure .....	0

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 .....	64%
One to two times .....	15
Three or more times .....	20
Not sure .....	<1

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

None .....	76%
Once .....	7
Two or more times .....	17
Not sure .....	<1

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 .....	<1

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

Yes.....	3%
No.....	97
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.....	86%
1 to 29 days .....	<1
30 days.....	14
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? [46 Respondents]

0 days..... 57%  
At least 1 day ..... 43  
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? [46 Respondents]

Yes..... 66%  
No..... 34  
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..... 13%  
No..... 43  
No smokers in the household..... 45  
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 ..... 70%  
Restaurants that allow smoking ..... 6  
No preference..... 25  
Not sure ..... 0

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

Strongly oppose..... 9%  
Moderately oppose ..... 12  
Moderately favor ..... 29  
Strongly favor ..... 41  
Not sure ..... 9

Another issue being discussed these days deals with firearms.

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

Yes..... 45%  
 No..... 55  
 Not sure ..... 0

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

Yes..... 3%  
 No..... 42  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 55

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..... 2%  
 No..... <1  
 Not sure ..... 0  
 No firearms in household/not loaded/no answer ..... 97

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	26%	74%	<1%
68. Having acupuncture? .....	<1	99	0
69. Massage therapy? .....	16	84	<1
70. Aroma therapy? .....	4	96	0
71. Movement therapy, such as yoga or tai' chi? .....	5	95	0
72. Meditation? .....	4	96	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 48%  
 Female ..... 52

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

18 to 34 years old .....	29%
35 to 44 years old .....	29
45 to 54 years old .....	21
55 to 64 years old .....	12
65 and older .....	10

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	37%
Overweight.....	43
Obese.....	19

77. What is your racial heritage?

White .....	99%
Asian or Pacific Islander.....	<1
American Indian or Alaska Native .....	1

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	19%
A member of an unmarried couple.....	2
Married .....	67
Separated .....	<1
Divorced .....	7
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.....	34
Some college.....	21
Technical school graduate .....	13
College graduate.....	18
Advanced or professional degree .....	8
Not sure .....	0

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

Outagamie..... 100%

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

Kaukauna city ..... 17%  
Greenville town..... 11  
Grand Chute town ..... 9  
Kimberly village..... 7  
Little Chute village..... 7  
Freedom town ..... 5  
Hortonville village..... 5  
Seymour city ..... 5  
Buchanan town..... 4  
Combined Locks village..... 4  
All others (3% or less)..... 27

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

54130..... 25%  
54165 ..... 8  
54914 ..... 8  
54944 ..... 8  
54913 ..... 7  
54136..... 6  
54140 ..... 6  
54942 ..... 6  
54106..... 5  
All others (3% or less)..... 12  
No answer ..... 9

84. What is your annual household income before taxes?

Less than \$10,000..... 6%  
\$10,000 to \$20,000..... 5  
\$20,001 to \$30,000..... 9  
\$30,001 to \$40,000..... 13  
\$40,001 to \$50,000..... 19  
\$50,001 to \$60,000..... 15  
\$60,001 to \$75,000..... 10  
\$75,001 to \$90,000..... 10  
Over \$90,000..... 9  
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.....	97	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. [11 Respondents; More than 1 response accepted]

Stranger .....	7 responses
Separated spouse .....	2 responses
Friend.....	1 response
Ex-spouse.....	1 response

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

Yes.....	4%	üCONTINUE WITH Q88
No.....	96	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? [13 Respondents; More than 1 response accepted]

Acquaintance.....	4 responses
Spouse.....	2 responses
Stranger.....	2 responses
Separated spouse .....	1 response
Boyfriend or girlfriend.....	1 response
Friend.....	1 response
Ex-spouse.....	1 response
Someone else .....	5 responses
Not sure .....	1 response

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

Smoke detectors .....	35%
Carbon monoxide detectors .....	<1
Both .....	63
Neither .....	1
Not sure .....	<1

ADDITIONAL QUESTIONS FOR OUTAGAMIE COUNTY HEALTH DEPARTMENT

[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. What is the source of your home's private water?

Private or individual system or well .....	34%
City or community water source .....	65
Some other source .....	<1
Not sure .....	<1

A2. Has your well ever been tested? [106 Respondents]

Yes .....	84%
No .....	9
Not sure .....	8

A3. About how long has it been since it was tested? [89 Respondents]

Within the last 3 years .....	75%
4 to 5 years ago .....	12
6 to 10 years ago .....	11
Over 10 years ago.....	1
Not sure .....	1