

**Ozaukee County  
Community Health Survey**  
Summer 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Ozaukee County Health Department**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

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

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

## **Methodology**

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

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

A total of 400 telephone interviews were completed between February 24 and June 11, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Ozaukee County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

## Demographic Profile of Ozaukee County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	20%
35 to 44	26
45 to 54	24
55 to 64	14
65 and Older	16
Education	
High School Graduate or Less	29%
Some Post High School	23
College Graduate	48
Household Income	
\$30,000 or Less	20%
\$30,001 to \$60,000	37
\$60,001 or More	36
Not Sure/No Answer	7
Married	70%

## What do the percentages mean?

Results of the Ozaukee County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 60,386 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 600 adults. So, when 8% of respondents reported their health was fair or poor, this roughly equates to 4,800 residents  $\pm 3,000$  individuals. Meaning that from 1,800 to 7,800 residents may have fair or poor health in the county. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 30,857 households in Ozaukee County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 310 households. For example, 7% of survey respondents reported that someone in their household is not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 2,170.

## Definitions

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

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

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

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

Recently, the "binge drinking" definition changed. Previously, the Centers for Disease Control (CDC) considered binge drinking as five or more drinks at one time, regardless of gender. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The new definition is based on weight and metabolism differences between the sexes. At this time, there is no state or national statistics 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 Ozaukee County 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>	
Ozaukee County	<u>2003</u>	Ozaukee County	<u>2003</u>
Excellent .....	31%	High Blood Cholesterol .....	22%
Very Good.....	37%	High Blood Pressure.....	21%
Good .....	24%	Asthma (Current) .....	7%
Fair or Poor .....	8%	Heart Disease/Condition.....	6%
		Diabetes .....	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	<b>Moderate Physical Activity/Week</b>	
Wisconsin .....	57%	Ozaukee County	<u>2003</u>
Nation .....	56%	Inactive .....	16%
		Insufficient .....	59%
		Recommended.....	25%
<b>Health Care Coverage</b>		<i>Other Research: Recommended Physical</i>	
Ozaukee County	<u>2003</u>	<i>Activity</i>	<u>2000</u>
Personally Not Covered .....	2%	Wisconsin.....	27%
Household Member Not Covered (current) ...	7%	Nation .....	26%
Household Member Not Covered (past yr)....	11%		
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<b>Nutrition and Diet</b>	
Wisconsin .....	10%	Ozaukee County	<u>2003</u>
Nation .....	13%	Fruit Intake (2 or more servings/day) .....	71%
		Vegetable Intake (3 or more servings/day) .....	28%
		Fried Food/Fast Food (a few times/week) .....	42%
		Overweight.....	59%
<b>Advance Care Plan</b>		<i>Other Research: Overweight</i>	<u>2001</u>
Ozaukee County	<u>2003</u>	Wisconsin.....	59%
Yes .....	34%	Nation .....	58%
<b>Routine Checkups</b>		<b>Women's Health</b>	
Ozaukee County	<u>2003</u>	Ozaukee County	<u>2003</u>
Routine Checkup (2 years or less) .....	88%	Mammogram (50+; past year).....	74%
Cholesterol Test (2 years or less) .....	78%	Pap Smear (past year).....	63%
Dental Checkup (past year).....	82%	<i>Other Research: Wisconsin</i>	<u>2001</u>
Eye Exam (2 years or less).....	83%	Mammogram (50+; past year).....	69%
		Pap Smear (past year).....	66%
<b>Vaccinations</b>			
Ozaukee County	<u>2003</u>	<b>Reduce Risk of Skin Cancer</b>	
Flu shot (past year) .....	39%	Ozaukee County	<u>2003</u>
Pneumonia (ever—65 years or older).....	60%	Avoid Artificial Sources of UV Light .....	76%
		Use Sunscreen with SPF 15 or Higher .....	65%
		Wear Sun Protective Clothing.....	58%
		Avoid Sun Between 10 a.m. and 4 p.m. ....	41%
<b>Alternative Treatment in Past 3 Years</b>			
Ozaukee County	<u>2003</u>		
Chiropractor .....	18%		
Massage Therapy.....	16%		
Meditation .....	8%		
Movement Therapy.....	5%		
Aroma Therapy.....	5%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Ozaukee County		Ozaukee County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	23%	Drink in Past Month .....	<b>69%</b>
50 and Older .....	42%	3+ Drinks on Occasion in Past Month.....	<b>27%</b>
<b>Other Tests</b>		Binge in Past Month	
Ozaukee County	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)] .....	<b>16%</b>
Blood Stool Test (50+; within past 2 years)....	47%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month) .....	<b>2%</b>
(50+; within past 2 years).....	35%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
<b>Safety</b>		<i>Wisconsin</i> .....	<b>26%</b>
Ozaukee County		<i>Nation</i> .....	<b>15%</b>
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<b>Mental Health Status</b>	
Adult.....	92%	Ozaukee County	
Children.....	98%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always .....	<b>4%</b>
(Of Those Who Ride Bike or In-Line Skate)		Never .....	<b>34%</b>
Adult.....	34%	Managing Stress	
Children .....	73%	Excellent/Good.....	<b>82%</b>
Detectors		Poor .....	<b>2%</b>
Smoke Detectors .....	99%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	44%	Never/Seldom .....	<b>4%</b>
Neither .....	2%	Considered Suicide (past year).....	<b>1%</b>
<b>Tobacco Use</b>		<b>Firearms in Household</b>	
Ozaukee County	<u>2003</u>	Ozaukee County	
Current Smokers .....	16%	Of all Households...	<u>2003</u>
Quit Smoking 1 Day or More in Past		Have a Firearm.....	<b>31%</b>
Year Because Trying to Quit (smokers).....	37%	Have a Loaded Firearm .....	<b>1%</b>
Health Care Provider Advisement to		Have a Loaded Firearm Unlocked.....	<b>&lt;1%</b>
Quit Smoking (smokers) .....	53%	<b>Personal Safety in Past Year</b>	
Smoking Indoors or in Vehicle.....	9%	Ozaukee County	<u>2003</u>
Smoking Preference in Restaurants		Afraid for Their Safety .....	<b>3%</b>
Smoke-free .....	75%	Pushed/Kicked/Slapped/Hit .....	<b>&lt;1%</b>
Allow Smoking.....	7%	<b>Additional Questions</b>	
No Preference .....	18%	Ozaukee County	
Ordinance Prohibiting Smoking in Eating		Maj/Mod. Factors Preventing Physical Exercise	<u>2003</u>
Establishments		Time .....	<b>49%</b>
Moderately Favor.....	20%	Motivation.....	<b>44%</b>
Strongly Favor .....	47%	Health Problems .....	<b>19%</b>
<i>Other Research: Current Smokers</i>	<u>2001</u>	Cost.....	<b>10%</b>
<i>Wisconsin</i> .....	24%	Safety Concerns .....	<b>9%</b>
<i>Nation</i> .....	23%	Primary Caregiver for Elderly or Disabled	
		Person, Not Employed as Caregiver .....	<b>6%</b>
		Use of the New Ozaukee County Urban Trail	

Once or Twice a Month.....	15%
<b>Once a Week or More .....</b>	<b>10%</b>

**Overall Health and Health Care Key Findings**

Sixty-eight percent of respondents reported their health as excellent or very good. Respondents who were 55 and older, with a household income of \$30,000 or less, not married or physically inactive were more likely to report fair or poor conditions.

Two percent of respondents reported they personally did not have health care coverage. Seven percent reported someone in their household currently was not covered while 11% reported in the past 12 months someone 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. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; female or older respondents were more likely to report this.

Eighty-two percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine medical checkup, 56% cholesterol test and 52% reported an eye exam. Female respondents were more likely to report a routine checkup in the past year or an eye exam in the past two years. Respondents 65 and older were more likely to report a routine checkup, cholesterol test, or eye exam in the past year. Respondents with some post high school education were more likely to report a routine medical checkup in the past year. Respondents with a household income of \$30,000 or less were more likely to report having a cholesterol test in the past year. Married respondents were more likely to report having a cholesterol test in the past two years while unmarried respondents were more likely to report having an eye exam in the past year or two years.

Thirty-nine percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for female or older respondents. Sixty percent of respondents 65 and older had a pneumonia vaccination.

**Health Risk Factors Key Findings**

Out of nine health conditions listed, high blood cholesterol or high blood pressure was the most often treated condition in the past three years. Currently having asthma was third. Older respondents were more likely to report several of the health conditions including high blood cholesterol, high blood pressure, heart disease/condition or diabetes. Respondents with some post high school education or less were more likely to report high blood pressure. When household income was lower, the prevalence of high blood pressure or diabetes was higher. Overweight respondents were more likely to report high cholesterol or high blood pressure.

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

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, chiropractor care or massage therapy were the most often mentioned treatments in the past three years (18% and 16%, respectively). Female respondents were more likely to report massage therapy or movement therapy in the past three years. Respondents with more education were more likely to report massage therapy or meditation.

Twenty-five percent of respondents met the recommended amount of moderate physical activities on a weekly basis. Sixteen percent were classified as inactive. Female respondents, with high school education or less, with a household income of \$30,000 or less or respondents who were not overweight were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (42% overweight and 17% obese). Respondents who were male, physically inactive or who did not meet the recommended amount of physical activity, 55 to 64 years old or married were more likely to be classified as overweight.

Seventy-one percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with some post high school education were more likely to eat vegetables. Respondents who were not overweight or did the recommended amount of physical activities were more likely to eat fruit. Forty-two percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, those with an income of \$30,001 or more, married or those classified as overweight were more likely to report this.

Eighty-nine percent of women 50 years old or older reported a mammogram within the past two years. Eighty-eight percent of respondents reported a pap smear within the past three years. Respondents who were 35 to 54 years old, with higher education, with higher household income or married were more likely to have had a pap smear within the past three years.

Twenty-three percent of males 40 to 49 years old and 42% of males 50 and older had a digital rectal exam in the past year.

Forty-seven percent of respondents 50 years of age and older had their blood stool tested within the past two years while 35% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported using sunscreen with a SPF of at least 15 or avoiding the sun between 10 a.m. and 4 p.m. more often than male respondents. Respondents 55 to 64 years old or those with a household income of less than \$30,001 reported avoiding the sun more often. Respondents with more education were more likely to report avoiding artificial UV light, using sunscreen or wearing sun protective clothing. Married respondents reported using sunscreen more often than unmarried respondents.

Ninety-two percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older or married respondents were more likely to always wear seat belts. More respondents who had children indicated their children always wore seat belts. Of those respondents who ride a bike, in-line skate or use a scooter, 34% reported they always or nearly always wore a helmet. Of respondents who have children who ride a bike, in-line skate, roller skate, skateboard or ride a scooter, 58% reported their child always wears a helmet.

Sixteen percent of respondents were current smokers. Unmarried respondents were more likely to be smokers. Thirty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Nine percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Seventy-five percent of all respondents preferred a smoke-free restaurant. Sixty-seven percent favored a community ordinance prohibiting smoking in eating establishments. College graduates, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents or nonsmokers were more likely to favor an ordinance to prohibit smoking in eating establishments.

Sixty-nine percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks at least on one occasion while 16% binged. Generally, male respondents, younger respondents or those with a high school education or less were more likely to have reported three or more drinks on more occasions or binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-six percent of households had a working smoke alarm while 44% had a working carbon monoxide detector. Married households were more likely to have both a smoke alarm and a carbon monoxide detector.

Thirty-one percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 1% had a firearm loaded. Less than one percent of all households had a firearm loaded and unlocked.

Three percent of respondents reported someone had made them afraid for their personal safety while less than one percent reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Out of five factors for not exercising, time was most often reported as a major factor (30%) followed by motivation (17%). Respondents 55 to 64 years old were more likely to report health problems or safety concerns as a major/moderate factor while younger respondents were more likely to report time. Reporting time, safety concerns or health problems as a major/moderate factor varied by education level as well as household income level. Unmarried respondents were more likely to report health problems. Respondents who were physically inactive were more likely to report safety concerns while respondents with an insufficient amount of physical activity were more likely to report time.

Six percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.

Ten percent of respondents reported using the new Ozaukee County Urban Trail at least once a week. Male respondents, those 35 to 44 years old, with some post high school education, with a household income of \$30,001 to \$60,000 were more likely to have used the trail at all.

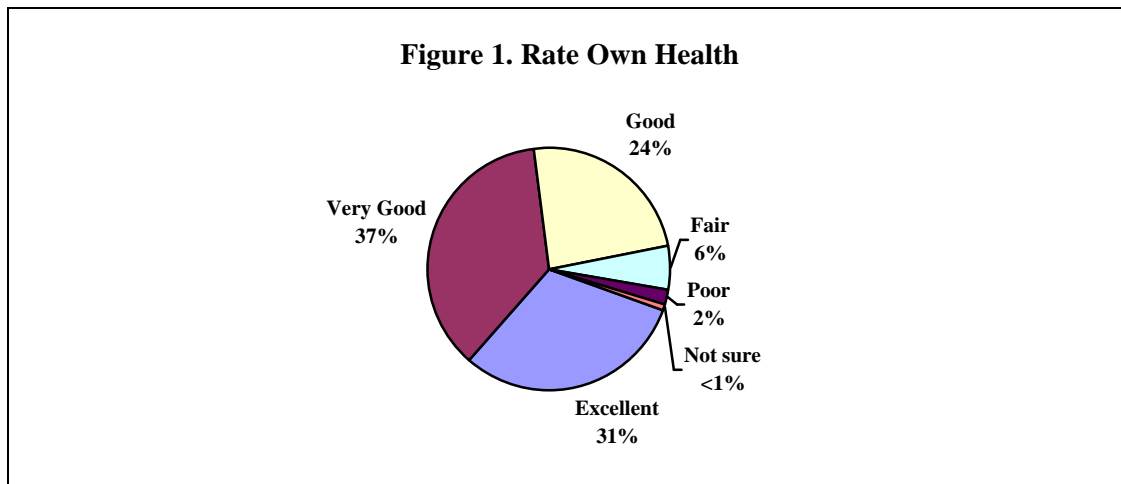
## Key Findings

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

**KEY FINDING:** Sixty-eight percent of respondents reported their health as excellent or very good. Respondents who were 55 and older, with a household income of \$30,000 or less, not married or physically inactive were more likely to report fair or poor conditions.

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

- Sixty-eight percent of respondents said their own health, generally speaking, was either excellent (31%) or very good (37%). A total of 8% reported their health was fair (6%) or poor (2%).



- Respondents 65 and older or 55 to 64 years old were more likely to report fair or poor (15% and 13%, respectively) compared to all other age categories (5% to 7%).
- Respondents with a household income of \$30,000 or less were more likely to report fair/poor health than those with a household income of more than \$60,000 (14% and 5%, respectively). Seventy-seven percent of respondents with a household income of more than \$60,000 reported their health condition as excellent/very good, in contrast to 54% who had \$30,000 or less.
- Unmarried respondents were more likely to report fair or poor (12%) compared to married respondents (6%). Married respondents were more likely to report their health excellent (35%) compared to unmarried respondents (22%).
- Inactive respondents were more likely to report fair or poor (19%) than respondents who do some physical activity, but not the recommended amount (6%) or those who do the recommended amount (5%). Respondents who engage in the recommended amount of physical activity were more likely to report their health as excellent/very good (69%) compared to respondents classified as inactive (48%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	8%	24%	37%	31%
Gender				
Male	7	23	38	32
Female	9	25	36	30
Age*				
18 to 34	6	18	38	38
35 to 44	5	21	38	37
45 to 54	7	18	44	31
55 to 64	13	32	32	22
65 and Older	15	35	28	22
Education				
High School or Less	9	30	37	23
Some Post High School	7	25	39	29
College Graduate	7	19	37	37
Household Income*				
\$30,000 or Less	14	32	24	30
\$30,001 to \$60,000	7	26	41	26
\$60,001 or More	5	18	41	36
Marital Status**				
Married	6	21	38	35
Not Married	12	31	35	22
Overweight				
Not Overweight	5	24	33	37
Overweight	11	23	40	26
Physical Activity**				
Inactive	19	34	23	25
Insufficient	6	21	42	31
Recommended	5	25	34	35
Smoker				
Nonsmoker	8	23	36	33
Smoker	7	31	44	19

\*= p≤0.05; \*\*= p≤0.01

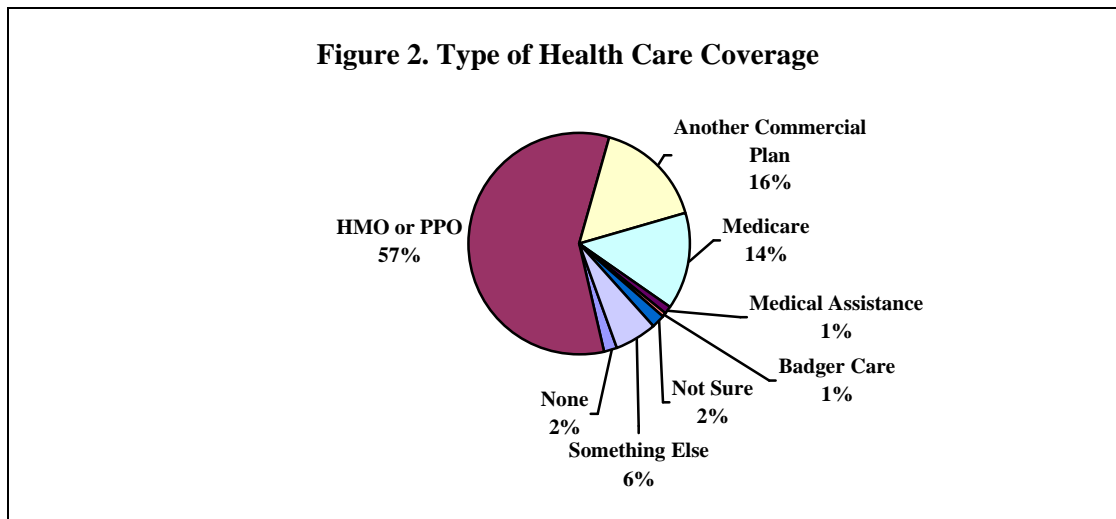
## Health Care Coverage (Figure 2)

**KEY FINDING:** Two percent of respondents reported they personally did not have health care coverage. Seven percent reported someone in their household currently was not covered while 11% reported in the past 12 months someone 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. Seventy-five percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; female or older respondents were more likely to report this.

### *Personally Not Covered*

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

- Two percent of respondents reported they were not currently covered by any health insurance. Fifty-seven percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Sixteen percent reported another commercial plan, 14% reported Medicare and 1% reported medical assistance. 1% reported Badger Care, 2% reported something else and 2% reported none.



### *Someone in Household Currently Not Covered*

- Seven percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 2,170 households.
- Fourteen percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 5% of respondents with a household income of \$30,001 or more.
- Unmarried respondents were more likely to have someone not covered (14%) compared to married respondents (4%).

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

- Eleven percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Eighteen percent of respondents with a household income of \$30,000 or less reported someone in the household not covered in the past 12 months compared to 14% of those with a household income of \$30,001 to \$60,000 and 6% of those with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (20%) compared to married respondents (8%).

### *Primary Health Care Services*

- Seventy-five percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Seventeen percent reported walk-in or urgent care while 3% reported hospital emergency room and 2% reported community health center.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (80%) compared to male respondents (69%).

### *Advance Care Plan*

- Thirty-four percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report they had an advance care plan (36%) compared to male respondents (31%).
- Older respondents were more likely to report having an advance care plan. Twelve percent of respondents 18 through 34 years old reported this compared to 36% of respondents 35 to 44 years old, 37% of those 45 to 64 years old and 50% of those 65 and older.

## Routine Checkups (Tables 3 - 6)

**KEY FINDING:** Eighty-two percent of all respondents reported a visit to the dentist in the past year while 62% reported having a routine medical checkup, 56% cholesterol test and 52% reported an eye exam. Female respondents were more likely to report a routine checkup in the past year or an eye exam in the past two years. Respondents 65 and older were more likely to report a routine checkup, cholesterol test, or eye exam in the past year. Respondents with some post high school education were more likely to report a routine medical checkup in the past year. Respondents with a household income of \$30,000 or less were more likely to report having a cholesterol test in the past year. Married respondents were more likely to report having a cholesterol test in the past two years while unmarried respondents were more likely to report having an eye exam in the past year or two years.

### *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 residents reported they had a routine checkup in the past year. An additional 26% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (70%) than male respondents (53%).
- Respondents 65 and older were more likely to report a routine checkup in the past year (87%) compared to respondents 35 to 44 years old (51%) and all other age categories (60% each).
- Respondents with some post high school education were more likely to report a routine checkup in the past year (72%) compared to respondents with a high school education or less (67%) and those with a college education (55%).

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%	26%	5%	6%	<1%
Gender**					
Male	53	30	8	9	2
Female	70	23	3	3	<1
Age**					
18 to 34	60	30	6	4	0
35 to 44	51	38	5	3	2
45 to 54	60	22	8	9	1
55 to 64	60	19	6	13	2
65 and Older	87	10	0	3	0
Education*					
High School or Less	67	22	3	7	<1
Some Post High School	72	16	5	7	0
College Graduate	55	33	6	4	2
Household Income					
\$30,000 or Less	75	17	3	5	0
\$30,001 to \$60,000	61	26	5	7	1
\$60,001 or More	57	32	6	3	1
Marital Status					
Married	64	27	4	5	1
Not Married	59	24	8	8	<1

\*= p≤0.05; \*\*= p≤0.01

### Cholesterol Test

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

- Fifty-six percent of respondents reported having their cholesterol tested within the past year. Twenty-two percent reported one to two years ago. Thirteen percent reported never having their cholesterol tested.
- Respondents 18 to 44 years old were less likely to have had their cholesterol tested in the past year (44%) compared to all other age categories (range 60% to 78%).
- Respondents with a household income of less than \$30,001 were more likely to report having a cholesterol test (65%) compared to respondents with a household income of \$30,001 to \$60,000 (55%) and \$60,001 or more (51%).
- Married respondents were more likely to report a cholesterol test in the past two years (82%) compared to unmarried respondents (68%).

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	56%	22%	5%	4%	13%
Gender					
Male	51	23	6	5	15
Female	60	21	4	3	11
Age**					
18 to 34	44	16	4	0	35
35 to 44	44	32	8	6	9
45 to 54	60	21	6	3	9
55 to 64	66	21	0	4	9
65 and Older	78	12	2	5	3
Education					
High School or Less	60	18	4	4	13
Some Post High School	57	20	2	1	19
College Graduate	54	25	6	4	10
Household Income*					
\$30,000 or Less	65	12	3	6	13
\$30,001 to \$60,000	55	23	2	4	16
\$60,001 or More	51	25	9	2	10
Marital Status**					
Married	57	25	5	4	9
Not Married	53	15	4	3	24

\*= 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>1</sup>*

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

- Eighty-two percent of residents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- There were no statistically significant differences between demographic variables and having a dental visit in the past year.

<sup>1</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.

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	82%	14%	2%	3%	0%
Gender					
Male	81	14	3	2	0
Female	82	14	<1	3	0
Age					
18 to 34	76	21	1	3	0
35 to 44	84	14	1	0	0
45 to 54	85	12	1	2	0
55 to 64	78	13	4	6	0
65 and Older	82	12	0	7	0
Education					
High School or Less	76	18	<1	5	0
Some Post High School	81	17	2	0	0
College Graduate	85	11	2	2	0
Household Income					
\$30,000 or Less	75	17	1	6	0
\$30,001 to \$60,000	84	14	<1	2	0
\$60,001 or More	81	16	2	1	0
Marital Status					
Married	81	15	2	3	0
Not Married	82	14	<1	2	0

\*= p≤0.05; \*\*= p≤0.01

### Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 31% reported one to two years ago. Three percent reported never.
- Female and male respondents were somewhat similar in having an eye exam in the past year (54% and 50% respectively) but when looking at an exam within the past two year there was a greater difference; 87% of female respondents and 79% of male respondents reported an exam within the past two years.
- Sixty-three percent of respondents 65 and older and 60% of respondents 18 to 34 years old reported having an eye exam in the past year, compared to 43% of respondents 35 to 44 years old, 44% of those 55 to 64 years old and 51% of respondents 45 to 54 years old.
- Unmarried respondents were more likely to have had an eye exam in the past year (64%) compared to married respondents (47%).

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
<b>TOTAL</b>	52%	31%	8%	6%	3%
<b>Gender*</b>					
Male	50	29	8	10	4
Female	54	33	7	3	3
<b>Age**</b>					
18 to 34	60	18	7	14	1
35 to 44	43	35	11	5	6
45 to 54	51	34	4	6	6
55 to 64	44	39	11	4	2
65 and Older	63	30	5	2	0
<b>Education</b>					
High School or Less	52	27	11	5	4
Some Post High School	59	31	4	3	2
College Graduate	49	34	7	8	3
<b>Household Income</b>					
\$30,000 or Less	51	33	13	1	3
\$30,001 to \$60,000	56	30	6	6	2
\$60,001 or More	48	31	6	10	6
<b>Marital Status**</b>					
Married	47	32	10	8	3
Not Married	64	30	3	<1	3

\*= p≤0.05; \*\*= p≤0.01

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-nine percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for female or older respondents. Sixty 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-nine percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination (46%) compared to male respondents (31%).

- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (73%) compared to respondents 18 to 34 years old (28%) or those 35 to 44 years old (29%).

Table 7. Flu Vaccination by Demographic Variables

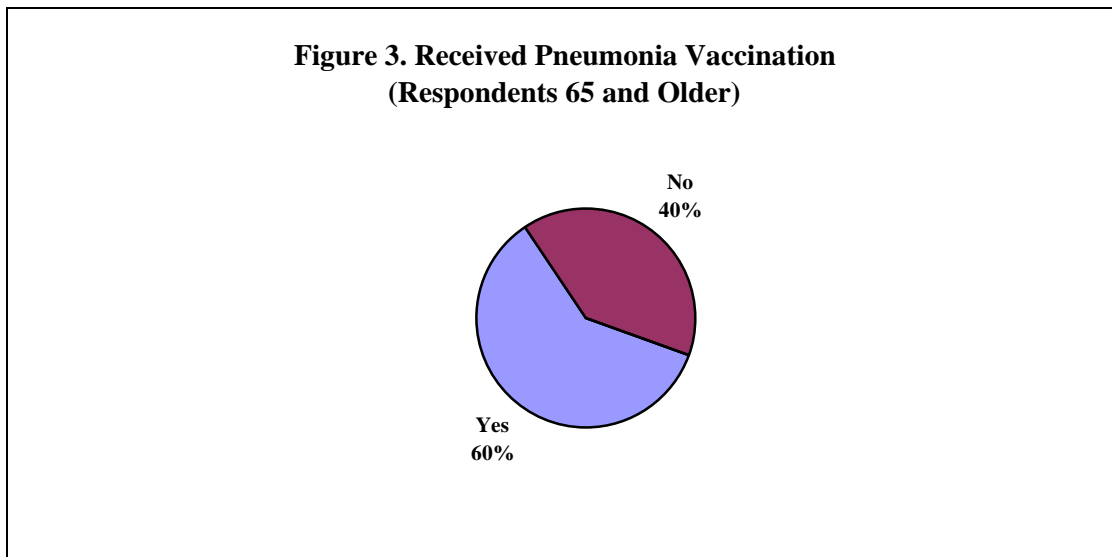
	Percent
TOTAL	39%
Gender**	
Male	31
Female	46
Age**	
18 to 34	28
35 to 44	29
45 to 54	32
55 to 64	45
65 and Older	73
Education	
High School or Less	37
Some Post High School	46
College Graduate	37
Household Income	
\$30,000 or Less	41
\$30,001 to \$60,000	41
\$60,001 or More	32
Marital Status	
Married	37
Not Married	43

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

*Pneumonia Vaccination*

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

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

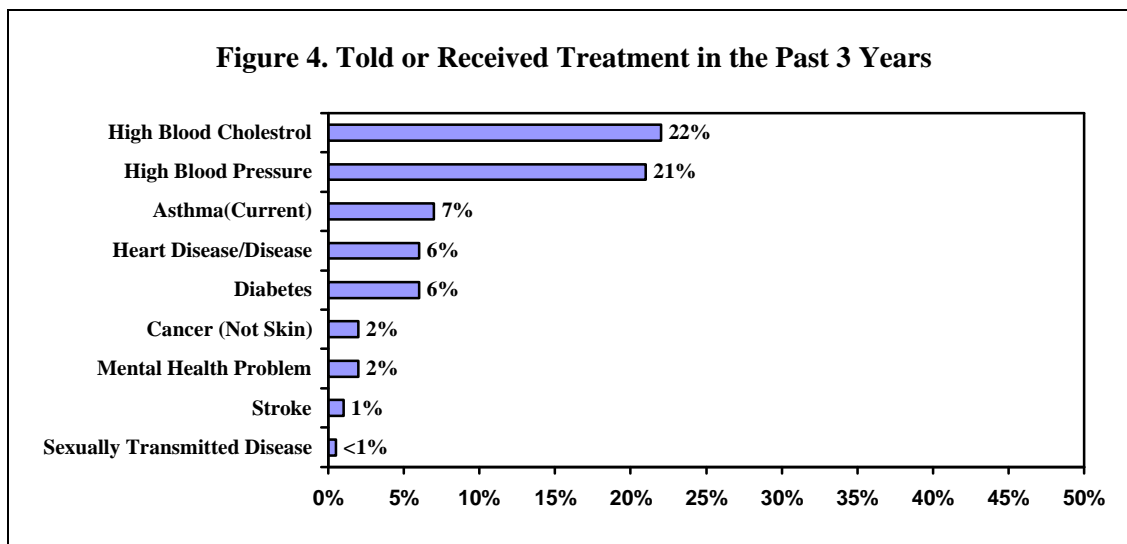


## Prevalence of Select Health Conditions (Figure 4; Table 8)

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

**KEY FINDING:** Out of nine health conditions listed, high blood cholesterol or high blood pressure were the most often treated conditions in the past three years. Currently having asthma was third. Older respondents were more likely to report several of the health conditions including high blood cholesterol, high blood pressure, heart disease/condition or diabetes. Respondents with some post high school education or less were more likely to report high blood pressure. When household income was lower, the prevalence of high blood pressure or diabetes was higher. Overweight respondents were more likely to report high cholesterol or high blood pressure.

- Respondents were more likely to report they have been told or been treated for high cholesterol (22%), high blood pressure (21%), asthma (current, 7%), heart disease/heart condition (6%) or diabetes (6%).



- Typically, the likelihood of being told or treated for high blood cholesterol, high blood pressure, heart disease/condition or diabetes increased as age increased.
- Respondents with some post high school education or less were more likely to report high blood pressure.
- Respondents with lower household income reported high blood pressure or diabetes more often.
- Respondents who were considered overweight were more likely to report high blood cholesterol or high blood pressure.

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

	High Blood Cholesterol	High Blood Pressure	Heart Disease/Condition	Asthma (Current)	Diabetes
TOTAL	22%	21%	6%	7%	6%
Gender					
Male	22	22	4	6	9
Female	22	20	7	7	4
Age					
18 to 34	5**	0**	0**	8	1**
35 to 44	22**	13**	4**	5	3**
45 to 54	23**	13**	2**	12	1**
55 to 64	28**	43**	8**	4	6**
65 and Older	38**	53**	13**	2	20**
Education					
High School or Less	21	27*	8	4	9
Some Post High School	25	26*	8	3	6
College Graduate	21	15*	3	9	4
Household Income					
\$30,000 or Less	23	30*	9	4	9*
\$30,001 to \$60,000	18	21*	6	4	7*
\$60,001 or More	24	14*	3	10	2*
Marital Status					
Married	25	20	5	7	5
Not Married	16	24	8	5	9
Overweight					
Not Overweight	13**	15**	7	10	3
Overweight	26**	26**	4	5	8
Physical Activity					
Inactive	19	28	6	8	5
Insufficient	23	20	6	7	6
Recommended	20	20	4	6	8

\*= p≤0.05; \*\*= p≤0.01

#### Diabetes

- All 23 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

#### Asthma

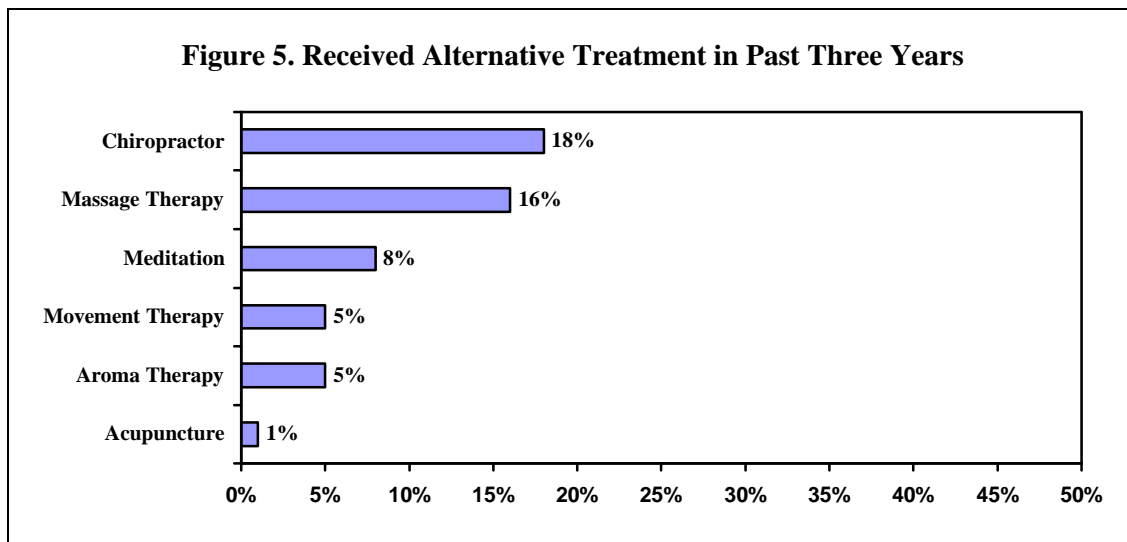
- Of the 26 respondents who currently have asthma, 75% have an asthma action plan.

## 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, chiropractor care or massage therapy were the most often mentioned treatments in the past three years (18% and 16%, respectively). Female respondents were more likely to report massage therapy or movement therapy in the past three years. Respondents with more education were more likely to report massage therapy or meditation.

- Respondents were more likely to have reported the use of chiropractic care (18%) or massage therapy (16%) in the past three years.



- Female respondents were more likely to have reported massage therapy in the past three years (20%) compared to male respondents (11%). They also were more likely to have reported movement therapy in the past three years (7%) compared to male respondents (2%).
- Twenty-one percent of respondents with a college degree or more reported massage therapy compared to 16% of those with some post high school education and 8% of those with a high school education or less. College graduates were also more likely to report meditation (12%) compared to some post high school education (9%) and high school education or less (3%).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy	Aroma Therapy
TOTAL	18%	16%	8%	5%	5%
Gender					
Male	18	11*	6	2*	2
Female	18	20*	10	7*	7
Age					
18 to 34	10	18	5	5	13
35 to 44	23	19	9	6	4
45 to 54	23	22	10	7	3
55 to 64	13	6	6	6	0
65 and Older	13	12	8	3	3
Education					
High School or Less	17	8*	3*	2	3
Some Post High School	17	16*	9*	7	6
College Graduate	18	21*	12*	6	5
Household Income					
\$30,000 or Less	15	12	8	3	1
\$30,001 to \$60,000	14	16	10	5	5
\$60,001 or More	21	19	8	6	8
Marital Status					
Married	19	17	8	5	4
Not Married	14	13	9	4	6

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-five percent of respondents met the recommended amount of moderate physical activities on a weekly basis. Sixteen percent were classified as inactive. Female respondents, with high school education or less, with a household income of \$30,000 or less or respondents who were not overweight were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (42% overweight and 17% obese). Respondents who were male, physically inactive or who did not meet the recommended amount of physical activity, 55 to 64 years old or married were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

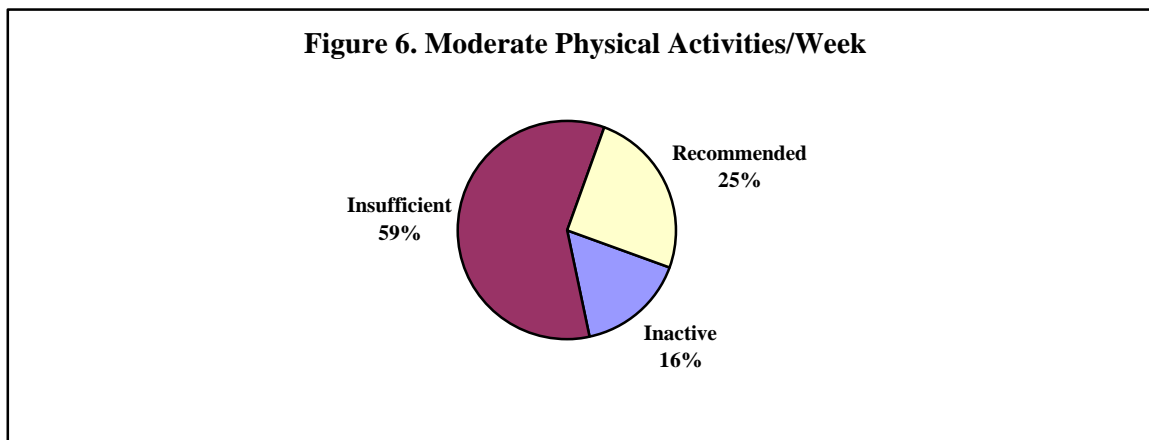
- Eighty-one percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

- Twenty-five percent of all respondents were classified as doing the recommended amount of physical activities in a typical week. Fifty-nine percent do some activities, but not to the extent of the recommendation while 16% were classified as inactive.



- Female respondents were more likely to meet the recommended amount of physical activities in a week (30%) compared to male respondents (19%).
- Twenty-eight percent of respondents with a high school education or less met the recommended amount of moderate physical activities in a week compared to 22% of respondents with some post high school education and 25% of college graduates. However, respondents with a high school education or less were also quite likely to be inactive.
- Respondents with a household income of less than \$30,001 were more likely to meet the recommendation (30%) compared to respondents with an income of \$60,001 or more (25%) and those with \$30,001 to \$60,000 (21%). However, respondents with lower household income were also more likely to report being inactive.
- Unmarried respondents were slightly more likely to meet the recommendation than married respondents (27% and 24%, respectively). However, unmarried respondents were more likely to be inactive (24%) than married respondents (13%).
- Respondents who were not overweight were more likely to meet the recommended amount of physical activities in a week (32%) compared to overweight respondents (20%).

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

	Inactive	Insufficient	Recommended
TOTAL	16%	59%	25%
Gender*			
Male	15	66	19
Female	18	53	30
Age			
18 to 34	18	53	29
35 to 44	10	66	24
45 to 54	12	69	19
55 to 64	20	44	35
65 and Older	22	54	24
Education**			
High School or Less	21	52	28
Some Post High School	24	53	22
College Graduate	10	65	25
Household Income**			
\$30,000 or Less	31	40	30
\$30,001 to \$60,000	16	63	21
\$60,001 or More	7	68	25
Marital Status**			
Married	13	63	24
Not Married	24	49	27
Overweight*			
Not Overweight	13	55	32
Overweight	16	65	20

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

- According to the definition, Ozaukee County had 59% of residents considered overweight (42% overweight and 17% obese).
- Male respondents were more likely to be classified as overweight (74%) compared to female respondents (46%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (76%) compared to respondents 18 to 34 years old (47%).
- Married respondents were more likely to be classified as overweight (63%) compared to unmarried respondents (52%).
- Forty-seven percent of respondents with the recommended amount of physical activities were classified as overweight compared to all other categories (63% and 64%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	59%
Gender**	
Male	74
Female	46
Age*	
18 to 34	47
35 to 44	64
45 to 54	56
55 to 64	76
65 and Older	60
Education	
High School or Less	62
Some Post High School	57
College Graduate	59
Household Income	
\$30,000 or Less	56
\$30,001 to \$60,000	60
\$60,001 or More	61
Marital Status*	
Married	63
Not Married	52
Moderate Physical Activities*	
Inactive	64
Insufficient	63
Recommended	47

\*= p≤0.05; \*\*= p≤0.01

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Seventy-one percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with some post high school education were more likely to eat vegetables. Respondents who were not overweight or did the recommended amount of physical activities were more likely to eat fruit. Forty-two percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, those with an income of \$30,001 or more, married or those classified as overweight were more likely to report this.

### *Fruit Intake*

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

- Seventy-one percent of respondents eat two or more servings of fruit per day. Twenty-eight percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (83% and 59%, respectively).
- Respondents who were not overweight were more likely to eat two or more servings of fruit per day (78%) compared to those classified as overweight (65%).
- Respondents who met the recommended amount of physical activities were more likely to eat fruits at least twice a day (82%) compared to inactive respondents (66%).

### *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-eight percent of respondents eat three or more servings of vegetables per day. Seventy-one percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (36% and 19%, respectively).
- Respondents who had some post high school education were more likely to eat vegetables at least three times a day (36%) compared to respondents with a high school education or less (18%).

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	28%	71%	71%	28%
Gender				
Male	42**	59**	79**	19**
Female	17**	83**	65**	36**
Age				
18 to 34	22	78	69	31
35 to 44	31	68	71	28
45 to 54	36	64	79	22
55 to 64	36	64	70	24
65 and Older	18	82	68	32
Education				
High School or Less	34	66	80*	18*
Some Post High School	27	72	64*	36*
College Graduate	25	75	69*	31*
Household Income				
\$30,000 or Less	28	72	62	34
\$30,001 to \$60,000	26	74	71	29
\$60,001 or More	32	67	76	23
Marital Status				
Married	28	71	71	29
Not Married	28	72	71	26
Overweight				
Not Overweight	23*	78*	70	29
Overweight	34*	65*	74	25
Moderate Physical Activities				
Inactive	32*	66*	71	29
Insufficient	31*	69*	73	27
Recommended	18*	82*	65	32

\*= p≤0.05; \*\*= p≤0.01

*Fried Food/Fast Food Intake*

- Five percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Thirty-seven percent reported a few times per week. Forty-two percent reported a few times per month while 16% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (56%) compared to female respondents (31%).

- Fifty-five percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 37% of those 55 to 64 years old and 25% of those 65 and older.
- Respondents with a household income of at least \$30,001 were more likely to eat fried/fast foods at least a few times per week (46%) compared to households with \$30,000 or less (30%).
- Married respondents were more likely to eat fried/fast foods at least a few times per week (45%) compared to unmarried respondents (36%).
- Respondents who were classified as overweight were more likely to eat fried/fast foods at least a few times per week (48%) compared to not overweight respondents (34%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	42%	42%
Gender**		
Male	34	56
Female	48	31
Age**		
18 to 34	31	55
35 to 44	46	44
45 to 54	44	43
55 to 64	37	37
65 and Older	48	25
Education		
High School or Less	39	43
Some Post High School	46	38
College Graduate	42	44
Household Income*		
\$30,000 or Less	45	30
\$30,001 to \$60,000	37	46
\$60,001 or More	43	46
Marital Status*		
Married	42	45
Not Married	40	36
Overweight**		
Not Overweight	41	34
Overweight	42	48
Moderate Physical Activities		
Inactive	40	40
Insufficient	44	43
Recommended	35	42

\*= p≤0.05; \*\*= p≤0.01

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Eighty-nine percent of women 50 years old or older reported a mammogram within the past two years. Eighty-eight percent of respondents reported a pap smear within the past three years. Respondents who were 35 to 54 years old, with higher education, with higher household income or married were more likely to have had a pap smear within the past three years.

### *Mammogram*

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

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

- Twenty-seven percent of all female respondents never had a mammogram while 65% had a mammogram within the past two years (51% within past year and 14% more than one year but less than two years).
- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past two years (89% of those 50 and older; 74% of those 40 to 49 years of age).
  - Of the respondents who were 40 and older, the most often cited reason they did not get a mammogram within the past three years included: too young (six responses), don’t need (four responses) or not recommended by provider (three responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
<b>TOTAL</b>	51%	14%	9%	27%
<b>Age**</b>				
18 to 39	22	3	7	68
40 to 49	50	24	15	11
50 and Older	74	15	6	6

\*= p≤0.05; \*\*= p≤0.01

<sup>3</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>4</sup>*

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

- Sixty-three percent of respondents in Ozaukee County reported they had a pap smear within the past year. An additional 25% reported between one year and less than three years.
- Respondents 65 and older were less likely to have had a pap smear within the past three years (67%) compared to respondents 35 to 44 years old (95%) or 45 to 54 years old (96%). Ten percent of respondents 18 to 34 years old reported not sure while 5% of respondents 65 and older reported never.
- Seventy-one percent of respondents with a high school education or less have had a pap smear within the past three years compared to (92%) with some post high school education. Ninety-four percent of college graduates reported this.
- As household income increased, so did the likelihood of a pap smear within the past year and past three years. Fifty-five percent of respondents with a household income of less than \$30,001 had a pap smear in the past year compared to 62% of respondents with a household income \$30,001 to \$60,000 and 67% of respondents with an income of \$60,001 or more. Eighty-four percent of respondents with a household income of \$30,000 or less reported having a pap smear within the past three years compared to all other income categories (89% and 90%).
- Married respondents were more likely to have had a pap smear within the past three years (93%) compared to unmarried respondents (75%).

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

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	63%	21%	4%	10%	<1%
Age**					
18 to 34	71	19	0	0	0
35 to 44	67	26	2	6	0
45 to 54	77	17	2	4	0
55 to 64	61	18	4	18	0
65 and Older	39	18	10	28	5
Education**					
High School or Less	44	23	4	17	2
Some Post High School	75	17	0	9	0
College Graduate	66	22	6	6	1
Household Income**					
\$30,000 or Less	55	18	11	16	0
\$30,001 to \$60,000	62	24	3	11	1
\$60,001 or More	67	22	1	3	0
Marital Status**					
Married	72	18	3	7	0
Not Married	43	27	5	15	3

\*= p≤0.05; \*\*= p≤0.01

### Men's Health (Table 16)

**KEY FINDING:** Twenty-three percent of males 40 to 49 years old and 42% 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>5</sup>*

#### Digital Rectal Exam

- Thirty-nine percent of all male respondents never had a digital rectal exam. Thirty percent had an exam in the past year while 15% reported within the past two years (one year but less than two years).
- Forty-two percent of men 50 years of age and older had an exam less than a year ago while 23% of men 40 to 49 years old reported this.

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

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	30%	15%	14%	39%
Age*				
18 to 39	18	15	18	49
40 to 49	23	10	12	54
50 and Older	42	20	14	22

\*= p≤0.05; \*\*= p≤0.01

### Other Tests (Tables 17 & 18)

**KEY FINDING:** Forty-seven percent of respondents 50 years of age and older had their blood stool tested within the past two years while 35% reported a sigmoidoscopy or colonoscopy within the past two years.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>6</sup>*

#### *Blood Stool Test*

- Forty-eight percent of all respondents never had a blood stool test. Thirty-six percent were tested within the past two years (25% less than a year ago and 11% more than one year ago, but less than two).
- Forty-seven percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 30% of respondents 40 to 49 years of age and 27% of respondents 18 to 39 years old. Thirty-three percent of respondents 50 and older reported never compared to 63% of respondents 18 to 39 years old.

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

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	25%	11%	12%	48%
Gender				
Male	22	14	11	48
Female	28	9	12	48
Age**				
18 to 39	24	3	7	63
40 to 49	18	12	11	54
50 and Older	31	16	16	33
Education				
High School or Less	29	14	13	41
Some Post High School	21	8	17	53
College Graduate	23	12	9	50
Household Income				
\$30,000 or Less	21	13	14	51
\$30,001 to \$60,000	33	8	12	42
\$60,001 or More	22	10	10	53
Marital Status				
Married	26	13	12	46
Not Married	23	7	11	53

\*= p≤0.05; \*\*= p≤0.01

*Sigmoidoscopy or Colonoscopy Exam*

- Sixty-two percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-two percent were examined within the past two years (15% less than a year ago and 7% more than one year ago, but less than two).
- A total of 35% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 13% of respondents 40 to 49 years of age and 11% of respondents 18 to 39 years old. Forty-one percent of respondents 50 and older reported never compared to 81% of respondents 18 to 39 years old.
- A total of 23% of married respondents reported a sigmoidoscopy or colonoscopy within the past two years compared to 18% of unmarried respondents.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	15%	7%	8%	7%	62%
Gender					
Male	14	8	7	7	62
Female	15	6	10	8	62
Age**					
18 to 39	10	<1	4	2	81
40 to 49	9	4	6	9	74
50 and Older	22	13	12	12	41
Education					
High School or Less	17	5	8	10	59
Some Post High School	19	6	8	7	61
College Graduate	12	8	8	7	63
Household Income					
\$30,000 or Less	17	8	9	14	52
\$30,001 to \$60,000	18	6	8	7	59
\$60,001 or More	10	6	8	5	72
Marital Status*					
Married	16	7	9	7	61
Not Married	11	7	6	9	64

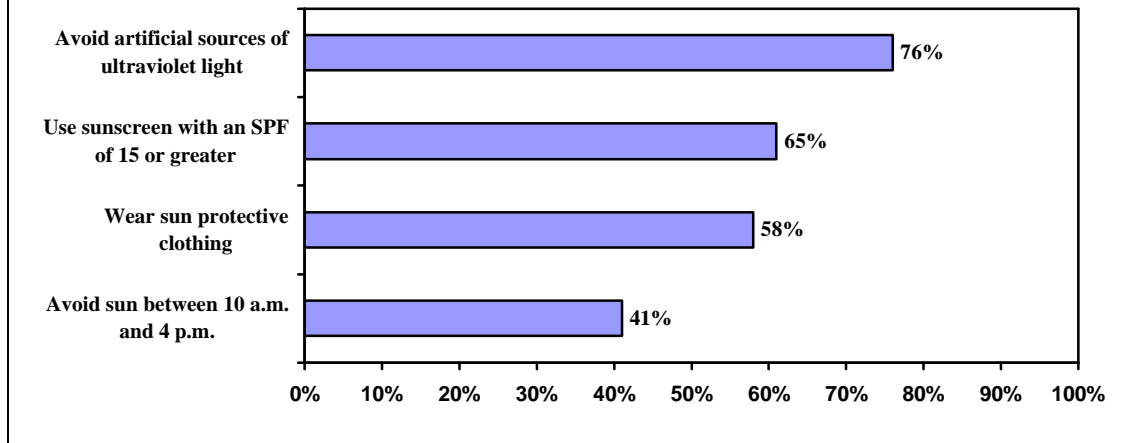
\*= p<0.05; \*\*= p<0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents reported using sunscreen with a SPF of at least 15 or avoiding the sun between 10 a.m. and 4 p.m. more often than male respondents. Respondents 55 to 64 years old or those with a household income of less than \$30,001 reported avoiding the sun more often. Respondents with more education were more likely to report avoiding artificial UV light, using sunscreen or wearing sun protective clothing. Married respondents reported using sunscreen more often than the unmarried respondents.

- To reduce the risk of skin cancer, 76% of respondents reported they regularly avoid artificial sources of ultraviolet light, 65% use sunscreen with a SPF of 15 or higher, 58% wear sun protective clothing while 41% avoid the sun between 10 a.m. and 4 p.m.
- Eleven percent of respondents do not reduce their risk by any of these four measures. Fifteen percent reported one measure. Twenty percent reported two of the four actions while 30% reported three and 24% reported they do all four measures regularly.

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



- Female respondents were more likely to report using sunscreen or avoiding the sun between 10 a.m. to 4 p.m. compared to male respondents.
- Respondents 55 to 64 years old were more likely to report avoiding the sun from 10 a.m. to 4 p.m. (55%) than respondents 18 to 34 years old (32%) or all other age categories (range 41% to 47%).
- Respondents with higher education were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing.
- Respondents with a household income of less than \$30,001 were more likely to report avoiding the sun between 10 a.m. to 4 p.m. (49%) than respondents with a household income of \$30,001 to \$60,000 (33%).
- Married respondents were more likely to report the use sunscreen with SPF 15 or higher (70%) compared to unmarried respondents (54%).

Table 19. Reducing 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	76%	65%	58%	41%
Gender				
Male	74	56**	55	32**
Female	81	73**	61	49**
Age				
18 to 34	79	68	55	32**
35 to 44	79	73	57	41**
45 to 54	81	62	54	44**
55 to 64	68	55	57	55**
65 and older	87	67	72	47**
Education				
High School or Less	69*	51**	48*	43
Some Post High School	76*	62**	56*	39
College Graduate	83*	75**	66*	42
Household Income				
\$30,000 or Less	75	65	65	49**
\$30,001 to \$60,000	74	64	55	33**
\$60,001 or More	84	68	56	45**
Marital Status				
Married	76	70*	57	40
Not Married	80	54*	61	46

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-two percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older or married respondents were more likely to always wear seat belts. Ninety-six percent of respondents who had children indicated their children always wore seat belts. Of those respondents who ride a bike, in-line skate or use a scooter, 34% reported they always or nearly always wore a helmet. Of respondents who have children who ride a bike, in-line skate, roller skate, skateboard or ride a scooter, 58% reported their child always wears a helmet.

#### Seat Belts

- Ninety-two percent of respondents stated they use seat belts always or nearly always (83% and 9%, respectively).
- Females were more likely to report wearing seat belts always (90%) compared to male respondents (75%).

- Respondents 18 to 34 years old or 55 to 64 years old were less likely to always wear seat belts (76% each) compared to respondents 45 to 54 years old (83%), 35 to 44 years old (84%) and 65 and older (93%).
- Married respondents were more likely to report always wearing a seat belt (88%) compared to unmarried respondents (72%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	2%	1%	9%	83%
Gender**					
Male	8	2	2	13	75
Female	1	1	<1	6	90
Age**					
18 to 34	4	0	0	21	76
35 to 44	8	2	1	5	84
45 to 54	4	6	2	4	83
55 to 64	4	0	4	17	76
65 and older	0	0	2	3	93
Education					
High School or Less	7	4	<1	8	80
Some Post High School	1	2	2	8	87
College Graduate	5	<1	2	10	83
Household Income					
\$30,000 or Less	3	0	1	8	89
\$30,001 to \$60,000	5	2	1	9	82
\$60,001 or More	5	3	2	8	83
Marital Status**					
Married	1	2	1	7	88
Not Married	12	2	2	12	72

\*= p≤0.05; \*\*= p≤0.01

### *Children and Seat Belts*

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

#### *Of the households who have children...*

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

### Bicycle Helmet Usage

- Fifty-two percent of respondents ride a bike, used in-line roller skates or scooters.

*Of respondents who ride a bike, use in-line roller skates or scooters...*

- Thirty-four percent of respondents who bicycle, in-line roller skate or use scooters always (29%) or nearly always (5%) use a helmet. Fifty-one percent reported never.
- There were no statistically significant differences between demographic variables and respondents wearing a helmet.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	51%	4%	11%	5%	29%
Gender					
Male	52	5	13	4	25
Female	51	2	9	5	34
Age					
18 to 34	61	2	14	0	22
35 to 44	45	7	9	8	31
45 to 54	47	3	3	5	42
55 and older	53	0	21	3	21
Education					
High School or Less	64	4	16	2	14
Some Post High School	44	8	8	8	32
College Graduate	47	2	9	5	37
Household Income					
\$30,000 or Less	61	0	17	8	14
\$30,001 to \$60,000	56	5	9	3	25
\$60,001 or More	46	2	10	5	37
Marital Status					
Married	49	3	10	5	31
Not Married	58	4	12	4	23

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

- Forty percent of all respondents reported at least one child in the household and a child who rides/skates.

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

- Fifty-eight percent of respondents reported their child always wears a helmet while 15% reported nearly always. Seventeen percent reported never.
- When looking at marital status and a child always wearing a helmet, married respondents were more likely to report their child always wearing a helmet (63%) compared to unmarried respondents (30%).

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

**KEY FINDING:** Sixteen percent of respondents were current smokers. Unmarried respondents were more likely to be smokers. Thirty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Nine percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Seventy-five percent of all respondents preferred a smoke-free restaurant. Sixty-seven percent favored a community ordinance prohibiting smoking in eating establishments. College graduates, married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents or nonsmokers were more likely to favor an 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).*

- Sixteen percent of respondents in Ozaukee County were current smokers. Three percent smoked between one and 29 days while the remaining 13% smoked every day.
- Unmarried respondents were more likely to be smokers than married respondents (27% and 11%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	16%
Gender	
Male	18
Female	13
Age	
18 to 34	15
35 to 44	18
45 to 54	19
55 to 64	19
65 and older	7
Education	
High School or Less	17
Some Post High School	18
College Graduate	14
Household Income	
\$30,000 or Less	15
\$30,001 to \$60,000	19
\$60,001 or More	12
Marital Status**	
Married	11
Not Married	27

\*= 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...*

- Thirty-seven 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 current smokers reporting they quit smoking for one day or longer in the past year because they were trying to quit.

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

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

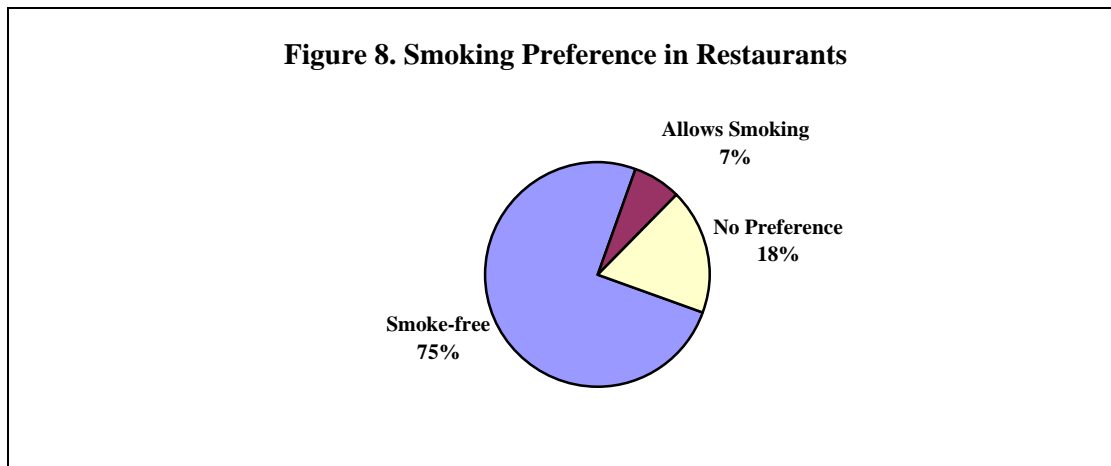
- Fifty-three percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences in demographic variables and a health professional advising the respondent to quit smoking in the past year.

### *Smoking Indoor or in Vehicle*

- All respondents were asked if any smokers in their household smoke indoors or inside their vehicles when others are present. Nine percent reported indoor smoking or vehicle smoking occurs.
- In the households with no children, 13% reported respondents smoked indoors or inside their vehicles when others are present compared to 5% of households with children.

### *Smoking Preference in Restaurants*

- Seventy-five percent of respondents reported they prefer to eat in smoke-free restaurants while 7% preferred restaurants that allow smoking. Eighteen percent reported they do not have a preference.



- College graduates were more likely to prefer smoke-free restaurants (79%) compared to respondents with a high school education or less (72%) or some post high school (70%). Fourteen percent of respondents with a high school degree or less reported the preference for restaurants that allow smoking while 8% of those with some post high school and 3% of respondents with a college degree did.
- Married respondents were more likely to report the preference of smoke-free restaurants (79%) compared to unmarried respondents (65%). Eleven percent of unmarried respondents reported the preference for restaurants that allow smoking compared to 5% of married respondents.

- Eighty-four percent of nonsmokers preferred smoke-free restaurants compared to 27% of smokers. Thirty-seven percent of smokers preferred restaurants that allow smoking while 2% of nonsmokers had this preference.

*Community Ordinance Prohibiting Smoking in Eating Establishments*

- Sixty-seven percent of respondents favored a community ordinance prohibiting smoking in eating establishments (47% strongly favor, 20% moderately favor).
- Female respondents were more likely to favor an ordinance (73%) compared to male respondents (59%).
- Seventy-three percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 38% of smokers. Nonsmokers were much more likely to strongly favor (55%) compared to smokers (7%).

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

	Moderately Favor	Strongly Favor
TOTAL	20%	47%
Gender*		
Male	18	41
Female	22	51
Age		
18 to 34	26	49
35 to 44	25	49
45 to 54	13	47
55 to 64	11	52
65 and older	19	46
Education		
High School or Less	22	44
Some Post High School	21	48
College Graduate	18	48
Household Income		
\$30,000 or Less	23	46
\$30,001 to \$60,000	18	48
\$60,001 or More	20	48
Marital Status		
Married	18	50
Not Married	25	41
Smoking Status**		
Nonsmoker	18	55
Smoker	31	7

\*= 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-nine percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks at least on one occasion while 16% binged. Generally, male respondents, younger respondents or those with a high school education or less were more likely to have reported three or more drinks on more occasions or binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

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

- Sixty-nine percent of respondents had a drink in the past 30 days. Thirty-seven percent reported they drank at least on five days, while 15% reported three to four days, and 17% reported drinking on one or two days in the past 30 days.
- Nine percent of all respondents reported an average of four or more drinks per day on the days they drank. Another 9% reported three drinks, 24% reported two and 27% reported one drink on average on the days they drank. Thirty-two percent reported having no drinks in the past month.

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

- Twenty-seven percent of all respondents had three or more drinks on an occasion in the past month. Thirteen percent reported this one to two times and 14% reported three or more times.
- Male respondents were more likely to report three or more drinks (39%) than female respondents (18%). And males were much more likely to report three or more drinks on three or more occasions (24%) compared to female respondents (7%).
- Respondents 18 to 34 years old were more likely to report three or more drinks and more often. Forty-one percent of respondents 18 to 34 years old reported three or more drinks (20% one to two occasions and 21% three or more occasions) compared to 6% of respondents 65 and older (3% one to two occasions and 3% three or more occasions).
- Respondents with a high school education or less were more likely to report three or more drinks on three or more occasions (24%) compared to some post high school education (9%) and college graduates (11%).

### *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).*

- Sixteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (25%) than female respondents (7%).
- Respondents 18 to 34 years old were more likely to have binged (28%) followed by respondents 45 to 54 years old (18%) and those 35 to 44 years old (15%). Zero percent of respondents 65 and older reported binge drinking in the past month.
- Respondents with a high school education or less were more likely to have binged in the past month (27%) compared to some post high school education or more (11%).

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	13%	14%	16%
Gender			
Male	15**	24**	25**
Female	11**	7**	7**
Age			
18 to 34	20**	21**	28**
35 to 44	18**	17**	15**
45 to 54	9**	18**	18**
55 to 64	8**	12**	11**
65 and Older	3**	3**	0**
Education			
High School or Less	7**	24**	27**
Some Post High School	16**	9**	11**
College Graduate	15**	11**	11**
Household Income			
\$30,000 or Less	9	14	13
\$30,001 to \$60,000	14	12	17
\$60,001 or More	14	20	17
Marital Status			
Married	12	15	15
Not Married	14	13	16

\*= p≤0.05; \*\*= p≤0.01

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

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

*Family Problem Associated with Alcohol in Past Year*

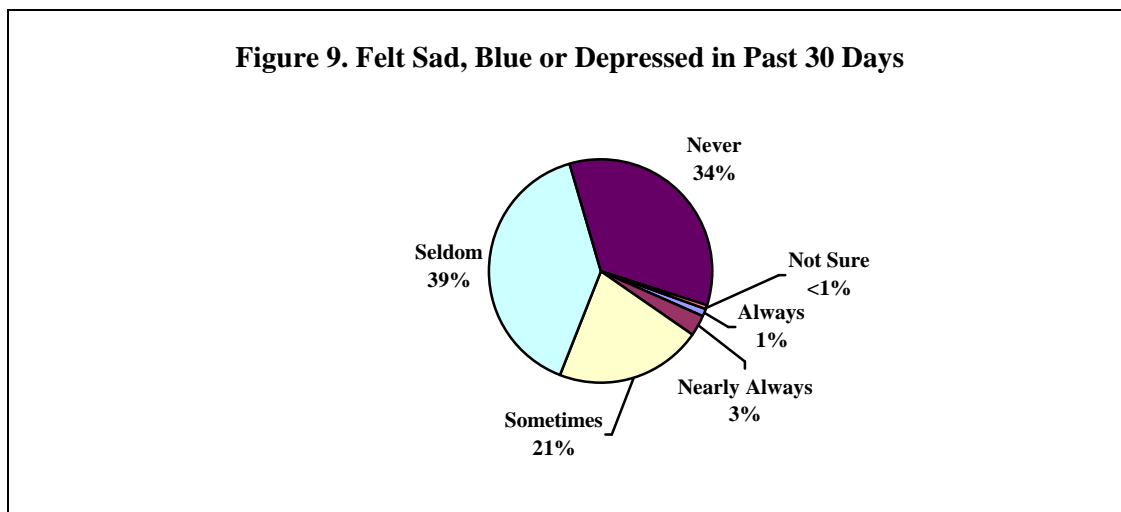
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

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

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” four percent of survey respondents answered always or nearly always. This equates up to 5,400 residents. Twenty-one percent reported sometimes and the remaining 73% reported seldom (39%) or never (34%).



- Ten percent of respondents with a high school education or less reported feeling sad, blue or depressed always/nearly always compared to 3% of respondents with some post high school education or 1% of college graduates. Twenty-nine percent of respondents with a high school education or less reported never compared to 32% with some post high school and 38% with a college education.
- Respondents with a household income of less than \$30,001 were more likely to report feeling sad, blue or depressed always/nearly always (12%) compared to respondents with a household income of \$30,001 to \$60,000 (5%) and \$60,001 or more (1%). Twenty-four percent of respondents with less than \$30,001 reported never compared to all other income categories (37% and 38%).
- Unmarried respondents were more likely to report feeling sad, blue or depressed always/nearly always (7%) compared to married respondents (3%). Married respondents were more likely to report never (40%) compared to unmarried respondents (21%).

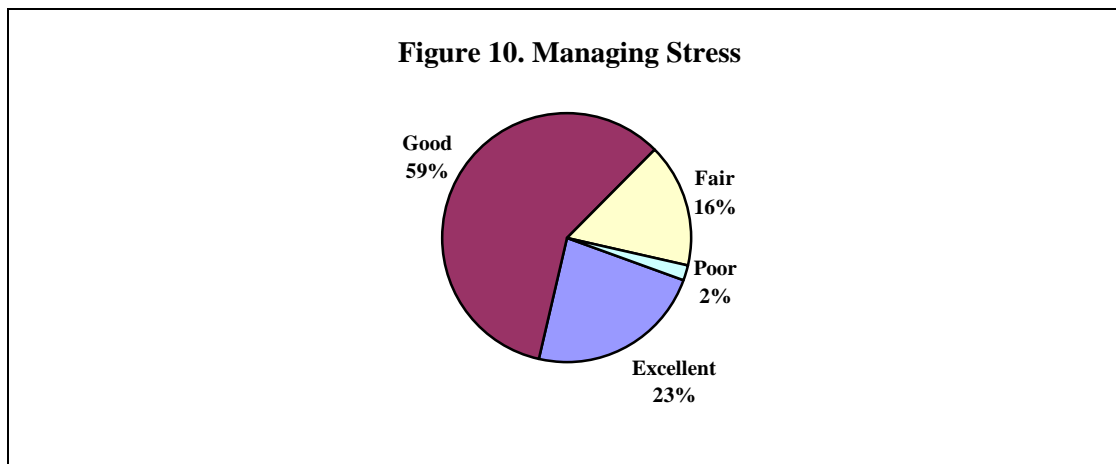
### *Considered Suicide*

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

- One percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 3,600 residents who considered suicide in the past year.

### *Managing Stress*

- Twenty-three percent reported they were excellent at managing stress. Fifty-nine percent reported good while 16% reported fair and 2% reported poor.



- Five percent of respondents 35 to 44 years old reported they were poor at managing stress followed by 4% of respondents 55 to 64 years old. All other age categories were 0% or 1%. When looking at poor or fair managers, respondents 35 to 44 years old and those 55 to 64 years old were again more likely, (24% and 28%, respectively). Respondents 45 to 54 years old followed at 21%, while 12% of those 65 and older and 7% of those 18 to 34 years old reported poor or fair.

### *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 36% reported nearly always. Twelve percent reported sometimes while 3% reported seldom and 1% reported never.
- Unmarried respondents were more likely to report never/seldom (7%) compared to married respondents (3%). Married respondents were more likely to report always (51%) compared to unmarried respondents (39%).

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

	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	12%	36%	47%
Gender				
Male	4	11	39	46
Female	3	13	34	48
Age				
18 to 34	1	9	33	56
35 to 44	2	16	39	43
45 to 54	3	12	40	45
55 to 64	9	11	41	39
65 and older	2	12	35	50
Education				
High School or Less	7	18	37	37
Some Post High School	3	14	34	48
College Graduate	3	7	38	52
Household Income				
\$30,000 or Less	5	11	43	38
\$30,001 to \$60,000	4	12	33	52
\$60,001 or More	3	13	36	48
Marital Status*				
Married	3	12	34	51
Not Married	7	12	41	39

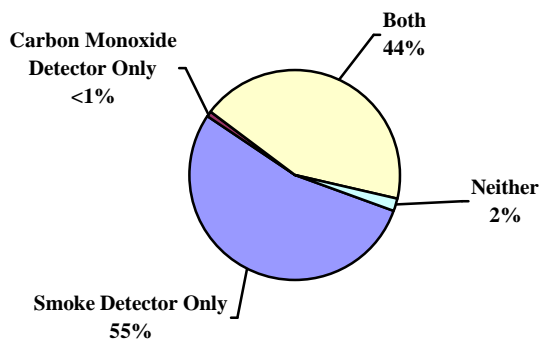
\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Ninety-nine percent of households had a working smoke alarm while 44% had a working carbon monoxide detector. Married households were more likely to have both a smoke alarm and a carbon monoxide detector.

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

**Figure 11. Detectors in Household**



- Married households were more likely to have both a smoke detector and carbon monoxide detector (50%) compared to unmarried households (29%). Three percent of unmarried respondents reported neither compared to less than 1% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	55%	<1%	44%	2%
<b>Household Income</b>				
\$30,000 or Less	58	0	40	3
\$30,001 to \$60,000	60	0	39	1
\$60,001 or More	48	1	49	1
<b>Marital Status**</b>				
Married	49	<1	50	<1
Not Married	67	<1	29	3

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Thirty-one percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 1% had a firearm loaded. Less than one percent of all households had a firearm loaded and unlocked.

### *Firearm in Household*

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

- At the time of the survey administration, 31% of households had one or more firearm.
- Households with higher income were more likely to own a firearm compared to households with less income. Twenty-two percent of respondents with less than \$30,001 in household income had a firearm compared to 28% of those with a household income of \$30,001 to \$60,000 and 37% of those with \$60,001 or more.
- Married households were more likely to own a firearm (37%) compared to unmarried households (18%).

### *Loaded Firearm*

- One percent of all households had a firearm loaded.

### *Loaded Firearm Also Unlocked*

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

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

## **Personal Safety Issues**

**KEY FINDING:** Three percent of respondents reported someone had made them afraid for their personal safety while less than one percent 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,” three percent reported yes.
  - A stranger (5 responses) was most often mentioned as the perpetrator. Fewer than five respondents reported each of the following: acquaintance, ex-spouse or parent.

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

- Less than one percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - Acquaintance or stranger each had one response.

### *Combined Personal Safety Threats*

- A total of 3% of all respondents reported at least one of the two threats.

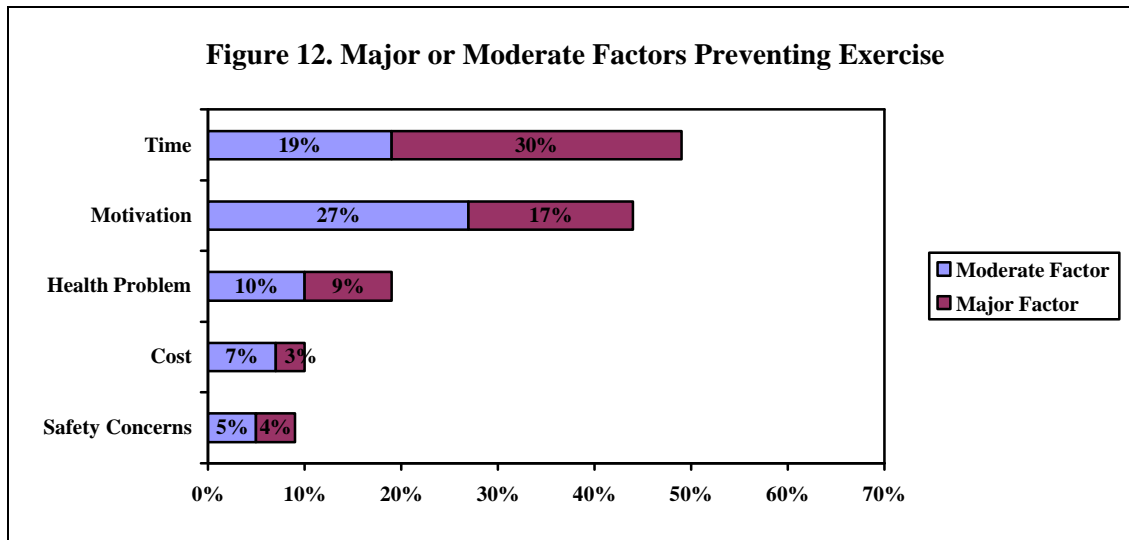
**APPENDIX A: ADDITIONAL QUESTIONS**

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.

### Factors Preventing Physical Exercise

**KEY FINDING:** Out of five factors for not exercising, time was most often reported as a major factor (30%) followed by motivation (17%). Respondents 55 to 64 years old were more likely to report health problems or safety concerns as a major/moderate factor while younger respondents were more likely to report time. Reporting time, safety concerns or health problems as a major/moderate factor varied by education level as well as household income level. Unmarried respondents were more likely to report health problems. Respondents who were physically inactive were more likely to report safety concerns while respondents with an insufficient amount of physical activity were more likely to report time.

- Out of five reasons for not exercising, 30% of the respondents reported time as a major factor in Ozaukee County. Motivation was listed by 17% of respondents as a major factor followed by 9% reporting health problems.



- Respondents 55 to 64 years old were more likely to report health problems or safety concerns compared to all other age categories; while younger respondents were more likely to report time.
- Respondents with a college degree were more likely to report time as a major/moderate factor while health problems was more of a major/moderate factor for respondents with a high school education or less and safety concerns for respondents with some post high school education.
- Time was listed by more respondents with a household income of at least \$30,001. Health problems were listed more often by respondents with a household income of \$60,000 or less. Respondents with a household income of less than \$30,001 were more likely to report safety concerns.
- Health problems were a major/moderate factor for unmarried respondents (29%) more often than for married respondents (15%).

- Inactive respondents were more likely to report safety concerns as a major/moderate factor while respondents who were classified with insufficient amount of physical activity were more likely to report time than all other categories.

Table 27. Major/Moderate Factors Preventing Physical Exercise by Demographic Variables

	Time	Motivation	Health Problems	Cost	Safety Concerns
TOTAL	49%	44%	19%	10%	9%
Gender					
Male	48	39	21	9	7
Female	49	48	17	12	9
Age					
18 to 34	63**	41	17**	17	3*
35 to 44	69**	52	14**	11	7*
45 to 54	49**	43	12**	6	8*
55 to 64	30**	41	34**	11	19*
65 and Older	18**	35	25**	7	8*
Education					
High School or Less	37**	38	27*	13	11**
Some Post High School	49**	51	19*	10	14**
College Graduate	56**	43	14*	10	4**
Household Income					
\$30,000 or Less	35**	41	26**	10	15*
\$30,001 to \$60,000	52**	46	26**	14	10*
\$60,001 or More	56**	39	9**	9	4*
Marital Status					
Married	49	43	15**	10	7
Not Married	48	43	29**	13	10
Physical Activity					
Inactive	39*	50	25	9	20**
Insufficient	55*	46	17	9	7**
Recommended	40*	34	20	14	3**

\*= p≤0.05; \*\*= p≤0.01

## **Primary Caregiver for an Elderly or Disabled Person**

**KEY FINDING:** Six percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.

- Six percent of respondents reported they were a primary caregiver for an elderly or disabled person but not employed as their caregiver.
- There were no statistically significant differences between demographic variables and being a primary caregiver for an elderly or disabled person but not employed as their caregiver.

## **The New Ozaukee County Urban Trail**

**KEY FINDING:** Ten percent of respondents reported using the new Ozaukee County Urban Trail at least once a week. Male respondents, those 35 to 44 years old, with some post high school education, with a household income of \$30,001 to \$60,000 were more likely to have used the trail at all.

- Ten percent of respondents reported using the new Ozaukee County Urban Trail at least once a week or more. Fifteen percent reported using the trail once or twice a month while 50% reported never using it and 23% of respondents were not aware of trail.
- Male respondents were more likely to have used the trail (15% once a week or more and 17% once or twice a month) than female respondents (7% once a week or more and 13% once or twice a month).
- Respondents 45 to 54 years old were more likely to have used the trail at least once a week (15%) compared to respondents 18 to 44 years old (9%) or 65 and older (3%). However, respondents 35 to 44 years old were more likely to have used the trail at all. And respondents 18 to 34 years old were more likely to have not been aware of the trail.
- Respondents with a high school education or less were more likely to use the trail once a week or more (15%) compared to respondents with some post high school (10%) and college graduates (7%). However, respondents with some post high school education were more likely to have used the trail at all (35%) compared to all other education categories (21% or 24%).
- Respondents with a household income of at least \$30,001 were more likely to use the trail once a week or more (12%) compared to those with an income of \$30,000 or less (4%). They were also more likely to have used it at all.

Table 28. Use of the New Ozaukee County Urban Trail by Demographic Variables

	Once a week or more	Once or twice a month	Never	Not Aware of Trail
TOTAL	10%	15%	50%	23%
Gender*				
Male	15	17	45	20
Female	7	13	54	25
Age**				
18 to 34	9	12	40	39
35 to 44	9	24	46	20
45 to 54	15	14	47	19
55 to 64	11	17	46	24
65 and Older	3	8	77	12
Education**				
High School or Less	15	9	49	27
Some Post High School	10	25	39	24
College Graduate	7	14	56	19
Household Income**				
\$30,000 or Less	4	11	58	27
\$30,001 to \$60,000	12	18	43	27
\$60,001 or More	12	14	54	16
Marital Status				
Married	10	16	50	20
Not Married	10	12	49	29

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

OZAUKEE COUNTY  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 24 through June 11, 2003  
 (Due to rounding, some questions may total more/less than 100%)

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

Poor .....	2%
Fair .....	6
Good .....	24
Very good .....	37
Excellent .....	31
Not sure .....	<1

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

No health care coverage .....	2%
Medical Assistance or Title 19.....	1
Badger Care .....	1
Medicare .....	14
A prepaid plan such as a HMO, PPO .....	57
Another commercial health plan .....	16
Something else .....	6
Not sure .....	2

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

Not all members covered.....	7%
All members covered.....	94
Not sure .....	0

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

Not all members covered.....	11%
All members covered.....	89
Not sure .....	0

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

Medical doctor, internist, OBGYN, family practice .....	75%
Walk-in or urgent care clinic .....	17
Hospital emergency room.....	3
Community health center.....	2
Other.....	2
Not sure .....	<1

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

Yes..... 34%  
 No..... 64  
 Not sure ..... 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	62%	26%	5%	6%	<1%	<1%
8. Cholesterol testing .....	56	22	5	4	13	1
9. Visit to a dentist/dental clinic..	82	14	2	3	0	<1
10. Eye exam.....	52	31	8	6	3	0

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

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

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

Yes..... 20%  
 No..... 78  
 Not sure ..... 3

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

	Yes	No	Not sure
13. You have high blood pressure?.....	21%	79%	0%
14. Your blood cholesterol is high? .....	22	76	2
15. You had a stroke?.....	1	99	0
16. You have heart disease or a heart condition? ..	6	94	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	<1
18. ....if yes, have you had your blood sugar tested in the past year? [23 Respondents]	100	0	0
19. You had a mental health problem?.....	2	98	0
20. You had cancer, other than skin cancer.....	2	98	0
21. You had a sexually transmitted disease.....	<1	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	8%	92%	0%
23. Do you still have asthma? [All Respondents] ...	7	93	<1
24. .... (if yes), do you have an asthma action plan? [26 Respondents].....	75	18	7

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..... 28%  
Two servings ..... 28  
Three or more servings ..... 43  
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..... 34%  
Two servings ..... 37  
Three or more servings ..... 28  
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 ..... 42%  
A few times per week..... 37  
Daily or nearly so ..... 5  
Hardly ever or never ..... 16  
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..... 81%  
No..... 19  
Not sure ..... 0

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

Yes..... 84%  
No..... 16  
Not sure ..... <1

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

One .....	4%
Two.....	13
Three.....	23
Four .....	16
Five.....	12
Six .....	2
Seven .....	14
Not sure .....	<1
No moderate exercise/no answer.....	16

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 .....	10%
30 to 44 minutes .....	27
45 to 59 minutes .....	10
60 or more minutes .....	36
Not sure .....	<1
No moderate exercise/no answer.....	16

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [217 Respondents]

Within the past year (anytime less than 12 months ago) .....	51%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	14	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	2	üCONTINUE WITH Q33
5 or more years ago .....	4	üCONTINUE WITH Q33
Never .....	27	üCONTINUE WITH Q33
Not sure .....	0	üCONTINUE WITH Q33

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

Too young..... 6 responses  
 Don't need ..... 4 responses  
 Not recommended by provider..... 3 responses  
 Not insured..... 1 response  
 Don't like ..... 1 response  
 Too expensive ..... 1 response  
 Other..... 2 responses  
 Not sure ..... 1 response

[51 Respondents 18 to 39 years old]

Too young..... 41 responses  
 Not recommended by provider..... 5 responses  
 Don't like ..... 2 responses  
 No time ..... 1 response  
 Not sure ..... 2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [217 Respondents]

Within the past year (anytime less than 12 months ago) ..... 63%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 21  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 4  
 Within the past 5 years (3 years, but less than 5 years ago)..... 2  
 5 or more years ago ..... 8  
 Never ..... <1  
 Not sure..... 2

**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? [183 Respondents]

Within the past year (anytime less than 12 months ago) ..... 30%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 15  
 Within the past 5 years (2 years, but less than 5 years ago)..... 3  
 5 or more years ago ..... 11  
 Never ..... 39  
 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) .....25%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- 5 or more years ago ..... 5
- Never .....48
- 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) ..... 15%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 7
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 4
- Never .....62
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	41%	57%	2%
39. Wear sun-protective clothing when exposed to sunlight?.....	58	42	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	65	35	<1
41. Avoid artificial sources of ultraviolet light?.....	76	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..... 48%

Frequency of those who bicycle, use in-line roller skates or scooters [209 Respondents]

- Never ..... 51%
- Seldom..... 4
- Sometimes..... 11
- Nearly always..... 5
- Always ..... 29
- 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 .....	5%
Seldom.....	2
Sometimes.....	1
Nearly always.....	9
Always .....	83
Not sure .....	<1

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

One .....	19%
Two.....	13
Three or more.....	14
None .....	54

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? [184 Respondents]

Do not ride/skate/scoot..... 13%

Frequency of those who bicycle, use in-line roller skates or scooters [160 Respondents]

Never .....	17%
Seldom.....	4
Sometimes.....	6
Nearly always.....	15
Always .....	58
It depends.....	<1
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [183 Respondents]

Never .....	<1%
Seldom.....	0
Sometimes.....	1
Nearly always.....	2
Always .....	96
Not sure .....	<1

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

Never .....	34%
Seldom.....	39
Sometimes.....	21
Nearly always.....	3
Always .....	1
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 .....	16
Good .....	59
Excellent .....	23
Not sure .....	0

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

Never .....	1%
Seldom.....	3
Sometimes.....	12
Nearly always.....	36
Always .....	47
Not sure .....	<1

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

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

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

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

None .....	31%
One to two days.....	17
Three to four days .....	15
Five or more days .....	37
Not sure .....	<1

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

None .....	32%
One drink .....	27
Two drinks .....	24
Three drinks .....	9
Four or more drinks .....	9
Not sure .....	<1

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

None .....	73%
One to two times .....	13
Three or more times .....	14
Not sure .....	0

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 .....	84%
Once .....	6
Two or more times .....	10
Not sure .....	<1

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

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

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

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

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

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

0 days.....	85%
1 to 29 days .....	3
30 days.....	13
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? [62 Respondents]

0 days..... 64%  
At least 1 day ..... 37  
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? [62 Respondents]

Yes..... 53%  
No..... 47  
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..... 9%  
No..... 48  
No smokers in the household..... 43  
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 ..... 75%  
Restaurants that allow smoking ..... 7  
No preference..... 18  
Not sure ..... 0

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

Strongly oppose..... 13%  
Moderately oppose ..... 14  
Moderately favor ..... 20  
Strongly favor ..... 47  
Not sure ..... 6

Another issue being discussed these days deals with firearms.

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

Yes..... 31%  
 No..... 69  
 Not sure ..... 0

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

Yes..... 1%  
 No..... 29  
 Not sure ..... <1  
 No firearms in the household/no answer ..... 70

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	18%	83%	0%
68. Having acupuncture? .....	1	99	0
69. Massage therapy? .....	16	84	<1
70. Aroma therapy? .....	5	95	<1
71. Movement therapy, such as yoga or tai' chi? .....	5	95	0
72. Meditation? .....	8	92	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%  
 Female ..... 54

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

18 to 34 years old .....	20%
35 to 44 years old .....	26
45 to 54 years old .....	24
55 to 64 years old .....	14
65 and older .....	16

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

76. About how tall are you, without shoes? [CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	41%
Overweight.....	42
Obese.....	17

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	14%
A member of an unmarried couple.....	0
Married .....	70
Separated .....	<1
Divorced .....	9
Widowed.....	6
Not sure .....	0

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

8th grade or less .....	<1%
Some high school .....	3
High school graduate or GED.....	26
Some college.....	20
Technical school graduate .....	3
College graduate.....	34
Advanced or professional degree .....	14
Not sure .....	0

81. What county do you live in [FILTER]

Ozaukee ..... 100%

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

City of Mequon .....24%  
 City of Cedarburg..... 13  
 City of Port Washington..... 12  
 Town of Grafton ..... 11  
 Town of Cedarburg ..... 11  
 Village of Grafton ..... 8  
 Village of Saukville..... 4  
 Village of Thiensville..... 4  
 All others (3% or less)..... 14

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

53092 ..... 21%  
 53012 ..... 19  
 53024 ..... 19  
 53074 ..... 13  
 53080 ..... 6  
 53097 ..... 5  
 53004 ..... 4  
 53021 ..... 4  
 No answer ..... 9

84. What is your annual household income before taxes?

Less than \$10,000..... 4%  
 \$10,000 to \$20,000 ..... 7  
 \$20,001 to \$30,000 ..... 9  
 \$30,001 to \$40,000 ..... 12  
 \$40,001 to \$50,000 ..... 13  
 \$50,001 to \$60,000 ..... 12  
 \$60,001 to \$75,000 ..... 14  
 \$75,001 to \$90,000 ..... 8  
 Over \$90,000..... 14  
 Not sure ..... 2  
 No answer ..... 5

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 ..... 3% 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 ..... 5 responses  
 Acquaintance..... 4 responses  
 Ex-Spouse..... 1 response  
 Parent..... 1 response

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

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

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [2 Respondents; More than 1 response accepted]

Acquaintance ..... 1 response  
 Stranger..... 1 response

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

Smoke detectors ..... 55%  
 Carbon monoxide detectors ..... <1  
 Both ..... 44  
 Neither ..... 2  
 Not sure ..... 0

ADDITIONAL QUESTIONS FOR OZAUKEE COUNTY

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

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

	Not a Factor	Minor Factor	Moderate Factor	Major Factor	Not Sure
A1. Time.....	37%	14%	19%	30%	<1%
A2. Health problem.....	63	17	10	9	<1
A3. Cost.....	70	19	7	3	<1
A4. Motivation.....	34	21	27	17	1
A5. Safety concerns .....	74	17	5	4	<1

A6. Are you a primary caregiver for an elderly or disabled person but not employed as their caregiver?

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

A7. How often do you use the new Ozaukee County Urban Trail?

Once a week or more..... 10%  
 Once or twice a month..... 15  
 Never ..... 50  
 Not aware of the trail ..... 23  
 Not sure ..... 2