

**Racine Area  
Community Health Survey**  
Fall 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Racine Area Health Department**

Prepared by:  
**JKV Research, LLC**

## Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose .....	1
Methodology .....	1
Summary .....	4
Key Findings .....	9
Rating Their Own Health .....	9
Health Care Coverage .....	11
Routine Checkups .....	13
Vaccinations .....	18
Prevalence of Select Health Conditions .....	19
Prevalence of Select Alternative Treatments.....	22
Physical Well Being and Body Weight.....	23
Nutrition and Diet .....	27
Women’s Health.....	30
Men’s Health.....	32
Other Tests .....	32
Reducing the Risk of Skin Cancer .....	35
Safety: Seat Belts and Bicycle Helmets .....	36
Cigarettes and Tobacco Products.....	39
Alcohol Use.....	43
Mental Health Status.....	45
Detectors in Household.....	48
Presence of Firearms in Household .....	49
Personal Safety Issues .....	50

Appendix A: Additional Questions .....	51
Environmental Problems in Their Community.....	52
Awareness of and Experience with Public Health Department .....	53

Appendix B: Questionnaire Frequencies .....	55
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<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables.....	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables .....	15
Table 5. Dental Checkup by Demographic Variables .....	16
Table 6. Eye Exam by Demographic Variables .....	17
Table 7. Flu Vaccination by Demographic Variables.....	18
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables .....	21
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables.....	23
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables .....	25
Table 11. Overweight by Demographic Variables .....	26
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables.....	28
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables .....	29
Table 14. Time Since Last Mammogram by Age .....	30
Table 15. Time Since Last Pap Smear by Demographic Variables.....	31
Table 16. Time Since Last Digital Rectal Exam by Age .....	32

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables .....	33
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables .....	34
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	36
Table 20. Wear Seat Belt by Demographic Variables .....	37
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter) .....	38
Table 22. Current Smokers by Demographic Variables .....	40
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables .....	42
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents .....	44
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables .....	47
Table 26. Detectors in Household by Demographic Variables .....	48
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables .....	53
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables .....	54

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health .....	9
Figure 2. Type of Health Care Coverage .....	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older) .....	19
Figure 4. Told or Received Treatment in the Past Three Years .....	20
Figure 5. Received Alternative Treatment in Past Three Years.....	22
Figure 6. Moderate Physical Activities/Week.....	24
Figure 7. Reducing the Risk of Skin Cancer (Regularly) .....	35
Figure 8. Smoking Preference in Restaurants .....	41
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days .....	45
Figure 10. Managing Stress .....	46
Figure 11. Detectors in Household.....	48
Figure 12. Major or Moderate Environmental Problems in Their Community.....	52

## Purpose

The purpose of this project is to provide the Racine area 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 Racine Area Community Health Survey<sup>1</sup> was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care 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 adults 18 years old and older in the Racine area. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and June 9, 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 the Racine area. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the area. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

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<sup>1</sup> The Racine area is defined as the city of Racine and the villages of Elmwood Park and Wind Point.

## Demographic Profile of the Racine Area Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	44%
Female	56
Age	
18 to 34	31%
35 to 44	23
45 to 54	20
55 to 64	11
65 and Older	16
Education	
High School Graduate or Less	46%
Some Post High School	29
College Graduate	24
Household Income	
\$30,000 or Less	36%
\$30,001 to \$60,000	41
\$60,001 or More	17
Not Sure/No Answer	6
Married	48%

## What do the percentages mean?

Results of the Racine Area Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 60,132 adult residents in the area.

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. One percentage point equals approximately 600 adults. So, when 15% of respondents reported their health was fair or poor, this roughly equates to 9,000 residents  $\pm$ 3,000 individuals. Meaning that from 6,000 to 12,000 residents may have fair or poor health in the area. Because the margin of error is  $\pm$ 5%, events or health risks that are small will include zero.

The 2000 Census counted 32,385 households in the area. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 320 households. For example, 14% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 4,480.

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

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

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

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Racine area 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>	
Racine Area	<u>2003</u>	Racine Area	<u>2003</u>
Excellent .....	21%	High Blood Pressure.....	23%
Very Good.....	26%	High Blood Cholesterol .....	18%
Good .....	37%	Asthma (Current) .....	12%
Fair or Poor .....	15%	Diabetes .....	8%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Heart Disease/Condition.....	7%
Wisconsin .....	57%	<b>Moderate Physical Activity/Week</b>	
Nation .....	56%	Racine Area	<u>2003</u>
<b>Health Care Coverage</b>		Inactive .....	28%
Racine Area	<u>2003</u>	Insufficient .....	45%
Personally Not Covered .....	8%	Recommended.....	28%
Household Member Not Covered (current) ...	14%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	24%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin.....	27%
Wisconsin .....	10%	Nation .....	26%
Nation .....	13%	<b>Nutrition and Diet</b>	
<b>Advance Care Plan</b>		Racine Area	<u>2003</u>
Racine Area	<u>2003</u>	Fruit Intake (2 or more servings/day) .....	64%
Yes .....	30%	Vegetable Intake (3 or more servings/day) .....	28%
<b>Routine Checkups</b>		Fried Food/Fast Food (a few times/week) .....	51%
Racine Area	<u>2003</u>	Overweight.....	64%
Routine Checkup (2 years or less) .....	84%	<i>Other Research: Overweight</i>	
Cholesterol Test (2 years or less) .....	66%	Wisconsin.....	<u>2001</u>
Dental Checkup (past year).....	67%	Nation .....	58%
Eye Exam (2 years or less).....	82%	<b>Women's Health</b>	
<b>Vaccinations</b>		Racine Area	<u>2003</u>
Racine Area	<u>2003</u>	Mammogram (50+; past year).....	79%
Flu shot (past year) .....	32%	Pap Smear (past year).....	65%
Pneumonia (ever—65 years or older).....	64%	<i>Other Research: Wisconsin</i>	
<b>Alternative Treatment in Past 3 Years</b>		Mammogram (50+; past year).....	<u>2001</u>
Racine Area	<u>2003</u>	Pap Smear (past year) .....	66%
Massage Therapy.....	13%	<b>Reduce Risk of Skin Cancer</b>	
Chiropractor .....	12%	Racine Area	<u>2003</u>
Meditation .....	9%	Avoid Artificial Sources of UV Light .....	69%
Movement Therapy.....	4%	Use Sunscreen with SPF 15 or Higher .....	51%
Aroma Therapy.....	4%	Wear Sun Protective Clothing.....	51%
Acupuncture .....	1%	Avoid Sun Between 10 a.m. and 4 p.m. ....	45%

<b>Men's Health</b>		<b>Alcohol Use</b>	
Racine Area		Racine Area	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	25%	Drink in Past Month .....	53%
50 and Older .....	41%	3+ Drinks on Occasion in Past Month.....	31%
<b>Other Tests</b>		Binge in Past Month	
Racine Area		[5+ Drinks (Male): 4+ Drinks (Female)] .....	17%
Blood Stool Test (50+; within past 2 years)....	49%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month) .....	5%
(50+; within past 2 years).....	37%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		<u>2001</u>	
Racine Area		Wisconsin.....	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Nation .....	
Adult.....	85%	<b>Mental Health Status</b>	
Children.....	94%	Racine Area	
Wear Bicycle Helmet Always/Nearly Always		Felt Sad, Blue or Depressed in Past 30 Days	
(Of Those Who Ride Bike or In-Line Skate)		<u>2003</u>	
Adult.....	23%	Always/Nearly Always .....	
Children .....	58%	Never .....	
Detectors		Managing Stress	
Smoke Detector .....	48%	Excellent/Good.....	
Carbon Monoxide.....	<1%	Poor .....	
Both.....	45%	Find Meaning and Purpose in Daily Life	
Neither .....	6%	Never/Seldom .....	
<b>Tobacco Use</b>		Considered Suicide (past year).....	
Racine Area		<u>2001</u>	
Current Smokers .....	27%	Wisconsin.....	
Quit Smoking 1 Day or More in Past		Nation .....	
Year Because Trying to Quit (smokers).....	37%	<b>Firearms in Household</b>	
Health Care Professional Advisement to		Racine Area	
Quit Smoking (smokers) .....	57%	Of all Households...	
Smoking Indoors or in Vehicle.....	22%	<u>2003</u>	
Smoking Preference in Restaurants		Have a Firearm.....	
Smoke-free .....	58%	Have a Loaded Firearm .....	
Allow Smoking.....	12%	Have a Loaded Firearm Unlocked.....	
No Preference .....	29%	<b>Personal Safety in Past Year</b>	
Ordinance Prohibiting Smoking in Eating		Racine Area	
Establishments		<u>2003</u>	
Moderately Favor.....	24%	Afraid for Their Safety .....	
Strongly Favor .....	34%	Pushed/Kicked/Slapped/Hit .....	
<i>Other Research: Current Smokers</i>		<b>Additional Questions</b>	
<u>2001</u>		Racine Area	
Wisconsin.....		Major/Moderate Community Environmental	
Nation.....		Problems	
		<u>2003</u>	
		Pollution in Lakes, Rivers and Streams .....	
		Sewage/Septic .....	
		Safe Drinking Water.....	
		Pesticides .....	
		Awareness of/Experience with Public Health Dept.	
		Aware/No Experience.....	
		Aware/Limited Services .....	
		Aware/Extensive Services .....	

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

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

Eight percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, with a household income of less than \$30,001, or unmarried were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone in their household currently not covered. Twenty-four percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Sixty-eight percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty percent of respondents had an advance care plan; respondents 65 and older or those with a college degree were more likely to report an advance care plan.

Sixty-seven percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 49% an eye exam and 48% reported a cholesterol test. Female respondents, those 65 years old and older or respondents with a household income of \$30,001 to \$60,000 were more likely to report a routine checkup in the past year. Respondents 65 and older or with a household income of at least \$30,001 were more likely to report a cholesterol test in the past year. Male respondents, those with a college degree, with a household income of at least \$60,001 or married respondents were more likely to report a dental checkup in the past year. Respondents 55 to 64 years old, with a high school degree or less or with a college degree were more likely to report an eye exam in the past year.

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

## **Health Risk Factors Key Findings**

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Currently having asthma was third. Female respondents were more likely to report high blood pressure or current asthma. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol or heart disease/condition, while respondents 45 to 54 years old were more likely to report a mental health problem. Respondents with a household income of less than \$30,001 were more likely to report a mental health problem. Unmarried respondents were more likely to report heart disease/condition or mental health problem. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Respondents classified as inactive were more likely to report high blood pressure.

Eight percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were female, with lower education, with a household income of less than \$30,001 or unmarried were more likely to report feeling sad, blue or depressed. Twenty-six percent of respondents felt they were excellent at managing stress; 7% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. Six percent of respondents felt so overwhelmed they considered suicide.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, the most often used in the past three years were massage therapy or chiropractic care (13% and 12%, respectively). Female respondents were more likely to report massage therapy. Respondents 18 to 34 years old were more likely to report movement therapy. Respondents with higher education were more likely to report massage therapy, chiropractic care or meditation. Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation while chiropractic care was more likely for those with an income of at least \$30,001. Married respondents were more likely to report meditation or aroma therapy.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 28% were classified as inactive. Respondents 18 to 34 years old, with a college degree, a household income of \$30,001 to \$60,000 or those who were unmarried were more likely to meet the recommendation. Sixty-four percent of respondents were classified as overweight (39% overweight and 25% obese). Male respondents were more likely to be classified as overweight.

Sixty-four percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Respondents with a college education, higher household income, who were married or those who did at least some physical activity were more likely to eat fruit at least twice a day. Respondents with higher household income were also more likely to eat vegetables at least three times a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those with a household income of \$30,001 to \$60,000 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 54 years old or married were more likely to have had a pap smear within the past three years.

Twenty-five percent of male respondents 40 to 49 years old and 41% of males 50 and older had a digital rectal exam in the past year.

Forty-nine percent of respondents 50 years of age and older had their blood stool tested within the past two years while 37% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents with some post high school education were more likely to report avoiding artificial sources of UV light. Respondents with higher education, higher household income or those who were married were more likely to report using sunscreen with SPF 15 or higher. Respondents who were 55 to 64 years old or married were more likely to report wearing sun protective clothing. Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m.

Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were 55 to 64 years old or married were more likely to report wearing seat belts always. Ninety percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 23% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 52% reported their child always wore a helmet.

Twenty-seven percent of respondents were current smokers; respondents 18 to 34 years old were more likely to report this. Thirty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 57% reported a health professional advised them to quit smoking. Twenty-two percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Fifty-eight percent of all respondents preferred a smoke-free restaurant. Respondents with a college degree, with higher household income or those who were nonsmokers were more likely to prefer a smoke-free restaurant. Fifty-eight percent favored a community ordinance prohibiting smoking in eating establishments. Respondents 35 to 44 years old, with higher education, a household income of at least \$30,001, married respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Fifty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks on at least one occasion while 17% binged. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Eight percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-three percent of households had a working smoke detector while 45% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

Sixteen percent of households had a firearm in or around the home. Of all households, 3% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

Seven percent of respondents reported someone had made them afraid for their personal safety in the past year while 5% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (49%). Respondents 45 to 54 years old were more likely to report water pollution or sewage/septic, while those 18 to 34 years old were more likely to report pesticides. Respondents with some post high school education were more likely to report water pollution, sewage/septic or safe drinking water. Respondents with a college degree were more likely to report pesticides as a major/moderate problem.

Five percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 55 to 64 years old or with a household income of less than \$30,001 were more likely to report services.

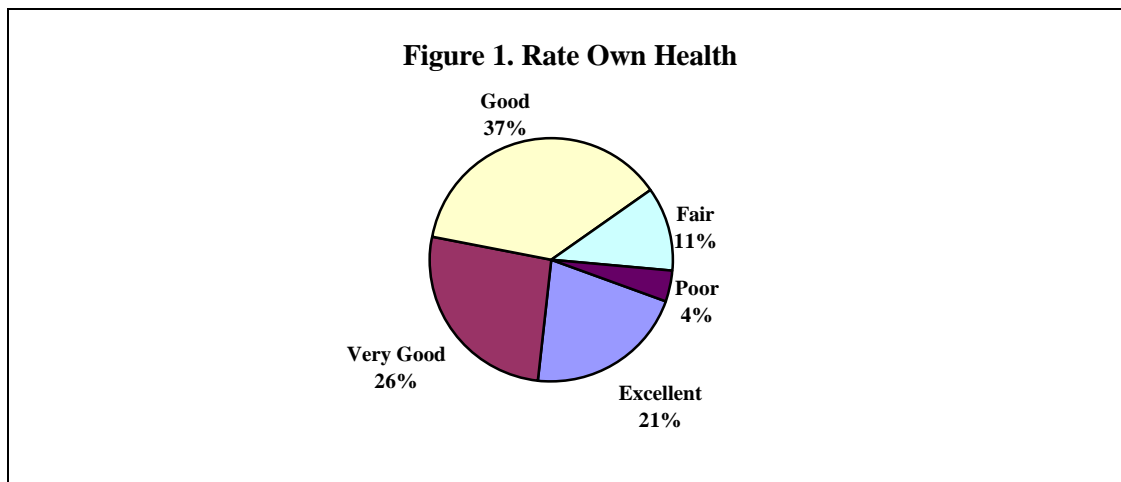
## Key Findings

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

**KEY FINDING:** Forty-seven percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with lower education, or a household income of less than \$30,001 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).*

- Forty-seven percent of respondents said their own health, generally speaking, was either excellent (21%) or very good (26%). A total of 15% reported their health was fair (11%) or poor (4%).



- Respondents 65 and older were more likely to report fair or poor than respondents 18 to 34 years old (31% and 4%, respectively). Only 5% of respondents 65 and older reported their health was excellent.
- Respondents with lower education were more likely to report their health was fair or poor. Twenty-one percent of respondents who had a high school degree or less reported fair or poor health compared to 12% of those with some post high school education or 5% of those with a college degree.
- Respondents with lower household income were more likely to report their health was fair or poor. Twenty-three percent of respondents with a household income of \$30,000 or less reported fair/poor health compared to 11% of those with an income of \$30,001 to \$60,000 or 8% of those with more than \$60,000.
- Smokers and nonsmokers were similar in rating their health fair or poor, however, respondents who were classified as a nonsmoker were more likely to report excellent or very good (52%) compared to smokers (34%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	15%	37%	26%	21%
Gender				
Male	11	36	28	25
Female	18	38	25	19
Age**				
18 to 34	4	47	23	26
35 to 44	14	28	29	30
45 to 54	21	30	30	20
55 to 64	15	48	20	18
65 and Older	31	39	25	5
Education**				
High School or Less	21	42	19	19
Some Post High School	12	34	31	23
College Graduate	5	32	37	26
Household Income**				
\$30,000 or Less	23	42	23	12
\$30,001 to \$60,000	11	34	24	31
\$60,001 or More	8	29	41	23
Marital Status				
Married	11	39	30	21
Not Married	18	36	24	22
Overweight				
Not Overweight	15	37	27	22
Overweight	16	37	26	20
Physical Activity				
Inactive	22	36	24	18
Insufficient	10	43	27	20
Recommended	16	32	25	28
Smoker*				
Nonsmoker	15	33	30	22
Smoker	16	50	14	20

\*= p≤0.05; \*\*= p≤0.01

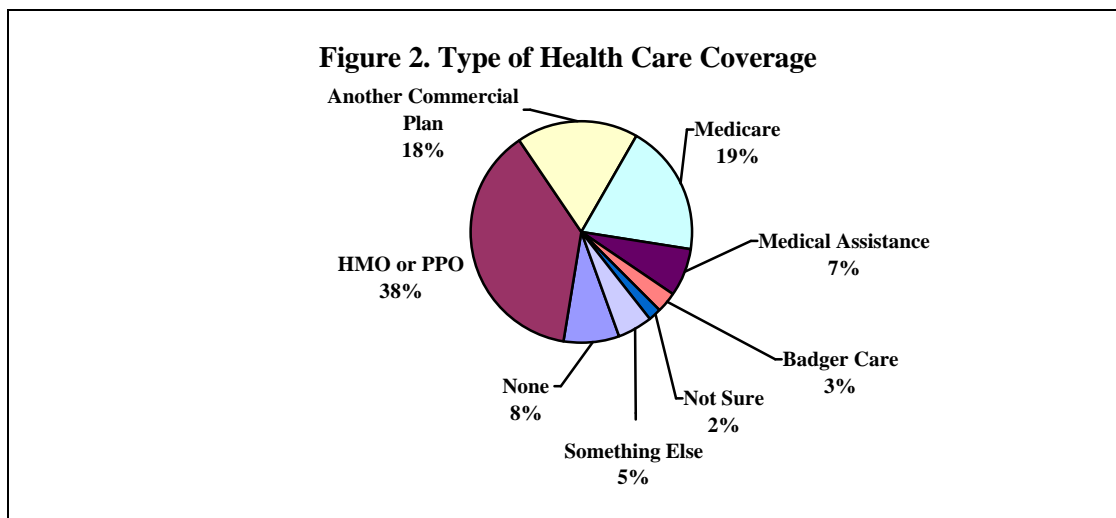
## Health Care Coverage (Figure 2)

**KEY FINDING:** Eight percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, with a household income of less than \$30,001, or unmarried were more likely to report not having personal health insurance. Fourteen percent reported someone in their household currently was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone in their household currently not covered. Twenty-four percent reported in the past 12 months someone in their household was not covered; respondents with a household income of less than \$30,001 were more likely to report this. Sixty-eight percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty percent of respondents had an advance care plan; respondents 65 and older or those with a college degree were more likely to report an advance care plan.

### *Personally Not Covered*

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

- Eight percent of respondents reported they were not currently covered by any health insurance. Thirty-eight percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Nineteen percent reported Medicare, 18% reported another commercial plan, and 7% reported medical assistance.



- Male respondents were more likely to report they did not have personal health insurance (14%) than female respondents (4%).
- Fifteen percent of respondents 18 to 34 years old reported they were not currently covered by any health insurance, compared to 0% of respondents 65 and older. Twelve percent of respondents 45 to 54 years old reported no coverage along with 5% of respondents 55 to 64 years old and 3% of those 35 to 44 years old.

- Thirteen percent of respondents with a household income of \$30,000 or less reported no personal coverage, compared to 6% of those with an income of \$30,001 to \$60,000, and 0% of those with more than \$60,000.
- Unmarried respondents were more likely to report they did not have personal health insurance than married respondents (14% and 2%, respectively).

#### *Someone in Household Currently Not Covered*

- Fourteen percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 4,480 households.
- Twenty-four percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 10% of respondents with an income of \$30,001 to \$60,000 or 3% of respondents with a household income of more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (21%) compared to married respondents (7%).

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

- Twenty-four percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty-five percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered in the past 12 months compared to 19% of those with an income of \$30,001 to \$60,000 or 15% of respondents with a household income of \$60,001 or more.

#### *Primary Health Care Services*

- Sixty-eight percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Fourteen percent reported walk-in or urgent care while 10% reported hospital emergency room and 3% reported community health center.
- There were no statistically significant differences between demographic variables and primary health care services.

#### *Advance Care Plan*

- Thirty percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Respondents 65 years old and older were more likely to have an advance care plan (64%) compared to respondents 18 to 34 years old (12%) or those 35 to 64 years old (26% to 30%).
- Forty-two percent of respondents with a college degree reported having an advance care plan compared to 26% of those with some post high school education or 25% of those with a high school degree or less.

## Routine Checkups (Tables 3 - 6)

**KEY FINDING:** Sixty-seven percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 49% an eye exam and 48% reported a cholesterol test. Female respondents, those 65 years old and older or respondents with a household income of \$30,001 to \$60,000 were more likely to report a routine checkup in the past year. Respondents 65 and older or with a household income of at least \$30,001 were more likely to report a cholesterol test in the past year. Male respondents, those with a college degree, with a household income of at least \$60,001 or married respondents were more likely to report a dental checkup in the past year. Respondents 55 to 64 years old, with a high school degree or less or with a college degree were more likely to report an eye exam in the past year.

### *Routine Checkup*

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

- Sixty-one percent of respondents reported they had a routine checkup in the past year. An additional 23% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (69%) than male respondents (51%).
- Generally, as age increased, so did the likelihood of respondents having a routine checkup in the past year. Fifty-two percent of respondents 18 to 34 years old reported a routine checkup in the past year compared to 68% of those 55 to 64 years old or 86% of those 65 and older.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report they had a routine checkup in the past year (63%) than respondents with an income of less than \$30,001 (58%) or those with a household income of at least \$60,001 (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	61%	23%	7%	7%	2%
Gender**					
Male	51	26	7	11	4
Female	69	20	6	3	<1
Age**					
18 to 34	52	29	9	7	2
35 to 44	58	22	10	9	0
45 to 54	57	22	4	9	5
55 to 64	68	28	3	3	0
65 and Older	86	5	2	5	2
Education					
High School or Less	64	22	5	7	1
Some Post High School	61	21	9	5	4
College Graduate	54	27	7	10	1
Household Income*					
\$30,000 or Less	58	26	3	8	3
\$30,001 to \$60,000	63	22	7	6	1
\$60,001 or More	55	19	13	8	0
Marital Status					
Married	64	20	8	6	<1
Not Married	57	26	5	8	4

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

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

- Forty-eight percent of respondents reported having their cholesterol tested within the past year. Eighteen percent reported one to two years ago. Twenty-three percent reported never having their cholesterol tested.
- Respondents 65 and older were more likely to have had their cholesterol tested in the past year (75%) compared to respondents 18 to 34 years old (21%). Respondents 18 to 34 years old were more likely to report never (49%) compared to all other age groups (2% to 25%).
- Fifty-one percent of respondents with a household income of \$30,001 to \$60,000 and 50% of those with more than \$60,000 reported a cholesterol test within the past year compared to 46% of those with a household income of less than \$30,001. Twenty-eight percent of respondents with a household income of less than \$30,001 reported never compared to 18% of those with an income of at least \$60,001.

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	48%	18%	3%	5%	23%
Gender					
Male	46	19	2	9	22
Female	50	17	3	2	24
Age**					
18 to 34	21	20	6	2	49
35 to 44	54	15	1	5	25
45 to 54	52	21	3	13	9
55 to 64	59	20	2	5	10
65 and Older	75	14	0	5	2
Education					
High School or Less	50	15	2	2	28
Some Post High School	47	19	3	7	23
College Graduate	42	24	4	10	16
Household Income*					
\$30,000 or Less	46	11	2	9	28
\$30,001 to \$60,000	51	18	4	2	23
\$60,001 or More	50	24	2	6	18
Marital Status					
Married	49	20	3	3	23
Not Married	46	17	2	8	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>2</sup>*

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

- Sixty-seven percent of respondents reported a dental visit in the past year. An additional 20% had a visit in the past one to two years.
- Seventy percent of male respondents reported a dental checkup in the past year compared to 63% of female respondents.

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

- Respondents with a college degree were more likely to have had a dental checkup in the past year (78%) than respondents with some post high school education (65%) or those with a high school degree or less (60%).
- Respondents with higher household income were more likely to report having a dental checkup in the past year. Fifty-two percent of respondents with a household income of \$30,000 or less reported a dental checkup in the past year compared to 71% of respondents with an income of \$30,001 to \$60,000 or 84% of those with more than \$60,000.
- Married respondents were more likely to report a dental checkup in the past year (75%) compared to unmarried respondents (57%).

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	67%	17%	6%	8%	3%
Gender*					
Male	70	16	2	6	5
Female	63	18	9	9	2
Age					
18 to 34	67	16	9	7	2
35 to 44	72	15	3	7	2
45 to 54	64	18	8	4	7
55 to 64	74	21	0	5	0
65 and Older	59	15	5	12	7
Education**					
High School or Less	60	15	9	10	5
Some Post High School	65	23	2	9	2
College Graduate	78	16	4	1	1
Household Income**					
\$30,000 or Less	52	21	10	10	7
\$30,001 to \$60,000	71	16	4	7	2
\$60,001 or More	84	12	3	2	0
Marital Status**					
Married	75	15	3	5	2
Not Married	57	20	8	10	4

\*= p≤0.05; \*\*= p≤0.01

### Eye Exam

- Forty-nine percent of respondents had an eye exam in the past year, while 33% reported one to two years ago. Three percent reported never.
- Respondents 55 to 64 years old were more likely to have had an eye exam in the past year (56%) than respondents 18 to 44 years old (48%). Nine percent of respondents 18 to 34 years old reported never.
- Forty-three percent of respondents with some post high school education reported having an eye exam in the past year compared to 52% of respondents in all other education levels.

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	49%	33%	7%	7%	3%
Gender					
Male	44	35	8	8	4
Female	53	31	7	6	3
Age*					
18 to 34	48	29	5	9	9
35 to 44	48	37	3	12	0
45 to 54	53	34	8	4	1
55 to 64	56	28	10	0	3
65 and Older	52	33	10	3	2
Education*					
High School or Less	52	27	8	10	3
Some Post High School	43	45	6	5	<1
College Graduate	52	30	8	3	5
Household Income					
\$30,000 or Less	41	38	11	10	<1
\$30,001 to \$60,000	56	31	4	5	4
\$60,001 or More	53	31	7	6	3
Marital Status					
Married	51	34	4	9	3
Not Married	48	33	10	5	4

\*= p≤0.05; \*\*= p≤0.01

### Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-two percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for respondents 65 and older. Sixty-four 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-two percent of respondents had a flu vaccination in the past year.
- Respondents 65 and older were more likely to report receiving a flu vaccination (80%) compared to respondents 18 to 34 years old (10%) or any other age group (29% to 43%).

Table 7. Flu Vaccination by Demographic Variables

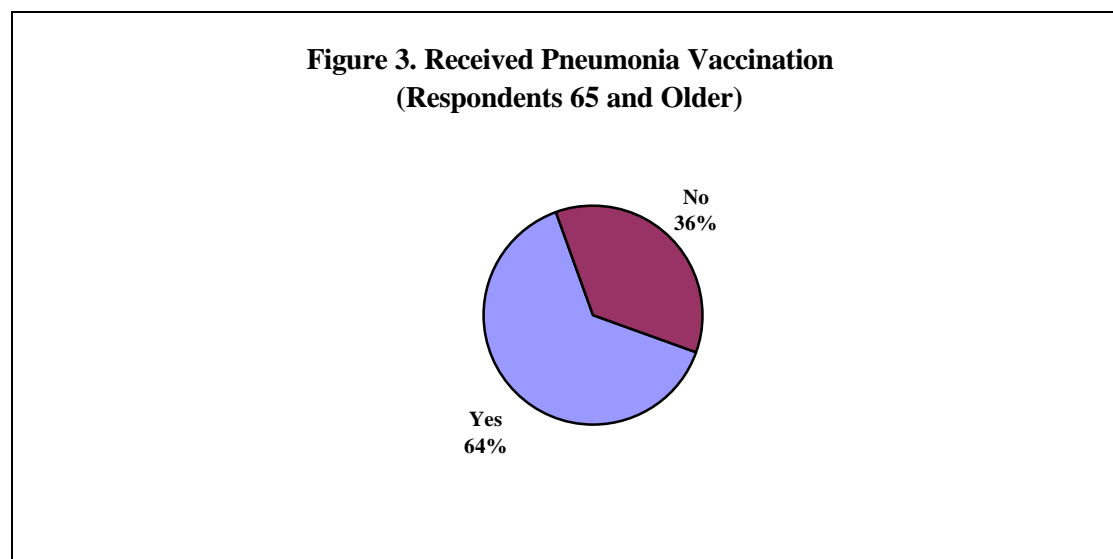
	Percent
TOTAL	32%
Gender	
Male	33
Female	31
Age**	
18 to 34	10
35 to 44	31
45 to 54	29
55 to 64	43
65 and Older	80
Education	
High School or Less	32
Some Post High School	33
College Graduate	32
Household Income	
\$30,000 or Less	34
\$30,001 to \$60,000	34
\$60,001 or More	30
Marital Status	
Married	30
Not Married	34

\*= p≤0.05; \*\*= p≤0.01

### *Pneumonia Vaccination*

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

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



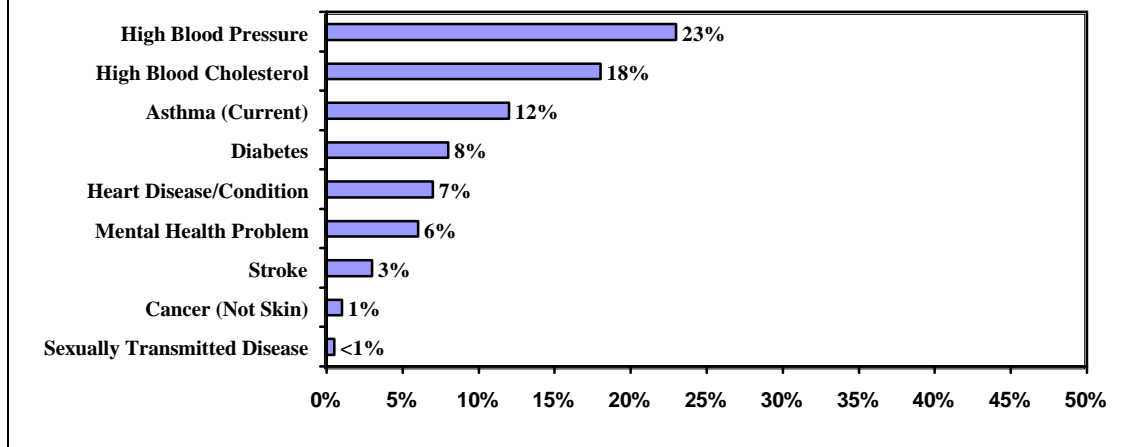
### **Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

**KEY FINDING:** Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Currently having asthma was third. Female respondents were more likely to report high blood pressure or current asthma. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol or heart disease/condition, while respondents 45 to 54 years old were more likely to report a mental health problem. Respondents with a household income of less than \$30,001 were more likely to report a mental health problem. Unmarried respondents were more likely to report heart disease/condition or mental health problem. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Respondents classified as inactive were more likely to report high blood pressure.

- Respondents were more likely to report they have been told or been treated for high blood pressure (23%), high blood cholesterol (18%), asthma (current, 12%), diabetes (8%), heart disease/heart condition (7%), or a mental health problem (6%) in the past three years.

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



- Female respondents were more likely to report high blood pressure or current asthma.
- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol or heart disease/condition, while respondents 45 to 54 years old were more likely to report a mental health problem.
- Respondents with a household income of less than \$30,001 were more likely to report a mental health problem (14%) than all other income groups (0% to 4%).
- Unmarried respondents were more likely to report heart disease/condition or mental health problem.
- Respondents who were considered overweight were more likely to report high blood pressure or high blood cholesterol.
- Inactive respondents were more likely to report high blood pressure (32%) than those who did an insufficient amount of activity (20%) or those who did the recommended amount in a typical week (16%).

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Diabetes	Heart Disease or Condition	Mental Health Problem
TOTAL	23%	18%	12%	8%	7%	6%
Gender						
Male	18*	17	6**	6	7	6
Female	27*	19	16**	9	7	7
Age						
18 to 34	10**	3**	15	<1	0**	3**
35 to 44	8**	11**	16	6	2**	3**
45 to 54	32**	30**	11	12	9**	18**
55 to 64	30**	25**	5	13	3**	5**
65 and Older	54**	33**	7	10	24**	3**
Education						
High School or Less	27	16	11	8	7	7
Some Post High School	22	21	14	5	11	9
College Graduate	15	17	9	7	4	3
Household Income						
\$30,000 or Less	27	19	14	8	10	14**
\$30,001 to \$60,000	22	19	9	9	5	4**
\$60,001 or More	18	15	13	3	6	0**
Marital Status						
Married	23	18	12	7	4*	3**
Not Married	23	17	11	6	9*	10**
Overweight						
Not Overweight	15**	9**	9	2	5	8
Overweight	28**	22**	14	9	8	6
Physical Activity						
Inactive	32*	22	15	12	10	6
Insufficient	20*	17	11	7	6	5
Recommended	16*	17	9	5	5	11

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

### *Diabetes*

- Ninety-two percent of the 31 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

### *Asthma*

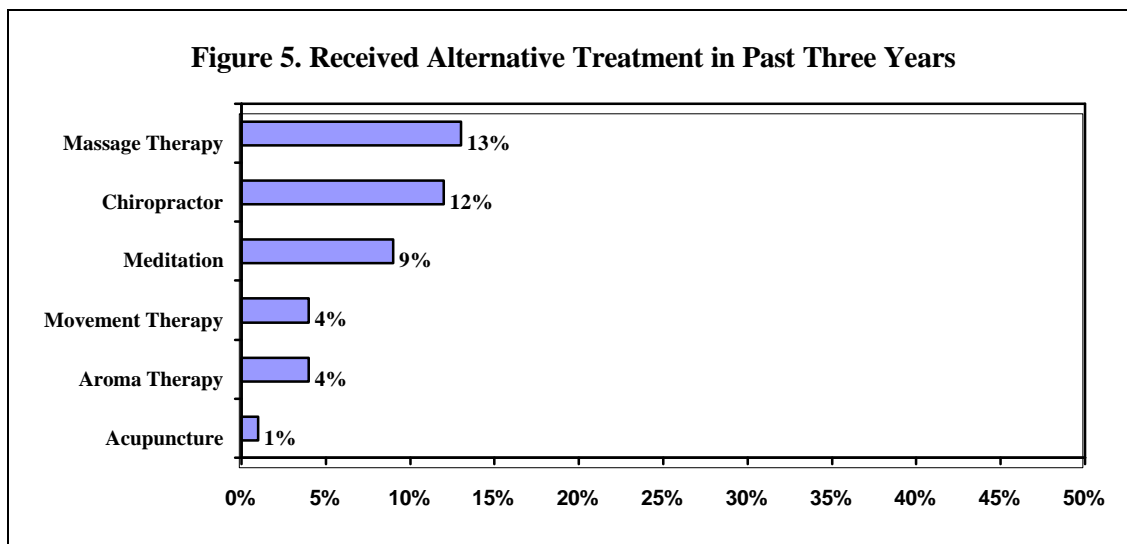
- Of the 47 respondents who currently had asthma, 60% had an asthma action plan.

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

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

**KEY FINDING:** Out of six alternative treatments listed, the most often used in the past three years were massage therapy or chiropractic care (13% and 12%, respectively). Female respondents were more likely to report massage therapy. Respondents 18 to 34 years old were more likely to report movement therapy. Respondents with higher education were more likely to report massage therapy, chiropractic care or meditation. Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation while chiropractic care was more likely for those with an income of at least \$30,001. Married respondents were more likely to report meditation or aroma therapy.

- Respondents were more likely to have used massage therapy (13%) or gone to a chiropractor (12%) in the past three years.



- Female respondents were more likely to have reported massage therapy in the past three years compared to male respondents (17% and 7%, respectively).
- Respondents 18 to 34 years old were more likely to have reported movement therapy in the past three years (7%) compared to those 55 to 64 years old (0%) or 35 to 44 years old (1%).
- As education increased, so did the likelihood of respondents reporting massage therapy, chiropractic care or meditation.
- Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation while those with an income of at least \$30,001 were more likely to report going to the chiropractor.
- Married respondents were more likely to report meditation or aroma therapy than unmarried respondents.

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

	Massage Therapy	Chiropractor	Meditation	Movement Therapy	Aroma Therapy
TOTAL	13%	12%	9%	4%	4%
Gender					
Male	7**	10	7	2	3
Female	17**	14	10	5	5
Age					
18 to 34	13	5	10	7**	4
35 to 44	9	15	9	1**	1
45 to 54	17	16	7	4**	5
55 to 64	23	20	8	0**	5
65 and Older	9	12	7	5**	0
Education					
High School or Less	7**	8*	5*	3	2
Some Post High School	17**	11*	9*	4	3
College Graduate	20**	20*	16*	6	8
Household Income					
\$30,000 or Less	6**	5**	7**	4	2
\$30,001 to \$60,000	15**	17**	6**	4	4
\$60,001 or More	24**	16**	22**	7	8
Marital Status					
Married	13	14	12*	4	6*
Not Married	13	10	5*	5	1*

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 28% were classified as inactive. Respondents 18 to 34 years old, with a college degree, a household income of \$30,001 to \$60,000 or those who were unmarried were more likely to meet the recommendation. Sixty-four percent of respondents were classified as overweight (39% overweight and 25% obese). Male respondents were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

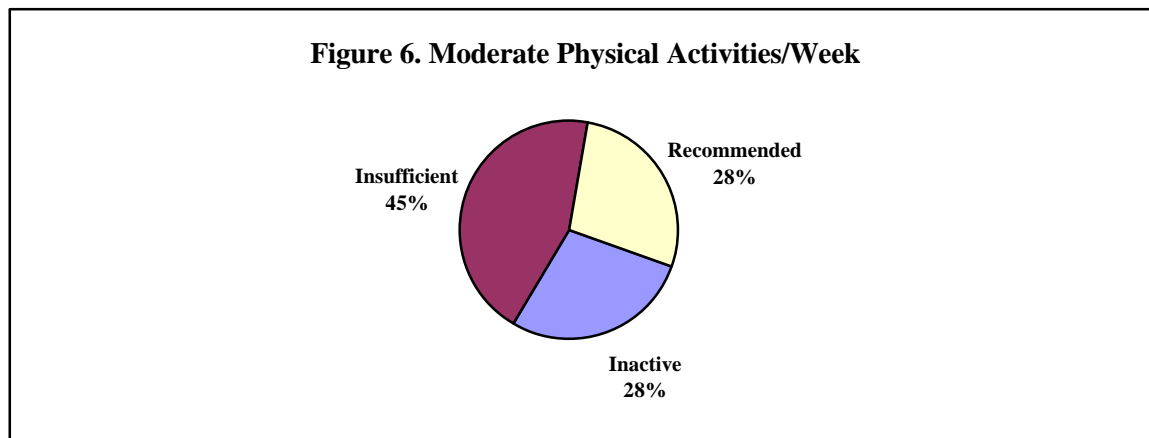
- Sixty-six percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### Moderate Physical Activities in Usual Week

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

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

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Forty-five percent did some activity, but not to the extent of the recommendation while 28% were classified as inactive.



- Respondents 18 to 34 years old were more likely to meet the recommendation (35%) compared to respondents 65 and older (19%). Forty-eight percent of respondents 65 and older were classified as inactive compared to 21% of those 18 to 34 years old or 21% of respondents 55 to 64 years old.
- Respondents with a college degree were more likely to meet the recommended amount of moderate physical activity in a week. Thirty-two percent of respondents with a college degree met the recommendation compared to 24% of those with some post high school education or 27% of those with a high school degree or less.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to meet the recommendation (30%) compared to respondents with an income of at least \$60,001 or those with less than \$30,001 (25% each). Forty percent of those with a household income of \$30,000 or less were classified as inactive.
- Unmarried respondents were more likely to meet the recommendation (31%) than married respondents (24%).

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

	Inactive	Insufficient	Recommended
TOTAL	28%	45%	28%
Gender			
Male	25	45	30
Female	30	44	26
Age*			
18 to 34	21	44	35
35 to 44	25	49	25
45 to 54	26	51	23
55 to 64	21	47	32
65 and Older	48	33	19
Education**			
High School or Less	35	38	27
Some Post High School	25	51	24
College Graduate	16	52	32
Household Income**			
\$30,000 or Less	40	35	25
\$30,001 to \$60,000	26	44	30
\$60,001 or More	14	61	25
Marital Status*			
Married	25	52	24
Not Married	30	39	31
Overweight			
Not Overweight	23	46	30
Overweight	31	45	24

\*= p≤0.05; \*\*= p≤0.01

### Body Weight

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

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

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

- According to the definition, 64% of respondents were considered overweight (39% overweight and 25% obese).
- Male respondents were more likely to be classified as overweight (69%) compared to female respondents (59%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	64%
Gender*	
Male	69
Female	59
Age	
18 to 34	59
35 to 44	64
45 to 54	70
55 to 64	68
65 and Older	55
Education	
High School or Less	64
Some Post High School	63
College Graduate	64
Household Income	
\$30,000 or Less	67
\$30,001 to \$60,000	60
\$60,001 or More	62
Marital Status	
Married	61
Not Married	65
Moderate Physical Activities	
Inactive	70
Insufficient	63
Recommended	59

\*= p≤0.05; \*\*= p≤0.01

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Sixty-four percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Respondents with a college education, higher household income, who were married or those who did at least some physical activity were more likely to eat fruit at least twice a day. Respondents with higher household income were also more likely to eat vegetables at least three times a day. Fifty-one percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those with a household income of \$30,001 to \$60,000 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

### *Fruit Intake*

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

- Sixty-four percent of respondents eat two or more servings of fruit per day. Thirty-five percent reported one serving or less.
- Respondents with a college degree were more likely to eat fruit at least twice a day (80%) than those with some post high school education (63%) or those with a high school degree or less (57%).
- As household income increased, so did the likelihood of respondents eating two or more servings of fruit per day. Fifty-three percent of respondents with a household income of \$30,000 or less reported this compared to 70% of those with an income of \$30,001 to \$60,000 or 84% of those with a household income of at least \$60,001.
- Married respondents were more likely to eat two or more servings of fruit per day (72%) than unmarried respondents (56%).
- Respondents classified as inactive were less likely to eat fruits at least twice a day (48%) compared to respondents who did an insufficient amount of physical activity (69%) or those who met the recommendation (70%).

### *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-two percent reported two servings or less.
- As household income increased, so did the likelihood of respondents eating three or more servings of vegetables on an average day. Twenty-three percent of respondents with a household income of \$30,000 or less reported at least three serving of vegetables compared to 31% of those with an income of \$30,001 to \$60,000 or 37% of those with more than \$60,000.

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	35%	64%	72%	28%
Gender				
Male	34	65	77	23
Female	37	63	67	32
Age				
18 to 34	44	56	69	31
35 to 44	36	63	68	31
45 to 54	35	65	82	18
55 to 64	28	73	85	13
65 and Older	24	75	63	36
Education				
High School or Less	42**	57**	72	27
Some Post High School	36**	63**	70	29
College Graduate	20**	80**	73	27
Household Income				
\$30,000 or Less	46**	53**	77*	23*
\$30,001 to \$60,000	29**	70**	70*	31*
\$60,001 or More	16**	84**	61*	37*
Marital Status				
Married	27**	72**	68	31
Not Married	43**	56**	75	25
Overweight				
Not Overweight	29	71	68	31
Overweight	39	60	74	26
Moderate Physical Activities				
Inactive	51**	48**	69	31
Insufficient	31**	69**	70	30
Recommended	29**	70**	74	24

\*= p≤0.05; \*\*= p≤0.01

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

- Ten percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-one percent reported a few times per week. Thirty-two percent reported a few times per month while 17% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (64%) compared to female respondents (41%).

- Younger respondents were more likely to eat fried/fast foods. Sixty-six percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 22% of those 65 and older.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report eating fried/fast food at least a few times per week (57%) compared to respondents with an income of less than \$30,001 (49%) or those with at least \$60,001 (37%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	32%	51%
Gender**		
Male	28	64
Female	36	41
Age**		
18 to 34	28	66
35 to 44	35	57
45 to 54	29	49
55 to 64	37	42
65 and Older	38	22
Education		
High School or Less	27	55
Some Post High School	39	41
College Graduate	34	54
Household Income*		
\$30,000 or Less	30	49
\$30,001 to \$60,000	30	57
\$60,001 or More	48	37
Marital Status		
Married	35	50
Not Married	30	52
Overweight		
Not Overweight	34	45
Overweight	32	54
Moderate Physical Activities		
Inactive	25	58
Insufficient	38	44
Recommended	30	57

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

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Seventy-nine percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-seven percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 54 years old 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>4</sup>*

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

- Thirty-two percent of all female respondents never had a mammogram while 58% had a mammogram within the past two years (44% within past year and 14% more than one year but less than two years).
- More specifically, respondents aged 40 and older were more likely to have received a mammogram in the past two years (79% of those 50 and older; 69% of those 40 to 49 years of age).
  - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: too young (six responses), don’t need or don’t like (four responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	44%	14%	11%	32%
Age**				
18 to 39	29	4	2	62
40 to 49	52	17	19	12
50 and Older	56	23	13	8

\*= p≤0.05; \*\*= p≤0.01

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

## Pap Smear

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

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

- Sixty-five percent of respondents reported they had a pap smear within the past year. An additional 22% reported between one year and less than three years.
- Ninety-seven percent of respondents 18 to 34 years old and 95% of those 35 to 54 years old reported a pap smear within the past three years compared to 59% of respondents 65 and older.
- Married respondents were more likely to have had a pap smear within the past three years than unmarried respondents (93% and 83%, respectively).

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	65%	18%	4%	8%	3%
Age**					
18 to 34	81	16	0	2	2
35 to 44	80	15	0	2	2
45 to 54	69	18	8	3	3
55 to 64	56	24	4	8	4
65 and Older	21	26	12	21	10
Education					
High School or Less	62	18	4	8	3
Some Post High School	73	14	4	7	0
College Graduate	62	24	2	6	6
Household Income					
\$30,000 or Less	59	18	7	12	1
\$30,001 to \$60,000	67	20	2	6	5
\$60,001 or More	72	18	3	3	5
Marital Status*					
Married	75	16	2	4	3
Not Married	57	20	6	10	3

\*= p≤0.05; \*\*= p≤0.01

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

## Men’s Health (Table 16)

**KEY FINDING:** Twenty-five percent of male respondents 40 to 49 years old and 41% of males 50 and older had a digital rectal exam in the past year.

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

### Digital Rectal Exam

- Forty-four percent of all male respondents never had a digital rectal exam. Twenty-four percent had an exam in the past year while 12% reported within the past two years (one year but less than two years).
- Forty-one percent of men 50 years of age and older had an exam less than a year ago while 25% of men 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	24%	12%	16%	44%
Age**				
18 to 39	11	1	10	75
40 to 49	25	9	27	34
50 and Older	41	24	16	14

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

## Other Tests (Tables 17 & 18)

**KEY FINDING:** Forty-nine percent of respondents 50 years of age and older had their blood stool tested within the past two years while 37% reported a sigmoidoscopy or colonoscopy within the past two years.

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

### Blood Stool Test

- Forty-seven percent of all respondents never had a blood stool test. Thirty-one percent were tested within the past two years (20% less than a year ago and 11% more than one year ago, but less than two).

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

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

- Female respondents were more likely to have had a blood stool test in the past two years compared to male respondents (34% and 26%, respectively).
- Forty-nine percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 25% of respondents 40 to 49 years of age and 15% of respondents 18 to 39 years old. Twenty-one percent of respondents 50 and older reported never compared to 71% of respondents 18 to 39 years old.
- Thirty-three percent of respondents with some post high school education or less reported a blood stool test in the past two years compared to 21% of respondents with a college degree.
- As household income increased, so did the likelihood of respondents having had a blood stool test in the past two years. Twenty-four percent of respondents with a household income of \$30,000 or less reported this compared to 32% of those with an income of \$30,001 to \$60,000 or 38% of respondents with a household income of \$60,001 or more.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	11%	16%	47%
Gender*				
Male	14	12	21	45
Female	24	10	12	49
Age**				
18 to 39	11	4	9	71
40 to 49	13	12	18	48
50 and Older	35	14	25	21
Education*				
High School or Less	25	8	13	50
Some Post High School	19	14	18	38
College Graduate	11	10	21	54
Household Income*				
\$30,000 or Less	16	8	23	50
\$30,001 to \$60,000	19	13	10	52
\$60,001 or More	25	13	19	39
Marital Status				
Married	24	13	12	46
Not Married	16	8	20	49

\*= p≤0.05; \*\*= p≤0.01

*Sigmoidoscopy or Colonoscopy Exam*

- Sixty-one percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-four percent were examined within the past two years (15% less than a year ago and 9% more than one year ago, but less than two).
- A total of 37% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 16% of respondents 40 to 49 years of age and 13% of respondents 18 to 39 years old. Thirty-four percent of respondents 50 and older reported never compared to 81% of respondents 18 to 39 years old.
- Married respondents were more likely to report a sigmoidoscopy or colonoscopy within the past two years (29%) than unmarried respondents (18%).

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

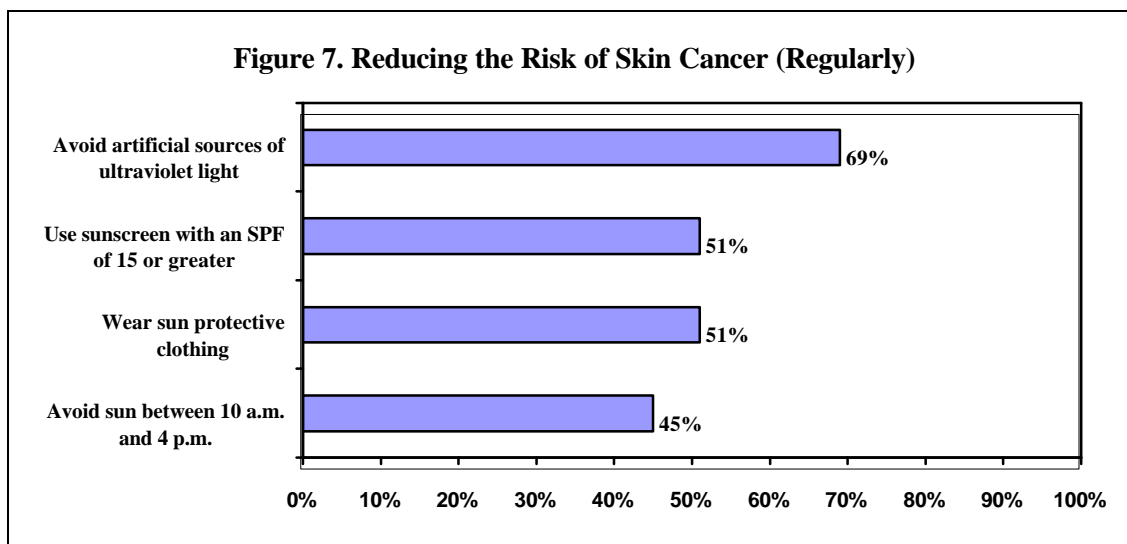
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	15%	9%	8%	6%	61%
Gender					
Male	11	11	9	5	64
Female	18	9	8	7	59
Age**					
18 to 39	8	5	2	4	81
40 to 49	8	8	4	6	72
50 and Older	28	9	19	8	34
Education					
High School or Less	19	8	8	5	60
Some Post High School	9	10	9	4	66
College Graduate	13	9	10	9	61
Household Income					
\$30,000 or Less	12	8	10	9	60
\$30,001 to \$60,000	13	9	7	5	65
\$60,001 or More	18	9	12	3	58
Marital Status*					
Married	16	13	10	4	56
Not Married	13	5	7	8	67

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than use sunscreen with a SPF of at least 15, wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents with some post high school education were more likely to report avoiding artificial sources of UV light. Respondents with higher education, higher household income or those who were married were more likely to report using sunscreen with SPF 15 or higher. Respondents who were 55 to 64 years old or married were more likely to report wearing sun protective clothing. Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m.

- To reduce the risk of skin cancer, 69% of respondents regularly avoid artificial sources of ultraviolet light, 51% use sunscreen with a SPF of 15 or higher, 51% wear sun protective clothing while 45% avoid the sun between 10 a.m. and 4 p.m.
- Fourteen percent of respondents did not reduce their risk by any of these four measures. Twenty-one percent reported one measure. Twenty-two percent reported two of the four actions while 23% reported three and 21% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. than male respondents (49% and 39%, respectively).
- Respondents 55 to 64 years old were more likely to report wearing sun protective clothing (63%) compared to respondents 18 to 34 years old (38%).
- Respondents with a college education were more likely to report using sunscreen while respondents with some post high school education were more likely to report avoiding artificial sources of light.
- As household income increased, so did the likelihood of respondents using sunscreen. Forty-six percent of respondents with a household income of \$30,000 or less reported this compared to 55% of those with an income of \$30,001 to \$60,000 or 67% of those with more than \$60,000.

- Married respondents were more likely to report using sunscreen or wearing sun protective clothing than unmarried respondents.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	69%	51%	51%	45%
Gender				
Male	69	47	55	39*
Female	68	55	48	49*
Age				
18 to 34	66	52	38*	41
35 to 44	66	55	54*	45
45 to 54	78	50	57*	49
55 to 64	73	53	63*	48
65 and older	70	48	56*	51
Education				
High School or Less	65*	41**	49	45
Some Post High School	79*	54**	48	50
College Graduate	67*	70**	60	41
Household Income				
\$30,000 or Less	69	46*	46	52
\$30,001 to \$60,000	67	55*	55	41
\$60,001 or More	67	67*	63	39
Marital Status				
Married	70	60**	58*	43
Not Married	69	44**	45*	47

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were 55 to 64 years old or married were more likely to report wearing seat belts always. Ninety percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 23% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 52% reported their child always wore a helmet.

#### *Seat Belts*

- Eighty-five percent of respondents stated they wore seat belts always or nearly always (75% and 10%, respectively).

- Respondents 55 to 64 years old or 65 and older were more likely to report always (88% and 85%, respectively) compared to respondents 18 to 34 years old (63%).
- Married respondents were more likely to report always compared to unmarried respondents (80% and 68%, respectively).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	5%	8%	10%	75%
Gender					
Male	3	6	11	10	69
Female	3	4	5	10	79
Age*					
18 to 34	3	8	15	11	63
35 to 44	5	2	10	6	77
45 to 54	4	5	4	13	72
55 to 64	3	0	0	10	88
65 and older	2	2	2	10	85
Education					
High School or Less	4	7	6	8	74
Some Post High School	3	4	8	11	74
College Graduate	1	1	12	10	76
Household Income					
\$30,000 or Less	3	9	10	11	67
\$30,001 to \$60,000	5	3	7	8	77
\$60,001 or More	1	1	4	12	80
Marital Status*					
Married	1	4	5	10	80
Not Married	5	5	11	9	68

\*= p≤0.05; \*\*= p≤0.01

### Children and Seat Belts

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

#### *Of households with children...*

- Ninety percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 4% reported nearly always.
- There were no statistically significant differences between children wearing seat belts and household income level or marital status.

### Bicycle Helmet Usage

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

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

- Twenty-three percent of respondents who bicycled, in-line roller skated or used scooters always (19%) or nearly always (4%) wore a helmet. Seventy percent reported never.
- Married respondents were more likely to report always than unmarried respondents (23% and 14%, respectively).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	70%	4%	3%	4%	19%
Gender					
Male	63	7	2	4	22
Female	77	2	4	4	13
Age					
18 to 34	78	3	3	5	10
35 to 44	60	5	5	0	31
45 to 54	73	0	4	4	15
55 and older	64	4	0	8	24
Education					
High School or Less	69	3	4	4	18
Some Post High School	70	8	4	6	12
College Graduate	68	0	0	3	30
Household Income					
\$30,000 or Less	77	4	6	0	13
\$30,001 to \$60,000	65	5	3	5	21
\$60,001 or More	62	4	0	4	27
Marital Status*					
Married	61	9	1	5	23
Not Married	77	0	5	4	14

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

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

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

- Fifty-two percent of respondents reported their child always wore a helmet while 6% reported nearly always. Thirty percent reported never.
- As household income increased, so did the likelihood of respondents reporting their child always wore a helmet. Twenty-four percent of respondents with a household income of \$30,000 or less reported this compared to 58% of those with an income of \$30,001 to \$60,000 or 72% of those with more than \$60,000. Fifty-six percent of respondents with a household income of less than \$30,001 reported never compared to 22% of those with an income of \$30,001 to \$60,000 or 19% of those with an income of at least \$60,001.

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

**KEY FINDING:** Twenty-seven percent of respondents were current smokers; respondents 18 to 34 years old were more likely to report this. Thirty-seven percent of current smokers quit smoking for one day or longer in the past 12 months; 57% reported a health professional advised them to quit smoking. Twenty-two percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Fifty-eight percent of all respondents preferred a smoke-free restaurant. Respondents with a college degree, with higher household income or those who were nonsmokers were more likely to prefer a smoke-free restaurant. Fifty-eight percent favored a community ordinance prohibiting smoking in eating establishments. Respondents 35 to 44 years old, with higher education, a household income of at least \$30,001, married respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

#### *Current Smokers*

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

- Twenty-seven percent of respondents were current smokers. Four percent smoked between one and 29 days while the remaining 23% smoked every day.
- Respondents 18 to 34 years old were more likely to be current smokers (43%) compared to respondents 45 to 54 years old (17%) or those 65 and older (12%).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	27%
Gender	
Male	25
Female	28
Age**	
18 to 34	43
35 to 44	23
45 to 54	17
55 to 64	23
65 and older	12
Education	
High School or Less	30
Some Post High School	26
College Graduate	19
Household Income	
\$30,000 or Less	30
\$30,001 to \$60,000	29
\$60,001 or More	16
Marital Status	
Married	24
Not Married	28

\*= 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.
- Respondents with a household income of less than \$30,001 were more likely to quit for at least one day (50%) compared to respondents with an income of \$30,001 or more (27%).

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

*Of current smokers...*

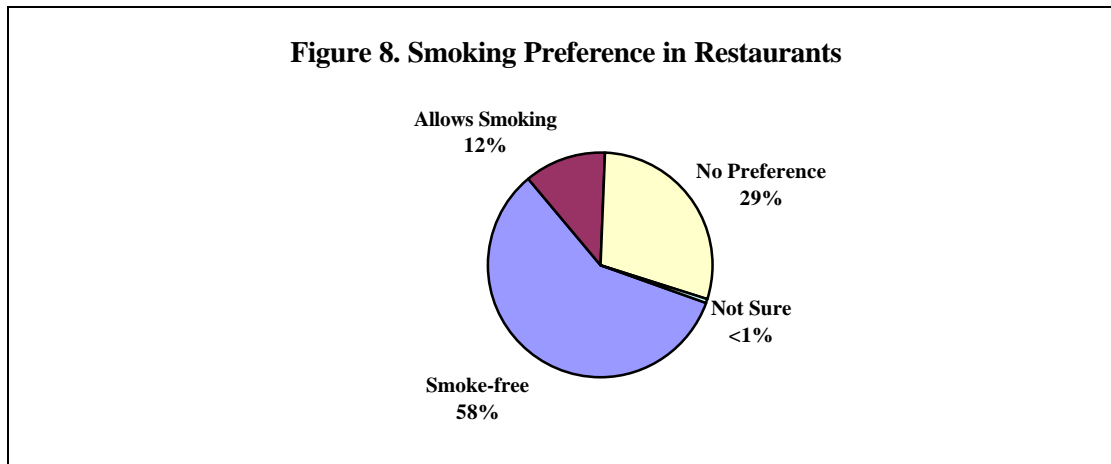
- Fifty-seven percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

### *Smoking Indoor or in Vehicle*

- All respondents were asked if any smokers in their household smoke indoors or inside their vehicles when others are present. Twenty-two percent reported indoor smoking or vehicle smoking occurs.
- Households with children were more likely to report smoking indoors or inside vehicles when others are present than households without children (30% and 17%, respectively).

### *Smoking Preference in Restaurants*

- Fifty-eight percent of respondents reported they preferred to eat in smoke-free restaurants while 12% preferred restaurants that allow smoking. Twenty-nine percent reported no preference.



- Respondents with a college degree were more likely to prefer smoke-free restaurants (78%) compared to respondents with some post high school education (56%) or with a high school degree or less (50%). Thirteen percent of respondents with some post high school education or less preferred restaurants that allow smoking compared to 7% of respondents with a college education.
- Fifty percent of respondents with a household income of \$30,000 or less reported the smoke-free preference compared to 60% of those with an income of \$30,001 to \$60,000 or 71% of those with more than \$60,000. Thirteen percent of respondents with a household income of \$30,000 or less and 14% of those with an income of \$30,001 to \$60,000 reported the preference for restaurants that allow smoking compared to 6% of respondents with a household income of \$60,001 or more.
- Seventy-two percent of nonsmokers preferred smoke-free restaurants compared to 20% of smokers. Forty-one percent of smokers reported the preference for restaurants that allow smoking while 2% of nonsmokers reported this.

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

- Fifty-eight percent of respondents favored a community ordinance prohibiting smoking in eating establishments (34% strongly favor, 24% moderately favor). Six percent were not sure.
- Respondents 35 to 44 years old were more likely to favor an ordinance (68%) compared to respondents 55 to 64 years old (53%) or respondents 18 to 34 years old (48%).

- Sixty-eight percent of respondents with a college degree favored an ordinance compared to 61% of those with some post high school education or 52% of respondents with a high school degree or less.
- Sixty-six percent of respondents with a household income of \$30,001 to \$60,000 and 64% of those with more than \$60,000 favored an ordinance compared to 48% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to favor an ordinance than unmarried respondents (64% and 52%, respectively).
- Sixty-nine percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 33% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (43%) compared to smokers (12%).

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

	Moderately Favor	Strongly Favor
TOTAL	24%	34%
Gender		
Male	22	31
Female	27	38
Age*		
18 to 34	25	23
35 to 44	29	39
45 to 54	20	42
55 to 64	13	40
65 and older	25	40
Education*		
High School or Less	24	28
Some Post High School	26	35
College Graduate	21	47
Household Income**		
\$30,000 or Less	23	25
\$30,001 to \$60,000	26	40
\$60,001 or More	15	49
Marital Status*		
Married	22	42
Not Married	25	27
Smoking Status**		
Nonsmoker	26	43
Smoker	21	12

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

### *Snuff or Chewing Tobacco*

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

### **Alcohol Use (Table 24)**

**KEY FINDING:** Fifty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 31% had three or more drinks on at least one occasion while 17% binged. Males or younger respondents were more likely to have had at least three drinks on an occasion or binged in the past month. Five percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Eight 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*

- Fifty-three percent of respondents had a drink in the past 30 days. Twenty-six percent reported they drank on at least five days, while 12% reported three to four days, and 15% reported drinking on one or two days in the past 30 days.
- Twelve percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 16% reported two and 13% reported one drink on average on the days they drank. Forty-seven percent reported having no drinks in the past month.

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

- Thirty-one percent of all respondents had three or more drinks on an occasion in the past month. Fourteen percent reported this one to two times and 17% reported three or more times.
- Male respondents were more likely to report three or more drinks (41%) than female respondents (23%). Males were also more likely to report three or more drinks on at least three occasions (22%) compared to female respondents (13%).
- Respondents 18 to 34 years old were more likely to have had at least three drinks, and more often. Fifty percent of respondents 18 to 34 years old reported three or more drinks (16% one to two occasions and 34% three or more occasions) compared to 7% of respondents 65 and older (5% one to two occasions and 2% three or more occasions).

### Binge Drinking in Past Month

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

Under the old definition, in 2001, 26% of Wisconsin residents reported having five or more drinks at one time in the past month. Nationally 15% of respondents reported binge drinking in the past month. When broken down by gender, 15% of females and 37% of males in Wisconsin binged. Nationally, 7% of females and 23% of males binged in the past month (2001 Behavioral Risk Factor Surveillance).

- Seventeen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged (24%) than female respondents (12%).
- Thirty-three percent of respondents 18 to 34 years old binged in the past month compared to 8% of respondents 55 to 64 years old or 2% of those 65 and older.

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	14%	17%	17%
Gender			
Male	19**	22**	24**
Female	10**	13**	12**
Age			
18 to 34	16**	34**	33**
35 to 44	20**	16**	16**
45 to 54	13**	12**	13**
55 to 64	8**	10**	8**
65 and Older	5**	2**	2**
Education			
High School or Less	13	17	21
Some Post High School	11	20	17
College Graduate	20	14	12
Household Income			
\$30,000 or Less	13	17	20
\$30,001 to \$60,000	14	15	14
\$60,001 or More	18	22	19
Marital Status			
Married	16	18	17
Not Married	12	16	18

\*= p≤0.05; \*\*= p≤0.01

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

- Five percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.
- Male respondents were more likely to report being a driver or passenger than female respondents (7% and 2%, respectively).
- Unmarried respondents were more likely to report being a driver or passenger (8%) compared to married respondents (1%).

*Family Problem Associated with Alcohol in Past Year*

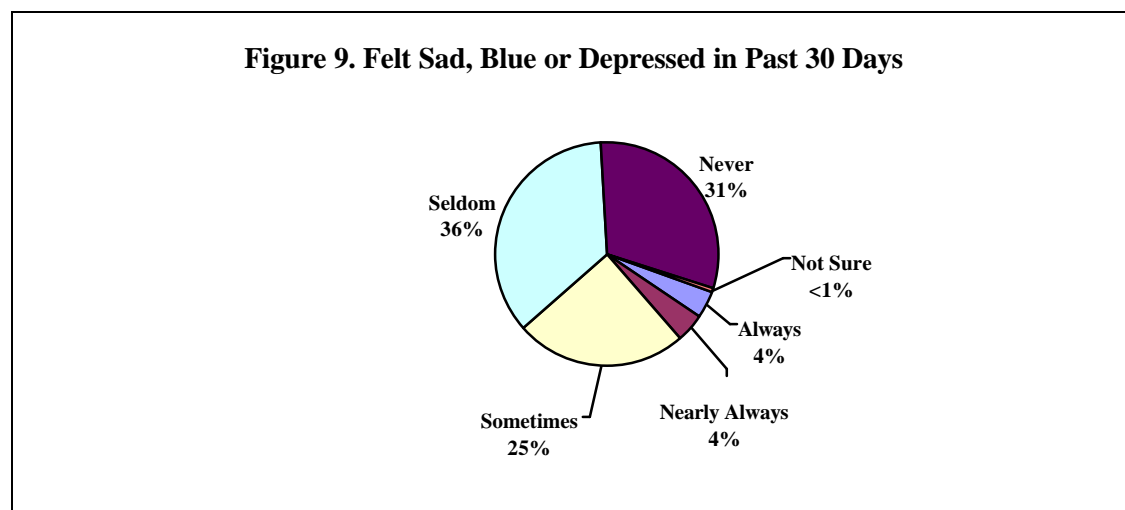
- Eight percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Eight percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Respondents who were female, with lower education, with a household income of less than \$30,001 or unmarried were more likely to report feeling sad, blue or depressed. Twenty-six percent of respondents felt they were excellent at managing stress; 7% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. Six percent of respondents felt so overwhelmed they considered suicide.

*Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” eight percent of survey respondents answered always or nearly always. This equates up to 7,800 residents. Twenty-five percent reported sometimes and the remaining 67% reported seldom (36%) or never (31%).



- Female respondents were more likely to report always/nearly always feeling sad, blue or depressed in the past 30 days (11%) than male respondents (4%). Thirty-eight percent of male respondents reported never compared to 24% of female respondents.
- Respondents with lower education were more likely to report they always/nearly always felt sad, etc. Ten percent of respondents with a high school degree or less reported this compared to 7% of those with some post high school education or 4% of respondents with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to report feeling sad, etc., (15%) compared to respondents with an income of \$30,001 to \$60,000 (6%) or those with more than \$60,000 (2%).
- Unmarried respondents were more likely to report feeling sad, etc., than married respondents (10% and 5%, respectively).

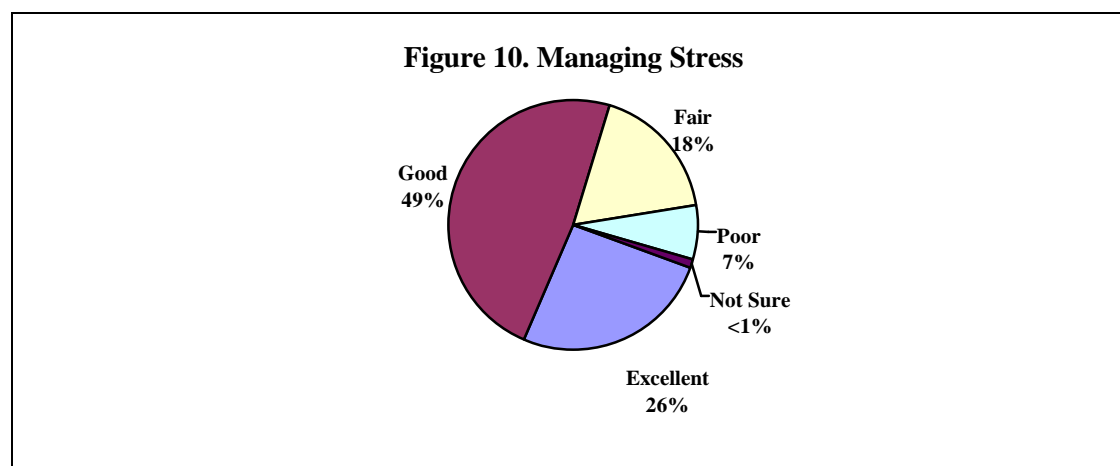
### *Considered Suicide*

*All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Racine Area 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.*

- Six percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a relatively small percent, it approximates up to 6,600 residents who considered suicide in the past year.
- There were no statistically significant differences between demographic variables and respondents feeling so overwhelmed in the past year that they considered suicide.

### *Managing Stress*

- Twenty-six percent reported they were excellent at managing stress. Forty-nine percent reported good while 18% reported fair and 7% reported poor.



- Female respondents were more likely to report poor (9%) than male respondents (5%). Thirty-four percent of male respondents reported excellent compared to 20% of female respondents.

- Respondents 45 to 54 years old and 55 to 64 years old were more likely to report poor (13% and 15%, respectively) compared to respondents 65 and older (0%). Six percent of respondents 18 to 34 years old reported poor along with 2% of those 35 to 44 years old. Thirty-two percent of respondents 55 to 64 years old reported fair or poor followed by 26% of those 45 to 54 years old and 24% of those 35 to 44 years old. Eighteen percent of respondents 18 to 34 years old and 17% of those 65 and older reported fair or poor.

*Finding Meaning and Purpose in Daily Life*

- Forty-three percent of respondents reported they always find meaning and purpose in their daily life, an additional 33% reported nearly always. Sixteen percent reported sometimes while 5% reported seldom and 3% reported never.
- Nine percent of respondents with at least some post high school reported never/seldom compared to 4% of those with a high school degree or less. Fifty-four percent of respondents with a high school education or less reported always compared to 30% of those with some post high school education or 39% of college graduates.
- Ten percent of respondents with a household income of \$30,000 or less reported never/seldom compared to 8% of those with an income of \$30,001 to \$60,000 or 2% with an income of \$60,000 or more.

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

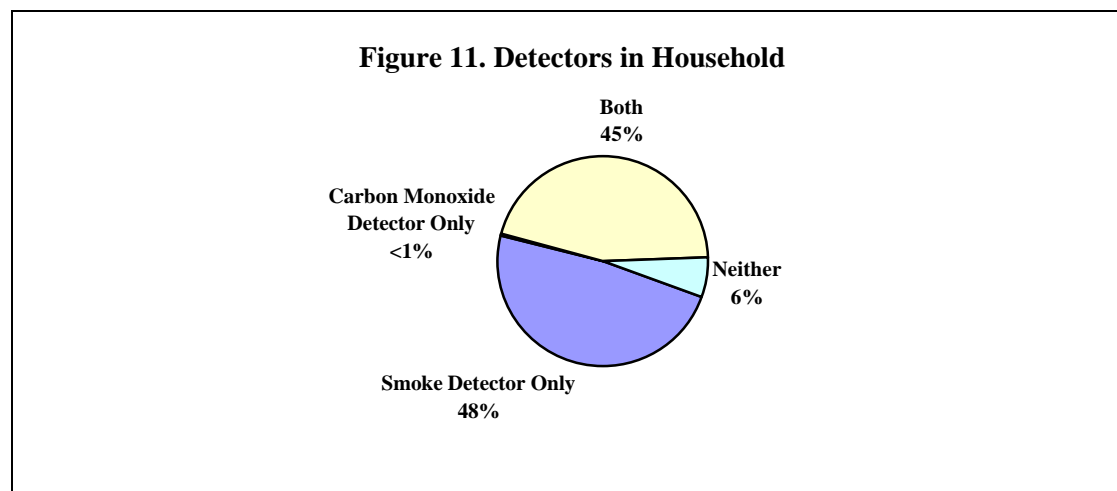
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	8%	16%	33%	43%
Gender				
Male	10	15	34	41
Female	6	17	32	45
Age				
18 to 34	4	17	26	53
35 to 44	2	13	35	49
45 to 54	11	21	36	33
55 to 64	10	18	38	35
65 and older	7	14	39	41
Education**				
High School or Less	4	18	23	54
Some Post High School	9	16	46	30
College Graduate	9	14	39	39
Household Income*				
\$30,000 or Less	10	23	29	39
\$30,001 to \$60,000	8	13	30	49
\$60,001 or More	2	13	46	39
Marital Status				
Married	6	15	38	40
Not Married	7	17	29	46

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

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

**KEY FINDING:** Ninety-three percent of households had a working smoke detector while 45% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke detector and a carbon monoxide detector.

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



- Sixty-two percent of respondents with a household income of \$60,001 or more reported having both a smoke detector and a carbon monoxide detector compared to 51% of respondents with \$30,001 to \$60,000 or 33% of those with a household income of \$30,000 or less. Eight percent of respondents with a household income of \$30,000 or less reported having neither.
- Married households were more likely to have both detectors (59%) compared to unmarried households (33%). Nine percent of unmarried respondents reported neither compared to 3% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	48%	<1%	45%	6%
<b>Household Income**</b>				
\$30,000 or Less	57	1	33	8
\$30,001 to \$60,000	46	0	51	3
\$60,001 or More	36	0	62	2
<b>Marital Status**</b>				
Married	38	0	59	3
Not Married	58	1	33	9

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Sixteen percent of households had a firearm in or around the home. Of all households, 3% had a loaded firearm. 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, 16% of households had one or more firearm.
- There were no statistically significant differences between household income level or marital status and having a firearm in or around the house.

### *Loaded Firearm*

- Three percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

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

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

## **Personal Safety Issues**

**KEY FINDING:** Seven percent of respondents reported someone had made them afraid for their personal safety in the past year while 5% 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,” seven percent reported yes.
- There were no statistically significant differences between demographic variables and feeling afraid for their personal safety.
  - An acquaintance (10 responses) was most often mentioned as the perpetrator. Seven respondents reported stranger and six respondents reported boyfriend/girlfriend. Fewer than five respondents reported each of the following: friend, ex-spouse or someone else.

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

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Respondents 18 to 34 years old were more likely to report being pushed, kicked, slapped or hit in the past year (10%) followed by respondents 55 to 64 years old (8%). Five percent of respondents 35 to 44 years old reported this while 1% of respondents 45 to 54 years old and 0% of those 65 and older did.
  - An acquaintance was reported by seven respondents while boyfriend/girlfriend was reported by six respondents. Fewer than five respondents reported each of the following: stranger, spouse, ex-spouse, parent, brother/sister or someone else.

### *Combined Personal Safety Threats*

- A total of 10% of all respondents reported at least one of the two threats.

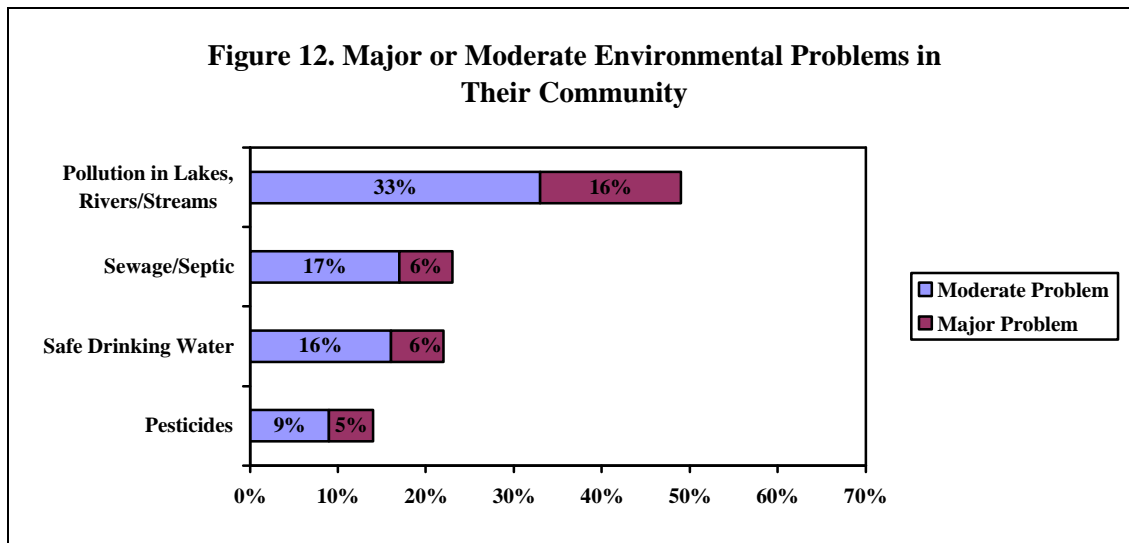
**APPENDIX A: ADDITIONAL QUESTIONS**

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

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

**KEY FINDING:** Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (49%). Respondents 45 to 54 years old were more likely to report water pollution or sewage/septic, while those 18 to 34 years old were more likely to report pesticides. Respondents with some post high school education were more likely to report water pollution, sewage/septic, or safe drinking water. Respondents with a college degree were more likely to report pesticides as a major/moderate problem.

- Out of four environmental problems that communities may face, 49% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Twenty-three percent reported sewage/septic followed by 22% reporting safe drinking water and 14% reporting pesticides.



- Respondents 45 to 54 years old were more likely to report that water pollution in lakes, rivers and streams or sewage/septic was a major/moderate problem in their community. Pesticides were reported as a major/moderate problem by respondents 18 to 34 years old more often.
- Respondents with some post high school education were more likely to report water pollution, sewage/septic or safe drinking water as a major/moderate problem. Respondents with a college degree were more likely to report pesticides.

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

	Lake, River & Stream Pollution	Sewage or Septic	Safe Drinking Water	Pesticides
TOTAL	49%	23%	22%	14%
Gender				
Male	52	28	26	16
Female	46	20	19	13
Age				
18 to 34	57**	27**	28	22*
35 to 44	45**	24**	22	11*
45 to 54	59**	34**	24	9*
55 to 64	35**	10**	18	15*
65 and older	35**	10**	14	7*
Education				
High School or Less	35**	17*	17*	12*
Some Post High School	64**	31*	28*	11*
College Graduate	56**	26*	26*	23*
Household Income				
\$30,000 or Less	49	22	25	10
\$30,001 to \$60,000	47	24	21	17
\$60,001 or More	59	22	21	17
Marital Status				
Married	52	25	20	16
Not Married	46	22	24	13

\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** Five percent of respondents were not aware of the public health department prior to the interview; 32% received services from the health department. Respondents who were female, 55 to 64 years old or with a household income of less than \$30,001 were more likely to report services.

- Five percent of respondents were not aware of the public health department prior to the interview. Sixty-three percent were aware of the department but had no experience with it. Twenty-eight percent received limited services from the health department and 4% received more extensive services.
- Female respondents were more likely to have received services from the health department. Six percent of female respondents reported extensive services while 30% reported limited services. Less than one percent of male respondents reported extensive services and 25% reported limited services.

- Respondents 55 to 64 years old were more likely to report receiving any form of service (45%), compared to respondents 18 to 34 years old (20%).
- Respondents with a household income of less than \$30,001 were more likely to have received services (40%) compared to those with a household income of \$30,001 to \$60,000 (26%) or those with more than \$60,000 (29%).

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	5%	63%	28%	4%
Gender*				
Male	6	69	25	<1
Female	5	59	30	6
Age*				
18 to 34	9	71	18	2
35 to 44	6	59	30	6
45 to 54	4	65	25	7
55 to 64	3	53	45	0
65 and older	0	59	35	5
Education				
High School or Less	6	65	25	4
Some Post High School	5	57	34	4
College Graduate	4	66	27	3
Household Income*				
\$30,000 or Less	8	52	37	3
\$30,001 to \$60,000	5	69	21	5
\$60,001 or More	2	70	24	5
Marital Status				
Married	3	64	28	5
Not Married	7	62	28	3

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

**RACINE AREA**  
**COMMUNITY HEALTH SURVEY**  
 Conducted: February 21 through June 9, 2003  
 (Due to rounding, some questions may total more/less than 100%)

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

Poor .....	4%
Fair .....	11
Good .....	37
Very good .....	26
Excellent .....	21
Not sure .....	0

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

No health care coverage .....	8%
Medical Assistance or Title 19.....	7
Badger Care .....	3
Medicare .....	19
A prepaid plan such as a HMO, PPO .....	38
Another commercial health plan .....	18
Something else .....	5
Not sure .....	2

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

Not all members covered.....	14%
All members covered.....	85
Not sure .....	<1

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

Not all members covered.....	24%
All members covered.....	76
Not sure .....	<1

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

Medical doctor, internist, OBGYN, family practice .....	68%
Walk-in or urgent care clinic .....	14
Hospital emergency room.....	10
Community health center.....	3
Other.....	3
Not sure .....	2

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

Yes..... 30%  
 No..... 70  
 Not sure ..... <1

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	61%	23%	7%	7%	2%	1%
8. Cholesterol testing .....	48	18	3	5	23	3
9. Visit to a dentist/dental clinic..	67	17	6	8	3	<1
10. Eye exam.....	49	33	7	7	3	<1

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

Yes..... 32%  
 No..... 68  
 Not sure ..... <1

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

Yes..... 24%  
 No..... 75  
 Not sure ..... 1

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

	Yes	No	Not sure
13. You have high blood pressure?.....	23%	77%	<1%
14. Your blood cholesterol is high? .....	18	80	2
15. You had a stroke?.....	3	97	<1
16. You have heart disease or a heart condition? ..	7	93	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	<1
18. ....if yes, have you had your blood sugar tested in the past year? [31 Respondents]	92	8	0
19. You had a mental health problem?.....	6	94	0
20. You had cancer, other than skin cancer.....	1	99	<1
21. You had a sexually transmitted disease.....	<1	99	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	13%	87%	0%
23. Do you still have asthma? [All Respondents] ...	12	88	<1
24. .... (if yes), do you have an asthma action plan? [47 Respondents].....	60	37	3

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

One or fewer servings..... 35%  
Two servings ..... 25  
Three or more servings ..... 39  
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..... 40%  
Two servings ..... 32  
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 ..... 32%  
A few times per week..... 41  
Daily or nearly so ..... 10  
Hardly ever or never ..... 17  
Not sure ..... <1

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

Yes..... 66%  
No..... 34  
Not sure ..... 0

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

Yes..... 72%  
No..... 27  
Not sure ..... <1

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

One .....	3%
Two.....	10
Three.....	15
Four .....	10
Five.....	12
Six .....	2
Seven .....	20
Not sure .....	<1
No moderate exercise/no answer.....	28

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 .....	13%
30 to 44 minutes .....	21
45 to 59 minutes .....	6
60 or more minutes .....	31
Not sure .....	2
No moderate exercise/no answer.....	28

**Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [222 Respondents]

Within the past year (anytime less than 12 months ago) .....	44%	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) ....	5	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	3	üCONTINUE WITH Q33
5 or more years ago .....	3	üCONTINUE WITH Q33
Never .....	32	üCONTINUE WITH Q33
Not sure .....	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [22 Respondents 40 years old or older]

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

[58 Respondents 18 to 39 years old]

Too young..... 45 responses  
 Don't need ..... 3 responses  
 No time ..... 2 responses  
 Don't like ..... 2 responses  
 Not recommended by provider..... 2 responses  
 Not sure ..... 4 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? [222 Respondents]

Within the past year (anytime less than 12 months ago) ..... 65%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 18  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 4  
 Within the past 5 years (3 years, but less than 5 years ago)..... 3  
 5 or more years ago ..... 5  
 Never ..... 3  
 Not sure..... 3

**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? [178 Respondents]

Within the past year (anytime less than 12 months ago) ..... 24%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 12  
 Within the past 5 years (2 years, but less than 5 years ago)..... 4  
 5 or more years ago ..... 12  
 Never ..... 44  
 Not sure..... 4

**ALL RESPONDENTS**

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

- Within the past year (anytime less than 12 months ago) .....20%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 7
- 5 or more years ago ..... 9
- Never .....47
- Not sure..... 6

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) ..... 9
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 3
- Never .....61
- Not sure.....<1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	45%	55%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	51	48	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	51	49	<1
41. Avoid artificial sources of ultraviolet light?.....	69	30	1

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

Do not ride/skate/scoot..... 61%

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

- Never ..... 70%
- Seldom..... 4
- Sometimes..... 3
- Nearly always..... 4
- Always ..... 19
- Not sure ..... <1

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

Never .....	3%
Seldom.....	5
Sometimes.....	8
Nearly always.....	10
Always .....	75
Not sure .....	<1

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

One .....	16%
Two.....	16
Three or more.....	9
None .....	59

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? [165 Respondents]

Do not ride/skate/scoot..... 15%

Frequency of those who bicycle, use in-line roller skates or scooters [141 Respondents]

Never .....	30%
Seldom.....	4
Sometimes.....	9
Nearly always.....	6
Always .....	52
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? [165 Respondents]

Never .....	3%
Seldom.....	1
Sometimes.....	<1
Nearly always.....	4
Always .....	90
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 .....	31%
Seldom.....	36
Sometimes.....	25
Nearly always.....	4
Always.....	4
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 .....	7%
Fair .....	18
Good.....	49
Excellent .....	26
Not sure .....	<1

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

Never .....	3%
Seldom.....	5
Sometimes.....	16
Nearly always.....	33
Always.....	43
Not sure .....	<1

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

Yes.....	6%
No.....	94
Not sure .....	<1

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

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

None .....	46%
One to two days.....	15
Three to four days .....	12
Five or more days .....	26
Not sure .....	<1

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

None .....	47%
One drink .....	13
Two drinks .....	16
Three drinks .....	10
Four or more drinks .....	12
Not sure .....	2

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 .....	69%
One to two times .....	14
Three or more times .....	17
Not sure .....	<1

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

None .....	83%
Once .....	3
Two or more times .....	14
Not sure .....	<1

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

Yes.....	5%
No.....	95
Not sure .....	0

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

Yes.....	8%
No.....	92
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.....	73%
1 to 29 days .....	4
30 days.....	23
Not sure .....	<1

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? [107 Respondents]

0 days..... 63%  
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? [107 Respondents]

Yes..... 57%  
No..... 44  
Not sure ..... 0

60. Do you currently use snuff or chewing tobacco?

Yes..... 0%  
No.....100  
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..... 22%  
No..... 38  
No smokers in the household..... 40  
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 ..... 58%  
Restaurants that allow smoking ..... 12  
No preference..... 29  
Not sure ..... <1

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

Strongly oppose..... 21%  
Moderately oppose ..... 15  
Moderately favor ..... 24  
Strongly favor ..... 34  
Not sure ..... 6

Another issue being discussed these days deals with firearms.

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

Yes..... 16%  
 No..... 84  
 Not sure ..... 0

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

Yes..... 3%  
 No..... 12  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 85

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	12%	88%	0%
68. Having acupuncture? .....	1	99	0
69. Massage therapy? .....	13	87	0
70. Aroma therapy? .....	4	96	<1
71. Movement therapy, such as yoga or tai'chi? .....	4	95	<1
72. Meditation? .....	9	91	<1

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

73. Gender [DERIVED, NOT ASKED]

Male..... 44%  
 Female ..... 56

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

18 to 34 years old .....	31%
35 to 44 years old .....	23
45 to 54 years old .....	20
55 to 64 years old .....	11
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.....	37%
Overweight.....	39
Obese.....	25

77. What is your racial heritage?

White .....	77%
Black, African American or Negro .....	19
Asian or Pacific Islander.....	1
American Indian or Alaska Native .....	<1
Another race .....	2
Multiple races.....	0
Not sure .....	<1

78. Are you of Spanish or Hispanic origin?

Yes.....	5%
No.....	95
Not sure .....	<1

79. What is your current marital status?

Single, never married.....	29%
A member of an unmarried couple.....	2
Married .....	46
Separated .....	1
Divorced .....	11
Widowed.....	10
Not sure .....	<1

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

8th grade or less .....	1%
Some high school .....	10
High school graduate or GED .....	35
Some college.....	25
Technical school graduate .....	4
College graduate.....	17
Advanced or professional degree .....	7
Not sure .....	<1

81. What county do you live in [FILTER]

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

Racine, city .....	99%
Elmwood Park, village .....	<1
Wind Point, village.....	<1

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

53405.....	35%
53403.....	25
53406.....	10
53402.....	8
53404.....	8
No answer .....	14

84. What is your annual household income before taxes?

Less than \$10,000.....	12%
\$10,000 to \$20,000.....	11
\$20,001 to \$30,000.....	13
\$30,001 to \$40,000.....	12
\$40,001 to \$50,000.....	13
\$50,001 to \$60,000.....	16
\$60,001 to \$75,000.....	6
\$75,001 to \$90,000.....	6
Over \$90,000.....	5
Not sure .....	2
No answer .....	4

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.....	7%	üCONTINUE WITH Q86
No.....	93	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. [28 Respondents; More than 1 response accepted]

Acquaintance.....	10 responses
Stranger.....	7 responses
Boyfriend or girlfriend.....	6 responses
Friend.....	3 responses
Ex-spouse.....	1 response
Someone else .....	1 response
Not sure .....	2 responses

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

Yes.....	5%	üCONTINUE WITH Q88
No.....	95	üGO TO Q89
Not sure .....	0	üGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [21 Respondents; More than 1 response accepted]

Acquaintance.....	7 responses
Boyfriend or girlfriend.....	6 responses
Stranger.....	3 responses
Spouse.....	2 responses
Ex-spouse.....	1 response
Parent .....	1 response
Brother or sister.....	1 response
Someone else .....	2 responses

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

Smoke detectors .....	48%
Carbon monoxide detectors .....	<1
Both .....	45
Neither .....	6
Not sure .....	0

### ADDITIONAL QUESTIONS FOR THE RACINE AREA

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

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams.....	24%	20%	33%	16%	8%
A2. Sewage or septic.....	46	22	17	6	8
A3. Safe drinking water.....	57	16	16	6	5
A4. Pesticides .....	55	20	9	5	11

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

- Not aware of the health department until now ..... 5%
- Aware of the health department, but have had no experience with programs or services ..... 63
- Aware of the health department and have received limited service like a flu shot or other immunization ..... 28
- Aware of the health department and have received more extensive services ..... 4
- Not sure..... <1