

**Sheboygan County
Community Health Survey**
Summer 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Sheboygan County 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	20
Prevalence of Select Alternative Treatments.....	22
Physical Well Being and Body Weight.....	24
Nutrition and Diet	27
Women’s Health.....	30
Men’s Health.....	32
Other Tests	32
Reducing the Risk of Skin Cancer	34
Safety: Seat Belts and Bicycle Helmets	36
Cigarettes and Tobacco Products.....	39
Alcohol Use.....	44
Mental Health Status.....	46
Detectors in Household	49
Presence of Firearms in Household	50
Personal Safety Issues	51
Appendix A: Additional Questions	52
Environmental Problems in Their Community.....	53
Awareness of and Experience with Public Health Department	54
Appendix B: Questionnaire Frequencies	56
<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.....	35
Table 20. Wear Seat Belt by Demographic Variables	36
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	43
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents	45
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables	48
Table 26. Detectors in Household by Demographic Variables	49
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables	54
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables	55

<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	46
Figure 10. Managing Stress	47
Figure 11. Detectors in Household.....	49
Figure 12. Major or Moderate Environmental Problems in Their Community.....	53

Purpose

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

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

Methodology

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

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

A total of 400 telephone interviews were completed between February 22 and June 2, 2003. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Sheboygan County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Sheboygan County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	55
Age	
18 to 34	23%
35 to 44	26
45 to 54	21
55 to 64	12
65 and Older	19
Education	
High School Graduate or Less	43%
Some Post High School	28
College Graduate	30
Household Income	
\$30,000 or Less	25%
\$30,001 to \$60,000	50
\$60,001 or More	23
Not Sure/No Answer	3
Married	64%

What do the percentages mean?

Results of the Sheboygan County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 83,871 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 800 adults. So, when 12% of respondents reported their health was fair or poor, this roughly equates to 9,600 residents $\pm 4,000$ individuals. Meaning that from 5,600 to 13,600 residents may have fair or poor health in the county. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 43,545 households in Sheboygan County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 440 households. For example, 12% of survey respondents reported that someone in their household is not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 5,280.

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/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Sheboygan County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

Summary

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

Overall Health		Risk Conditions in the Past 3 Years	
Sheboygan County	<u>2003</u>	Sheboygan County	<u>2003</u>
Excellent	21%	High Blood Cholesterol	19%
Very Good.....	35%	High Blood Pressure.....	17%
Good	32%	Heart Disease/Condition.....	6%
Fair or Poor	12%	Asthma (Current)	6%
		Diabetes	5%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	Sheboygan County	<u>2003</u>
Nation	56%	Inactive	20%
		Insufficient.....	55%
Health Care Coverage		Recommended.....	25%
Sheboygan County	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	5%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	12%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	17%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	Sheboygan County	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	66%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	25%
Sheboygan County	<u>2003</u>	Fried Food/Fast Food (a few times/week)	45%
Yes	36%	Overweight.....	59%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
Sheboygan County	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	84%	Nation	58%
Cholesterol Test (2 years or less)	65%	Women's Health	
Dental Checkup (past year).....	76%	Sheboygan County	<u>2003</u>
Eye Exam (2 years or less).....	86%	Mammogram (50+; past year).....	59%
Vaccinations		Pap Smear (past year).....	63%
Sheboygan County	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	31%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	45%	Pap Smear (past year)	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
Sheboygan County	<u>2003</u>	Sheboygan County	<u>2003</u>
Chiropractor	24%	Avoid Artificial Sources of UV Light	64%
Massage Therapy.....	12%	Use Sunscreen with SPF 15 or Higher	63%
Meditation	9%	Wear Sun Protective Clothing.....	54%
Movement Therapy.....	7%	Avoid Sun Between 10 a.m. and 4 p.m.	44%
Aroma Therapy.....	3%		
Acupuncture	2%		

Men's Health		Alcohol Use	
Sheboygan County		Sheboygan County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	38%	Drink in Past Month	56%
50 and Older	37%	3+ Drinks on Occasion in Past Month.....	29%
Other Tests		Binge in Past Month	
Sheboygan County		[5+ Drinks (Male): 4+ Drinks (Female)]	18%
Blood Stool Test (50+; within past 2 years)....	48%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month)	3%
(50+; within past 2 years).....	34%	<i>Other Research: Had 5+ Drinks at One Time</i>	
Safety		<u>2001</u>	
Sheboygan County		Wisconsin.....	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Nation	
Adult.....	86%	15%	
Children.....	93%	Mental Health Status	
Wear Bicycle Helmet Always/Nearly Always		Sheboygan County	
(Of Those Who Ride Bike or In-Line Skate)		Felt Sad, Blue or Depressed in Past 30 Days	
Adult.....	31%	Always/Nearly Always	
Children	63%	Never	
Detectors		Managing Stress	
Smoke Detectors	47%	Excellent/Good.....	
Carbon Monoxide.....	0%	Poor	
Both.....	49%	Find Meaning and Purpose in Daily Life	
Neither	3%	Never/Seldom	
Tobacco Use		Considered Suicide (past year).....	
Sheboygan County		<u>2001</u>	
Current Smokers	25%	Wisconsin.....	
Quit Smoking 1 Day or More in Past		Nation	
Year Because Trying to Quit (smokers).....	46%	23%	
Health Care Provider Advisement to		Firearms in Household	
Quit Smoking (smokers)	50%	Sheboygan County	
Smoking Indoors or in Vehicle.....	18%	Of all Households...	
Smoking Preference in Restaurants		Have a Firearm.....	
Smoke-free	60%	Have a Loaded Firearm	
Allow Smoking.....	15%	Have a Loaded Firearm Unlocked.....	
No Preference	24%	Personal Safety in Past Year	
Ordinance Prohibiting Smoking in Eating		Sheboygan County	
Establishments		Afraid for Their Safety	
Moderately Favor.....	21%	Pushed/Kicked/Slapped/Hit	
Strongly Favor	39%	<u>2003</u>	
<i>Other Research: Current Smokers</i>		Additional Questions	
<u>2001</u>		Sheboygan County	
Wisconsin.....		Major/Moderate Community Environmental	
Nation.....		Problems	
23%		Pollution in Lakes, Rivers, Streams	
Alcohol Use		Pesticides	
Sheboygan County		Sewage/Septic	
Of all Respondents		Safe Drinking Water.....	
Drink in Past Month		Awareness of/Experience with Health Dept.	
3+ Drinks on Occasion in Past Month.....		Aware of/No Experience	
Binge in Past Month		Aware of/Limited Services	
[5+ Drinks (Male): 4+ Drinks (Female)]		Aware of/Extensive Services.....	
18%		4%	
Drive or Ride When Driver Had Perhaps Too			
Much to Drink (past month)			
3%			
<i>Other Research: Had 5+ Drinks at One Time</i>			
<u>2001</u>			
Wisconsin.....			
26%			
Nation			
15%			
Mental Health Status			
Sheboygan County			
Felt Sad, Blue or Depressed in Past 30 Days			
Always/Nearly Always			
6%			
Never			
30%			
Managing Stress			
Excellent/Good.....			
78%			
Poor			
2%			
Find Meaning and Purpose in Daily Life			
Never/Seldom			
9%			
Considered Suicide (past year).....			
4%			
Firearms in Household			
Sheboygan County			
Of all Households...			
Have a Firearm.....			
34%			
Have a Loaded Firearm			
3%			
Have a Loaded Firearm Unlocked.....			
1%			
Personal Safety in Past Year			
Sheboygan County			
Afraid for Their Safety			
4%			
Pushed/Kicked/Slapped/Hit			
3%			
Additional Questions			
Sheboygan County			
Major/Moderate Community Environmental			
Problems			
Pollution in Lakes, Rivers, Streams			
34%			
Pesticides			
14%			
Sewage/Septic			
13%			
Safe Drinking Water.....			
11%			
Awareness of/Experience with Health Dept.			
Aware of/No Experience			
62%			
Aware of/Limited Services			
29%			
Aware of/Extensive Services.....			
4%			

Overall Health and Health Care Key Findings

Fifty-six percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with some post high school education, household income of less than \$60,001, unmarried or physically inactive were more likely to report fair or poor conditions.

Five percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less, with lower household income or unmarried respondents were more likely to report they personally did not have health care coverage. Twelve percent reported someone in their household currently was not covered while 17% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Sixty-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females were more likely to report this. Thirty-six percent of respondents had an advance care plan; older respondents or those with some post high school education were more likely to report this.

Seventy-six percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine medical checkup, 52% an eye exam and 44% reported a cholesterol test. Respondents 55 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 45 to 54 years old were more likely to report a dental checkup; respondents 65 and older were more likely to report an eye exam in the past year. Respondents with at least some post high school education or higher household income were more likely to report a cholesterol test in the past year. Unmarried respondents were more likely to report a routine checkup in the past year while married respondents were more likely to report a cholesterol test in the past two years.

Thirty-one percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or respondents with a household income of \$30,000 or less. Forty-five percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, high blood cholesterol, high blood pressure or heart disease/heart condition were the most often treated conditions in the past three years. Current asthma was at the same percent as heart disease/condition. Female respondents or unmarried respondents were more likely to report mental health problem. Generally, older respondents were more likely to report high blood cholesterol, high blood pressure or diabetes. Respondents 55 and older were more likely to report heart disease/condition. Respondents 18 to 34 years old were more likely to report mental health problem. The prevalence of high blood pressure or a mental health problem was higher for respondents with a household income of less than \$30,001. Overweight respondents or those who were classified as inactive were more likely to report high blood cholesterol or high blood pressure.

Six percent of respondents reported always or nearly always feeling sad, blue or depressed. Female respondents, those with a household income of less than \$30,001 or unmarried respondents were more likely to report always/nearly always feeling sad, blue or depressed. Twenty-three percent felt they were excellent at managing stress. Nine percent reported they never or seldom find meaning and purpose in their daily life; respondents 35 to 44 years old, with some post high school education or a household income less than \$60,001 were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide; unmarried respondents were more likely to report considering suicide.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, chiropractic care or massage therapy were mentioned most often in the past three years (24% and 12%, respectively). Respondents who were female or unmarried were more likely to report meditation in the past three years. Respondents 35 to 44 years old, with a household income of at least \$30,001 or married respondents were more likely to use chiropractic care in the past three years. Respondents with some post high school education were more likely to use massage therapy or meditation.

Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 55 to 64 years old or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (38% overweight and 21% obese). Males or married respondents were more likely to be classified as overweight.

Sixty-six percent of respondents eat two or more servings of fruit while 25% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with a household income of \$30,001 to \$60,000 were less likely to eat fruit or vegetables. Respondents 65 and older, unmarried respondents or those who met the recommended amount of physical activities were more likely to eat fruit. Respondents who were not overweight were more likely to eat vegetables. Forty-five percent of respondents eat fried/fast food at least a few times a week; generally, younger respondents, males, or those who were classified as overweight were more likely to report this.

Seventy-one percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-three percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old or married were more likely to have had a pap smear within the past three years.

Thirty-eight percent of males 40 to 49 years old and 37% of males 50 and older had a digital rectal exam in the past year.

Forty-eight percent of respondents 50 years of age and older had their blood stool tested within the past two years while 34% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Eighty-six percent of respondents wore seat belts always or nearly always. Respondents with a college education or higher household income were more likely to report they always wore seat belts. Ninety-two 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, 31% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 50% reported their child always wore a helmet.

Twenty-five percent of respondents were current smokers. Respondents 18 to 34 years old or 45 to 54 years old, with some post high school education or less, with lower household income or unmarried respondents were more likely to be smokers. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 50% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty percent of all respondents preferred a smoke-free restaurant; 60% favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were married or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments. Respondents 65 and older were more likely to prefer smoke-free restaurants. Respondents with a college degree were more likely to favor an ordinance to prohibit smoking in eating establishments.

Fifty-six percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks at least on one occasion while 18% binged. Generally, respondents who were male or younger were more likely to have three or more drinks at least once or binged at least once. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-six percent of households had a working smoke alarm while 49% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke alarm and a carbon monoxide detector.

Thirty-four percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 3% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

Four percent of respondents reported someone had made them afraid for their personal safety while 2% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Out of four environmental problems that communities may face, the most often cited major or moderate problem was pollution in lakes, rivers or streams (34%). Respondents 35 to 44 years old or with at least some post high school education were more likely to report pesticides as a major/moderate problem in the community. Respondents with at least some post high school education were also more likely to report sewage/septic as a major or moderate problem in their community.

Four percent of respondents were not aware of the public health department prior to the interview; 33% received services from the health department. Females or unmarried respondents were more likely to report services.

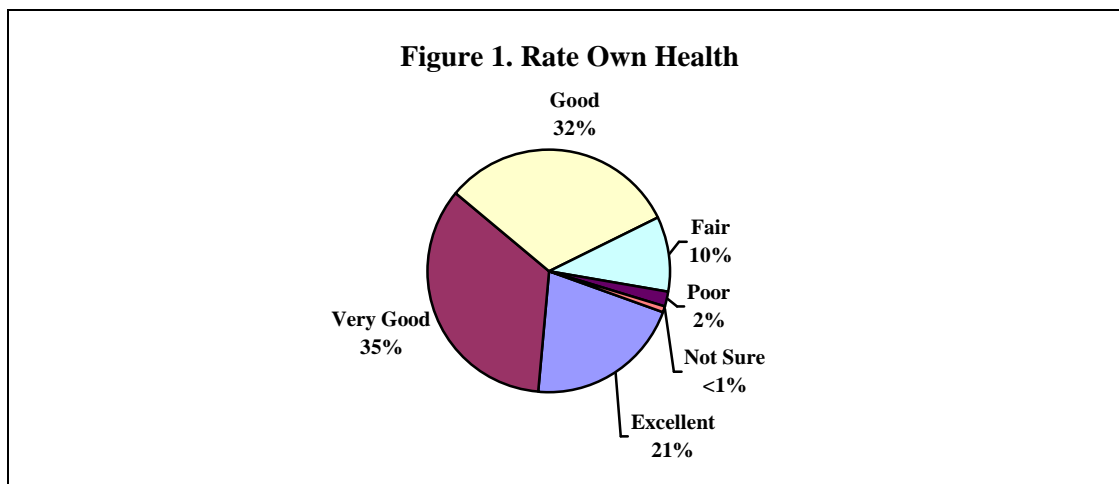
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-six percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with some post high school education, household income of less than \$60,001, unmarried or physically inactive were more likely to report fair or poor conditions.

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

- Fifty-six percent of respondents said their own health, generally speaking, was either excellent (21%) or very good (35%). A total of 12% reported their health was fair (10%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor health than respondents 18 to 34 years old (22% and 3%, respectively).
- Respondents with some post high school education were more likely to report fair/poor health (16%) compared to respondents with a college degree (10%) or those with a high school education or less (9%).
- Fifteen percent of respondents with a household income of \$30,001 to \$60,000 reported fair/poor health followed by 14% of respondents with a household income less than \$30,001. Three percent of respondents with a household income of \$60,001 reported this.
- Unmarried respondents were more likely to report fair/poor health compared to married respondents (16% and 9%, respectively).
- Twenty-two percent of inactive respondents reported fair/poor health compared to 11% of respondents who get an insufficient amount of physical activity and 5% who met the recommended amount of physical activity.

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	12%	32%	35%	21%
Gender				
Male	11	35	36	18
Female	12	29	35	23
Age*				
18 to 34	3	34	36	26
35 to 44	16	30	31	23
45 to 54	7	35	34	23
55 to 64	9	28	37	26
65 and Older	22	33	37	8
Education*				
High School or Less	9	40	31	20
Some Post High School	16	24	42	18
College Graduate	10	27	36	26
Household Income**				
\$30,000 or Less	14	40	31	14
\$30,001 to \$60,000	15	34	35	16
\$60,001 or More	3	17	40	41
Marital Status**				
Married	9	28	36	26
Not Married	16	38	34	12
Overweight				
Not Overweight	9	34	34	24
Overweight	13	31	35	20
Physical Activity**				
Inactive	22	30	36	10
Insufficient	11	34	37	18
Recommended	5	27	33	35
Smoker				
Nonsmoker	13	30	34	23
Smoker	8	37	39	16

*= p≤0.05; **= p≤0.01

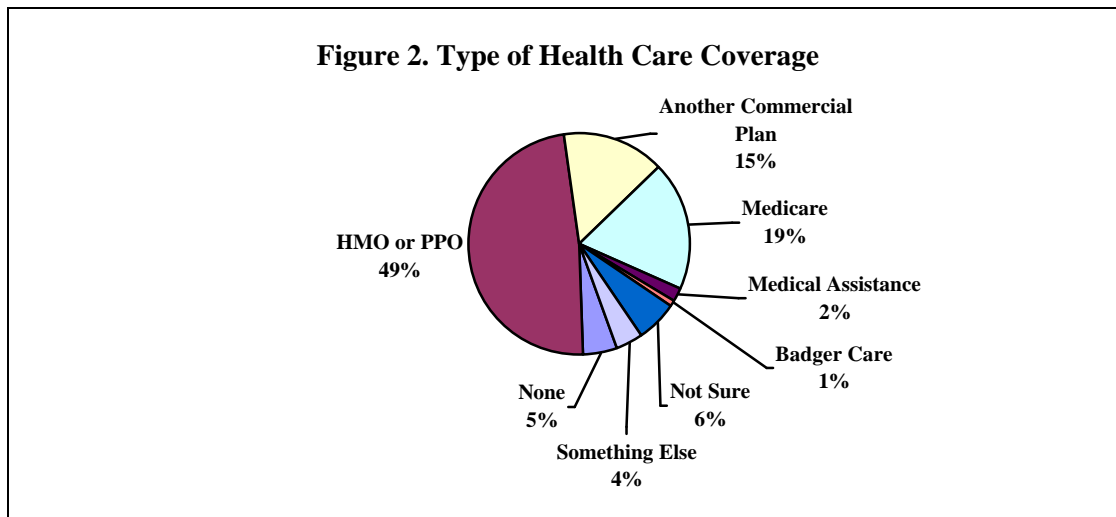
Health Care Coverage (Figure 2)

KEY FINDING: Five percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less, with lower household income or unmarried respondents were more likely to report they personally did not have health care coverage. Twelve percent reported someone in their household currently was not covered while 17% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Sixty-two percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females were more likely to report this. Thirty-six percent of respondents had an advance care plan; older respondents or those with some post high school education were more likely to report this.

Personally Not Covered

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

- Five percent of respondents reported they were not currently covered by any health insurance. Forty-nine percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fifteen percent reported another commercial plan, 19% reported Medicare and 2% reported medical assistance.



- Seven percent of respondents with a high school education or less reported they had no form of health care coverage compared to 4% of respondents with a college degree and 2% of those with some post high school education.
- Respondents with lower household income were more likely to report they had no form of health care coverage. Eleven percent of respondents with a household income of less than \$30,001 reported this compared to 4% of respondents with a household income of \$30,001 to \$60,000 or 0% of those with a household income of \$60,001 or more.

- Unmarried respondents were more likely to report they had no form of health care coverage compared to married respondents (10% and 2%, respectively).

Someone in Household Currently Not Covered

- Twelve percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 5,280 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 8% of respondents with a household income of \$30,001 or more.
- Unmarried respondents were more likely to have someone not covered (21%) compared to married respondents (6%).

Someone in Household Not Covered in the Past 12 Months

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Thirty-two percent of respondents with a household income of \$30,000 or less reported someone in household not covered in the past 12 months compared to 13% of those with a household income of \$30,001 to \$60,000 and 11% of those with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (30%) compared to married respondents (9%).

Primary Health Care Services

- Sixty-two percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twenty-eight percent reported walk-in or urgent care while 5% reported community health center and 4% reported hospital emergency room.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (65%) compared to male respondents (57%).

Advance Care Plan

- Thirty-six percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Older respondents were more likely to report having an advance care plan. Nineteen percent of respondents 18 through 34 years old reported this compared to 28% of respondents 35 to 44 years old, 41% of those 55 to 64 years old and 69% of those 65 and older.
- Respondents with some post high school education were more likely to have had an advance care plan (44%) compared to respondents with a high school degree or less (34%) or those with a college degree (32%).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-six percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine medical checkup, 52% an eye exam and 44% reported a cholesterol test. Respondents 55 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 45 to 54 years old were more likely to report a dental checkup; respondents 65 and older were more likely to report an eye exam in the past year. Respondents with at least some post high school education or higher household income were more likely to report a cholesterol test in the past year. Unmarried respondents were more likely to report a routine checkup in the past year while married respondents were more likely to report a cholesterol test in the past two years.

Routine Checkup

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

- Sixty-four percent of residents reported they had a routine checkup in the past year. An additional 20% had a checkup in the past one to two years.
- Respondents 55 to 64 years old or 65 and older were more likely to have had a routine checkup in the past year (76% and 75%, respectively) compared to respondents 35 to 44 years old (62%) or those 45 to 54 years old (57%). Respondents 65 and older were more likely to report never (7%) compared to respondents 18 to 34 years old (2%) or those 35 to 64 years old (0%).
- Unmarried respondents were more likely to report a routine checkup in the past year (71%) compared to married respondents (60%).

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	64%	20%	5%	9%	2%
Gender					
Male	58	23	7	11	2
Female	70	18	3	7	2
Age**					
18 to 34	58	20	10	10	2
35 to 44	62	24	1	13	0
45 to 54	57	21	7	15	0
55 to 64	76	20	2	2	0
65 and Older	75	15	1	1	7
Education					
High School or Less	67	19	7	7	1
Some Post High School	67	19	5	7	3
College Graduate	59	23	3	13	2
Household Income					
\$30,000 or Less	67	14	7	8	4
\$30,001 to \$60,000	64	20	5	10	2
\$60,001 or More	63	24	3	9	0
Marital Status*					
Married	60	25	5	8	2
Not Married	71	11	4	11	3

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Forty-four percent of respondents reported having their cholesterol tested within the past year. Twenty-one percent reported one to two years ago. Twenty-three percent reported never having their cholesterol tested.
- Respondents 18 to 34 years old were less likely to have had their cholesterol tested in the past year (20%) compared to respondents 55 to 64 years old (65%) or 65 and older (64%).
- Forty-eight percent of respondents with a college degree and 47% with some post high school reported they had their cholesterol tested in the past year compared to 39% of respondents with a high school education or less.

- As household income increased, so was the likelihood of reporting have had their cholesterol tested in the past year. Fifty percent of respondents with a household income of \$60,001 or more reported they had their cholesterol tested in the past year compared to 37% of respondents with a household income of \$30,000 or less.
- Married respondents were somewhat similar to unmarried respondents in reporting a cholesterol test in the past year (46% and 41%, respectively), however married respondents were more likely to report within past two years (71%) compared to unmarried respondents (55%).

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	44%	21%	4%	6%	23%
Gender					
Male	47	19	4	5	21
Female	42	23	4	6	25
Age**					
18 to 34	20	17	3	1	54
35 to 44	41	23	2	7	24
45 to 54	47	21	6	13	13
55 to 64	65	24	4	2	2
65 and Older	64	19	1	3	10
Education*					
High School or Less	39	22	4	4	27
Some Post High School	47	18	2	6	28
College Graduate	48	23	6	8	13
Household Income**					
\$30,000 or Less	37	13	2	6	39
\$30,001 to \$60,000	45	22	5	5	20
\$60,001 or More	50	28	2	8	12
Marital Status*					
Married	46	25	5	4	18
Not Married	41	14	3	8	31

*= p≤0.05; **= p≤0.01

Dental Checkup

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

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

- Seventy-six percent of residents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- Respondents 18 to 34 years old were less likely to have had a dental checkup in the past year (70%) compared to respondents 45 to 54 years old (82%).

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	76%	12%	5%	6%	1%
Gender					
Male	71	17	6	5	2
Female	80	8	5	6	<1
Age*					
18 to 34	70	11	12	4	2
35 to 44	74	19	1	6	0
45 to 54	82	11	0	6	1
55 to 64	78	11	4	7	0
65 and Older	77	5	10	7	1
Education					
High School or Less	71	13	8	7	1
Some Post High School	79	11	3	7	0
College Graduate	81	12	3	3	2
Household Income					
\$30,000 or Less	70	15	7	7	1
\$30,001 to \$60,000	74	11	7	7	2
\$60,001 or More	89	10	0	1	0
Marital Status					
Married	79	11	4	5	1
Not Married	71	14	7	7	<1

*= p≤0.05; **= p≤0.01

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

Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 34% reported one to two years ago. Two percent reported never.
- Respondents 65 and older were more likely to have had an eye exam in the past year (72%) compared to respondents 35 to 44 years old (39%).

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	52%	34%	6%	6%	2%
Gender					
Male	48	38	6	7	1
Female	54	31	6	6	2
Age*					
18 to 34	52	29	6	11	3
35 to 44	39	47	4	7	3
45 to 54	53	33	7	6	0
55 to 64	51	40	4	4	0
65 and Older	72	23	3	1	1
Education					
High School or Less	55	32	5	7	2
Some Post High School	46	36	7	8	2
College Graduate	53	35	7	4	<1
Household Income					
\$30,000 or Less	58	27	7	7	1
\$30,001 to \$60,000	49	35	6	8	2
\$60,001 or More	51	38	7	2	2
Marital Status					
Married	51	37	5	4	2
Not Married	52	28	8	10	2

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-one percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or respondents with a household income of \$30,000 or less. Forty-five percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Thirty-one percent of respondents had a flu vaccination in the past year.
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (64%) compared to respondents 45 to 54 years old (24%) or those 18 to 34 years old (12%).
- Respondents with a household income of less than \$30,001 were more likely to have had an influenza vaccination in the past year (40%) compared to respondents with a household income of \$30,001 to \$60,000 (25%).

Table 7. Flu Vaccination by Demographic Variables

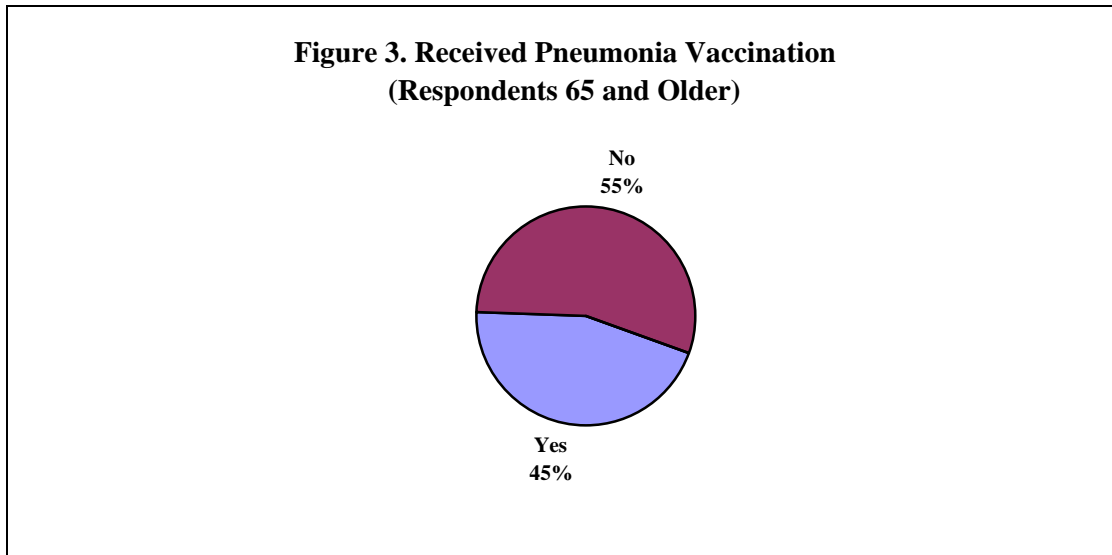
	Percent
TOTAL	31%
Gender	
Male	27
Female	35
Age**	
18 to 34	12
35 to 44	26
45 to 54	24
55 to 64	44
65 and Older	64
Education	
High School or Less	34
Some Post High School	26
College Graduate	33
Household Income*	
\$30,000 or Less	40
\$30,001 to \$60,000	25
\$60,001 or More	33
Marital Status	
Married	31
Not Married	32

*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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

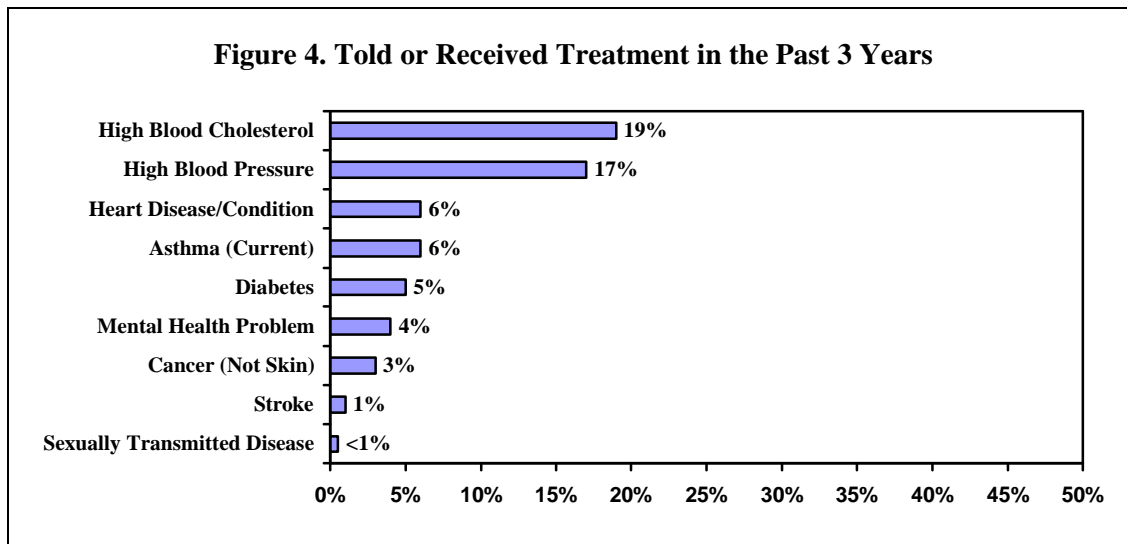


Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, high blood cholesterol, high blood pressure or heart disease/heart condition were the most often treated conditions in the past three years. Current asthma was at the same percent as heart disease/condition. Female respondents or unmarried respondents were more likely to report mental health problem. Generally, older respondents were more likely to report high blood cholesterol, high blood pressure or diabetes. Respondents 55 and older were more likely to report heart disease/condition. Respondents 18 to 34 years old were more likely to report mental health problem. The prevalence of high blood pressure or a mental health problem was higher for respondents with a household income of less than \$30,001. Overweight respondents or those who were classified as inactive were more likely to report high blood cholesterol or high blood pressure.

- Respondents were most likely to report they have been told or been treated for high blood cholesterol (19%), high blood pressure (17%), heart disease/heart condition (6%), asthma (current, 6%), diabetes (5%) or a mental health problem (4%).



- Female respondents were more likely to report a mental health problem than male respondents (7% and 0%, respectively).
- Typically, the likelihood of being told or treated for high blood cholesterol, high blood pressure or diabetes increased as age increased. Heart disease/condition was more likely for respondents 55 and older. Mental health problem was more likely for respondents 18 to 34 years old.
- Respondents with a household income of less than \$30,001 were more likely to report high blood pressure or a mental health problem more often.
- Unmarried respondents were more likely to report a mental health problem compared to married respondents (6% and 3%, respectively).

- Respondents who were considered overweight were more likely to report high blood cholesterol or high blood pressure.
- Respondents who were classified as inactive were more likely to report high blood cholesterol or high blood pressure.

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

	High Blood Cholesterol	High Blood Pressure	Heart Disease or Condition	Asthma (Current)	Diabetes	Mental Health Problem
TOTAL	19%	17%	6%	6%	5%	4%
Gender						
Male	21	18	7	6	4	0**
Female	17	17	6	6	6	7**
Age						
18 to 34	5**	3**	1**	10	0**	9*
35 to 44	16**	13**	1**	5	3**	2*
45 to 54	22**	13**	2**	2	2**	0*
55 to 64	29**	28**	17**	11	9**	7*
65 and Older	30**	38**	16**	4	14**	3*
Education						
High School or Less	20	21	5	8	7	6
Some Post High School	20	13	6	3	7	4
College Graduate	16	16	6	7	<1	2
Household Income						
\$30,000 or Less	10	25*	8	6	4	9**
\$30,001 to \$60,000	22	14*	6	7	7	4**
\$60,001 or More	19	15*	6	6	1	1**
Marital Status						
Married	22	16	7	6	4	3*
Not Married	14	19	5	6	7	6*
Overweight						
Not Overweight	8**	11**	6	4	3	4
Overweight	25**	22**	7	8	6	4
Physical Activity						
Inactive	31*	35**	9	5	9	4
Insufficient	15*	9**	4	7	4	4
Recommended	17*	22**	7	6	4	4

*= p≤0.05; **= p≤0.01

Diabetes

- All 21 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

Asthma

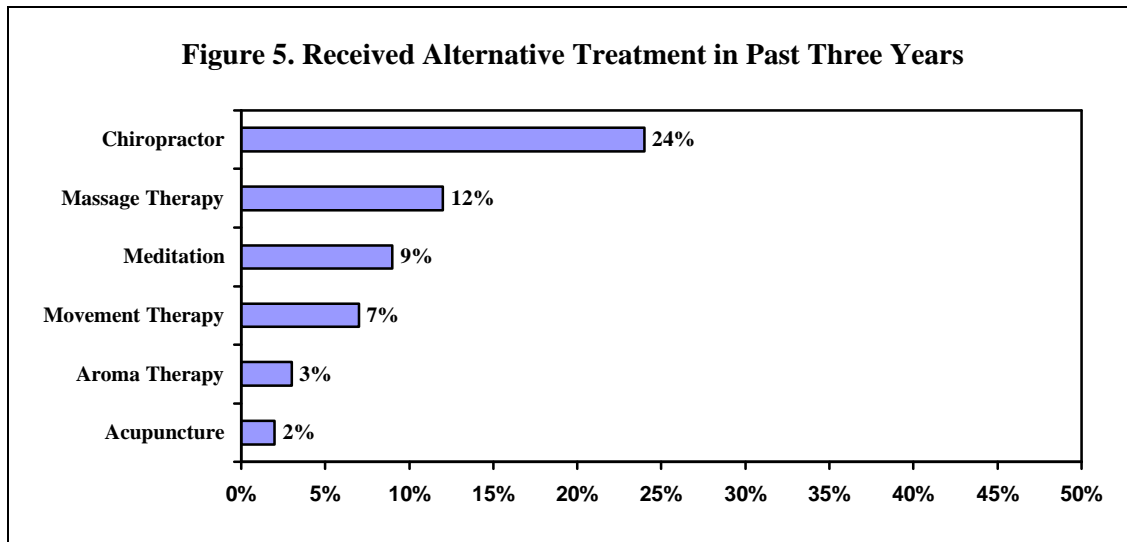
- Of the 25 respondents who currently have asthma, 68% had an asthma action plan.

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, chiropractic care or massage therapy were mentioned most often in the past three years (24% and 12%, respectively). Respondents who were female or unmarried were more likely to report meditation in the past three years. Respondents 35 to 44 years old, with a household income of at least \$30,001 or married respondents were more likely to use chiropractic care in the past three years. Respondents with some post high school education were more likely to use massage therapy or meditation.

- Respondents were more likely to have gone to a chiropractor (24%) or used massage therapy (12%) in the past three years.



- Female respondents were more likely to have used meditation in the past three years (11%) compared to male respondents (6%).
- Respondents 35 to 44 years old were more likely to have used chiropractic care in the past three years (34%) compared to respondents 65 and older (22%) or 45 to 54 years old (13%).

- Respondents with some post high school education were more likely to have used massage therapy or meditation in the past three years compared to all other education levels.
- Twenty-eight percent of respondents with a household income of \$30,001 or more used chiropractic care in the past three years compared to 15% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to report going to the chiropractor (29%) than unmarried respondents (15%). Unmarried respondents were more likely to have used meditation (14%) compared to married respondents (6%).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy
TOTAL	24%	12%	9%	7%
Gender				
Male	28	9	6*	6
Female	21	15	11*	7
Age				
18 to 34	25*	17	9	9
35 to 44	34*	13	4	3
45 to 54	13*	16	12	5
55 to 64	24*	7	7	7
65 and Older	22*	4	12	8
Education				
High School or Less	25	10*	5*	7
Some Post High School	27	18*	15*	5
College Graduate	20	9*	8*	8
Household Income				
\$30,000 or Less	15*	7	10	6
\$30,001 to \$60,000	28*	13	8	5
\$60,001 or More	28*	14	8	12
Marital Status				
Married	29**	11	6**	7
Not Married	15**	13	14**	6

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 55 to 64 years old or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (38% overweight and 21% obese). Males or married respondents were more likely to be classified as overweight.

Physical Activities in Past Month

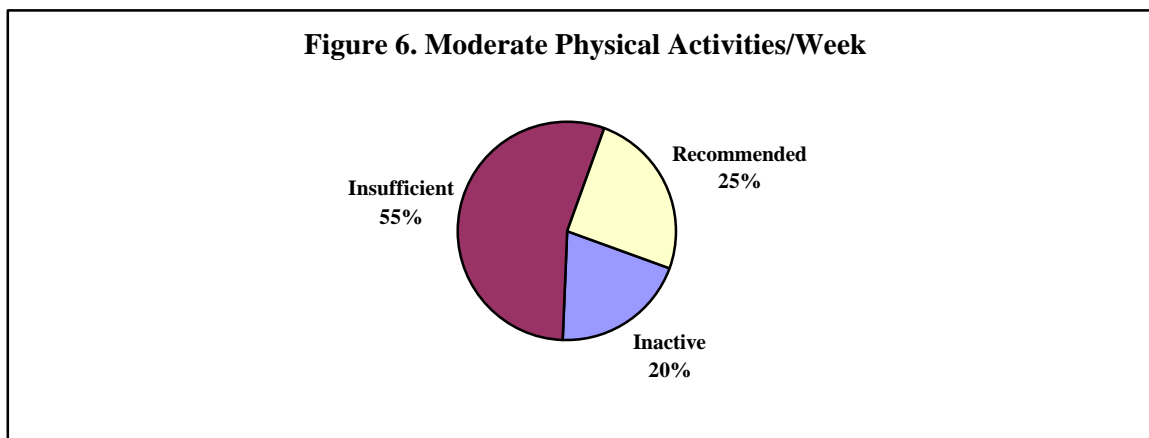
- Seventy-two percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

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



- Respondents 55 to 64 years old were more likely to meet the recommended amount of moderate physical activity in a week (35%) compared to respondents 18 to 34 years old (20%).
- Respondents with a household income of at least \$60,001 were more likely to meet the recommendation (36%) compared to respondents with an income of \$60,000 or less (22%).

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

	Inactive	Insufficient	Recommended
TOTAL	20%	55%	25%
Gender			
Male	15	56	29
Female	24	55	21
Age**			
18 to 34	10	71	20
35 to 44	17	58	25
45 to 54	18	56	26
55 to 64	20	46	35
65 and Older	34	40	26
Education			
High School or Less	23	54	23
Some Post High School	21	59	21
College Graduate	14	53	32
Household Income**			
\$30,000 or Less	31	47	22
\$30,001 to \$60,000	14	63	22
\$60,001 or More	17	47	36
Marital Status			
Married	17	57	26
Not Married	24	52	24
Overweight			
Not Overweight	16	58	26
Overweight	20	56	25

*= p≤0.05; **= p≤0.01

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.² Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

² Body Mass Index = (kg/m²). Developed by the Centers for Disease Control (CDC).

- According to the definition, Sheboygan County had 59% of residents considered overweight (38% overweight and 21% obese).
- Male respondents were more likely to be classified as overweight (70%) compared to female respondents (49%).
- Sixty-three percent of married respondents were classified as overweight compared to 50% of those who were unmarried.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	59%
Gender**	
Male	70
Female	49
Age	
18 to 34	55
35 to 44	61
45 to 54	63
55 to 64	71
65 and Older	49
Education	
High School or Less	61
Some Post High School	55
College Graduate	60
Household Income	
\$30,000 or Less	50
\$30,001 to \$60,000	60
\$60,001 or More	63
Marital Status*	
Married	63
Not Married	50
Moderate Physical Activities	
Inactive	64
Insufficient	58
Recommended	57

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-six percent of respondents eat two or more servings of fruit while 25% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents with a household income of \$30,001 to \$60,000 were less likely to eat fruit or vegetables. Respondents 65 and older, unmarried respondents or those who met the recommended amount of physical activities were more likely to eat fruit. Respondents who were not overweight were more likely to eat vegetables. Forty-five percent of respondents eat fried/fast food at least a few times a week; generally, younger respondents, males, or those who were classified as overweight were more likely to report this.

Fruit Intake

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

- Sixty-six percent of respondents eat two or more servings of fruit per day. Thirty-three percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (76% and 55%, respectively).
- Eighty percent of respondents 65 and older reported eating two or more servings of fruit per day compared to 60% of those 35 to 44 years old and 61% of those 45 to 54 years old.
- Seventy-three percent of respondents with a household income of \$60,001 or more and 72% of those with an income of less than \$30,001 reported eating two or more servings of fruit per day compared to 60% for those with an income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to eat two or more servings of fruit per day (70%) compared to married respondents (64%).
- Respondents who met the recommended amount of physical activity were more likely to eat fruits at least twice a day (80%) compared to inactive respondents (59%).

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-five percent of respondents eat three or more servings of vegetables per day. Seventy-five percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (31% and 18%, respectively).
- Respondents with a household income of less than \$30,001 were more likely to eat three or more servings of vegetables per day (35%) compared to respondents with an income of more than \$60,000 (30%) or those with a household income of \$30,001 to \$60,000 (18%).

- Thirty percent of respondents who were not overweight reported eating three or more servings of vegetables per day compared to 20% of respondents who were classified as overweight.

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	33%	66%	75%	25%
Gender				
Male	44**	55**	82**	18**
Female	23**	76**	69**	31**
Age				
18 to 34	32*	65*	76	24
35 to 44	40*	60*	80	20
45 to 54	39*	61*	76	23
55 to 64	30*	70*	72	28
65 and Older	21*	80*	71	27
Education				
High School or Less	33	67	74	25
Some Post High School	31	66	73	27
College Graduate	35	65	78	22
Household Income				
\$30,000 or Less	25**	72**	65**	35**
\$30,001 to \$60,000	40**	60**	82**	18**
\$60,001 or More	28**	73**	70**	30**
Marital Status				
Married	36*	64*	77	23
Not Married	28*	70*	72	28
Overweight				
Not Overweight	30	69	70*	30*
Overweight	36	64	80*	20*
Moderate Physical Activities				
Inactive	41**	59**	78	22
Insufficient	37**	63**	76	24
Recommended	17**	80**	71	29

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Eight percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Thirty-seven percent reported a few times per week. Forty-one percent reported a few times per month while 14% reported hardly ever or never.

- Male respondents were more likely to report eating fried/fast foods at least a few times per week (56%) compared to female respondents (36%).
- Generally, younger respondents were more likely to eat fried/fast food at least a few times per week. Fifty-five percent of respondents 18 to 34 years old and 58% of respondents 35 to 44 years old reported this compared to 21% of respondents 65 and older.
- Fifty percent of respondents classified as overweight reported eating fried/fast food at least a few times per week compared to 39% of respondents who were not overweight.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	41%	45%
Gender**		
Male	32	56
Female	49	36
Age**		
18 to 34	37	55
35 to 44	31	58
45 to 54	49	44
55 to 64	52	39
65 and Older	44	21
Education		
High School or Less	41	45
Some Post High School	47	41
College Graduate	35	49
Household Income		
\$30,000 or Less	36	42
\$30,001 to \$60,000	43	44
\$60,001 or More	39	54
Marital Status		
Married	43	46
Not Married	38	44
Overweight**		
Not Overweight	38	39
Overweight	42	50
Moderate Physical Activities		
Inactive	40	44
Insufficient	45	43
Recommended	31	54

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

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-one percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-three percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 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.³

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

- Thirty-two percent of all female respondents never had a mammogram while 54% had a mammogram within the past two years (44% within past year and 10% more than one year but less than two years).
- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past two years (71%).
 - 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: don’t like (13 responses), too young (eight responses), don’t need or not recommended by provider (four responses each) or too expensive (three responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	44%	10%	15%	32%
Age**				
18 to 39	14	7	6	74
40 to 49	63	8	10	18
50 and Older	59	12	23	7

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Sixty-three percent of respondents in Sheboygan County reported they had a pap smear within the past year. An additional 20% reported between one year and less than three years.
- Respondents 18 to 44 years old were more likely to report a pap smear within the past three years (94%) compared to respondents 65 and older (61%).
- Married respondents were more likely to have had a pap smear within the past three years (90%) compared to unmarried respondents (71%).

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	63%	16%	4%	13%	3%
Age**					
18 to 34	81	13	0	0	6
35 to 44	80	14	0	4	2
45 to 54	60	19	5	14	2
55 to 64	48	16	16	16	4
65 and Older	37	18	6	31	2
Education					
High School or Less	59	18	5	12	4
Some Post High School	66	12	2	16	2
College Graduate	68	16	6	6	4
Household Income					
\$30,000 or Less	57	15	4	20	4
\$30,001 to \$60,000	64	15	5	9	4
\$60,001 or More	75	18	2	5	0
Marital Status**					
Married	66	19	5	8	2
Not Married	57	11	3	19	6

*= p≤0.05; **= p≤0.01

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

Men’s Health (Table 16)

KEY FINDING: Thirty-eight percent of males 40 to 49 years old and 37% of males 50 and older had a digital rectal exam in the past year.

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

Digital Rectal Exam

- Forty-seven percent of all male respondents never had a digital rectal exam. Twenty-seven percent had an exam in the past year while 12% reported within the past two years (one year but less than two years).
- Thirty-seven percent of men 50 years of age and older had an exam less than a year ago while 38% 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	27%	12%	14%	47%
Age**				
18 to 39	10	7	7	76
40 to 49	38	9	23	30
50 and Older	37	21	16	26

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

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-eight percent of respondents 50 years of age and older had their blood stool tested within the past two years while 34% reported a sigmoidoscopy or colonoscopy within the past two years.

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

Blood Stool Test

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

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

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

- Forty-eight percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 19% of respondents 40 to 49 years of age and 12% of respondents 18 to 39 years old. Twenty-nine percent of respondents 50 and older reported never compared to 79% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	18%	10%	15%	54%
Gender				
Male	15	9	17	57
Female	20	12	13	52
Age**				
18 to 39	8	4	7	79
40 to 49	15	4	17	58
50 and Older	28	20	22	29
Education				
High School or Less	20	11	10	57
Some Post High School	17	11	16	53
College Graduate	15	9	22	52
Household Income				
\$30,000 or Less	22	12	19	46
\$30,001 to \$60,000	15	9	14	60
\$60,001 or More	20	13	13	51
Marital Status				
Married	18	12	13	55
Not Married	18	8	19	53

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-five percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Eighteen percent were examined within the past two years (7% less than a year ago and 11% more than one year ago, but less than two).
- A total of 34% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 11% of respondents 40 to 49 years of age and 6% of respondents 18 to 39 years old. Forty-three percent of respondents 50 and older reported never compared to 82% of respondents 18 to 39 years old.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to have had a sigmoidoscopy or colonoscopy within the past two years (24%) compared to respondents with a household income of more than \$60,000 (14%) or those with a household income of \$30,000 or less (11%).

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	7%	11%	8%	8%	65%
Gender					
Male	8	12	6	12	61
Female	6	11	10	5	67
Age**					
18 to 39	<1	5	4	9	82
40 to 49	3	8	2	8	75
50 and Older	16	18	15	7	43
Education					
High School or Less	8	8	8	7	69
Some Post High School	6	16	8	9	60
College Graduate	8	10	8	11	61
Household Income*					
\$30,000 or Less	5	6	12	5	69
\$30,001 to \$60,000	8	16	7	10	60
\$60,001 or More	8	6	7	8	70
Marital Status					
Married	8	12	8	10	62
Not Married	6	10	9	6	68

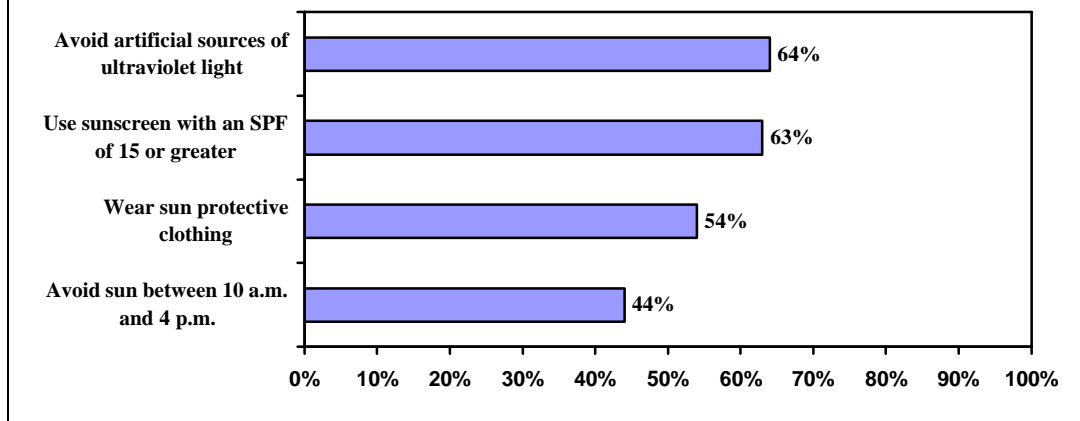
*= p≤0.05; **= p≤0.01

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

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

- To reduce the risk of skin cancer, 64% of respondents regularly avoid artificial sources of ultraviolet light, 63% use sunscreen with a SPF of 15 or higher, 54% wear sun protective clothing while 44% avoid the sun between 10 a.m. and 4 p.m.
- Thirteen percent of respondents did not reduce their risk by any of these four measures. Sixteen percent reported one measure. Twenty-three percent reported two of the four actions while 31% reported three and 18% reported they did all four measures regularly.

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



- Female respondents were more likely to report using sunscreen with a SPF of at least 15 or avoiding sun between 10 a.m. to 4 p.m. than male respondents.
- Seventy-one percent of married respondents reported avoiding artificial sources of UV light compared to 51% of unmarried respondents.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	64%	63%	54%	44%
Gender				
Male	60	57*	59	33**
Female	67	69*	50	53**
Age				
18 to 34	57	73	58	44
35 to 44	66	62	48	37
45 to 54	65	61	52	51
55 to 64	65	52	59	39
65 and older	70	62	60	51
Education				
High School or Less	67	63	58	50
Some Post High School	56	60	50	41
College Graduate	66	66	52	39
Household Income				
\$30,000 or Less	57	63	56	41
\$30,001 to \$60,000	64	65	59	49
\$60,001 or More	67	62	45	34
Marital Status				
Married	71**	67	55	44
Not Married	51**	58	52	45

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

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

KEY FINDING: Eighty-six percent of respondents wore seat belts always or nearly always. Respondents with a college education or higher household income were more likely to report they always wore seat belts. Ninety-two 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, 31% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 50% reported their child always wore a helmet.

Seat Belts

- Eighty-six percent of respondents stated they wore seat belts always or nearly always (76% and 10%, respectively).
- Eighty-eight percent of respondents with a college education reported always wearing a seat belt compared to 66% of respondents with some post high school education.
- Sixty-seven percent of respondents with a household income of \$30,000 or less reported always compared to 81% of those with a household income of \$60,001 or more.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	6%	4%	10%	76%
Gender					
Male	8	6	4	9	74
Female	3	6	4	11	77
Age					
18 to 34	4	8	3	13	72
35 to 44	9	9	3	6	73
45 to 54	1	7	2	11	78
55 to 64	7	0	7	17	70
65 and older	4	0	4	7	85
Education**					
High School or Less	5	7	7	9	73
Some Post High School	11	9	2	12	66
College Graduate	0	<1	3	9	88
Household Income**					
\$30,000 or Less	10	4	7	12	67
\$30,001 to \$60,000	5	9	4	7	76
\$60,001 or More	1	2	2	13	81
Marital Status					
Married	5	4	4	11	77
Not Married	6	9	4	8	73

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

Children and Seat Belts

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

Of the households who have children...

- Ninety-two percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while less than one percent reported nearly always.
- Ninety-six percent of married respondents reported their child always wore a seat belt compared to 81% of unmarried respondents. Eleven percent of unmarried respondents reported never while 2% of married respondents reported this.

Bicycle Helmet Usage

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

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

- Thirty-one percent of respondents who bicycle, in-line roller skate or use scooters reported they always (28%) or nearly always (3%) wear a helmet. Fifty-eight percent reported never.
- Respondents 35 to 44 years old were more likely to always wear a helmet compared to respondents 55 and older (41% and 11%, respectively). Eighty-one percent of respondents 55 and older reported never.
- Married respondents were more likely to always wear a helmet (35%) compared to unmarried respondents (13%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	58%	4%	7%	3%	28%
Gender					
Male	52	3	11	2	31
Female	62	6	2	6	25
Age**					
18 to 34	53	10	12	4	22
35 to 44	47	0	6	6	41
45 to 54	51	7	5	0	37
55 and older	81	0	3	5	11
Education					
High School or Less	65	2	11	3	19
Some Post High School	61	8	3	3	24
College Graduate	46	4	5	4	41
Household Income					
\$30,000 or Less	69	10	4	4	12
\$30,001 to \$60,000	53	1	8	3	36
\$60,001 or More	54	4	6	2	33
Marital Status**					
Married	55	2	4	4	35
Not Married	63	10	12	2	13

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

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

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

KEY FINDING: Twenty-five percent of respondents were current smokers. Respondents 18 to 34 years old or 45 to 54 years old, with some post high school education or less, with lower household income or unmarried respondents were more likely to be smokers. Forty-six percent of current smokers quit smoking for one day or longer in the past 12 months; 50% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty percent of all respondents preferred a smoke-free restaurant; 60% favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those who were married or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments. Respondents 65 and older were more likely to prefer smoke-free restaurants. Respondents with a college degree were more likely to favor an ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-five percent of respondents in Sheboygan County were current smokers. Two percent smoked between one and 29 days while the remaining 23% smoked every day.
- Thirty-four percent of respondents 18 to 34 years old and 33% of those 45 to 54 years old were current smokers compared to 26% of respondents 35 to 44 years old and 12% of those 65 and older.
- Respondents with some post high school education were more likely to be smokers (35%) compared to respondents with a high school degree or less (31%) or those with a college degree (10%).
- Thirty-three percent of respondents with a household income of \$30,000 or less were smokers compared to 25% of those with a household income of \$30,001 to \$60,000 and 18% of those with \$60,001 or more.
- Unmarried respondents were more likely to be smokers than married respondents (37% and 19%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	25%
Gender	
Male	28
Female	24
Age**	
18 to 34	34
35 to 44	26
45 to 54	33
55 to 64	15
65 and older	12
Education**	
High School or Less	31
Some Post High School	35
College Graduate	10
Household Income*	
\$30,000 or Less	33
\$30,001 to \$60,000	25
\$60,001 or More	18
Marital Status**	
Married	19
Not Married	37

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-six percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Respondents 55 to 64 years old were more likely to quit for at least one day (86%) compared to respondents 45 to 54 years old (19%) or those 65 and older (13%). Seventy-one percent of respondents 18 to 34 years old and 39% of respondents 35 to 44 years old reported quitting for at least one day.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

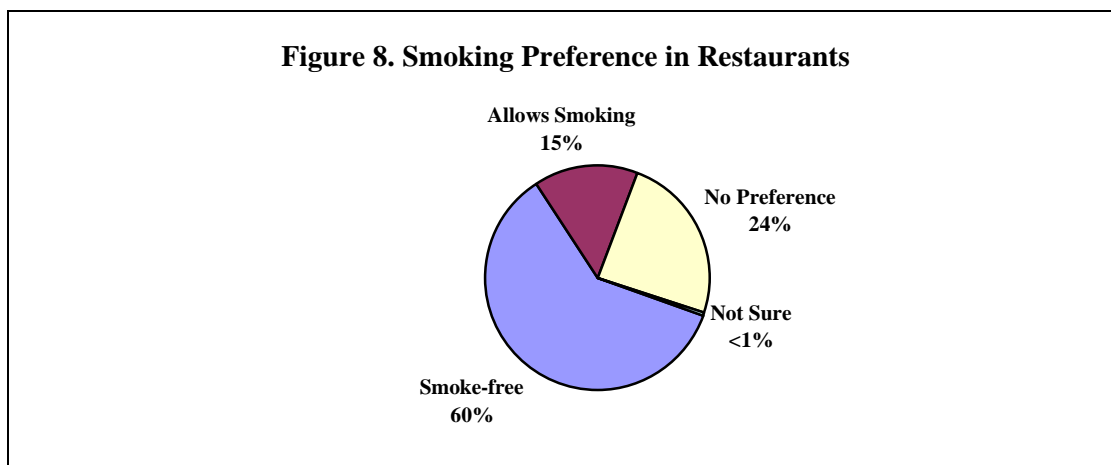
- Fifty percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (62%) compared to male respondents (38%).
- Respondents 45 to 54 years old were more likely to report a health professional advised them to quit smoking in the past year (64%) compared to respondents 35 to 44 years old (39%) or those 65 and older (11%). Fifty-five percent of respondents 18 to 34 years old reported this while 43% of respondents 55 to 64 years old did.
- Seventy-three percent of respondents with a household income of \$60,001 or more reported a health professional advised them to quit smoking in the past year compared to 64% of respondents with a household income of less than \$30,001 or 36% of those with a household income of \$30,001 to \$60,000.

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. Eighteen percent reported indoor smoking or vehicle smoking occurs.
- There was no statistically significant difference between households with children and households without children.

Smoking Preference in Restaurants

- Sixty percent of respondents reported they prefer to eat in smoke-free restaurants while 15% preferred restaurants that allow smoking. Twenty-four percent reported they do not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants (70%) than male respondents (50%). Nineteen percent of male respondents reported the preference for restaurants that allow smoking while 12% of female respondents reported this.
- Seventy-three percent of respondents 65 and older preferred smoke-free restaurants compared to 55% of respondents 18 to 34 years old or 50% of those 45 to 54 years old. Sixty-three percent of respondents in all other age groups reported the smoke-free preference. Twenty-six percent of respondents 45 to 54 years old reported the preference for restaurants that allow smoking followed by 21% of those 18 to 34 years old and 15% of respondents 35 to 44 years old. Four percent of those 55 to 64 years old and 6% of respondents 65 and older reported the preference for restaurants that allow smoking.
- Married respondents were more likely to prefer smoke-free restaurants (65%) than unmarried respondents (52%). Unmarried respondents were more likely to report the preference for restaurants that allow smoking (25%) compared to married respondents (10%).
- Seventy-four percent of nonsmokers preferred smoke-free restaurants compared to 21% of smokers. Forty-nine percent of smokers reported the preference for restaurants that allow smoking while 4% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty percent of respondents favored a community ordinance prohibiting smoking in eating establishments (39% strongly favor, 21% moderately favor).
- Female respondents were more likely to favor an ordinance (68%) compared to male respondents (52%).
- Seventy percent of respondents with a college degree favored an ordinance compared to 59% of respondents with some post high school education and 54% of those with a high school education or less.
- Married respondents were more likely to favor an ordinance than unmarried respondents (65% and 53%, 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 (49%) compared to smokers (19%).

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

	Moderately Favor	Strongly Favor
TOTAL	21%	39%
Gender*		
Male	17	35
Female	25	43
Age		
18 to 34	22	39
35 to 44	18	43
45 to 54	22	31
55 to 64	17	41
65 and older	22	44
Education*		
High School or Less	19	35
Some Post High School	20	39
College Graduate	25	45
Household Income		
\$30,000 or Less	26	39
\$30,001 to \$60,000	22	35
\$60,001 or More	14	49
Marital Status*		
Married	21	44
Not Married	21	32
Smoking Status**		
Nonsmoker	23	46
Smoker	14	19

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Fifty-six percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks at least on one occasion while 18% binge. Generally, respondents who were male or younger were more likely to have three or more drinks at least once or binge at least once. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five 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-six percent of respondents had a drink in the past 30 days. Twenty-eight percent reported they drank at least on five days, while 12% reported three to four days, and 16% reported drinking on one or two days in the past 30 days.
- Thirteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 8% reported three, 21% reported two and 12% reported one drink on average on the days they drank. Forty-five percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-nine percent of all respondents had three or more drinks on an occasion in the past month. Thirteen percent reported this one to two times and 16% reported three or more times.
- Male respondents were more likely to have three or more drinks (40%) than female respondents (21%). And males were much more likely to have three or more drinks on three or more occasions (27%) compared to female respondents (7%).
- Forty-four percent of respondents 18 to 34 years old reported three or more drinks (23% one to two occasions and 21% three or more occasions) compared to 7% of respondents 65 and older (6% one to two occasions and 1% 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).

- Eighteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (28%) than female respondents (9%).

- Respondents 18 to 34 years old were more likely to have binged (33%) followed by respondents 35 to 44 years old (22%). It dropped to 1% for respondents 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
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	13%	16%	18%
Gender			
Male	13**	27**	28**
Female	14**	7**	9**
Age			
18 to 34	23**	21**	33**
35 to 44	11**	22**	22**
45 to 54	15**	21**	20**
55 to 64	7**	9**	4**
65 and Older	6**	1**	1**
Education			
High School or Less	15	15	19
Some Post High School	13	19	22
College Graduate	9	16	13
Household Income			
\$30,000 or Less	8	18	20
\$30,001 to \$60,000	16	15	16
\$60,001 or More	12	17	18
Marital Status			
Married	13	16	17
Not Married	13	16	19

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

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

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

Family Problem Associated with Alcohol in Past Year

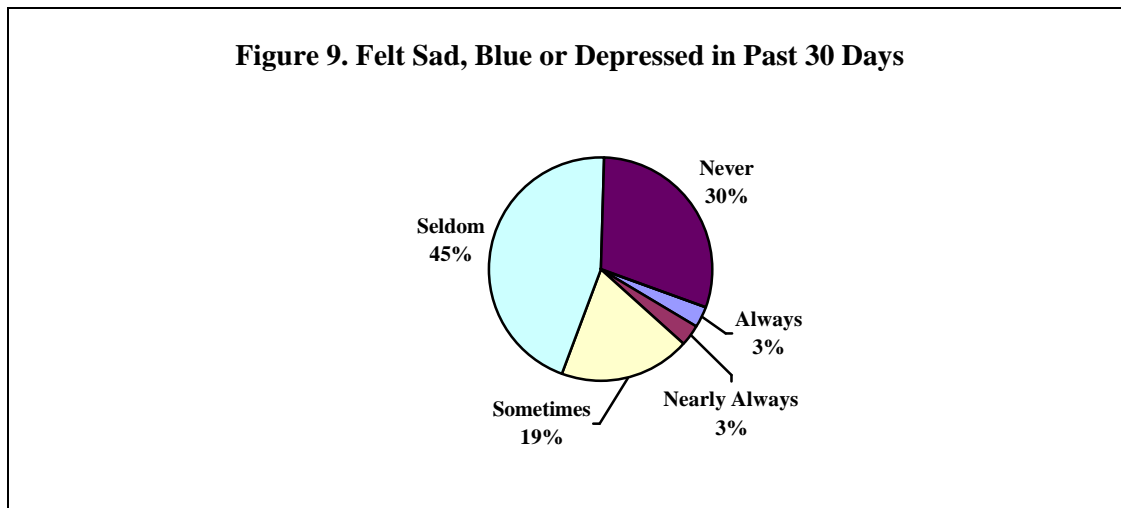
- Five percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Six percent of respondents reported always or nearly always feeling sad, blue or depressed. Female respondents, those with a household income of less than \$30,001 or unmarried respondents were more likely to report always/nearly always feeling sad, blue or depressed. Twenty-three percent felt they were excellent at managing stress. Nine percent reported they never or seldom find meaning and purpose in their daily life; respondents 35 to 44 years old, with some post high school education or a household income less than \$60,001 were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide; unmarried respondents were more likely to report considering 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,” six percent of survey respondents answered always or nearly always. This equates up to 8,800 residents. Nineteen percent reported sometimes and the remaining 75% reported seldom (45%) or never (30%).



- Female respondents were more likely to report always/nearly always felt sad, blue or depressed (8%) compared to male respondents (3%). Thirty-six percent of males reported never compared to 26% of females.
- Eleven percent of respondents with a household income of \$30,000 or less reported always/nearly always compared to 5% of respondents with a household income of \$30,001 to \$60,000 and 2% of those with a household income of \$60,001 or more. Nineteen percent of respondents with a household income of \$30,000 or less reported never compared to 31% of those with an income of \$30,001 to \$60,000 and 42% of those with a household income of \$60,001 or more.
- Unmarried respondents were more likely to report they always/nearly always felt sad, blue or depressed compared to married respondents (13% and 2%, respectively). Thirty-four percent of married respondents reported never compared to 24% of unmarried respondents.

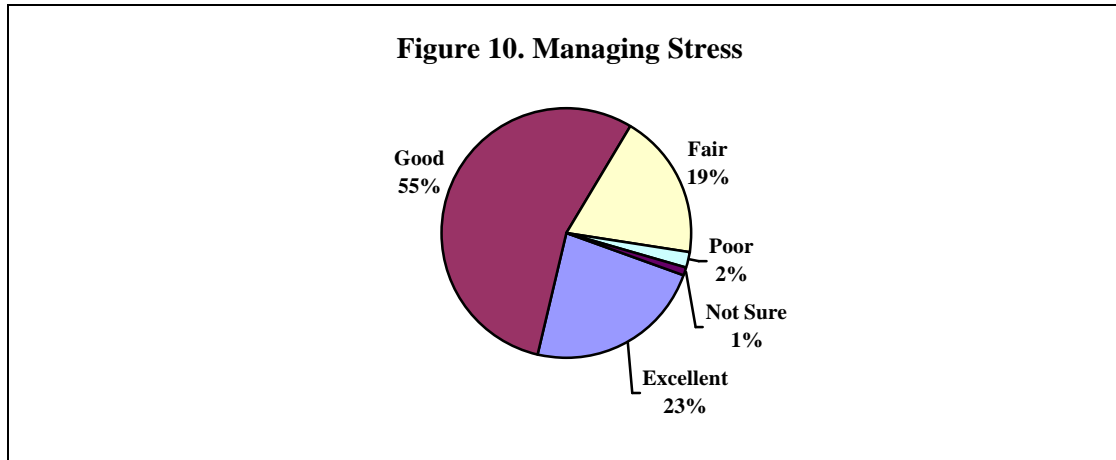
Considered Suicide

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

- Four percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 7,200 residents who considered suicide in the past year.
- Unmarried respondents were more likely to report they felt so overwhelmed in the past year that they considered suicide (6%) compared to married respondents (2%).

Managing Stress

- Twenty-three percent reported they were excellent at managing stress. Fifty-five percent reported good while 19% reported fair and 2% reported poor.



- Respondents 45 to 54 years old or 18 to 34 years old were more likely to report poor (5% and 4%, respectively) compared to all other age groups (0% to 1%). Thirty-three percent of respondents 55 to 64 years old reported fair or poor followed by 29% of those 35 to 44 years old and 21% of respondents 45 to 54 years old. Seventeen percent of respondents 18 to 34 years old reported fair or poor along with 13% of respondents 65 and older.
- Respondents with some post high school education were more likely to report they were poor at managing stress (6%) compared to all others (2% or less). Thirty-four percent of respondents with some post high school education reported fair or poor compared to 20% of respondents with a high school degree or less and 13% of those with a college degree.
- Four percent of respondents with a household income of \$30,000 or less reported poor compared to 3% of respondents with an income of \$30,001 to \$60,000 and 0% of those with a household income of \$60,001 or more. Twenty-five percent of respondents with a household income of \$30,001 to \$60,000 reported fair/poor compared to 22% of those with an income of less than \$30,001 and 12% with a household income of \$60,001 or more.

Finding Meaning and Purpose in Daily Life

- Forty percent of respondents reported they always find meaning and purpose in their daily life, an additional 40% reported nearly always. Twelve percent reported sometimes while 6% reported seldom and 3% reported never.
- Respondents 35 to 44 years old were more likely to report never/seldom (14%) compared to respondents 65 and older (10%) or all other age categories (4% each).
- Respondents with some post high school education were more likely to report never/seldom (12%) compared to those with a high school education or less (9%) or those with a college degree (5%).
- Twelve percent of respondents with a household income of \$30,000 or less and 11% of respondents with an income of \$30,001 to \$60,000 reported never/seldom compared to 0% of those with a household income of more than \$60,000.
- Married and unmarried respondents were similar when looking at never/seldom (10% and 8%, respectively). However, when looking at always or nearly always, 83% of married respondents reported this compared to 72% of unmarried respondents.

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

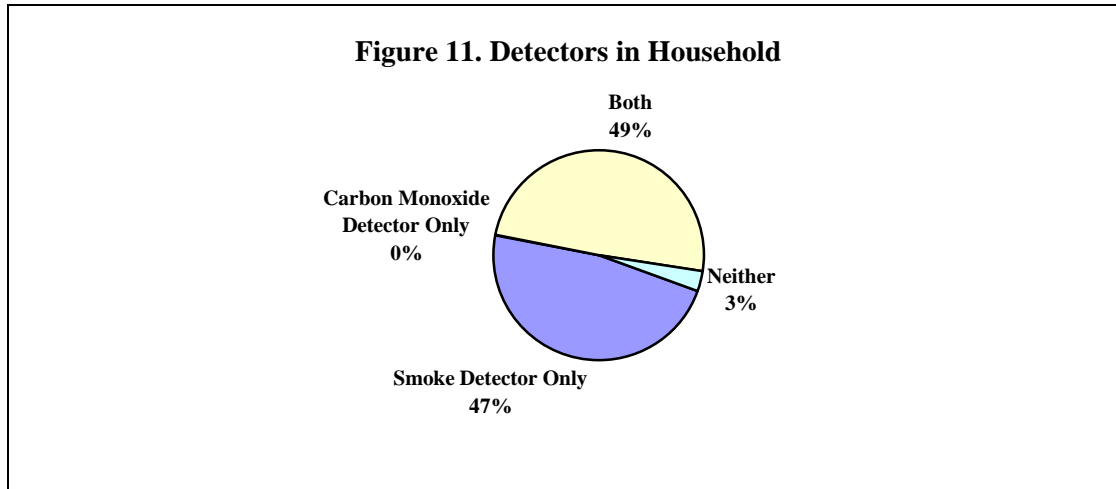
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	9%	12%	40%	40%
Gender				
Male	12	12	42	35
Female	6	12	38	44
Age*				
18 to 34	4	21	30	45
35 to 44	14	9	46	31
45 to 54	4	11	40	45
55 to 64	7	9	52	33
65 and older	10	10	37	43
Education**				
High School or Less	9	16	32	43
Some Post High School	12	16	41	32
College Graduate	5	4	49	42
Household Income**				
\$30,000 or Less	12	20	34	34
\$30,001 to \$60,000	11	10	40	39
\$60,001 or More	0	9	45	46
Marital Status*				
Married	8	9	43	40
Not Married	10	17	33	39

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-six percent of households had a working smoke alarm while 49% had a working carbon monoxide detector. Married households or those with higher household income were more likely to have both a smoke alarm and a carbon monoxide detector.

- Forty-nine percent of respondents reported a working smoke alarm and a working carbon monoxide detector in their home. Forty-seven percent had only a working smoke alarm while 0% had only a carbon monoxide detector. Three percent had neither.



- Sixty percent of households with \$60,001 or more reported having both a smoke detector and a carbon monoxide detector compared to 57% of respondents with \$30,001 to \$60,000 and 25% 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 (58%) compared to unmarried respondents (34%). Seven percent of unmarried respondents reported neither compared to 1% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	47%	0%	49%	3%
Household Income**				
\$30,000 or Less	67	0	25	8
\$30,001 to \$60,000	41	0	57	3
\$60,001 or More	40	0	60	0
Marital Status**				
Married	41	0	58	1
Not Married	59	0	34	7

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-four percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 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, 34% of households had one or more firearm.
- Households with higher income were more likely to own a firearm. Twenty-five percent of respondents with less than \$30,001 in household income had a firearm compared to 32% of those with a household income of \$30,001 to \$60,000 and 50% of those with \$60,001 or more.
- Married households were more likely to own a firearm (40%) compared to unmarried households (23%).

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 loaded firearm also unlocked.

Personal Safety Issues

KEY FINDING: Four percent of respondents reported someone had made them afraid for their personal safety while 2% reported they had been pushed, kicked, hit or slapped in the past year.

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” four percent reported yes.
- Respondents 18 to 34 years old were more likely to report being afraid for their personal safety (12%) compared to respondents 35 to 44 years old (5%), those 45 to 54 years old (1%) or those 55 and older (0%).
- Nine percent of respondents with a household income of less than \$30,001 and 7% of respondents with an income of more than \$60,000 reported being afraid for their personal safety compared to 2% of those with a household income of \$30,001 to \$60,000.
- Eleven percent of unmarried respondents reported being afraid for their personal safety compared to less than one percent of married respondents.
 - An acquaintance (seven responses) was most often mentioned as the perpetrator. Fewer than five respondents reported each of the following: ex-spouse, separated spouse, parent, friend, stranger or boyfriend/girlfriend.

Pushed, Kicked, Slapped or Hit

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - A stranger was reported by four respondents while less than four reported: separated spouse, an acquaintance, spouse, ex-spouse, boyfriend/girlfriend or someone else.

Combined Personal Safety Threats

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

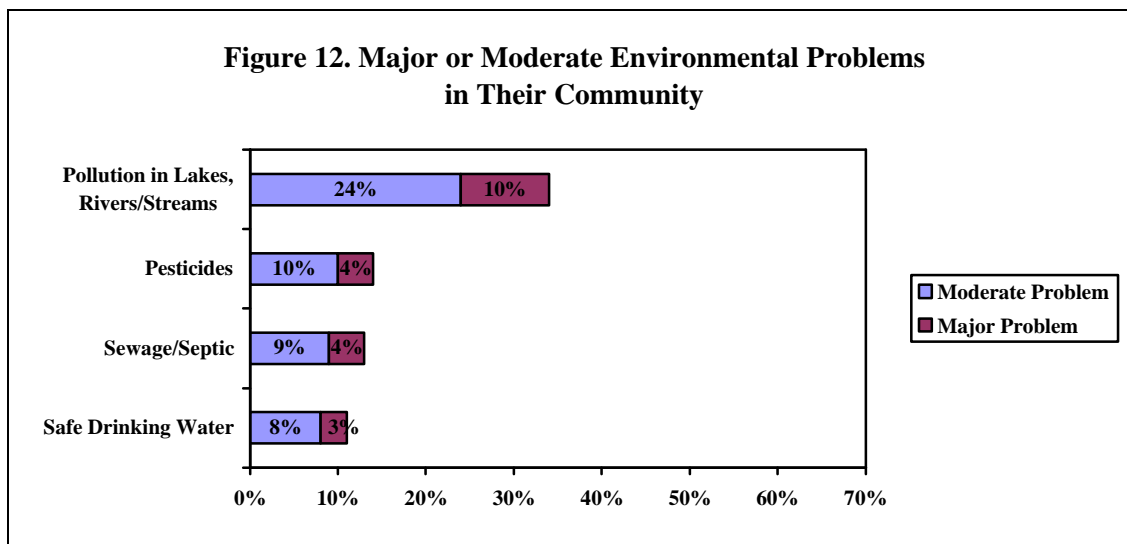
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four environmental problems that communities may face, the most often cited major or moderate problem was pollution in lakes, rivers or streams (34%). Respondents 35 to 44 years old or with at least some post high school education were more likely to report pesticides as a major/moderate problem in the community. Respondents with at least some post high school education were also more likely to report sewage/septic as a major or moderate problem in their community.

- Out of four environmental problems that communities may face, 34% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in Sheboygan County. Pesticides was listed by 14% of respondents as a major or moderate problem followed by sewage/septic (13%) and safe drinking water (11%).



- Respondents 35 to 44 years old were more likely to report pesticides as a major or moderate problem in the community (23%) compared to respondents 45 to 54 years old (11%) or those 18 to 34 years old (5%).
- Respondents with at least some post high school education were more likely to report pesticides or sewage/septic as a major or moderate problem.

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

	Lake, River or Stream Pollution	Pesticides	Sewage or Septic	Safe Drinking Water
TOTAL	34%	14%	13%	11%
Gender				
Male	35	14	9	9
Female	32	13	15	11
Age				
18 to 34	29	5**	10	10
35 to 44	35	23**	18	12
45 to 54	39	11**	11	12
55 to 64	35	15**	15	11
65 and older	30	12**	6	4
Education				
High School or Less	28	7**	8*	7
Some Post High School	37	18**	16*	14
College Graduate	38	20**	17*	12
Household Income				
\$30,000 or Less	35	14	15	15
\$30,001 to \$60,000	31	14	13	7
\$60,001 or More	35	15	9	11
Marital Status				
Married	35	14	13	9
Not Married	32	12	12	12

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Four percent of respondents were not aware of the public health department prior to the interview; 33% received services from the health department. Females or unmarried respondents were more likely to report services.

- Four percent of respondents were not aware of the public health department prior to the interview. Sixty-two percent were aware of the department but had no experience with it. Twenty-nine 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 public health department compared to males. Four percent of female respondents reported extensive services while 35% reported limited services. Four percent of male respondents reported extensive services while 21% reported limited services.

- Unmarried respondents were more likely to have received services from the public health department (8% extensive services, 28% limited services) compared to married respondents (2% extensive services, 29% limited services).

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	4%	62%	29%	4%
Gender*				
Male	6	68	21	4
Female	3	58	35	4
Age				
18 to 34	0	65	28	7
35 to 44	8	64	26	2
45 to 54	5	59	31	5
55 to 64	2	61	33	4
65 and older	5	61	27	4
Education				
High School or Less	4	63	29	4
Some Post High School	<1	63	31	5
College Graduate	8	62	27	4
Household Income				
\$30,000 or Less	3	56	36	5
\$30,001 to \$60,000	6	64	26	3
\$60,001 or More	2	64	29	4
Marital Status**				
Married	5	64	29	2
Not Married	3	60	28	8

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

SHEBOYGAN COUNTY
COMMUNITY HEALTH SURVEY
Conducted: February 22 through June 2, 2003
(Due to rounding, some questions may total more/less than 100%)

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

Poor	2%
Fair	10
Good	32
Very good	35
Excellent	21
Not sure	<1

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

No health care coverage	5%
Medical Assistance or Title 19.....	2
Badger Care	1
Medicare	19
A prepaid plan such as a HMO, PPO	49
Another commercial health plan	15
Something else	4
Not sure	6

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

Not all members covered.....	12%
All members covered.....	88
Not sure	0

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

Not all members covered.....	17%
All members covered.....	83
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	62%
Walk-in or urgent care clinic	28
Community health center.....	5
Hospital emergency room.....	4
Other.....	<1
Not sure	<1

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

Yes..... 36%
 No..... 63
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	64%	20%	5%	9%	2%	<1%
8. Cholesterol testing	44	21	4	6	23	3
9. Visit to a dentist/dental clinic..	76	12	5	6	1	<1
10. Eye exam.....	52	34	6	6	2	<1

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

Yes..... 31%
 No..... 68
 Not sure <1

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

Yes..... 15%
 No..... 83
 Not sure 2

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?.....	17%	83%	0%
14. Your blood cholesterol is high?	19	79	2
15. You had a stroke?.....	1	99	<1
16. You have heart disease or a heart condition? ..	6	94	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	5	95	<1
18.if yes, have you had your blood sugar tested in the past year? [21 Respondents]	100	0	0
19. You had a mental health problem?.....	4	96	<1
20. You had cancer, other than skin cancer.....	3	97	0
21. You had a sexually transmitted disease.....	<1	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	8%	92%	0%
23. Do you still have asthma? [All Respondents] ...	6	94	<1
24.(if yes), do you have an asthma action plan? [25 Respondents].....	68	30	2

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..... 33%
Two servings 31
Three or more servings 35
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..... 39%
Two servings 36
Three or more servings 25
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 41%
A few times per week..... 37
Daily or nearly so 8
Hardly ever or never 14
Not sure 0

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

Yes..... 72%
No..... 28
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..... 81%
No..... 19
Not sure 0

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

One	5%
Two	11
Three.....	24
Four	10
Five.....	12
Six	3
Seven	15
Not sure	<1
No moderate exercise/no answer.....	20

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

Less than 30 minutes	16%
30 to 44 minutes	24
45 to 59 minutes	8
60 or more minutes.....	32
Not sure	1
No moderate exercise/no answer.....	20

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [217 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)	10	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	4	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	8	üCONTINUE WITH Q33
Never	32	üCONTINUE WITH Q33
Not sure	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [37 Respondents 40 years old or older]

Don't like 13 responses
 Too young 8 responses
 Don't need 4 responses
 Not recommended by provider 4 responses
 Too expensive 3 responses
 No time 1 response
 Not insured..... 1 response
 Other 1 response
 Not sure 2 responses

[57 Respondents 18 to 39 years old]

Too young..... 47 responses
 Don't need 4 responses
 Not recommended by provider 2 responses
 Too expensive 1 response
 No time 1 response
 Not sure 2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [218 Respondents]

Within the past year (anytime less than 12 months ago) 63%
 Within the past 2 years (1 year, but less than 2 years ago) 16
 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 10
 Never 3
 Not sure..... 2

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [182 Respondents]

Within the past year (anytime less than 12 months ago) 27%
 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)..... 5
 5 or more years ago 9
 Never 47
 Not sure..... 0

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago) 18%
- Within the past 2 years (1 year, but less than 2 years ago) 10
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- 5 or more years ago 7
- Never 54
- Not sure..... 3

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

- Within the past year (anytime less than 12 months ago) 7%
- Within the past 2 years (1 year, but less than 2 years ago) 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 8
- Within the past 10 years (5 years but less than 10 years ago)... 2
- 10 years ago or more 6
- Never 65
- Not sure..... <1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	44%	56%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	54	46	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	63	37	<1
41. Avoid artificial sources of ultraviolet light?.....	64	36	<1

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

Do not ride/skate/scoot..... 55%

Frequency of those who bicycle, use in-line roller skates or scooters [180 Respondents]

- Never 58%
- Seldom..... 4
- Sometimes 7
- Nearly always..... 3
- Always 28
- Not sure 0

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

Never	5%
Seldom.....	6
Sometimes	4
Nearly always.....	10
Always.....	76
Not sure	0

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

One	19%
Two	17
Three or more.....	5
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? [164 Respondents]

Do not ride/skate/scoot..... 23%

Frequency of those who bicycle, use in-line roller skates or scooters [126 Respondents]

Never	22%
Seldom.....	4
Sometimes	11
Nearly always.....	13
Always.....	50
It depends.....	<1
Not sure	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [164 Respondents]

Never	4%
Seldom.....	<1
Sometimes	2
Nearly always.....	<1
Always.....	92
Not sure	0

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

Never	30%
Seldom.....	45
Sometimes	19
Nearly always.....	3
Always.....	3
Not sure	0

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

Poor	2%
Fair	19
Good.....	55
Excellent	23
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.....	6
Sometimes	12
Nearly always.....	40
Always.....	40
Not sure	<1

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

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

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

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

None	44%
One to two days.....	16
Three to four days	12
Five or more days.....	28
Not sure	<1

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

None	45%
One drink	12
Two drinks	21
Three drinks	8
Four or more drinks	13
Not sure	1

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

None	71%
One to two times	13
Three or more times	16
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	82%
Once	7
Two or more times	11
Not sure	<1

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

Yes.....	3%
No.....	97
Not sure	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.....	5%
No.....	95
Not sure	0

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

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

0 days.....	75%
1 to 29 days	2
30 days.....	23
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [102 Respondents]

0 days..... 54%
At least 1 day 46
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? [102 Respondents]

Yes..... 50%
No..... 50
Not sure 0

60. Do you currently use snuff or chewing tobacco?

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

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

Yes..... 18%
No..... 38
No smokers in the household..... 45
Not sure <1

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

Smoke-free restaurants 60%
Restaurants that allow smoking 15
No preference..... 24
Not sure <1

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

Strongly oppose..... 16%
Moderately oppose 17
Moderately favor 21
Strongly favor 39
Not sure 6

Another issue being discussed these days deals with firearms.

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

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

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

Yes..... 3%
 No..... 31
 Not sure 0
 No firearms in the household/no answer 66

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

Yes..... 1%
 No..... 1
 Not sure 0
 No firearms in household/not loaded/no answer97

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?	24%	76%	0%
68. Having acupuncture?	2	98	0
69. Massage therapy?	12	88	0
70. Aroma therapy?	3	97	0
71. Movement therapy, such as yoga or tai' chi?	7	94	0
72. Meditation?	9	92	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 46%
 Female 55

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

18 to 34 years old	23%
35 to 44 years old	26
45 to 54 years old	21
55 to 64 years old	12
65 and older	19

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	41%
Overweight	38
Obese.....	21

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married	17%
A member of an unmarried couple.....	<1
Married	63
Separated	1
Divorced	8
Widowed.....	10
Not sure	0

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

8th grade or less	2%
Some high school	6
High school graduate or GED	35
Some college.....	20
Technical school graduate	8
College graduate	21
Advanced or professional degree	9
Not sure	0

81. What county do you live in [FILTER]

Sheboygan	100%
-----------------	------

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

Sheboygan city.....	42%
Sheboygan town.....	8
Sheboygan Falls city	7
Plymouth city	6
Elkhart Lake village	5
Howards Grove village.....	5
All others (3% or less).....	28

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

53081	41%
53083	17
53073	10
53020	6
53085	6
All others (3% or less).....	16
No answer	5

84. What is you annual household income before taxes?

Less than \$10,000.....	5%
\$10,000 to \$20,000.....	9
\$20,001 to \$30,000.....	11
\$30,001 to \$40,000.....	16
\$40,001 to \$50,000.....	18
\$50,001 to \$60,000.....	16
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	8
Over \$90,000	6
Not sure	<1
No answer	2

The next series of questions deal with personal safety issues.

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

Yes.....	4%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure	<1	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. [17 Respondents; More than 1 response accepted]

Acquaintance	7 responses
Ex-spouse.....	3 responses
Separated spouse.....	2 responses
Parent.....	2 responses
Friend	2 responses
Stranger.....	1 response
Boyfriend or girlfriend	1 response

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

Yes.....	3%	üCONTINUE WITH Q88
No.....	97	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? [11 Respondents; More than 1 response accepted]

Stranger	4 responses
Separated spouse.....	2 responses
Acquaintance	2 responses
Spouse	1 response
Ex-spouse.....	1 response
Boyfriend or girlfriend	1 response
Someone else	1 response

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

Smoke detectors	47%
Carbon monoxide detectors	0
Both.....	49
Neither	3
Not sure	0

ADDITIONAL QUESTIONS FOR SHEBOYGAN COUNTY

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

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams	37%	24%	24%	10%	6%
A2. Sewage or septic.....	61	20	9	4	7
A3. Safe drinking water.....	68	20	8	3	3
A4. Pesticides	59	20	10	4	8

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

- Not aware of the health department until now 4%
- Aware of the health department, but have had no experience with programs or services 62
- Aware of the health department and have received limited service like a flu shot or other immunization 29
- Aware of the health department and have received more extensive services 4
- Not sure.....<1