

Shorewood/Whitefish Bay Community Health Survey

Summer 2003

Commissioned by:
Aurora Health Care

In Partnership with:
**Shorewood Health Department
Whitefish Bay Health Department**

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide the villages of Shorewood and Whitefish Bay 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 Shorewood/Whitefish Bay 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 adults 18 years old and older. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and April 12, 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 the villages of Shorewood and Whitefish Bay. 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 combined villages. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of Shorewood/Whitefish Bay Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

| | Survey Results |
|------------------------------|----------------|
| TOTAL | 100% |
| Gender | |
| Male | 42% |
| Female | 58 |
| Age | |
| 18 to 34 | 20% |
| 35 to 44 | 24 |
| 45 to 54 | 26 |
| 55 to 64 | 11 |
| 65 and Older | 19 |
| Education | |
| High School Graduate or Less | 12% |
| Some Post High School | 15 |
| College Graduate | 73 |
| Household Income | |
| \$30,000 or Less | 19% |
| \$30,001 to \$60,000 | 35 |
| \$60,001 or More | 40 |
| Not Sure/No Answer | 7 |
| Married | 61% |

What do the percentages mean?

Results of the Shorewood/Whitefish Bay Community Health Survey can be generalized to the adult population with telephones in the two villages. In 2000, the U.S. Census Bureau identified 20,872 adult residents in the villages.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 200 adults. So, when 5% of respondents reported their health was fair or poor, this roughly equates to 1,000 residents \pm 1,000 individuals. Meaning that from 0 to 2,000 residents may have fair or poor health in Shorewood/Whitefish Bay. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2000 Census counted 11,996 households in the villages of Shorewood/Whitefish Bay. 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 120 households. For example, 10% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 1,200.

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

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

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

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Shorewood/Whitefish Bay 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 | |
| Shorewood/Whitefish Bay | <u>2003</u> | Shorewood/Whitefish Bay | <u>2003</u> |
| Excellent | 33% | High Blood Cholesterol | 21% |
| Very Good..... | 42% | High Blood Pressure..... | 15% |
| Good | 20% | Mental Health Problem..... | 7% |
| Fair or Poor | 5% | Asthma (Current) | 6% |
| <i>Other Research: Excellent/Very Good</i> | <u>2001</u> | Heart Disease/Condition..... | 5% |
| Wisconsin | 57% | Cancer (Not Skin)..... | 5% |
| Nation | 56% | | |
| Health Care Coverage | | Moderate Physical Activity/Week | |
| Shorewood/Whitefish Bay | <u>2003</u> | Shorewood/Whitefish Bay | <u>2003</u> |
| Personally Not Covered | 5% | Inactive | 16% |
| Household Member Not Covered (current) ... | 10% | Insufficient | 52% |
| Household Member Not Covered (past yr).... | 15% | Recommended..... | 33% |
| <i>Other Research: Personally Not Covered</i> | <u>2001</u> | <i>Other Research: Recommended Phys. Activity</i> | <u>2000</u> |
| Wisconsin | 10% | Wisconsin..... | 27% |
| Nation | 13% | Nation | 26% |
| Advance Care Plan | | Nutrition and Diet | |
| Shorewood/Whitefish Bay | <u>2003</u> | Shorewood/Whitefish Bay | <u>2003</u> |
| Yes | 36% | Fruit Intake (2 or more servings/day) | 77% |
| | | Vegetable Intake (3 or more servings/day) | 38% |
| | | Fried Food/Fast Food (a few times/week) | 40% |
| | | Overweight..... | 42% |
| Routine Checkups | | <i>Other Research: Overweight</i> | <u>2001</u> |
| Shorewood/Whitefish Bay | <u>2003</u> | Wisconsin..... | 59% |
| Routine Checkup (2 years or less) | 88% | Nation..... | 58% |
| Cholesterol Test (2 years or less) | 77% | | |
| Dental Checkup (past year)..... | 77% | Women's Health | |
| Eye Exam (2 years or less)..... | 85% | Shorewood/Whitefish Bay | <u>2003</u> |
| | | Mammogram (50+; past year)..... | 64% |
| | | Pap Smear (past year)..... | 65% |
| Vaccinations | | <i>Other Research: Wisconsin</i> | <u>2001</u> |
| Shorewood/Whitefish Bay | <u>2003</u> | Mammogram (50+; past year)..... | 69% |
| Flu shot (past year) | 42% | Pap Smear (past year)..... | 65% |
| Pneumonia (ever—65 years or older)..... | 53% | | |
| Alternative Treatment in Past 3 Years | | Reduce Risk of Skin Cancer | |
| Shorewood/Whitefish Bay | <u>2003</u> | Shorewood/Whitefish Bay | <u>2003</u> |
| Massage Therapy..... | 29% | Avoid Artificial Sources of UV Light | 75% |
| Chiropractor | 15% | Use Sunscreen with SPF 15 or Higher | 73% |
| Meditation | 14% | Wear Sun Protective Clothing..... | 57% |
| Movement Therapy..... | 14% | Avoid Sun Between 10 a.m. and 4 p.m. | 47% |
| Aroma Therapy..... | 6% | | |
| Acupuncture | 4% | | |

| | | | |
|---|-------------|--|-------------|
| Men's Health | | Alcohol Use | |
| Shorewood/Whitefish Bay | | Shorewood/Whitefish Bay | |
| Digital Rectal Exam (Within Past Year) | <u>2003</u> | Of all Respondents | <u>2003</u> |
| 40 to 49 Years Old | 36% | Drink in Past Month | 71% |
| 50 and Older | 51% | 3+ Drinks on Occasion in Past Month..... | 27% |
| Other Tests | | Binge in Past Month | |
| Shorewood/Whitefish Bay | | [5+ Drinks (Male): 4+ Drinks (Female)] | 12% |
| Blood Stool Test (50+; within past 2 years).... | 44% | Drive or Ride When Driver Had Perhaps Too | |
| Sigmoidoscopy or Colonoscopy | | Much to Drink (past month) | 4% |
| (50+; within past 2 years)..... | 34% | <i>Other Research: Had 5+ Drinks at One Time</i> | |
| Safety | | <u>2001</u> | |
| Shorewood/Whitefish Bay | | Wisconsin..... | |
| Wear Seat Belt Always/Nearly Always | | <u>26%</u> | |
| Adult..... | 92% | Nation | |
| Children..... | 96% | 15% | |
| Wear Bicycle Helmet Always/Nearly Always | | Mental Health Status | |
| (Of Those Who Ride Bike or In-Line Skate) | | Shorewood/Whitefish Bay | |
| Adult..... | 55% | Felt Sad, Blue or Depressed in Past 30 Days | <u>2003</u> |
| Children | 78% | Always/Nearly Always | 4% |
| Detectors | | Never | 31% |
| Smoke Detector | 52% | Managing Stress | |
| Carbon Monoxide..... | 1% | Excellent/Good..... | 79% |
| Both..... | 41% | Poor | 3% |
| Neither | 5% | Find Meaning and Purpose in Daily Life | |
| Tobacco Use | | Never/Seldom | 5% |
| Shorewood/Whitefish Bay | | Considered Suicide (past year)..... | 2% |
| Current Smokers | 15% | Firearms in Household | |
| Quit Smoking 1 Day or More in Past | | Shorewood/Whitefish Bay | |
| Year Because Trying to Quit (smokers)..... | 65% | Of all Households... | |
| Health Care Provider Advisement to | | Have a Firearm..... | |
| Quit Smoking (smokers) | 49% | Have a Loaded Firearm | |
| Smoking Indoors or in Vehicle..... | 13% | Have a Loaded Firearm Unlocked..... | |
| Smoking Preference in Restaurants | | 0% | |
| Smoke-free | 68% | Personal Safety in Past Year | |
| Allow Smoking..... | 7% | Shorewood/Whitefish Bay | |
| No Preference | 25% | Afraid for Their Safety | |
| Ordinance Prohibiting Smoking in Eating | | Pushed/Kicked/Slapped/Hit | |
| Establishments | | 3% | |
| Moderately Favor..... | 24% | Additional Questions | |
| Strongly Favor | 48% | Shorewood/Whitefish Bay | |
| <i>Other Research: Current Smokers</i> | | Major/Moderate Community Environmental | |
| <u>2001</u> | | Problems | |
| Wisconsin..... | | Pollution in Lakes, Rivers, and Streams | |
| Nation..... | | Sewage/Septic | |
| 23% | | Pesticide..... | |
| | | Safe Drinking Water..... | |
| | | Awareness of/Experience with Public Health Dept. | |
| | | Aware of /No Experience | |
| | | Aware of/Limited Services | |
| | | Aware of/Extensive Services..... | |
| | | 3% | |

Overall Health and Health Care Key Findings

Seventy-five percent of respondents reported their health as excellent or very good. Respondents who were male, 45 to 54 years old, with lower education, physically inactive, or a smoker 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 a household income of less than \$60,001 or unmarried respondents were more likely to report this. Ten percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Seventy-nine percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 35 and older, with a higher household income or married respondents were more likely to report this. Thirty-six percent of respondents had an advance care plan; older or married respondents were more likely to report this.

Seventy-seven percent of all respondents reported a visit to the dentist in the past year while 66% reported having a routine medical checkup, 54% an eye exam and 53% a cholesterol test. Female respondents were more likely to report a dental checkup while male respondents were more likely to report a cholesterol test in the past year. Having a cholesterol test, dental checkup or an eye exam in the past year varied by age. Having a routine checkup, a cholesterol test or a dental checkup in the past year varied by income level. Married respondents were more likely to a dental checkup in the past year.

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

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated conditions in the past three years were high blood cholesterol or high blood pressure. Older respondents were more likely to report several of the health conditions including high blood cholesterol, high blood pressure or heart disease/condition. Respondents 55 to 64 years old were more likely to report diabetes. Respondents with lower education were more likely to have received treatment for or been told they have high blood pressure. When household income was lower, the prevalence of high blood cholesterol, high blood pressure or diabetes was higher. Unmarried or overweight respondents were more likely to report high blood cholesterol or high blood pressure. Inactive respondents were more likely to report high blood pressure, heart disease/condition or diabetes.

Four percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-six percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, massage therapy or chiropractic care were mentioned most often in the past three years (29% and 15%, respectively) followed by meditation and movement therapy (14% each). Massage therapy was more likely for female respondents, those who were younger or those with a higher household income. Married respondents were more likely to have used a chiropractor. Meditation was more likely for male respondents while it varied by age.

Thirty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 16% were classified as inactive. Respondents 18 to 34 years old, with a household income of at least \$30,001 or not overweight respondents were more likely to meet the recommended activity level. Forty-two percent of respondents were classified as overweight (30% overweight and 12% obese). Male respondents or those who did an insufficient amount of physical activity were more likely to be classified as overweight.

Seventy-seven percent of respondents eat two or more servings of fruit while 38% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents who were physically active were more likely to eat vegetables. Forty percent of respondents eat fried/fast food at least a few times a week. Males, younger respondents, those with a college education, who were inactive or who did an insufficient amount of physical activity were more likely to report eating fried/fast foods at least a few times a week. Eating habits were not significantly different for those classified as overweight and those not overweight.

Eighty-five percent of female respondents 50 and older had a mammogram within the past two years. Eighty-eight percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, with higher household income or married respondents were more likely to have had a pap smear within the past three years.

Thirty-six percent of males 40 to 49 years old and 51% of males 50 and older had a digital rectal exam in the past year.

Forty-four 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 avoiding artificial sources of UV light, using sunscreen or avoiding the sun more often than male respondents. Respondents 18 to 34 years old, with higher education or married respondents were more likely to report using sunscreen with SPF 15 or higher. Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial sources of UV light or using sunscreen with SPF 15 or higher.

Ninety-two percent of respondents wore seat belts always or nearly always. Female respondents, those with a college education or married respondents were more likely to report they always wore seat belts. Ninety-one percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 55% of respondents reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 76% reported their child always wore a helmet.

Fifteen percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Sixty-five percent of current smokers quit smoking for one day or longer in the past 12 months; 49% reported a health professional advised them to quit smoking. Thirteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-eight percent of all respondents preferred a smoke-free restaurant. Seventy-two percent favored a community ordinance prohibiting smoking in eating establishments. Married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Seventy-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks at least on one occasion while 12% binged. Generally, respondents who were male, younger, with less education or unmarried respondents were more likely to have had three or more drinks on at least three occasions or binged at least once in the past month. Respondents with lower household income were also more likely to have binged. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-three percent of households had a working smoke alarm while 42% had a working carbon monoxide detector. Married households or those with a household income of at least \$60,001 were more likely to have both a smoke alarm and a carbon monoxide detector.

Nine percent of households had a firearm in their household. Married households were more likely to have a firearm. Of all households, 2% had a loaded firearm. No respondents reported having a firearm loaded and unlocked.

Ten percent of respondents reported someone had made them afraid for their personal safety while 3% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Out of four community environmental problems, the most often cited major or moderate problem reported was water pollution in lakes, rivers and streams (53%). Female respondents were more likely to report pesticides as major/moderate problem. Respondents 35 to 44 years old were more likely to report water pollution as a major/moderate environmental problem while respondents 45 to 54 years old were more likely to report sewage or septic as a major/moderate problem in the community.

Eight percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Female respondents, those who were 65 and older or married respondents were more likely to report services while respondents with a household income of \$30,001 to \$60,000 were less likely to.

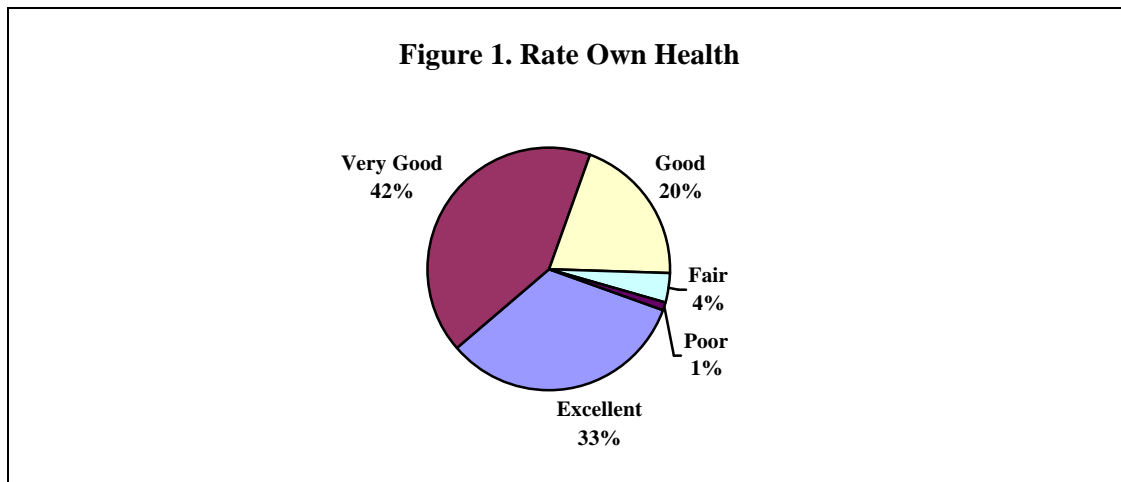
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Seventy-five percent of respondents reported their health as excellent or very good. Respondents who were male, 45 to 54 years old, with lower education, physically inactive, or a smoker 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).

- Seventy-five percent of respondents said their own health, generally speaking, was either excellent (33%) or very good (42%). A total of 5% reported their health was fair (4%) or poor (1%).



- Male respondents were more likely to report fair or poor (8%) compared to female respondents (3%). Female respondents were more likely to report their health was excellent or very good (78%) compared to male respondents (70%).
- Respondents 45 to 54 years old were more likely to report fair/poor (9%) compared to respondents 18 to 34 years old (0%).
- Nine percent of respondents with a high school degree or less and 8% of those who have some post high school education reported fair or poor compared to 5% of respondents with a college education. Forty-six percent of respondents who had a high school degree or less reported excellent/very good compared to 80% of those with a college degree.
- Respondents with higher household income were more likely to report they were in excellent or very good health. Eighty-three percent of respondents with a household income of more than \$60,000 reported their health condition as excellent/very good, in contrast to 52% who had a household income of \$30,000 or less.

- Respondents who were not overweight were more likely to report their health as excellent or very good (80%) compared to respondents who were overweight (67%).
- Inactive respondents were more likely to report fair/poor health than those who engaged in the recommended amount of physical activity (14% and 2%, respectively).
- Smokers were more likely to report fair/poor health than nonsmokers (15% and 4%, respectively).

Table 2. Rate Own Health by Demographic Variables

| | Fair or Poor | Good | Very Good | Excellent |
|-----------------------|--------------|------|-----------|-----------|
| TOTAL | 5% | 20% | 42% | 33% |
| Gender* | | | | |
| Male | 8 | 22 | 43 | 27 |
| Female | 3 | 19 | 41 | 37 |
| Age* | | | | |
| 18 to 34 | 0 | 16 | 55 | 30 |
| 35 to 44 | 7 | 17 | 41 | 36 |
| 45 to 54 | 9 | 15 | 39 | 36 |
| 55 to 64 | 2 | 28 | 30 | 40 |
| 65 and Older | 7 | 30 | 39 | 24 |
| Education** | | | | |
| High School or Less | 9 | 46 | 22 | 24 |
| Some Post High School | 8 | 23 | 38 | 30 |
| College Graduate | 5 | 15 | 46 | 34 |
| Household Income** | | | | |
| \$30,000 or Less | 5 | 42 | 30 | 22 |
| \$30,001 to \$60,000 | 7 | 16 | 42 | 35 |
| \$60,001 or More | 4 | 13 | 48 | 35 |
| Marital Status | | | | |
| Married | 4 | 18 | 44 | 34 |
| Not Married | 9 | 23 | 39 | 29 |
| Overweight** | | | | |
| Not Overweight | 5 | 16 | 40 | 40 |
| Overweight | 7 | 26 | 45 | 22 |
| Physical Activity** | | | | |
| Inactive | 14 | 35 | 27 | 24 |
| Insufficient | 5 | 18 | 45 | 32 |
| Recommended | 2 | 16 | 44 | 38 |
| Smoker** | | | | |
| Nonsmoker | 4 | 18 | 43 | 35 |
| Smoker | 15 | 32 | 36 | 17 |

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

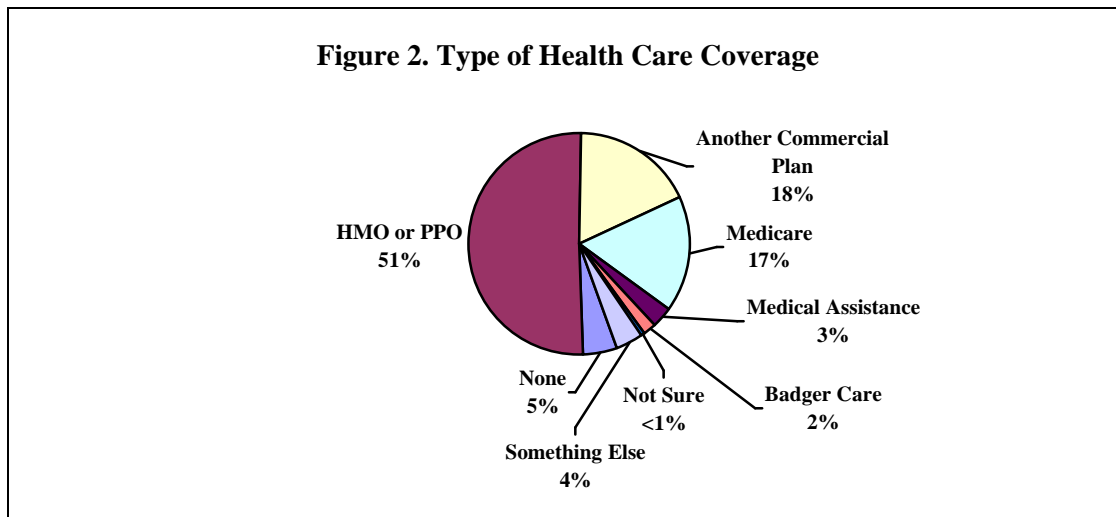
Health Care Coverage (Figure 2)

KEY FINDING: Five percent of respondents reported they personally did not have health care coverage; respondents with a high school education or less, with a household income of less than \$60,001 or unmarried respondents were more likely to report this. Ten percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$60,001 or unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Seventy-nine percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents 35 and older, with a higher household income or married respondents were more likely to report this. Thirty-six percent of respondents had an advance care plan; older or married respondents were more likely to report this.

Personally Not Covered

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

- Five percent of respondents reported they were not currently covered by any health insurance. Fifty-one percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Eighteen percent reported another commercial plan, 17% reported Medicare, 3% reported medical assistance, 2% reported Badger Care, 4% reported something else, and 1% reported not sure.



- Twenty percent of respondents with a high school education or less reported they were personally not covered compared to 7% of those with some post high school education or 2% of respondents with a college degree.
- Nine percent of respondents with a household income of \$30,000 or less did not have health coverage compared to 7% of those with an income of \$30,001 to \$60,000 or <1% of respondents with a household income of \$60,001 or more.
- Unmarried respondents were more likely not to have some form of health coverage compared to married respondents (10% and 2%, respectively).

Someone in Household Currently Not Covered

- Ten percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,200 households.
- Seventeen percent of respondents with a household income of \$30,000 or less and 16% of respondents with a household income of \$30,001 to \$60,000 reported someone in their household was not covered compared to 3% of respondents whose household earnings was more than \$60,000.
- Unmarried respondents were more likely to have someone not covered (17%) compared to married respondents (6%).

Someone in Household Not Covered in the Past 12 Months

- Fifteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-three percent of respondents with a household income of \$30,001 to \$60,000 and 21% of those with a household income of \$30,000 or less reported someone in their household was not covered in the past 12 months compared to 5% of those with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (22%) compared to married respondents (10%).

Primary Health Care Services

- Seventy-nine percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Ten percent reported walk-in or urgent care while 7% reported hospital emergency room and 2% reported community health center.
- Respondents 18 to 34 years old were less likely to report medical doctor, internist, OBGYN or family practice (65%) compared to those 65 and older (77%) and all other age categories (84% to 86%).
- Eighty-eight percent of respondents with household income of \$60,001 or more reported a medical doctor etc., compared to 77% of those with a household income \$30,001 to \$60,000 and 65% of those with a household income of \$30,000 or less.
- Married respondents were more likely to report medical doctor, internist, OBGYN or family practice compared to unmarried respondents (84% and 72%, respectively).

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. Twenty-two percent of respondents 18 to 34 years old and 29% of those 35 to 44 years old reported this compared to 40% of those 45 to 54 years old, 37% of those 55 to 64 years old and 56% of those 65 and older.

- Married respondents were more likely to have an advance care plan (40%) compared to unmarried respondents (30%).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-seven percent of all respondents reported a visit to the dentist in the past year while 66% reported having a routine medical checkup, 54% an eye exam and 53% a cholesterol test. Female respondents were more likely to report a dental checkup while male respondents were more likely to report a cholesterol test in the past year. Having a cholesterol test, dental checkup or an eye exam in the past year varied by age. Having a routine checkup, a cholesterol test or a dental checkup in the past year varied by income level. Married respondents were more likely to a dental checkup in the past year.

Routine Checkup

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

- Sixty-six percent of residents reported they had a routine checkup in the past year. An additional 22% had a checkup in the past one to two years. Two percent reported never having a routine checkup.
- Respondents with a household income of \$30,001 to \$60,000 were less likely to have had a routine checkup in the past year (62%) compared to respondents with a household income of \$60,001 or more (68%) or those with a household income of \$30,000 or less (69%). Twelve percent of respondents with a household income of \$30,000 or less reported five or more years ago compared to 3% of those with an income of more than \$30,000.
- Married respondents and unmarried respondents were similar in reporting a routine checkup in the past year (66% each). However, unmarried respondents were more likely to report five or more years ago (9%) compared to married respondents (2%).

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 | 66% | 22% | 5% | 5% | 2% |
| Gender | | | | | |
| Male | 61 | 25 | 5 | 6 | 3 |
| Female | 70 | 20 | 4 | 4 | <1 |
| Age | | | | | |
| 18 to 34 | 68 | 17 | 8 | 7 | 0 |
| 35 to 44 | 62 | 24 | 2 | 4 | 7 |
| 45 to 54 | 61 | 28 | 6 | 4 | 1 |
| 55 to 64 | 74 | 19 | 0 | 7 | 0 |
| 65 and Older | 72 | 19 | 4 | 4 | 0 |
| Education | | | | | |
| High School or Less | 66 | 13 | 6 | 9 | 6 |
| Some Post High School | 68 | 19 | 9 | 3 | 2 |
| College Graduate | 66 | 24 | 3 | 4 | 1 |
| Household Income** | | | | | |
| \$30,000 or Less | 69 | 19 | 0 | 12 | 0 |
| \$30,001 to \$60,000 | 62 | 22 | 9 | 3 | 4 |
| \$60,001 or More | 68 | 24 | 3 | 3 | <1 |
| Marital Status* | | | | | |
| Married | 66 | 23 | 5 | 2 | 3 |
| Not Married | 66 | 21 | 5 | 9 | 0 |

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Fifty-three percent of respondents reported having their cholesterol tested within the past year. Twenty-four percent reported one to two years ago. Twelve percent reported never having their cholesterol tested.
- Male respondents were more likely to have had their cholesterol tested within the past year (57%) compared to female respondents (49%). However, males were also more likely to report never having a cholesterol test compared to females (16% and 10%, respectively).
- Respondents 18 to 34 years old were less likely to have had their cholesterol tested in the past year (23%) compared to respondents 65 and older (64%) or those 55 to 64 years old (66%).

- Respondents with a household income of \$30,001 to \$60,000 were more likely to have had their cholesterol tested in the past year (58%) compared to respondents with an income of less than \$30,001 (47%) or those with \$60,001 or more (49%).
- Married respondents were more likely to report having a cholesterol test in the past two years compared to unmarried respondents (81% and 69%, respectively). In addition, unmarried respondents were more likely to report never having a cholesterol test (20%) compared to married respondents (8%).

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 | 53% | 24% | 4% | 5% | 12% |
| Gender* | | | | | |
| Male | 57 | 19 | 4 | 4 | 16 |
| Female | 49 | 27 | 4 | 6 | 10 |
| Age** | | | | | |
| 18 to 34 | 23 | 29 | 0 | 3 | 40 |
| 35 to 44 | 47 | 22 | 7 | 7 | 16 |
| 45 to 54 | 62 | 26 | 2 | 6 | 3 |
| 55 to 64 | 66 | 25 | 2 | 5 | 2 |
| 65 and Older | 64 | 21 | 6 | 8 | 0 |
| Education | | | | | |
| High School or Less | 60 | 16 | 0 | 0 | 22 |
| Some Post High School | 53 | 20 | 7 | 3 | 13 |
| College Graduate | 51 | 26 | 3 | 7 | 11 |
| Household Income* | | | | | |
| \$30,000 or Less | 47 | 21 | 4 | 3 | 21 |
| \$30,001 to \$60,000 | 58 | 18 | 3 | 6 | 14 |
| \$60,001 or More | 49 | 32 | 4 | 7 | 6 |
| Marital Status** | | | | | |
| Married | 53 | 28 | 4 | 7 | 8 |
| Not Married | 51 | 18 | 3 | 3 | 20 |

*= p≤0.05; **= p≤0.01

Dental Checkup

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

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

- Seventy-seven percent of residents reported a dental visit in the past year. An additional 16% had a visit in the past one to two years.
- Female respondents were more likely to have had a dental exam in the past year (82%) compared to male respondents (69%).
- Respondents 45 to 54 years old were more likely to report an exam in the past year (87%) compared to respondents 18 to 34 years old (62%).
- As household income increased, so did the likelihood of reporting a dental checkup in the past year. Fifty-nine percent of respondents with a household income of \$30,000 or less reported a dental checkup in the past year compared to 66% of respondents with an income of \$30,001 to \$60,000 and 91% of those with a household income of \$60,001 or more.
- Married respondents were more likely to report a dental checkup in the past year (80%) compared to unmarried respondents (71%).

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

Table 5. Dental Checkup by Demographic Variables

| | <1 Yr Ago | 1 to 2 Years Ago | 3 to 4 Years Ago | 5 or More Years Ago | Never |
|-----------------------|-----------|---------------------|---------------------|------------------------|-------|
| TOTAL | 77% | 16% | <1% | 5% | <1% |
| Gender** | | | | | |
| Male | 69 | 19 | <1 | 10 | 1 |
| Female | 82 | 14 | <1 | 2 | <1 |
| Age* | | | | | |
| 18 to 34 | 62 | 22 | 3 | 12 | 0 |
| 35 to 44 | 69 | 23 | 0 | 6 | 2 |
| 45 to 54 | 87 | 11 | 0 | 2 | 0 |
| 55 to 64 | 85 | 9 | 2 | 2 | 2 |
| 65 and Older | 78 | 14 | 1 | 7 | 0 |
| Education | | | | | |
| High School or Less | 59 | 22 | 2 | 15 | 2 |
| Some Post High School | 73 | 18 | 2 | 7 | 0 |
| College Graduate | 80 | 15 | <1 | 3 | <1 |
| Household Income** | | | | | |
| \$30,000 or Less | 59 | 22 | 5 | 11 | 3 |
| \$30,001 to \$60,000 | 66 | 25 | 0 | 9 | <1 |
| \$60,001 or More | 91 | 8 | 0 | 1 | 0 |
| Marital Status* | | | | | |
| Married | 80 | 14 | 0 | 5 | <1 |
| Not Married | 71 | 20 | 3 | 6 | 1 |

*= p≤0.05; **= p≤0.01

Eye Exam

- Fifty-four percent of respondents had an eye exam in the past year, while 31% reported one to two years ago. Three percent reported never.
- Sixty-nine percent of respondents 65 and older reported an exam in the past year compared to 42% of respondents 35 to 44 years old.
- All education levels reported similarly in having had an eye exam in the past year. However, 18% of respondents with a high school degree or less reported three or more years ago compared to 4% with some post high school education or 12% with a college education. In addition, respondents with some post high school education were more likely to report never (5%) compared to respondents with a college degree (3%) or respondents with high school education or less (0%).
- Fifty-six percent of unmarried respondents reported an eye exam in the past year compared to 52% of married respondents. Six percent of unmarried respondents reported never compared to 1% of married respondents.

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 | 54% | 31% | 6% | 5% | 3% |
| Gender | | | | | |
| Male | 52 | 27 | 9 | 8 | 5 |
| Female | 56 | 34 | 5 | 3 | 2 |
| Age* | | | | | |
| 18 to 34 | 56 | 27 | 3 | 5 | 8 |
| 35 to 44 | 42 | 35 | 10 | 10 | 3 |
| 45 to 54 | 48 | 38 | 9 | 2 | 2 |
| 55 to 64 | 53 | 31 | 9 | 4 | 2 |
| 65 and Older | 69 | 26 | 1 | 4 | 0 |
| Education** | | | | | |
| High School or Less | 54 | 28 | 9 | 9 | 0 |
| Some Post High School | 55 | 31 | 2 | 2 | 5 |
| College Graduate | 54 | 31 | 7 | 5 | 3 |
| Household Income | | | | | |
| \$30,000 or Less | 62 | 22 | 7 | 5 | 3 |
| \$30,001 to \$60,000 | 49 | 36 | 6 | 4 | 6 |
| \$60,001 or More | 57 | 30 | 6 | 6 | <1 |
| Marital Status** | | | | | |
| Married | 52 | 33 | 8 | 6 | 1 |
| Not Married | 56 | 28 | 4 | 4 | 6 |

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Forty-two percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents. Fifty-three 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).

- Forty-two 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 (75%) compared to respondents 18 to 34 years old (25%) or those 35 to 44 years old (19%).

Table 7. Flu Vaccination by Demographic Variables

| | Percent |
|-----------------------|---------|
| TOTAL | 42% |
| Gender | |
| Male | 46 |
| Female | 39 |
| Age** | |
| 18 to 34 | 25 |
| 35 to 44 | 19 |
| 45 to 54 | 42 |
| 55 to 64 | 57 |
| 65 and Older | 75 |
| Education | |
| High School or Less | 46 |
| Some Post High School | 37 |
| College Graduate | 42 |
| Household Income | |
| \$30,000 or Less | 45 |
| \$30,001 to \$60,000 | 44 |
| \$60,001 or More | 38 |
| Marital Status | |
| Married | 39 |
| Not Married | 44 |

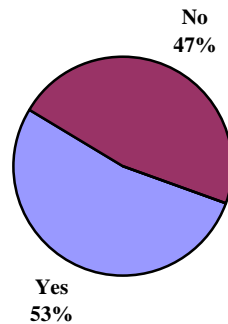
*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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

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



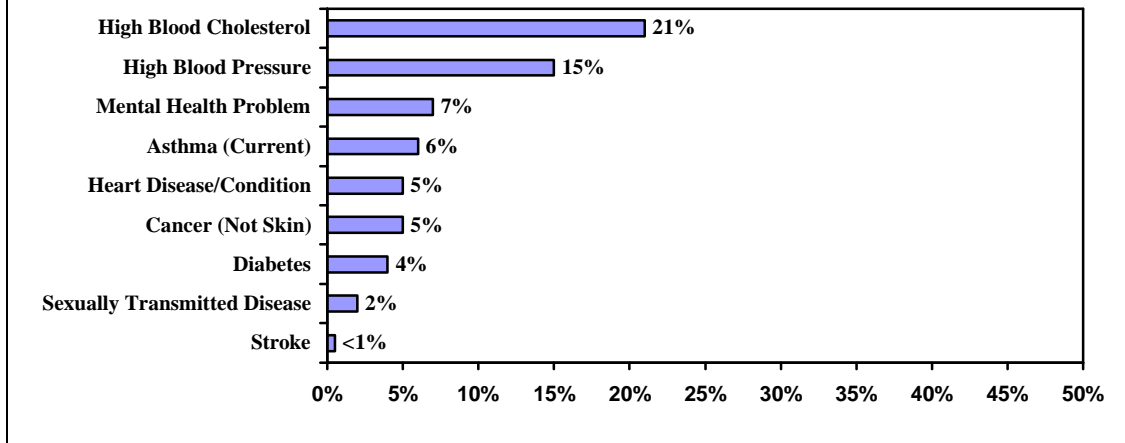
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated conditions in the past three years were high blood cholesterol or high blood pressure. Older respondents were more likely to report several of the health conditions including high blood cholesterol, high blood pressure or heart disease/condition. Respondents 55 to 64 years old were more likely to report diabetes. Respondents with lower education were more likely to have received treatment for or been told they have high blood pressure. When household income was lower, the prevalence of high blood cholesterol, high blood pressure or diabetes was higher. Unmarried or overweight respondents were more likely to report high blood cholesterol or high blood pressure. Inactive respondents were more likely to report high blood pressure, heart disease/condition or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood cholesterol (21%), high blood pressure (15%) or a mental health problem (7%) in the past three years.

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



- Generally, the likelihood of being told or treated for high blood cholesterol, high blood pressure or heart disease/condition increased as age increased. Diabetes was more likely for respondents 55 to 64 years old.
- Respondents with a high school education or less were more likely to report high blood pressure (24%) compared to those with some post high school education (19%) or a college graduate (13%).
- Respondents with a household income of less than \$30,001 were more likely to report high blood cholesterol, high blood pressure or diabetes.
- Unmarried respondents were more likely to report high blood cholesterol or high blood pressure.
- Respondents who were considered overweight were more likely to report high blood cholesterol or high blood pressure.
- Respondents who were considered physically inactive were more likely to report high blood pressure, heart disease/condition or diabetes.

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

| | High Blood Cholesterol | High Blood Pressure | Mental Health Problem | Asthma (Current) | Heart Disease Condition | Cancer (Not Skin) | Diabetes |
|-----------------------|------------------------------|---------------------------|-----------------------------|---------------------|-------------------------------|----------------------|----------|
| TOTAL | 21% | 15% | 7% | 6% | 5% | 5% | 4% |
| Gender | | | | | | | |
| Male | 26 | 14 | 7 | 6 | 5 | 7 | 6 |
| Female | 18 | 17 | 6 | 6 | 6 | 3 | 3 |
| Age | | | | | | | |
| 18 to 34 | 5** | 0** | 8 | 3 | 1** | 6 | 0** |
| 35 to 44 | 19** | 8** | 9 | 6 | 2** | 2 | 2** |
| 45 to 54 | 21** | 12** | 6 | 9 | 3** | 4 | 4** |
| 55 to 64 | 34** | 30** | 5 | 5 | 7** | 7 | 14** |
| 65 and Older | 36** | 36** | 4 | 4 | 15** | 8 | 6** |
| Education | | | | | | | |
| High School or Less | 28 | 24* | 7 | 9 | 7 | 7 | 4 |
| Some Post High School | 18 | 19* | 7 | 5 | 8 | 3 | 5 |
| College Graduate | 20 | 13* | 7 | 5 | 4 | 5 | 4 |
| Household Income | | | | | | | |
| \$30,000 or Less | 32* | 25* | 9 | 5 | 8 | 4 | 11* |
| \$30,001 to \$60,000 | 22* | 16* | 6 | 5 | 7 | 4 | 2* |
| \$60,001 or More | 16* | 9* | 7 | 5 | 3 | 6 | 3* |
| Marital Status | | | | | | | |
| Married | 18* | 12* | 6 | 5 | 5 | 5 | 3 |
| Not Married | 27* | 21* | 8 | 7 | 7 | 4 | 5 |
| Overweight | | | | | | | |
| Not Overweight | 17* | 11* | 7 | 7 | 4 | 5 | 3 |
| Overweight | 27* | 20* | 7 | 5 | 6 | 5 | 5 |
| Physical Activity | | | | | | | |
| Inactive | 27 | 30** | 11 | 3 | 13* | 6 | 11** |
| Insufficient | 24 | 13** | 5 | 4 | 3* | 4 | 3** |
| Recommended | 13 | 11** | 6 | 9 | 5* | 5 | 2** |

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

Diabetes

- Ninety percent of the 16 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

Asthma

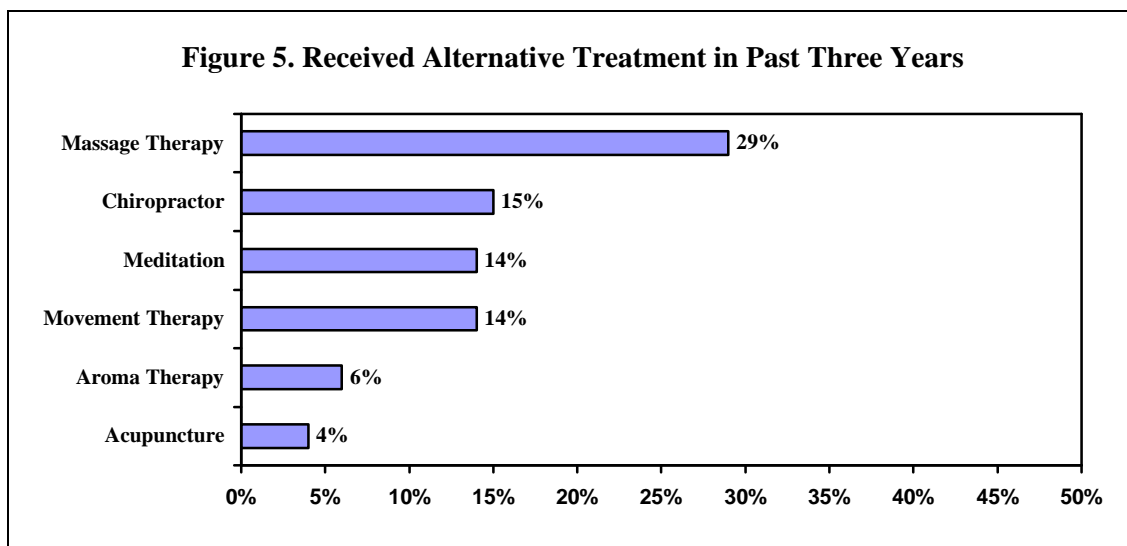
- Of the 23 respondents who currently have asthma, 80% had an asthma action plan.

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, massage therapy or chiropractic care were mentioned most often in the past three years (29% and 15%, respectively) followed by meditation and movement therapy (14% each). Massage therapy was more likely for female respondents, those who were younger or those with a higher household income. Married respondents were more likely to have used a chiropractor. Meditation was more likely for male respondents while it varied by age.

- Respondents were more likely to have used massage therapy (29%), gone to a chiropractor (15%), used meditation (14%) or movement therapy (14%) in the past three years.



- Female respondents were more likely to have used massage therapy in the past three years while males were more likely to have used meditation.
- Younger respondents were more likely to have reported massage therapy while meditation varied by age.
- Twenty percent of respondents with a household income of less than \$30,001 reported massage therapy in the past three years compared to 26% of those with an income of \$30,001 to \$60,000 or 35% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report going to the chiropractor (18%) than unmarried respondents (10%).

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

| | Massage Therapy | Chiropractor | Meditation | Movement Therapy | Aroma Therapy | Acupuncture |
|-----------------------|--------------------|--------------|------------|---------------------|------------------|-------------|
| TOTAL | 29% | 15% | 14% | 14% | 6% | 4% |
| Gender | | | | | | |
| Male | 22* | 15 | 18* | 13 | 6 | 4 |
| Female | 33* | 15 | 11* | 15 | 7 | 4 |
| Age | | | | | | |
| 18 to 34 | 46** | 17 | 20* | 23 | 12 | 1 |
| 35 to 44 | 34** | 13 | 7* | 20 | 7 | 8 |
| 45 to 54 | 31** | 18 | 18* | 14 | 9 | 4 |
| 55 to 64 | 21** | 14 | 21* | 7 | 5 | 2 |
| 65 and Older | 11** | 14 | 10* | 4 | 0 | 4 |
| Education | | | | | | |
| High School or Less | 28 | 11 | 11 | 2 | 4 | 0 |
| Some Post High School | 22 | 12 | 18 | 10 | 5 | 7 |
| College Graduate | 30 | 16 | 13 | 17 | 7 | 4 |
| Household Income | | | | | | |
| \$30,000 or Less | 20* | 9 | 16 | 13 | 5 | 1 |
| \$30,001 to \$60,000 | 26* | 12 | 13 | 11 | 6 | 4 |
| \$60,001 or More | 35* | 20 | 15 | 18 | 8 | 5 |
| Marital Status | | | | | | |
| Married | 31 | 18* | 11 | 15 | 7 | 2 |
| Not Married | 26 | 10* | 17 | 13 | 6 | 6 |

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Thirty-three percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 16% were classified as inactive. Respondents 18 to 34 years old, with a household income of at least \$30,001 or not overweight respondents were more likely to meet the recommended activity level. Forty-two percent of respondents were classified as overweight (30% overweight and 12% obese). Male respondents or those who did an insufficient amount of physical activity were more likely to be classified as overweight.

Physical Activities in Past Month

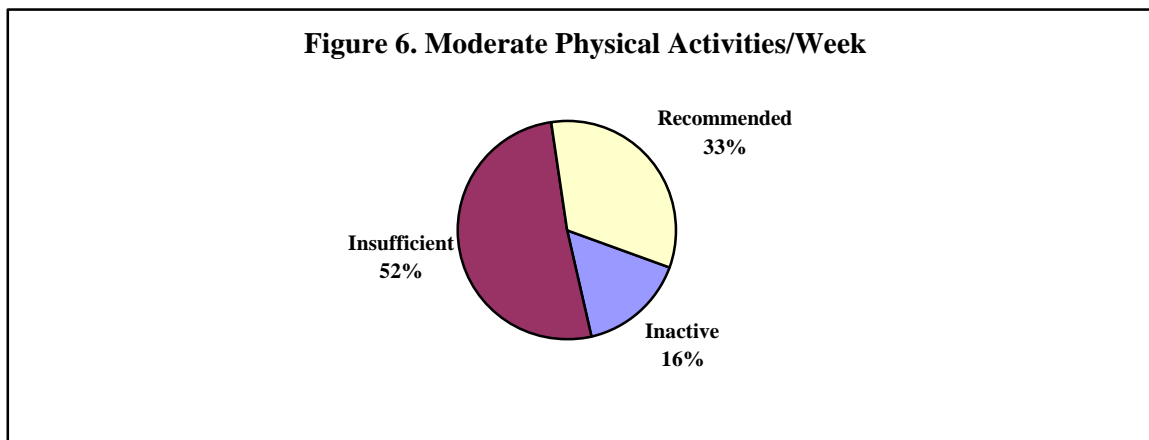
- Eighty-two percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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).

- Thirty-three percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-two percent do some activity, but not to the extent of the recommendation while 16% were classified as inactive.



- Respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity in a week (42%) compared to respondents 55 to 64 years old (23%).
- Respondents with a household income of at least \$30,001 were more likely to meet the recommendation (32%) compared to respondents with an income of \$30,000 or less (22%).
- Respondents who were not overweight were more likely to meet the recommendation (38%) compared to overweight respondents (26%).

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

| | Inactive | Insufficient | Recommended |
|-----------------------|----------|--------------|-------------|
| TOTAL | 16% | 52% | 33% |
| Gender | | | |
| Male | 15 | 52 | 34 |
| Female | 17 | 52 | 31 |
| Age** | | | |
| 18 to 34 | 3 | 56 | 42 |
| 35 to 44 | 13 | 57 | 30 |
| 45 to 54 | 15 | 50 | 35 |
| 55 to 64 | 16 | 61 | 23 |
| 65 and Older | 26 | 40 | 33 |
| Education | | | |
| High School or Less | 28 | 40 | 33 |
| Some Post High School | 14 | 58 | 29 |
| College Graduate | 14 | 52 | 33 |
| Household Income* | | | |
| \$30,000 or Less | 21 | 57 | 22 |
| \$30,001 to \$60,000 | 21 | 48 | 32 |
| \$60,001 or More | 10 | 58 | 32 |
| Marital Status | | | |
| Married | 15 | 50 | 34 |
| Not Married | 17 | 54 | 29 |
| Overweight** | | | |
| Not Overweight | 16 | 46 | 38 |
| Overweight | 11 | 62 | 26 |

*= 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, 42% of Shorewood/Whitefish Bay residents were considered overweight (30% overweight and 12% obese).
- Male respondents were more likely to be classified as overweight (60%) compared to female respondents (29%).
- Forty-nine percent of respondents who did an insufficient amount of physical activity were classified as overweight compared to 33% of inactive respondents and 34% of respondents who met the recommendation.

Table 11. Overweight by Demographic Variables

| | Percent |
|--------------------------------|---------|
| TOTAL | 42% |
| Gender** | |
| Male | 60 |
| Female | 29 |
| Age | |
| 18 to 34 | 38 |
| 35 to 44 | 41 |
| 45 to 54 | 41 |
| 55 to 64 | 53 |
| 65 and Older | 39 |
| Education | |
| High School or Less | 52 |
| Some Post High School | 48 |
| College Graduate | 39 |
| Household Income | |
| \$30,000 or Less | 38 |
| \$30,001 to \$60,000 | 44 |
| \$60,001 or More | 42 |
| Marital Status | |
| Married | 38 |
| Not Married | 48 |
| Moderate Physical Activities** | |
| Inactive | 33 |
| Insufficient | 49 |
| Recommended | 34 |

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Seventy-seven percent of respondents eat two or more servings of fruit while 38% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents who were physically active were more likely to eat vegetables. Forty percent of respondents eat fried/fast food at least a few times a week. Males, younger respondents, those with a college education, who were inactive or who did an insufficient amount of physical activity were more likely to report eating fried/fast foods at least a few times a week. Eating habits were not significantly different for those classified as overweight and those not overweight.

Fruit Intake

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

- Seventy-seven percent of respondents eat two or more servings of fruit per day. Twenty-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 (87% and 63%, respectively).

Vegetable Intake

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

- Thirty-eight percent of respondents eat three or more servings of vegetables per day. Sixty-two 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 (47% and 25%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to eat vegetables at least three times a day (50%) compared to inactive respondents (39%) or those who did an insufficient amount of activity (30%).

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 | 23% | 77% | 62% | 38% |
| Gender | | | | |
| Male | 37** | 63** | 75** | 25** |
| Female | 12** | 87** | 53** | 47** |
| Age | | | | |
| 18 to 34 | 18 | 82 | 65 | 35 |
| 35 to 44 | 24 | 76 | 62 | 39 |
| 45 to 54 | 33 | 66 | 63 | 37 |
| 55 to 64 | 14 | 86 | 66 | 34 |
| 65 and Older | 19 | 81 | 60 | 39 |
| Education | | | | |
| High School or Less | 22 | 78 | 57 | 44 |
| Some Post High School | 12 | 88 | 60 | 38 |
| College Graduate | 25 | 75 | 63 | 37 |
| Household Income | | | | |
| \$30,000 or Less | 15 | 85 | 61 | 40 |
| \$30,001 to \$60,000 | 26 | 74 | 59 | 41 |
| \$60,001 or More | 24 | 76 | 65 | 34 |
| Marital Status | | | | |
| Married | 21 | 79 | 64 | 36 |
| Not Married | 25 | 75 | 59 | 40 |
| Overweight | | | | |
| Not Overweight | 23 | 77 | 64 | 36 |
| Overweight | 23 | 77 | 62 | 37 |
| Moderate Physical Activities | | | | |
| Inactive | 28 | 70 | 61** | 39** |
| Insufficient | 20 | 80 | 69** | 30** |
| Recommended | 25 | 75 | 50** | 50** |

*= 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-two percent reported a few times per week. Thirty-eight percent reported a few times per month while 21% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (49%) compared to female respondents (33%).

- Sixty percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 27% of those 55 to 64 years old and 23% of those 65 and older.
- Forty-one percent of respondents with a college education reported eating fried/fast food at least a few times per week compared to 35% of respondents with high school education or less or 37% of those with some post high school education. Thirty-nine percent of respondents with a high school education or less reported hardly ever or never compared to 15% of those with some post high school education or 20% of those with a college degree.
- Thirty-three percent of respondents who met the physical activity recommendation reported eating fried/fast foods at least a few times a week compared to 43% of all others.

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

| | Few Times Per Month | At Least A Few Times Per Week |
|-------------------------------|------------------------|----------------------------------|
| TOTAL | 38% | 40% |
| Gender** | | |
| Male | 37 | 49 |
| Female | 39 | 33 |
| Age** | | |
| 18 to 34 | 31 | 60 |
| 35 to 44 | 37 | 45 |
| 45 to 54 | 43 | 41 |
| 55 to 64 | 47 | 27 |
| 65 and Older | 34 | 23 |
| Education** | | |
| High School or Less | 26 | 35 |
| Some Post High School | 46 | 37 |
| College Graduate | 39 | 41 |
| Household Income | | |
| \$30,000 or Less | 41 | 31 |
| \$30,001 to \$60,000 | 37 | 41 |
| \$60,001 or More | 38 | 44 |
| Marital Status | | |
| Married | 39 | 41 |
| Not Married | 38 | 38 |
| Overweight | | |
| Not Overweight | 38 | 37 |
| Overweight | 40 | 45 |
| Moderate Physical Activities* | | |
| Inactive | 33 | 43 |
| Insufficient | 42 | 43 |
| Recommended | 35 | 33 |

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-five percent of female respondents 50 and older had a mammogram within the past two years. Eighty-eight percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 44 years old, with higher household income or married respondents were more likely to have had a pap smear within the past three years.

Mammogram

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

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

- Thirty percent of all female respondents never had a mammogram while 61% had a mammogram within the past two years (44% within past year and 17% 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 (85% of those 50 and older; 79% of those 40 to 49 years of age).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need (six responses), no time (five responses), too young (three responses) or don’t like (two 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% | 17% | 8% | 30% |
| Age** | | | | |
| 18 to 39 | 11 | 3 | 8 | 76 |
| 40 to 49 | 55 | 24 | 9 | 10 |
| 50 and Older | 64 | 21 | 7 | 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-five percent of respondents in Shorewood/Whitefish Bay reported they had a pap smear within the past year. An additional 23% reported between one year and less than three years.
- Respondents 65 and older were less likely to have had a pap smear within the past three years (65%) compared to respondents 18 to 34 years old (98%) or all other age groups (92% to 97%).
- Seventy percent of respondents with a household income of \$30,000 or less reported having a pap smear within the past three years compared to those with an income of \$30,001 to \$60,000 (88%) or a household income of \$60,001 or more (95%).
- Married respondents were more likely to have had a pap smear within the past three years (92%) compared to unmarried respondents (79%).

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.

Table 15. Time Since Last Pap Smear by Demographic Variables

| | Within Past Year | Within Past 2 Yrs (1 Year; Less than 2) | Within Past 3 Yrs (2 Years; Less than 3) | 3 or More Years Ago | Never |
|-----------------------|---------------------|--|---|------------------------|-------|
| TOTAL | 65% | 19% | 4% | 7% | 4% |
| Age** | | | | | |
| 18 to 34 | 89 | 9 | 0 | 0 | 2 |
| 35 to 44 | 74 | 17 | 6 | 2 | 2 |
| 45 to 54 | 71 | 21 | 0 | 6 | 0 |
| 55 to 64 | 68 | 13 | 13 | 4 | 4 |
| 65 and Older | 30 | 28 | 7 | 24 | 11 |
| Education | | | | | |
| High School or Less | 53 | 27 | 3 | 7 | 10 |
| Some Post High School | 66 | 14 | 5 | 9 | 5 |
| College Graduate | 67 | 19 | 3 | 7 | 3 |
| Household Income** | | | | | |
| \$30,000 or Less | 42 | 24 | 4 | 20 | 7 |
| \$30,001 to \$60,000 | 63 | 21 | 4 | 7 | 4 |
| \$60,001 or More | 78 | 15 | 2 | 2 | 3 |
| Marital Status* | | | | | |
| Married | 72 | 16 | 4 | 4 | 3 |
| Not Married | 54 | 22 | 3 | 13 | 6 |

*= p≤0.05; **= p≤0.01

Men's Health (Table 16)

KEY FINDING: Thirty-six percent of males 40 to 49 years old and 51% 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

- Thirty percent of all male respondents never had a digital rectal exam. Thirty-three percent had an exam in the past year while 18% reported within the past two years (one year but less than two years).
- Fifty-one percent of men 50 years of age and older had an exam less than a year ago while 36% of men 40 to 49 years old reported this.

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.

Table 16. Time Since Last Digital Rectal Exam by Age

| | Within Past Year | Within Past 2 Years (1 Year; Less than 2) | 2 or More Years Ago | Never |
|--------------|---------------------|--|------------------------|-------|
| TOTAL | 33% | 18% | 20% | 30% |
| Age** | | | | |
| 18 to 39 | 4 | 4 | 25 | 67 |
| 40 to 49 | 36 | 27 | 11 | 25 |
| 50 and Older | 51 | 19 | 20 | 10 |

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-four 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

- Forty-three percent of all respondents never had a blood stool test. Thirty-four percent were tested within the past two years (20% less than a year ago and 14% more than one year ago, but less than two).
- Male and female respondents were similar in having a blood stool test in the past year as well as within the past two years. However, female respondents were more likely to report never (50%) compared to male respondents (34%).
- Forty-four percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 35% of respondents 40 to 49 years of age and 16% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 68% of respondents 18 to 39 years old.

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.

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

| | Within Past Year | Within Past 2 Years (1 Year; Less than 2) | 2 or More Years Ago | Never |
|-----------------------|---------------------|--|------------------------|-------|
| TOTAL | 20% | 14% | 18% | 43% |
| Gender* | | | | |
| Male | 20 | 15 | 23 | 34 |
| Female | 19 | 13 | 14 | 50 |
| Age** | | | | |
| 18 to 39 | 9 | 7 | 14 | 68 |
| 40 to 49 | 16 | 19 | 12 | 46 |
| 50 and Older | 29 | 15 | 23 | 27 |
| Education | | | | |
| High School or Less | 18 | 20 | 18 | 36 |
| Some Post High School | 7 | 17 | 16 | 55 |
| College Graduate | 22 | 12 | 18 | 42 |
| Household Income | | | | |
| \$30,000 or Less | 24 | 14 | 26 | 34 |
| \$30,001 to \$60,000 | 17 | 16 | 16 | 44 |
| \$60,001 or More | 19 | 14 | 14 | 48 |
| Marital Status | | | | |
| Married | 19 | 17 | 17 | 42 |
| Not Married | 20 | 11 | 19 | 44 |

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-three percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-two percent were examined within the past two years (9% less than a year ago and 13% more than one year ago, but less than two).
- Male respondents were more likely to report an exam within the past two years compared to female respondents (33% and 13%, respectively). Seventy-three percent of female respondents reported never compared to 49% of male respondents.
- A total of 34% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 22% of respondents 40 to 49 years of age and 4% of respondents 18 to 39 years old. Forty-two percent of respondents 50 and older reported never compared to 90% of respondents 18 to 39 years old.
- Twenty-six percent of respondents with a household income of \$30,001 and 24% of those with \$30,000 or less reported an exam in the past two years compared to 18% of respondents with a household income of \$60,001 or more. Forty-seven percent of those with a household income of \$30,000 or less reported never compared to 65% with an income of \$30,001 to \$60,000 and 66% with a household income of more than \$60,000.

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 | 9% | 13% | 10% | 6% | 63% |
| Gender** | | | | | |
| Male | 13 | 20 | 9 | 8 | 49 |
| Female | 5 | 8 | 10 | 4 | 73 |
| Age** | | | | | |
| 18 to 39 | 0 | 4 | 3 | 3 | 90 |
| 40 to 49 | 6 | 16 | 8 | 1 | 69 |
| 50 and Older | 17 | 17 | 15 | 9 | 42 |
| Education | | | | | |
| High School or Less | 7 | 11 | 11 | 7 | 62 |
| Some Post High School | 9 | 14 | 12 | 3 | 60 |
| College Graduate | 9 | 13 | 9 | 6 | 64 |
| Household Income** | | | | | |
| \$30,000 or Less | 8 | 16 | 14 | 15 | 47 |
| \$30,001 to \$60,000 | 9 | 17 | 8 | <1 | 65 |
| \$60,001 or More | 8 | 10 | 10 | 5 | 66 |
| Marital Status | | | | | |
| Married | 10 | 12 | 11 | 3 | 63 |
| Not Married | 7 | 14 | 8 | 9 | 62 |

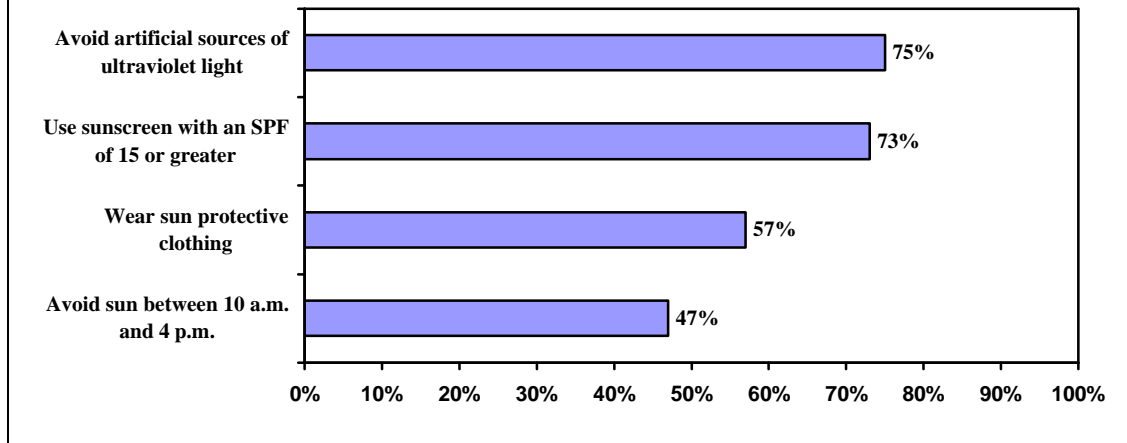
*= p≤0.05; **= p≤0.01

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 avoiding artificial sources of UV light, using sunscreen or avoiding the sun more often than male respondents. Respondents 18 to 34 years old, with higher education or married respondents were more likely to report using sunscreen with SPF 15 or higher. Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial sources of UV light or using sunscreen with SPF 15 or higher.

- To reduce the risk of skin cancer, 75% of respondents regularly avoid artificial sources of ultraviolet light, 73% use sunscreen with a SPF of 15 or higher, 57% wear sun protective clothing while 47% avoid the sun between 10 a.m. and 4 p.m.
- Eight percent of respondents did not reduce their risk by any of these four measures. Thirteen percent reported one measure. Twenty-four percent reported two of the four actions while 31% reported three and 25% reported they did all four measures regularly.

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



- Female respondents were more likely to report avoiding artificial sources of UV light, using sunscreen with SPF 15 or higher or avoiding the sun 10 a.m. to 4 p.m. than male respondents (each at least 15 percentage points higher).
- Respondents 18 to 34 years old were more likely to report the use of sunscreen with SPF 15 or higher compared to all age categories.
- Respondents with higher education were more likely to use sunscreen. Seventy-eight percent of college graduates reported this compared to 66% of those with some post high school education or 48% with a high school education or less.
- Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial UV light or using sunscreen with SPF 15 or higher.
- Married respondents were more likely to report using sunscreen (78%) compared to unmarried respondents (66%).

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 | 75% | 73% | 57% | 47% |
| Gender | | | | |
| Male | 66** | 63** | 54 | 36** |
| Female | 82** | 80** | 59 | 54** |
| Age | | | | |
| 18 to 34 | 79 | 87* | 51 | 35 |
| 35 to 44 | 73 | 74* | 63 | 48 |
| 45 to 54 | 74 | 67* | 56 | 50 |
| 55 to 64 | 77 | 73* | 52 | 55 |
| 65 and older | 82 | 66* | 61 | 49 |
| Education | | | | |
| High School or Less | 70 | 48** | 49 | 35 |
| Some Post High School | 76 | 66** | 54 | 47 |
| College Graduate | 77 | 78** | 59 | 48 |
| Household Income | | | | |
| \$30,000 or Less | 69* | 64* | 49 | 47 |
| \$30,001 to \$60,000 | 70* | 71* | 58 | 47 |
| \$60,001 or More | 81* | 81* | 60 | 48 |
| Marital Status | | | | |
| Married | 76 | 78** | 60 | 48 |
| Not Married | 75 | 66** | 52 | 44 |

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Ninety-two percent of respondents wore seat belts always or nearly always. Female respondents, those with a college education or married respondents were more likely to report they always wore seat belts. Ninety-one percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 55% of respondents reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 76% reported their child always wore a helmet.

Seat Belts

- Ninety-two percent of respondents stated they wore seat belts always or nearly always (84% and 8%, respectively).
- Females were more likely to report wearing seat belts always (91%) compared to male respondents (75%).

- Eighty-eight percent of respondents with a college degree reported always compared to 68% who had some post high school education.
- Married respondents were more likely to report always (89%) compared to unmarried respondents (77%).

Table 20. Wear Seat Belt by Demographic Variables

| | Never | Seldom | Sometimes | Nearly Always | Always |
|-----------------------|-------|--------|-----------|---------------|--------|
| TOTAL | 5% | <1% | 2% | 8% | 84% |
| Gender** | | | | | |
| Male | 10 | 1 | 3 | 11 | 75 |
| Female | 1 | 0 | 1 | 7 | 91 |
| Age | | | | | |
| 18 to 34 | 4 | 0 | 1 | 8 | 87 |
| 35 to 44 | 3 | 0 | 3 | 7 | 87 |
| 45 to 54 | 7 | 1 | 1 | 10 | 81 |
| 55 to 64 | 2 | 2 | 2 | 16 | 77 |
| 65 and older | 4 | 0 | 1 | 6 | 89 |
| Education** | | | | | |
| High School or Less | 11 | 4 | 0 | 2 | 83 |
| Some Post High School | 10 | 0 | 5 | 17 | 68 |
| College Graduate | 3 | 0 | 2 | 8 | 88 |
| Household Income | | | | | |
| \$30,000 or Less | 11 | 1 | 3 | 9 | 76 |
| \$30,001 to \$60,000 | 4 | <1 | 3 | 5 | 88 |
| \$60,001 or More | 4 | <1 | <1 | 11 | 84 |
| Marital Status** | | | | | |
| Married | 1 | <1 | 2 | 8 | 89 |
| Not Married | 11 | <1 | 3 | 8 | 77 |

*= 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-one percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 5% reported nearly always.
- There was no statistically significant difference between children wearing seat belts and household income level.

Bicycle Helmet Usage

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

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

- Fifty-five percent of respondents who bicycled, in-line roller skated or rode a scooter always (44%) or nearly always (11%) used a helmet. Thirty percent reported never.
- Female respondents were more likely to report always (50%) compared to male respondents (34%).
- Respondents 55 and older were more likely to report always compared to 18 to 34 years old (53% and 34%, respectively).
- Respondents with a college education were more likely to always wear a helmet (48%) compared to those with a high school degree or less (17%).
- Twenty-nine percent of respondents with a household income of \$30,000 or less reported they always wore a helmet compared to 41% of those with an income of \$30,001 to \$60,000 or 49% of those with a household income of \$60,001 or more.
- Married respondents were more likely to report they always or nearly always wore a helmet compared to unmarried respondents (59% and 41%, respectively).

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

| | Never | Seldom | Sometimes | Nearly Always | Always |
|-----------------------|-------|--------|-----------|---------------|--------|
| TOTAL | 30% | 6% | 9% | 11% | 44% |
| Gender** | | | | | |
| Male | 26 | 10 | 10 | 19 | 34 |
| Female | 34 | 3 | 8 | 5 | 50 |
| Age** | | | | | |
| 18 to 34 | 42 | 19 | 4 | 2 | 34 |
| 35 to 44 | 19 | 1 | 15 | 15 | 49 |
| 45 to 54 | 32 | 0 | 9 | 17 | 41 |
| 55 and older | 29 | 4 | 4 | 8 | 53 |
| Education* | | | | | |
| High School or Less | 39 | 17 | 22 | 4 | 17 |
| Some Post High School | 43 | 5 | 8 | 5 | 38 |
| College Graduate | 26 | 5 | 7 | 13 | 48 |
| Household Income* | | | | | |
| \$30,000 or Less | 58 | 3 | 7 | 3 | 29 |
| \$30,001 to \$60,000 | 31 | 7 | 12 | 7 | 41 |
| \$60,001 or More | 25 | 5 | 6 | 15 | 49 |
| Marital Status** | | | | | |
| Married | 27 | 5 | 8 | 15 | 44 |
| Not Married | 38 | 10 | 12 | 0 | 41 |

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Seventy-six percent of respondents reported their child always wore a helmet while 2% reported nearly always. Nine percent reported never.
- There was no statistically significant difference between children wearing helmets and household income level.

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

KEY FINDING: Fifteen percent of respondents were current smokers. Respondents who were 18 to 34 years old or unmarried were more likely to be smokers. Sixty-five percent of current smokers quit smoking for one day or longer in the past 12 months; 49% reported a health professional advised them to quit smoking. Thirteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-eight percent of all respondents preferred a smoke-free restaurant. Seventy-two percent favored a community ordinance prohibiting smoking in eating establishments. Married respondents or nonsmokers were more likely to prefer a smoke-free restaurant. Female respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Fifteen percent of respondents in Shorewood/Whitefish Bay were current smokers. Four percent smoked between one and 29 days while the remaining 11% smoked every day.
- Twenty-five percent of respondents 18 to 34 years old were smokers compared to 5% of those 65 and older.
- Unmarried respondents were more likely to be smokers than married respondents (26% and 8%, respectively).

Table 22. Current Smokers by Demographic Variables

| | Percent |
|-----------------------|---------|
| TOTAL | 15% |
| Gender | |
| Male | 18 |
| Female | 12 |
| Age** | |
| 18 to 34 | 25 |
| 35 to 44 | 11 |
| 45 to 54 | 19 |
| 55 to 64 | 9 |
| 65 and older | 5 |
| Education | |
| High School or Less | 22 |
| Some Post High School | 20 |
| College Graduate | 12 |
| Household Income | |
| \$30,000 or Less | 21 |
| \$30,001 to \$60,000 | 16 |
| \$60,001 or More | 11 |
| Marital Status** | |
| Married | 8 |
| Not Married | 26 |

*= 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...

- Sixty-five percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Respondents with a college degree were more likely to quit for at least one day (80%) compared to respondents who had some post high school education or less (41%).

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

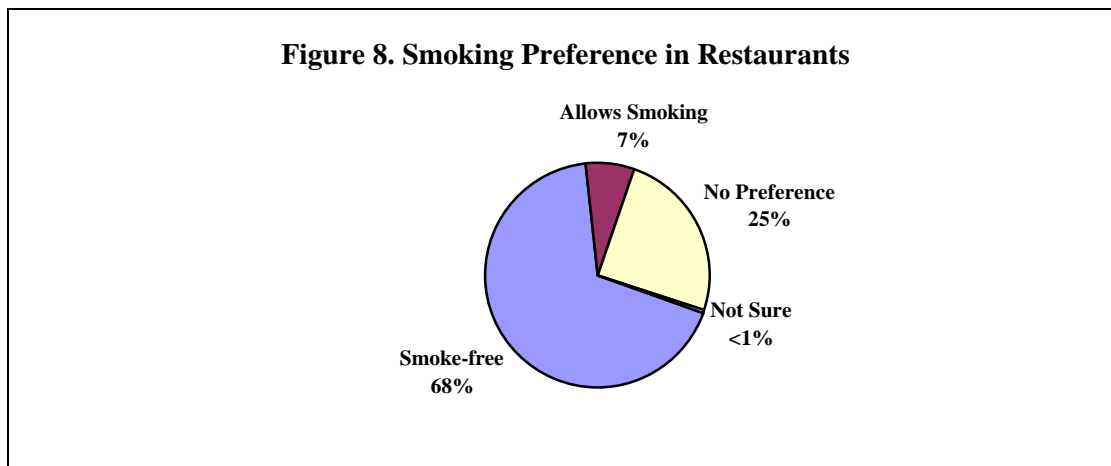
- Forty-nine percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and responses of reporting that a health professional advised them to quit smoking in the past 12 months.

Smoking Indoor or in Vehicle

- All respondents were asked if any smokers in their household smoke indoors or inside their vehicles when others are present. Thirteen percent reported indoor smoking or vehicle smoking occurs.
- Households with no children were more likely to report indoor smoking or vehicle smoking occurs compared to households with children (15% and 9%, respectively).

Smoking Preference in Restaurants

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



- Married respondents were more likely to prefer smoke-free restaurants (73%) than unmarried respondents (60%). Preferences for restaurants that allow smoking were similar (7% married and 9% unmarried respondents).
- Seventy-six percent of nonsmokers preferred smoke-free restaurants compared to 16% of smokers. Thirty-one percent of smokers preferred restaurants that allow smoking compared to 3% of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Seventy-two percent of respondents favored a community ordinance prohibiting smoking in eating establishments (48% strongly favor, 24% moderately favor).
- Female respondents were more likely to favor an ordinance (75%) compared to male respondents (68%).
- Seventy-nine percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 38% of smokers. Nonsmokers were much more likely to strongly favor (55%) compared to smokers (12%).

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

| | Moderately Favor | Strongly Favor |
|-----------------------|------------------|----------------|
| TOTAL | 24% | 48% |
| Gender** | | |
| Male | 26 | 42 |
| Female | 22 | 53 |
| Age | | |
| 18 to 34 | 36 | 36 |
| 35 to 44 | 16 | 57 |
| 45 to 54 | 24 | 53 |
| 55 to 64 | 21 | 50 |
| 65 and older | 23 | 46 |
| Education | | |
| High School or Less | 24 | 41 |
| Some Post High School | 22 | 48 |
| College Graduate | 25 | 49 |
| Household Income | | |
| \$30,000 or Less | 29 | 40 |
| \$30,001 to \$60,000 | 23 | 49 |
| \$60,001 or More | 19 | 54 |
| Marital Status | | |
| Married | 22 | 52 |
| Not Married | 26 | 42 |
| Smoking Status** | | |
| Nonsmoker | 24 | 55 |
| Smoker | 26 | 12 |

*= 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: Seventy-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks at least on one occasion while 12% binge. Generally, respondents who were male, younger, with less education or unmarried respondents were more likely to have had three or more drinks on at least three occasions or binge at least once in the past month. Respondents with lower household income were also more likely to have binge. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; males or unmarried respondents were more likely to report this. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Seventy-one percent of respondents had a drink in the past 30 days. Forty percent reported they drank at least on five days, while 14% reported three to four days, and 17% reported drinking on one or two days in the past 30 days.
- Seven percent of all respondents reported an average of four or more drinks per day on the days they drank while 5% reported three, 22% reported two and 35% reported one drink on average on the days they drank. Thirty percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-seven percent of all respondents had three or more drinks on an occasion in the past month. Fifteen percent reported this one to two times and 12% reported three or more times.
- Male respondents were more likely to have three or more drinks (39%) than female respondents (17%). And males were much more likely to have three or more drinks on three or more occasions (19%) compared to female respondents (6%).
- Respondents 18 to 34 years old were more likely to have had three or more drinks and more often. Forty-three percent of respondents 18 to 34 years old reported three or more drinks (24% one to two occasions and 19% three or more occasions) compared to 16% of respondents 55 to 64 years old (7% one to two occasions and 9% three or more occasions).
- Respondents with less education were more likely to have had three or more drinks on at least three occasions. Twenty-two percent of respondents with a high school education or less reported this compared to 15% of respondents with some post high school education or 10% for those with a college education.
- Unmarried respondents were more likely to have three or more drinks on at least three occasions (18%) compared to married respondents (8%).

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).

- Twelve percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (22%) than female respondents (6%).
- Respondents 18 to 34 years old were more likely to have binged (26%) followed by respondents 35 to 44 years old (13%). It dropped to 6% for respondents 65 and older.
- Twenty percent of respondents with a high school education or less binged compared to 15% of respondents with some post high school education or 11% for those with a college education.
- Respondents with a household income of less than \$30,001 were more likely to have binged (19%) compared to respondents with a household income of \$30,001 to \$60,000 (16%) or respondents with a household income of at least \$60,001 (6%).
- Respondents who were not married were more likely to have binged in the past month (19%) compared to married respondents (8%).

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 | 15% | 12% | 12% |
| Gender | | | |
| Male | 20** | 19** | 22** |
| Female | 11** | 6** | 6** |
| Age | | | |
| 18 to 34 | 24* | 19* | 26** |
| 35 to 44 | 17* | 13* | 13** |
| 45 to 54 | 15* | 7* | 8** |
| 55 to 64 | 7* | 9* | 7** |
| 65 and Older | 6* | 11* | 6** |
| Education | | | |
| High School or Less | 7** | 22** | 20* |
| Some Post High School | 12** | 15** | 15* |
| College Graduate | 16** | 10** | 11* |
| Household Income | | | |
| \$30,000 or Less | 12 | 19 | 19** |
| \$30,001 to \$60,000 | 14 | 11 | 16** |
| \$60,001 or More | 16 | 8 | 6** |
| Marital Status | | | |
| Married | 14* | 8* | 8** |
| Not Married | 15* | 18* | 19** |

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

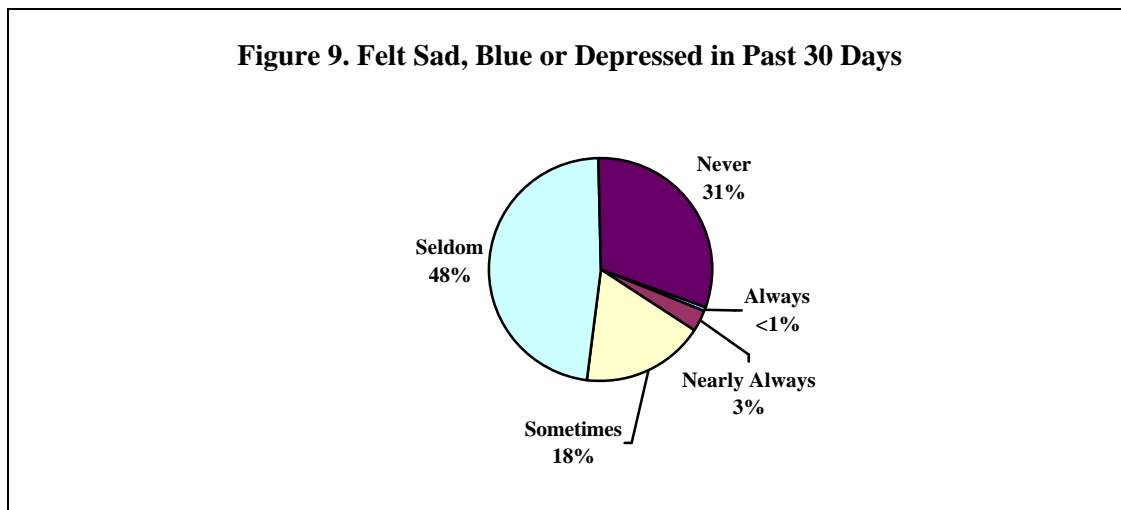
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Four percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-six percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” four percent of survey respondents answered always or nearly always. This equates up to 1,800 residents. Eighteen percent reported sometimes and the remaining 79% reported seldom (48%) or never (31%).



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

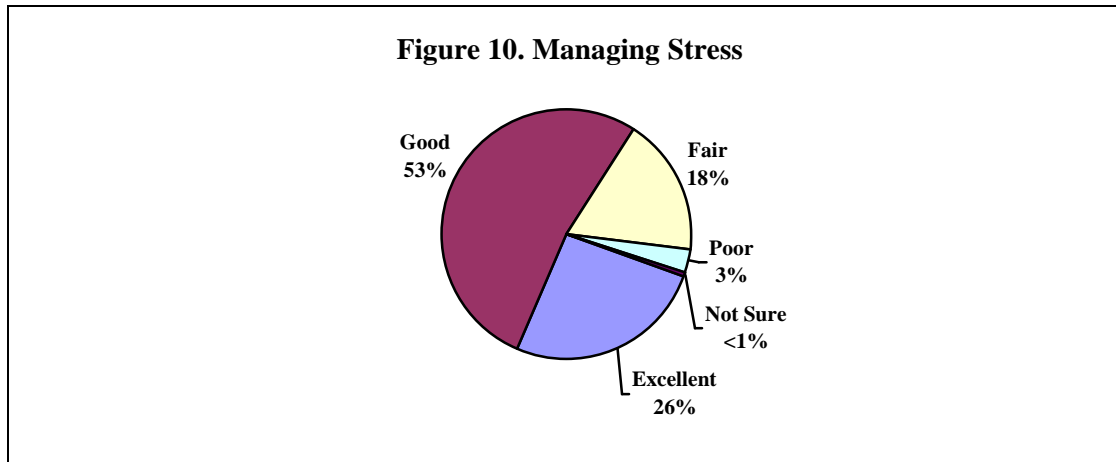
Considered Suicide

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

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 1,400 residents who considered suicide in the past year.

Managing Stress

- Twenty-six percent reported they were excellent at managing stress. Fifty-three percent reported good while 18% reported fair and 3% reported poor.



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

Finding Meaning and Purpose in Daily Life

- Thirty-six percent of respondents reported they always find meaning and purpose in their daily life, an additional 44% reported nearly always. Sixteen percent reported sometimes while 4% reported seldom and less than one percent reported never.
- There were no statistically significant differences between demographic variables and responses of finding meaning and purpose in their daily life.

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

| | Never/Seldom | Sometimes | Nearly Always | Always |
|-----------------------|--------------|-----------|---------------|--------|
| TOTAL | 5% | 16% | 44% | 36% |
| Gender | | | | |
| Male | 7 | 19 | 40 | 35 |
| Female | 3 | 14 | 46 | 37 |
| Age | | | | |
| 18 to 34 | 0 | 17 | 51 | 32 |
| 35 to 44 | 4 | 12 | 47 | 36 |
| 45 to 54 | 8 | 19 | 46 | 27 |
| 55 to 64 | 5 | 14 | 39 | 43 |
| 65 and older | 4 | 14 | 37 | 46 |
| Education | | | | |
| High School or Less | 4 | 20 | 35 | 41 |
| Some Post High School | 5 | 22 | 42 | 32 |
| College Graduate | 5 | 14 | 45 | 36 |
| Household Income | | | | |
| \$30,000 or Less | 7 | 16 | 42 | 36 |
| \$30,001 to \$60,000 | 6 | 17 | 46 | 31 |
| \$60,001 or More | 2 | 13 | 43 | 42 |
| Marital Status | | | | |
| Married | 5 | 13 | 46 | 37 |
| Not Married | 5 | 21 | 40 | 35 |

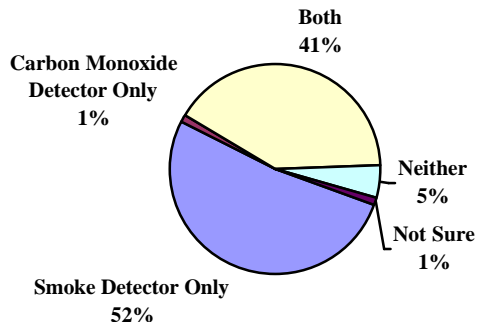
*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-three percent of households had a working smoke alarm while 42% had a working carbon monoxide detector. Married households or those with a household income of at least \$60,001 were more likely to have both a smoke alarm and a carbon monoxide detector.

- Forty-one percent of respondents reported a working smoke alarm and a working carbon monoxide detector in their home. Fifty-two percent reported only a working smoke alarm while 1% had only a carbon monoxide detector. Five percent had neither.

Figure 11. Detectors in Household



- Fifty-one percent of households with a household income of at least \$60,001 reported having both a smoke detector and a carbon monoxide detector compared to 33% of respondents with \$30,000 or less or 30% with a household income of \$30,001 to \$60,000. However, 8% of respondents with a household income of \$60,001 or more reported having neither compared to all other income groups (1% or 3%).
- Married households were more likely to have both detectors (44%) compared to unmarried households (36%).

Table 26. Detectors in Household by Demographic Variables

| | Carbon Monoxide | | | |
|---------------------------|-----------------|----------|------|---------|
| | Smoke Detector | Detector | Both | Neither |
| TOTAL | 52% | 1% | 41% | 5% |
| Household Income** | | | | |
| \$30,000 or Less | 64 | 0 | 33 | 3 |
| \$30,001 to \$60,000 | 62 | 4 | 30 | 1 |
| \$60,001 or More | 39 | 0 | 51 | 8 |
| Marital Status** | | | | |
| Married | 49 | 2 | 44 | 5 |
| Not Married | 55 | 0 | 36 | 5 |

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Nine percent of households had a firearm in their household. Married households were more likely to have a firearm. Of all households, 2% had a loaded firearm. No respondents reported having 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, 9% of households had one or more firearm.
- Married households were more likely to own a firearm (12%) compared to unmarried households (5%).

Loaded Firearm

- Two percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

- No respondents reported having a loaded firearm unlocked in their households.

Personal Safety Issues

KEY FINDING: Ten percent of respondents reported someone had made them afraid for their personal safety while 3% 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,” ten percent reported yes.
- Younger respondents were more likely to report being afraid for their personal safety. Eighteen percent of respondents 18 to 34 years old reported being afraid compared to 12% of respondents 35 to 44 years old or 10% of those 45 to 54 years old. Five percent of respondents 55 to 64 years old and 3% of those 65 and older reported being afraid.
- As education increased so did the likelihood of reporting being afraid for their personal safety. Two percent of respondents with a high school degree or less reported being afraid compared to 5% of those with some post high school education or 12% of respondents with a college education.
- Respondents who were unmarried were more likely to report being afraid for their personal safety (14%) compared to married respondents (7%).
 - A stranger (28 responses) was most often mentioned as the perpetrator. Seven respondents answered acquaintance as the perpetrator. Two or fewer reported each of the following: friend, brother or sister or someone else.

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 eight respondents, acquaintance was reported by four respondents and someone else was reported by one respondent.

Combined Personal Safety Threats

- A total of 12% of all respondents reported at least one of the two threats.

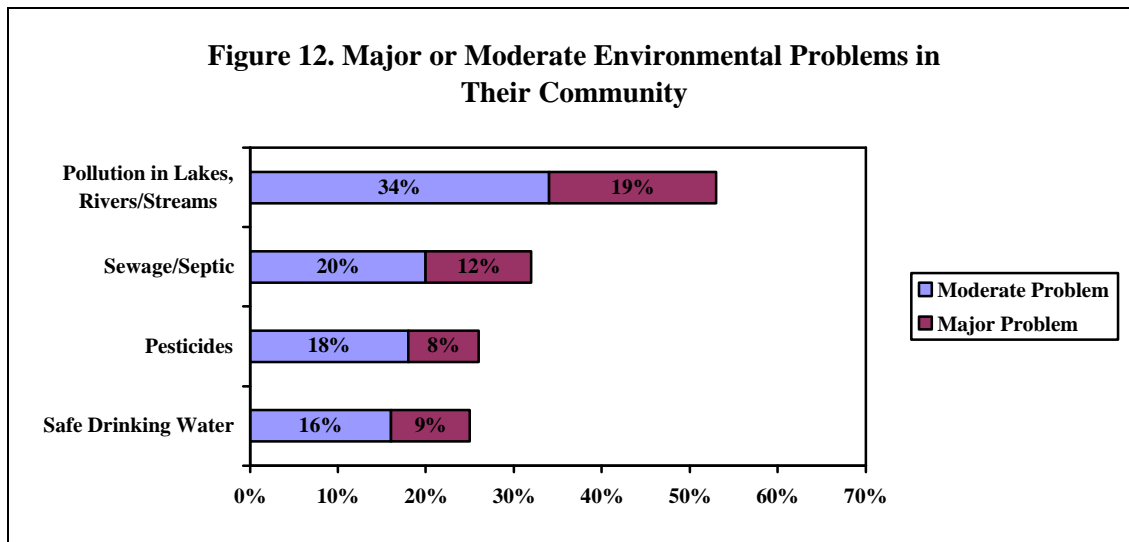
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four community environmental problems, the most often cited major or moderate problem reported was water pollution in lakes, rivers and streams (53%). Female respondents were more likely to report pesticides as major/moderate problem. Respondents 35 to 44 years old were more likely to report water pollution as a major/moderate environmental problem while respondents 45 to 54 years old were more likely to report sewage or septic as a major/moderate problem in the community.

- Out of four environmental problems that communities may face, 53% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in Shorewood/Whitefish Bay. Sewage/septic was listed by 32% of respondents as a major or moderate problem followed by 26% for pesticides and 25% reported safe drinking water.



- Female respondents were more likely to report that pesticides were a major/moderate problem (33%) compared to male respondents (16%).
- Respondents 35 to 44 years old were more likely to report that water pollution was a major/moderate problem in the community while respondents 45 to 54 years old were more likely to report sewage or septic.

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

| | Lake, River & Stream Pollution | Sewage or Septic | Pesticides | Safe Drinking Water |
|-----------------------|-----------------------------------|---------------------|------------|------------------------|
| TOTAL | 53% | 32% | 26% | 25% |
| Gender | | | | |
| Male | 53 | 28 | 16** | 29 |
| Female | 52 | 36 | 33** | 22 |
| Age | | | | |
| 18 to 34 | 53** | 29** | 23 | 26 |
| 35 to 44 | 67** | 36** | 33 | 33 |
| 45 to 54 | 60** | 42** | 26 | 23 |
| 55 to 64 | 41** | 23** | 27 | 21 |
| 65 and older | 33** | 19** | 19 | 14 |
| Education | | | | |
| High School or Less | 41 | 26 | 20 | 20 |
| Some Post High School | 48 | 34 | 31 | 25 |
| College Graduate | 55 | 33 | 26 | 26 |
| Household Income | | | | |
| \$30,000 or Less | 59 | 23 | 21 | 25 |
| \$30,001 to \$60,000 | 49 | 35 | 25 | 26 |
| \$60,001 or More | 52 | 35 | 28 | 25 |
| Marital Status | | | | |
| Married | 53 | 36 | 28 | 24 |
| Not Married | 51 | 27 | 22 | 27 |

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eight percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Female respondents, those who were 65 and older or married respondents were more likely to report services while respondents with a household income of \$30,001 to \$60,000 were less likely to.

- Eight percent of respondents were not aware of the public health department prior to the interview. Sixty-five percent were aware of the department but had no experience with it. Twenty-five percent received limited services from the health department and 3% received more extensive services.
- Female respondents were more likely to have received services from the health department. Four percent of female respondents reported extensive services while 31% reported limited services. One percent of male respondents reported extensive services while 16% reported limited services. Thirteen percent of males were not aware compared to 4% of female respondents.

- Six percent of respondents 65 and older reported extensive services while 46% reported limited services. One percent of respondents 18 to 34 years old reported extensive services and 16% reported limited services.
- Respondents with a household income of \$30,001 to \$60,000 were less likely to have received any form of service from the health department (23%) compared to all other income levels (30% each). Respondents with a household income of \$30,001 to \$60,000 were more likely to report not being aware of the health department (14%) compared to all other income levels (3% or 4%).
- Thirty-two percent of married respondents reported receiving services compared to 21% of unmarried respondents.

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

| | Not aware | Aware/no experience | Aware/received limited services | Aware/received more extensive services |
|-----------------------|-----------|---------------------|---------------------------------|--|
| TOTAL | 8% | 65% | 25% | 3% |
| Gender** | | | | |
| Male | 13 | 71 | 16 | 1 |
| Female | 4 | 61 | 31 | 4 |
| Age** | | | | |
| 18 to 34 | 15 | 68 | 16 | 1 |
| 35 to 44 | 9 | 67 | 20 | 4 |
| 45 to 54 | 8 | 66 | 25 | 1 |
| 55 to 64 | 2 | 71 | 25 | 2 |
| 65 and older | 1 | 53 | 40 | 6 |
| Education | | | | |
| High School or Less | 13 | 67 | 15 | 4 |
| Some Post High School | 7 | 57 | 35 | 2 |
| College Graduate | 7 | 66 | 25 | 3 |
| Household Income** | | | | |
| \$30,000 or Less | 3 | 67 | 22 | 8 |
| \$30,001 to \$60,000 | 14 | 63 | 21 | 2 |
| \$60,001 or More | 4 | 66 | 29 | 1 |
| Marital Status* | | | | |
| Married | 6 | 62 | 30 | 2 |
| Not Married | 10 | 69 | 17 | 4 |

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

VILLAGES OF SHOREWOOD/WHITEFISH BAY
 COMMUNITY HEALTH SURVEY
 Conducted: February 21 through April 12, 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 | 1% |
| Fair | 4 |
| Good..... | 20 |
| Very good..... | 42 |
| Excellent..... | 33 |
| Not sure | 0 |

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

| | |
|--|----|
| No health care coverage | 5% |
| Medical Assistance or Title 19 | 3 |
| Badger Care..... | 2 |
| Medicare..... | 17 |
| A prepaid plan such as a HMO, PPO..... | 51 |
| Another Commercial Health Plan..... | 18 |
| Something else..... | 4 |
| Not sure | <1 |

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

| | |
|------------------------------|-----|
| Not all members covered..... | 10% |
| All members covered | 90 |
| Not sure | <1 |

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

| | |
|------------------------------|-----|
| Not all members covered..... | 15% |
| All members covered | 85 |
| Not sure | <1 |

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

| | |
|---|-----|
| Medical doctor, internist, OBGYN, family practice | 79% |
| Walk-in or urgent care clinic | 10 |
| Hospital emergency room..... | 7 |
| Community health center | 2 |
| Other..... | 1 |
| Not sure | <1 |

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

Yes 36%
 No..... 61
 Not sure 3

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

| | Less than a year ago | 1 to 2 years ago | 3 to 4 years ago | 5 or more years ago | Never | Not sure |
|--|---------------------------------|-----------------------------|---------------------------------|--------------------------------|--------------|-----------------|
| 7. A routine checkup..... | 66% | 22% | 5% | 5% | 2% | <1% |
| 8. Cholesterol testing | 53 | 24 | 4 | 5 | 12 | 2 |
| 9. Visit to a dentist/dental clinic.. | 77 | 16 | <1 | 5 | <1 | <1 |
| 10. Eye exam..... | 54 | 31 | 6 | 5 | 3 | <1 |

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

Yes 42%
 No..... 59
 Not sure 0

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

Yes 20%
 No..... 77
 Not sure 3

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

| | Yes | No | Not sure |
|---|------------|-----------|-----------------|
| 13. You have high blood pressure?..... | 15% | 84% | <1% |
| 14. Your blood cholesterol is high? | 21 | 79 | <1 |
| 15. You had a stroke?..... | <1 | 99 | <1 |
| 16. You have heart disease or a heart condition? .. | 5 | 95 | <1 |
| 17. You have diabetes (men) You have diabetes not associated with a pregnancy (women)..... | 4 | 96 | <1 |
| 18.if yes, have you had your blood sugar tested in the past year? [16 Respondents] | 90 | 10 | 0 |
| 19. You had a mental health problem?..... | 7 | 93 | <1 |
| 20. You had cancer, other than skin cancer..... | 5 | 95 | <1 |
| 21. You had a sexually transmitted disease..... | 2 | 98 | <1 |

| | Yes | No | Not sure |
|---|-----|-----|----------|
| 22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? | 9% | 91% | <1% |
| 23. Do you still have asthma? [All Respondents] ... | 6 | 94 | 0 |
| 24.(if yes), do you have an asthma action plan? [23 Respondents]..... | 80 | 20 | 0 |

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

One or fewer servings 23%
 Two servings..... 27
 Three or more servings..... 50
 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 32%
 Two servings..... 30
 Three or more servings..... 38
 Not sure <1

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

A few times per month..... 38%
 A few times per week..... 32
 Daily or nearly so..... 8
 Hardly ever or never..... 21
 Not sure <1

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

Yes 82%
 No..... 18
 Not sure 0

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

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

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

| | |
|--------------------------------------|----|
| One | 4% |
| Two | 8 |
| Three | 24 |
| Four | 14 |
| Five | 13 |
| Six | 5 |
| Seven..... | 17 |
| Not sure | <1 |
| No moderate exercise/no answer | 16 |

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

| | |
|--------------------------------------|-----|
| Less than 30 minutes | 11% |
| 30 to 44 minutes | 27 |
| 45 to 59 minutes | 9 |
| 60 or more minutes | 37 |
| Not sure | <1 |
| No moderate exercise/no answer | 16 |

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [232 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) | 17 | 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)..... | 2 | üCONTINUE WITH Q33 |
| 5 or more years ago | 2 | üCONTINUE WITH Q33 |
| Never | 30 | üCONTINUE WITH Q33 |
| Not sure..... | 1 | üCONTINUE WITH Q33 |

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

Don't need 6 responses
 No time 5 responses
 Too young..... 3 responses
 Don't like..... 2 responses
 Too expensive 1 response
 Other 1 response
 Not sure 1 response

[59 Respondents 18 to 39 years old]

Too young.....51 responses
 Not recommended by provider..... 4 responses
 Don't need 4 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [231 Respondents]

Within the past year (anytime less than 12 months ago).....65%
 Within the past 2 years (1 year, but less than 2 years ago) 19
 Within the past 3 years (2 years, but less than 3 years ago)4
 Within the past 5 years (3 years, but less than 5 years ago)2
 5 or more years ago.....5
 Never.....4
 Not sure..... 1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [167 Respondents]

Within the past year (anytime less than 12 months ago).....33%
 Within the past 2 years (1 year, but less than 2 years ago) 18
 Within the past 5 years (2 years, but less than 5 years ago) 13
 5 or more years ago.....7
 Never.....30
 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)20%
- Within the past 2 years (1 year, but less than 2 years ago) 14
- Within the past 5 years (2 years, but less than 5 years ago)..... 10
- 5 or more years ago8
- Never43
- Not sure6

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)..... 9%
- Within the past 2 years (1 year, but less than 2 years ago) 13
- Within the past 5 years (2 years, but less than 5 years ago) 10
- Within the past 10 years (5 years but less than 10 years ago) 2
- 10 years ago or more..... 4
- Never..... 63
- Not sure..... <1

Do you regularly...

| | Yes | No | Not sure |
|--|-----|-----|----------|
| 38. Avoid the sun between 10 a.m. and 4 p.m. ... | 47% | 54% | 0% |
| 39. Wear sun-protective clothing when exposed to sunlight?..... | 57 | 42 | <1 |
| 40. Use sunscreen with a sun protective factor (SPF) of 15 or greater..... | 73 | 27 | <1 |
| 41. Avoid artificial sources of ultraviolet light?..... | 75 | 25 | <1 |

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

Do not ride/skate/scoot..... 38%

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

- Never 30%
- Seldom..... 6
- Sometimes 9
- Nearly always 11
- Always..... 44
- Not sure<1

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

Never 5%
 Seldom..... <1
 Sometimes 2
 Nearly always 8
 Always..... 84
 Not sure 0

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

One 17%
 Two 14
 Three or more 10
 None 59 üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [165 Respondents]

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

Frequency of those who bicycle, use in-line roller skates or scooters [149 Respondents]

Never 9%
 Seldom..... 3
 Sometimes 9
 Nearly always 2
 Always..... 76
 Not sure <1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [165 Respondents]

Never 3%
 Seldom..... <1
 Sometimes 0
 Nearly always 5
 Always..... 91
 Not sure 0

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

Never 31%
 Seldom..... 48
 Sometimes 18
 Nearly always 3
 Always..... <1
 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 | 3% |
| Fair | 18 |
| Good..... | 53 |
| Excellent..... | 26 |
| Not sure | <1 |

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

| | |
|---------------------|-----|
| Never | <1% |
| Seldom..... | 4 |
| Sometimes | 16 |
| Nearly always | 44 |
| Always..... | 36 |
| Not sure | 0 |

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

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

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

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

| | |
|--------------------------|-----|
| None | 29% |
| One to two days | 17 |
| Three to four days | 14 |
| Five or more days..... | 40 |
| Not sure | <1 |

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

| | |
|--------------------------|-----|
| None | 30% |
| One drink..... | 35 |
| Two drinks..... | 22 |
| Three drinks | 5 |
| Four or more drinks..... | 7 |
| 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 | 74% |
| One to two times | 15 |
| Three or more times | 12 |
| 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 | 87% |
| Once | 4 |
| Two or more times | 8 |
| Not sure | <1 |

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

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

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

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

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

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

| | |
|-------------------|-----|
| 0 days | 85% |
| 1 to 29 days..... | 4 |
| 30 days | 11 |
| 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? [58 Respondents]

| | |
|----------------------|-----|
| 0 days | 35% |
| At least 1 day | 65 |
| 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? [58 Respondents]

Yes 49%
No..... 51
Not sure 0

60. Do you currently use snuff or chewing tobacco?

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

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

Yes 13%
No..... 37
No smokers in the household..... 50
Not sure 0

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

Smoke-free restaurants 68%
Restaurants that allow smoking 7
No preference 25
Not sure <1

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

Strongly oppose 13%
Moderately oppose..... 12
Moderately favor..... 24
Strongly favor 48
Not sure 3

Another issue being discussed these days deals with firearms.

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

Yes 9%
No..... 90
Not sure <1

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

Yes 2%
 No..... 8
 Not sure 0
 No firearms in the household/no answer 91

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 0%
 No..... 2
 Not sure 0
 No firearms in the household/no answer 98

The next questions deal with alternative therapy treatments.

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

| | Yes | No | Not sure |
|---|-----|-----|----------|
| 67. Going to a chiropractor? | 15% | 85% | 0% |
| 68. Having acupuncture? | 4 | 96 | 0 |
| 69. Massage therapy? | 29 | 71 | <1 |
| 70. Aroma therapy? | 6 | 94 | 0 |
| 71. Movement therapy, such as yoga or tai' chi? | 14 | 86 | <1 |
| 72. Meditation? | 14 | 86 | 0 |

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

73. Gender [DERIVED, NOT ASKED]

Male 42%
 Female..... 58

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

18 to 34 years old 20%
 35 to 44 years old 24
 45 to 54 years old 26
 55 to 64 years old 11
 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 | 58% |
| Overweight | 30 |
| Obese..... | 12 |

77. What is your racial heritage?

| | |
|--|-----|
| White..... | 96% |
| Black, African American or Negro | 2 |
| Asian or Pacific Islander | 2 |
| American Indian or Alaska Native..... | 0 |
| Another race | 0 |
| Multiple races | <1 |
| Not sure | <1 |

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

| | |
|--------------------------------------|-----|
| Single, never married | 22% |
| A member of an unmarried couple..... | 1 |
| Married..... | 60 |
| Separated | <1 |
| Divorced..... | 7 |
| Widowed | 9 |
| Not sure | 0 |

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

| | |
|---------------------------------------|----|
| 8th grade or less | 0% |
| Some high school..... | <1 |
| High school graduate or GED..... | 11 |
| Some college..... | 12 |
| Technical school graduate | 3 |
| College graduate | 46 |
| Advanced or professional degree | 27 |
| Not sure | 0 |

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

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

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

Shorewood..... 49%
 Whitefish Bay 51

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

53211..... 57%
 53217..... 41
 No answer..... 2

84. What is your annual household income before taxes?

Less than \$10,000 2%
 \$10,000 to \$20,000..... 8
 \$20,001 to \$30,000..... 9
 \$30,001 to \$40,000..... 10
 \$40,001 to \$50,000..... 10
 \$50,001 to \$60,000..... 15
 \$60,001 to \$75,000..... 9
 \$75,001 to \$90,000..... 9
 Over \$90,000 22
 Not sure 2
 No answer..... 5

The next series of questions deal with personal safety issues.

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

Yes 10% üCONTINUE WITH Q86
 No..... 90 üGO TO Q87
 Not sure 0 üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [39 Respondents; More than 1 response accepted]

Stranger 28 responses
 Acquaintance 7 responses
 Friend 2 responses
 Brother or sister 1 response
 Someone else 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? [13 Respondents; More than 1 response accepted]

| | |
|--------------------|-------------|
| Stranger | 8 responses |
| Acquaintance | 4 responses |
| 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..... | 52% |
| Carbon monoxide detectors..... | 1 |
| Both..... | 41 |
| Neither..... | 5 |
| Not sure | 1 |

ADDITIONAL QUESTIONS FOR THE VILLAGES OF SHOREWOOD/WHITEFISH BAY
 [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 | 21% | 22% | 34% | 19% | 5% |
| A2. Sewage or septic | 35 | 25 | 20 | 12 | 8 |
| A3. Safe drinking water..... | 51 | 20 | 16 | 9 | 4 |
| A4. Pesticides | 41 | 24 | 18 | 8 | 10 |

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 8%
- Aware of the health department, but have had no experience with programs or services 65
- Aware of the health department and have received limited service like a flu shot or other immunization 25
- Aware of the health department and have received more extensive services 3
- Not sure..... 0