

**South Milwaukee
Community Health Survey**
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
South Milwaukee Health Department

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide the city of South Milwaukee 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 South Milwaukee 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 city adults 18 years old and older with a listed phone number. 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 March 29, 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 city of South Milwaukee. 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 city. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

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

Demographic Profile of South Milwaukee Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	45%
Female	55
Age	
18 to 34	22%
35 to 44	24
45 to 54	19
55 to 64	11
65 and Older	23
Education	
High School Graduate or Less	45%
Some Post High School	34
College Graduate	20
Household Income	
\$30,000 or Less	26%
\$30,001 to \$60,000	44
\$60,001 or More	23
Not Sure/No Answer	7
Married	60%

What do the percentages mean?

Results of the South Milwaukee Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 16,166 adult residents in the city.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the city. One percentage point equals approximately 200 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equates to 2,800 residents $\pm 1,000$ individuals. Meaning that from 1,800 to 3,800 residents may have fair or poor health in the city. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 2000 Census counted 8,694 households in the city of South Milwaukee. 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 90 households. For example, 12% 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 1,080.

Definitions

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

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

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/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 city of South Milwaukee 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 South Milwaukee 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	
South Milwaukee	<u>2003</u>	South Milwaukee	<u>2003</u>
Excellent	17%	High Blood Pressure.....	25%
Very Good.....	38%	High Blood Cholesterol	19%
Good	32%	Heart Disease/Condition.....	12%
Fair or Poor	14%	Asthma (Current)	9%
		Diabetes	8%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Moderate Physical Activity/Week	
Wisconsin	57%	South Milwaukee	<u>2003</u>
Nation	56%	Inactive	26%
		Insufficient	50%
Health Care Coverage		Recommended.....	24%
South Milwaukee	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered	6%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	12%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	16%	Nation	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Nutrition and Diet	
Wisconsin	10%	South Milwaukee	<u>2003</u>
Nation	13%	Fruit Intake (2 or more servings/day)	72%
Advance Care Plan		Vegetable Intake (3 or more servings/day)	27%
South Milwaukee	<u>2003</u>	Fried Food/Fast Food (a few times/week)	43%
Yes	34%	Overweight.....	63%
Routine Checkups		<i>Other Research: Overweight</i>	<u>2001</u>
South Milwaukee	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less)	84%	Nation	58%
Cholesterol Test (2 years or less)	74%	Women's Health	
Dental Checkup (past year).....	74%	South Milwaukee	<u>2003</u>
Eye Exam (2 years or less).....	77%	Mammogram (50+; past year).....	57%
Vaccinations		Pap Smear (past year).....	58%
South Milwaukee	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year)	37%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	63%	Pap Smear (past year)	66%
Alternative Treatment in Past 3 Years		Reduce Risk of Skin Cancer	
South Milwaukee	<u>2003</u>	South Milwaukee	<u>2003</u>
Chiropractor	21%	Avoid Artificial Sources of UV Light	67%
Massage Therapy.....	20%	Use Sunscreen with SPF 15 or Higher	59%
Movement Therapy.....	6%	Wear Sun Protective Clothing.....	52%
Aroma Therapy.....	5%	Avoid Sun Between 10 a.m. and 4 p.m.	42%
Meditation	3%		
Acupuncture	<1%		

Men's Health		Alcohol Use	
South Milwaukee		South Milwaukee	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	18%	Drink in Past Month	65%
50 and Older	47%	3+ Drinks on Occasion in Past Month.....	32%
Other Tests		Binge in Past Month	
South Milwaukee	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)]	16%
Blood Stool Test (50+; within past 2 years)....	46%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month)	3%
(50+; within past 2 years).....	34%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
Safety		Wisconsin.....	26%
South Milwaukee		Nation	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	85%	South Milwaukee	
Children.....	93%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	4%
(Of Those Who Ride Bike or In-Line Skate)		Never	40%
Adult.....	19%	Managing Stress	
Children	62%	Excellent/Good.....	80%
Detectors		Poor	2%
Smoke Detector	55%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom	4%
Both.....	43%	Considered Suicide (past year).....	2%
Neither	2%	Firearms in Household	
Tobacco Use		South Milwaukee	
South Milwaukee	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	25%	Have a Firearm.....	31%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	3%
Year Because Trying to Quit (smokers).....	44%	Have a Loaded Firearm Unlocked.....	2%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers)	42%	South Milwaukee	<u>2003</u>
Smoking Indoors or in Vehicle.....	22%	Afraid for Their Safety	6%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	2%
Smoke-free	61%	Additional Questions	
Allow Smoking.....	15%	South Milwaukee	
No Preference	23%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	<u>2003</u>
Establishments		Pollution in Lakes, Rivers & Streams	50%
Moderately Favor.....	23%	Sewage or Septic	28%
Strongly Favor	37%	Safe Drinking Water.....	23%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Pesticides.....	17%
Wisconsin.....	24%	Awareness of/Experience with Public Health Dept.	
Nation.....	23%	Aware of/No Experience	53%
		Aware of/Received Limited Services	41%
		Aware of/Received Extensive Services	3%

Overall Health and Health Care Key Findings

Fifty-five percent of respondents reported their health as excellent or very good. Respondents with lower education, with a household income of less than \$30,001, who were unmarried, physically inactive or a smoker were more likely to report fair or poor conditions.

Six percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, 55 to 64 years old, with a high school education or less, with a household income of less than \$30,001 or unmarried were more likely to not have health insurance. Twelve percent reported someone in their household currently was not covered while 16% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone currently not covered or in the past twelve months. Seventy-four percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents with some post high school education, those with a household income of at least \$30,001 or married respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; respondents who were female or 65 and older were more likely to report an advance care plan.

Seventy-four percent of all respondents reported a visit to the dentist in the past year, 63% reported having a routine checkup, 54% a cholesterol test and 47% reported an eye exam. Female respondents were more likely to report a routine checkup or eye exam in the past year while male respondents were more likely to report a dental checkup in the past year. Generally, older respondents were more likely to report a routine checkup, cholesterol test, or eye exam in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a household income of less than \$30,001 were more likely to report a routine checkup, cholesterol test or an eye exam in the past year, while respondents with an income of at least \$30,001 were more likely to report a dental visit. Married respondents were more likely to report a cholesterol test in the past year.

Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents who were 65 and older or had a household income of less than \$30,001 were more likely to report a flu vaccination. Sixty-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 in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Female respondents were more likely to report high blood cholesterol or a mental health problem. Generally, older respondents or those with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition or diabetes. Older respondents were also more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure or high blood cholesterol; respondents with some post high school education were more likely to report asthma. Unmarried respondents were more likely to report heart disease/condition or a mental health problem. Overweight respondents were more likely to report high blood pressure or diabetes.

Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Female respondents were more likely to report always/nearly always feeling this way. Twenty-four percent felt they were excellent at managing stress; 2% reported poor. Four 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, the most often used in the past three years were chiropractic care or massage therapy (21% and 20%, respectively). Female respondents were more likely to report massage therapy or aroma therapy. Respondents 18 to 54 years old were more likely to report massage therapy while respondents 18 to 34 years old were more likely to report movement therapy. Respondents with a college education were more likely to report massage therapy while those with at least some post high school were more likely to report aroma therapy. Respondents with a household income of at least \$30,001 were more likely to report movement therapy or aroma therapy. Married respondents were more likely to report massage therapy.

Twenty-four percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 26% were classified as inactive. Respondents who had a household income of \$30,001 to \$60,000 or who were not overweight were more likely to meet the recommended activity level. Sixty-three percent of respondents were classified as overweight (43% overweight and 20% obese). Respondents who were 45 to 54 years old, with some post high school education, married or physically inactive were more likely to be classified as overweight.

Seventy-two percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables on an average day. Respondents with a college degree or with a household income of at least \$60,001 were also more likely to eat vegetables. Forty-three percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those with a household income of at least \$30,001 were more likely to report this.

Seventy-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-five percent of all female respondents reported a pap smear within the past three years. Generally, respondents who were 35 to 54 years old, with higher education, or married were more likely to have had a pap smear within the past three years.

Eighteen percent of male respondents 40 to 49 years old and 47% of male respondents 50 and older had a digital rectal exam in the past year.

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 were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m. Respondents 45 to 54 years old were more likely to report wearing sun protective clothing. Respondents with a college education were more likely to report using sunscreen or wearing sun protective clothing.

Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were female, 65 years old or older, with a household income of less than \$30,001 or married were more likely to report they always wore seat belts. Eighty-six percent of respondents who had children indicated their children always wore seat belts. Of respondents who rode a bike, in-line skated or rode a scooter, 19% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 49% reported their child always wore a helmet.

Twenty-five percent of respondents were current smokers. Respondents who were 18 to 34 years old, 55 to 64 years old, with some post high school education or less, or unmarried were more likely to be smokers. Forty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 42% reported a health professional advised them to quit smoking. Twenty-two percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-one percent of all respondents preferred a smoke-free restaurant. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments. Respondents who were 35 to 44 years old or married were also more likely to prefer smoke-free restaurants.

Sixty-five percent of respondents had an alcoholic drink in the past 30 days. In the past month, 32% had three or more drinks on at least one occasion while 16% binged. Respondents who were male or 35 to 44 years old were more likely to have had at least three drinks on an occasion. Respondents 35 to 44 years old were also more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke detector while 43% had a working carbon monoxide detector. Respondents with a household income of \$30,001 to \$60,000 were more likely to report both a smoke detector and a carbon monoxide detector in their home.

Thirty-one percent of households had a firearm in or around their home. Married households were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

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

Additional Questions Key Findings

Out of four environmental problems that communities may face, the most often cited major or moderate problem was pollution in lakes, rivers and streams. Respondents 18 to 34 years old were more likely to report safe drinking water as a major or moderate problem while respondents 55 to 64 years old were more likely to report pesticides. Married respondents were more likely to report water pollution in lakes, rivers and streams.

Three percent of respondents were not aware of the public health department. Forty-four percent received services from the health department. Male and female awareness of the health department were similar, however, females were more likely to report receiving services.

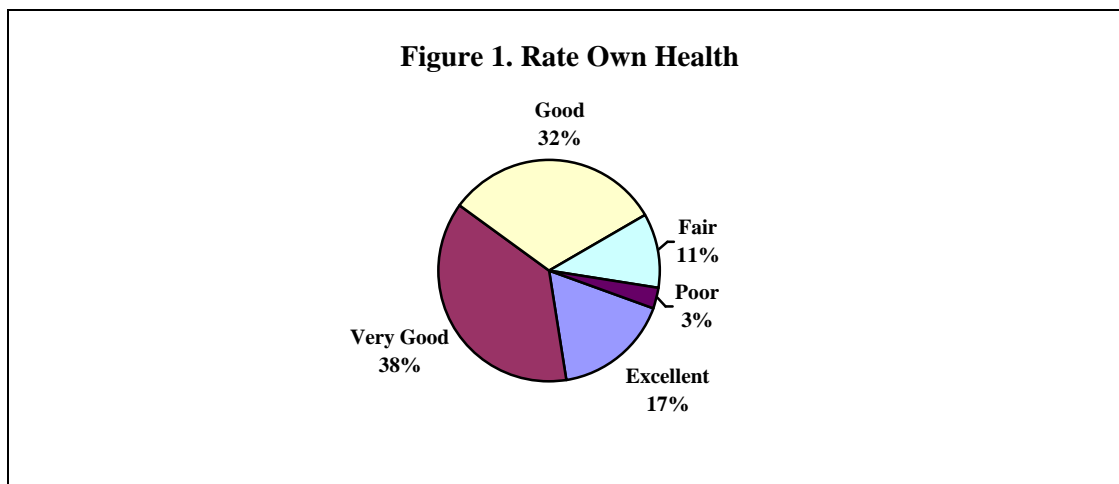
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-five percent of respondents reported their health as excellent or very good. Respondents with lower education, with a household income of less than \$30,001, who were unmarried, 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).

- Fifty-five percent of respondents said their own health, generally speaking, was either excellent (17%) or very good (38%). A total of 14% reported their health was fair (11%) or poor (3%).



- Seventeen percent of respondents with a high school degree or less reported fair or poor health compared to 13% of those with some post high school education or 7% of respondents with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to report fair/poor health (26%) compared to those with an income of \$30,001 to \$60,000 (10%) or respondents with a household income of at least \$60,001 (8%).
- Twenty-one percent of unmarried respondents reported their health as fair/poor compared to 9% of married respondents.
- Respondents who were not overweight were more likely to report their health as excellent (25%) compared to respondents who were overweight (12%).
- Inactive respondents were more likely to report their health as fair/poor (23%) compared to those who did an insufficient amount of physical activity (9%) or respondents who met the recommended amount (13%).

- Smokers were more likely to report their health was fair or poor than nonsmokers (27% and 9%, respectively).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	14%	32%	38%	17%
Gender				
Male	11	29	40	19
Female	16	34	36	15
Age				
18 to 34	12	29	41	19
35 to 44	10	25	45	20
45 to 54	17	32	33	17
55 to 64	21	32	25	23
65 and Older	13	44	36	7
Education**				
High School or Less	17	35	38	10
Some Post High School	13	28	42	16
College Graduate	7	31	31	32
Household Income**				
\$30,000 or Less	26	40	28	6
\$30,001 to \$60,000	10	28	44	19
\$60,001 or More	8	26	38	28
Marital Status**				
Married	9	34	37	20
Not Married	21	29	38	11
Overweight**				
Not Overweight	12	22	42	25
Overweight	14	38	36	12
Physical Activity**				
Inactive	23	36	31	11
Insufficient	9	31	45	15
Recommended	13	28	33	27
Smoker**				
Nonsmoker	9	31	41	19
Smoker	27	34	28	11

*= p≤0.05; **= p≤0.01

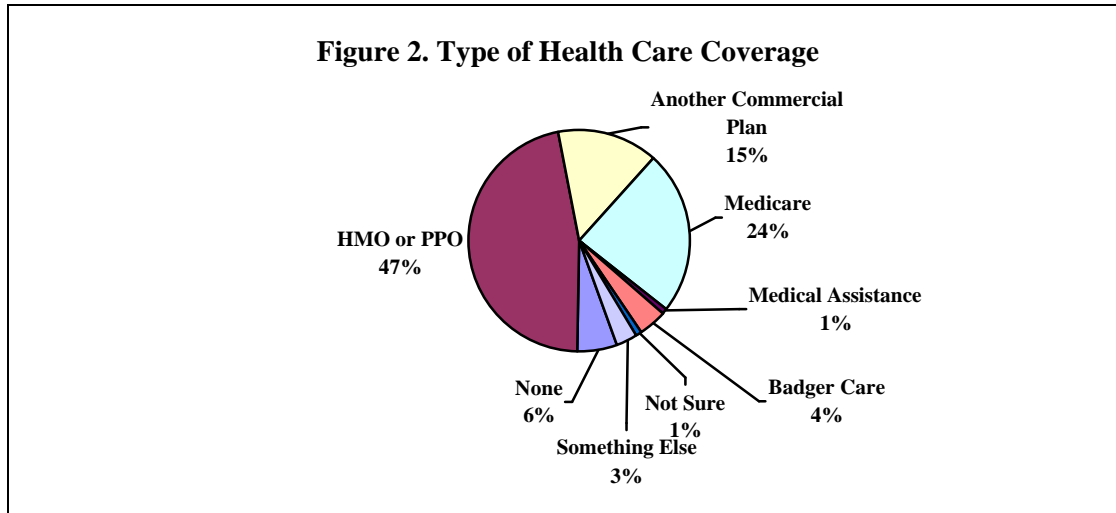
Health Care Coverage (Figure 2)

KEY FINDING: Six percent of respondents reported they personally did not have health care coverage. Respondents who were male, 18 to 34 years old, 55 to 64 years old, with a high school education or less, with a household income of less than \$30,001 or unmarried were more likely to not have health insurance. Twelve percent reported someone in their household currently was not covered while 16% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone currently not covered or in the past twelve months. Seventy-four percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents with some post high school education, those with a household income of at least \$30,001 or married respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; respondents who were female or 65 and older were more likely to report an advance care plan.

Personally Not Covered

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

- Six percent of respondents reported they were not currently covered by any health insurance. Forty-seven percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fifteen percent reported another commercial plan, 24% reported Medicare and 1% reported medical assistance.



- Male respondents were more likely to not have health insurance compared to female respondents (10% and 3%, respectively).
- Respondents 18 to 34 years old and respondents 55 to 64 years old were similar in reporting no health insurance (15% and 16%, respectively). All other age groups ranged from 1% to 3%.
- Nine percent of respondents with a high school degree or less reported no health insurance compared to 4% of those with at least some post high school education.

- Thirteen percent of respondents with a household income of \$30,000 or less reported no health insurance compared to 3% of those with an income of \$30,001 to \$60,000 or 0% of respondents with a household income of \$60,001 or more.
- Unmarried respondents were more likely to have no health insurance than married respondents (14% and less than one percent, respectively).

Someone in Household Currently Not Covered

- Twelve percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,080 households.
- Twenty percent of respondents with a household income of \$30,000 or less reported someone in their household was not covered compared to 10% of those with an income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to have someone not covered (18%) compared to married respondents (8%).

Someone in Household Not Covered in the Past 12 Months

- Sixteen 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 \$30,000 or less reported someone in their household was not covered in the past 12 months compared to 13% of those with an income of \$30,001 to \$60,000 or 6% of respondents with \$60,001 or more.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (21%) compared to married respondents (12%).

Primary Health Care Services

- Seventy-four percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN or family practice. Twelve percent reported walk-in or urgent care, 7% reported hospital emergency, 5% reported community health center and 1% reported public health department.
- Eighty-five percent of respondents with some post high school education reported a medical doctor, internist, OBGYN or family practice compared to 79% of those with a college degree or 63% of respondents with a high school degree or less.
- Eighty-two percent of respondents with a household income of \$30,001 to \$60,000 and 80% of those with an income of at least \$60,001 reported a medical doctor, etc., compared to 60% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report medical doctor, etc., (80%) compared to unmarried respondents (66%).

Advance Care Plan

- Thirty-four percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report an advance care plan than male respondents (37% and 31% respectively).
- Older respondents were more likely to report having an advance care plan. Sixty-four percent of respondents 65 and older reported this followed by 32% of those 55 to 64 years old and 29% of respondents 45 to 54 years old. Twenty-two percent of respondents 18 to 34 years old and 20% of those 35 to 44 years old reported an advance care plan.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-four percent of all respondents reported a visit to the dentist in the past year, 63% reported having a routine checkup, 54% a cholesterol test and 47% reported an eye exam. Female respondents were more likely to report a routine checkup or eye exam in the past year while male respondents were more likely to report a dental checkup in the past year. Generally, older respondents were more likely to report a routine checkup, cholesterol test, or eye exam in the past year while respondents 35 to 44 years old were more likely to report a dental checkup. Respondents with a household income of less than \$30,001 were more likely to report a routine checkup, cholesterol test or an eye exam in the past year, while respondents with an income of at least \$30,001 were more likely to report a dental visit. Married respondents were more likely to report a cholesterol test 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-three percent of respondents reported they had a routine checkup in the past year. An additional 21% had a checkup in the past one to two years.
- Female respondents were more likely to report they had a routine checkup in the past year (72%) than male respondents (53%).
- Respondents 65 and older were more likely to have had a routine checkup in the past year (82%) compared to those 18 to 34 years old (44%) or respondents 35 to 44 years old (44%).
- Respondents with a household income of less than \$30,001 were more likely to have had a routine checkup in the past year (72%) than respondents with a household income of \$30,001 to \$60,000 (62%) or \$60,001 or more (58%).
- Married respondents were more likely than unmarried respondents to have had a routine checkup in the past two years (87% and 77%, respectively).

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	63%	21%	8%	5%	3%
Gender**					
Male	53	26	9	7	5
Female	72	16	7	3	1
Age**					
18 to 34	49	24	15	5	7
35 to 44	44	31	14	6	5
45 to 54	71	19	1	8	1
55 to 64	74	16	5	5	0
65 and Older	82	11	3	1	1
Education					
High School or Less	61	23	7	4	5
Some Post High School	63	21	10	4	2
College Graduate	68	16	7	8	1
Household Income**					
\$30,000 or Less	72	17	4	<1	6
\$30,001 to \$60,000	62	20	10	5	3
\$60,001 or More	58	27	5	10	0
Marital Status*					
Married	64	23	5	4	3
Not Married	61	16	13	6	3

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Fifty-four percent of respondents reported having their cholesterol tested within the past year. Twenty percent reported one to two years ago. Eighteen percent reported never having their cholesterol tested.
- Generally, older respondents were more likely to have had a cholesterol test in the past year. Seventy-two percent of respondents 65 and older and 71% of those 55 to 64 years old reported this compared to 31% of respondents 18 to 34 years old. Forty-six percent of respondents 18 to 34 years old reported never having a cholesterol test.
- Respondents with lower household income were more likely to report within the past year. Fifty-nine percent of respondents with a household income of less than \$30,001 reported this compared to 55% of those with an income of \$30,001 to \$60,000 or 49% of respondents with a household income of at least \$60,001.

- Married respondents were more likely to report having a cholesterol test within the past year (57%) compared to unmarried respondents (48%). Twenty-nine percent of unmarried respondents reported never having a cholesterol test compared to 11% of married respondents.

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	54%	20%	2%	5%	18%
Gender					
Male	51	20	2	7	21
Female	56	20	3	4	15
Age**					
18 to 34	31	13	0	9	46
35 to 44	36	31	3	7	20
45 to 54	67	21	3	3	7
55 to 64	71	7	4	2	13
65 and Older	72	18	3	3	3
Education					
High School or Less	56	18	2	4	19
Some Post High School	54	23	2	2	18
College Graduate	49	18	4	11	16
Household Income**					
\$30,000 or Less	59	15	2	2	22
\$30,001 to \$60,000	55	21	3	2	19
\$60,001 or More	49	21	2	12	12
Marital Status**					
Married	57	22	3	6	11
Not Married	48	16	2	5	29

*= 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-four percent of respondents reported a dental visit in the past year. An additional 16% had a visit in the past one to two years.

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.

- Male respondents were more likely than female respondents to report a dental visit in the past year (80% and 69%, respectively).
- Respondents 35 to 44 years old were more likely to have had a dental checkup in the past year (86%) compared to respondents 18 to 34 years old (72%) or respondents 65 and older (60%).
- Eighty-five percent of respondents with a household income of at least \$60,001 and 84% of those with an income of \$30,001 to \$60,000 reported a dental checkup in the past year compared to respondents with a household income of less than \$30,001 (51%).

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	74%	16%	4%	5%	1%
Gender*					
Male	80	12	5	3	0
Female	69	19	4	6	2
Age**					
18 to 34	72	14	13	1	0
35 to 44	86	10	2	2	0
45 to 54	76	18	1	4	0
55 to 64	73	21	0	5	2
65 and Older	60	23	2	10	5
Education					
High School or Less	70	14	6	6	3
Some Post High School	76	18	2	4	0
College Graduate	78	16	2	4	0
Household Income**					
\$30,000 or Less	51	30	6	8	5
\$30,001 to \$60,000	84	11	2	3	0
\$60,001 or More	85	10	2	2	0
Marital Status					
Married	77	16	2	4	1
Not Married	69	16	8	6	1

*= p≤0.05; **= p≤0.01

Eye Exam

- Forty-seven percent of respondents had an eye exam in the past year, while 30% reported one to two years ago. Three percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (56%) compared to male respondents (36%).

- Sixty-three percent of respondents 65 and older reported having an eye exam in the past year compared to 43% of those 45 to 54 years old or 32% of respondents 35 to 44 years old.
- Respondents with a household income of less than \$30,001 were more likely to have had an eye exam in the past year (55%) compared to those with an income of \$30,001 to \$60,000 (51%) or respondents with a household income of at least \$60,001 (35%).

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	47%	30%	12%	8%	3%
Gender**					
Male	36	36	13	12	3
Female	56	24	11	6	3
Age**					
18 to 34	49	28	17	5	1
35 to 44	32	30	19	16	4
45 to 54	43	37	8	9	3
55 to 64	52	25	5	11	7
65 and Older	63	27	7	2	1
Education					
High School or Less	42	29	15	12	2
Some Post High School	56	29	8	5	2
College Graduate	44	32	13	6	5
Household Income*					
\$30,000 or Less	55	22	7	13	3
\$30,001 to \$60,000	51	31	11	6	2
\$60,001 or More	35	36	15	9	5
Marital Status					
Married	43	32	14	7	3
Not Married	52	26	9	11	2

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents who were 65 and older or who had a household income of less than \$30,001 were more likely to report a flu vaccination. Sixty-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).

- Thirty-seven 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 (82%) compared to respondents 18 to 44 years old (16%) or 45 to 54 years old (29%).
- Respondents with lower household income were more likely to have had an influenza vaccination in the past year. Fifty-two percent of respondents with a household income of \$30,000 or less reported this compared to 32% of those with a household income of \$30,001 to \$60,000 or 23% of respondents with a household income of at least \$60,001.

Table 7. Flu Vaccination by Demographic Variables

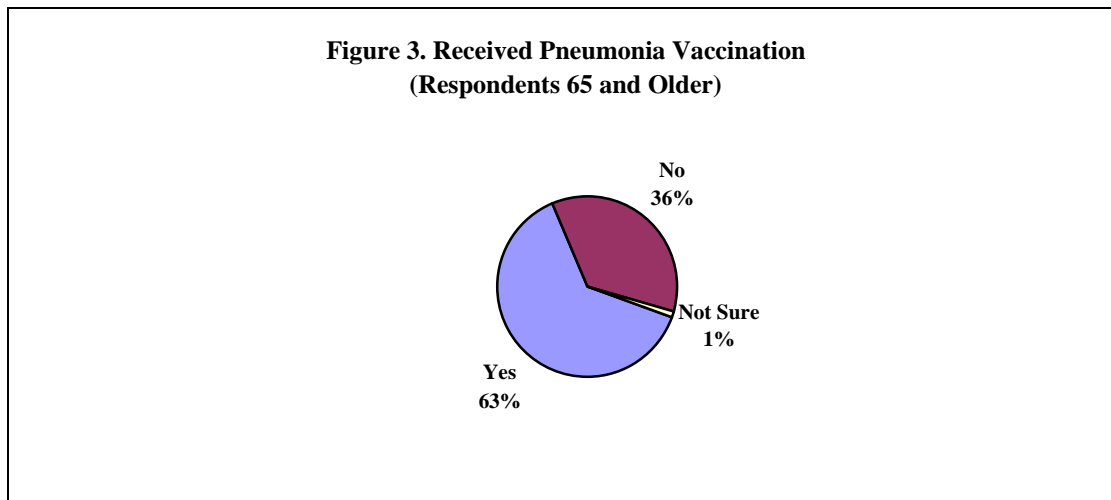
	Percent
TOTAL	37%
Gender	
Male	34
Female	39
Age**	
18 to 34	16
35 to 44	16
45 to 54	29
55 to 64	41
65 and Older	82
Education	
High School or Less	42
Some Post High School	29
College Graduate	37
Household Income**	
\$30,000 or Less	52
\$30,001 to \$60,000	32
\$60,001 or More	23
Marital Status	
Married	37
Not Married	38

*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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



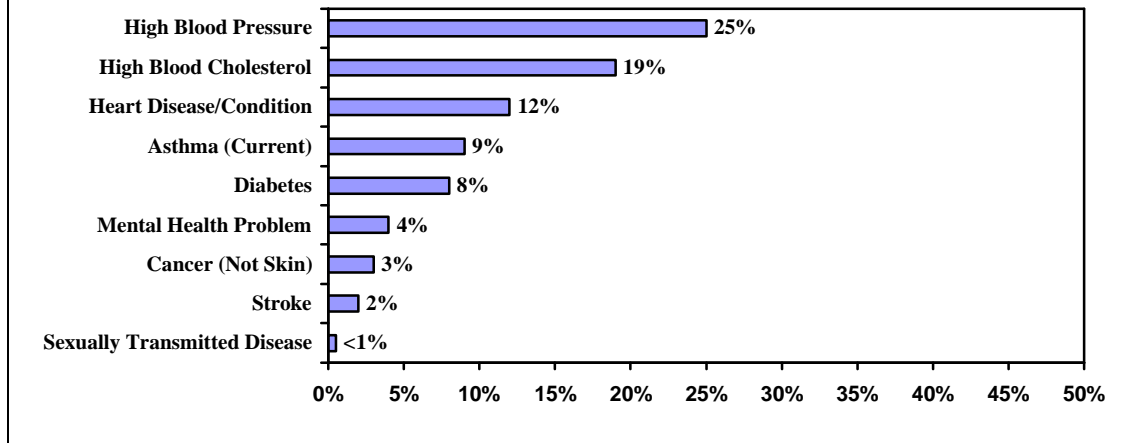
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated in the past three years were high blood pressure, high blood cholesterol or heart disease/heart condition. Female respondents were more likely to report high blood cholesterol or a mental health problem. Generally, older respondents or those with a household income of less than \$30,001 were more likely to report high blood pressure, heart disease/condition or diabetes. Older respondents were also more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure or high blood cholesterol; respondents with some post high school education were more likely to report asthma. Unmarried respondents were more likely to report heart disease/condition or a mental health problem. Overweight respondents were more likely to report high blood pressure or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (25%), high blood cholesterol (19%), heart disease/heart condition (12%), asthma (current, 9%), diabetes (8%) or a mental health problem (4%) in the past three years.

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



- Female respondents were more likely to report high blood cholesterol or mental health problem than male respondents.
- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol, heart disease/condition or diabetes increased as age increased.
- Respondents with a high school education or less were more likely to report high blood pressure or high blood cholesterol. Respondents with some post high school education were more likely to report asthma.
- Respondents with a household income of less than \$30,001 reported high blood pressure, heart disease/condition or diabetes more often.
- Unmarried respondents were more likely to report a heart disease/condition or a mental health problem.
- Respondents who were considered overweight were more likely to report high blood pressure or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Asthma (Current)	Diabetes	Mental Health Problem
TOTAL	25%	19%	12%	9%	8%	4%
Gender						
Male	21	14*	11	6	6	0**
Female	28	24*	13	12	10	7**
Age						
18 to 34	2**	4**	7**	8	1**	0
35 to 44	5**	7**	4**	11	0**	5
45 to 54	28**	26**	9**	15	7**	9
55 to 64	40**	27**	11**	5	16**	4
65 and Older	54**	36**	28**	5	17**	3
Education						
High School or Less	34**	25*	16	8*	11	3
Some Post High School	21**	15*	12	15*	6	7
College Graduate	13**	13*	7	4*	5	2
Household Income						
\$30,000 or Less	41**	26	21**	11	14*	6
\$30,001 to \$60,000	20**	15	10**	10	5*	4
\$60,001 or More	17**	19	7**	9	6*	1
Marital Status						
Married	23	20	10*	9	8	2*
Not Married	28	18	16*	10	8	7*
Overweight						
Not Overweight	13**	14	14	9	4*	2
Overweight	30**	21	12	9	9*	4
Physical Activity						
Inactive	34	22	18	8	12	8
Insufficient	22	18	10	12	7	3
Recommended	19	18	10	6	6	2

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

Diabetes

- Of the 31 respondents who reported being diagnosed with diabetes, 90% had their blood sugar tested in the past year.

Asthma

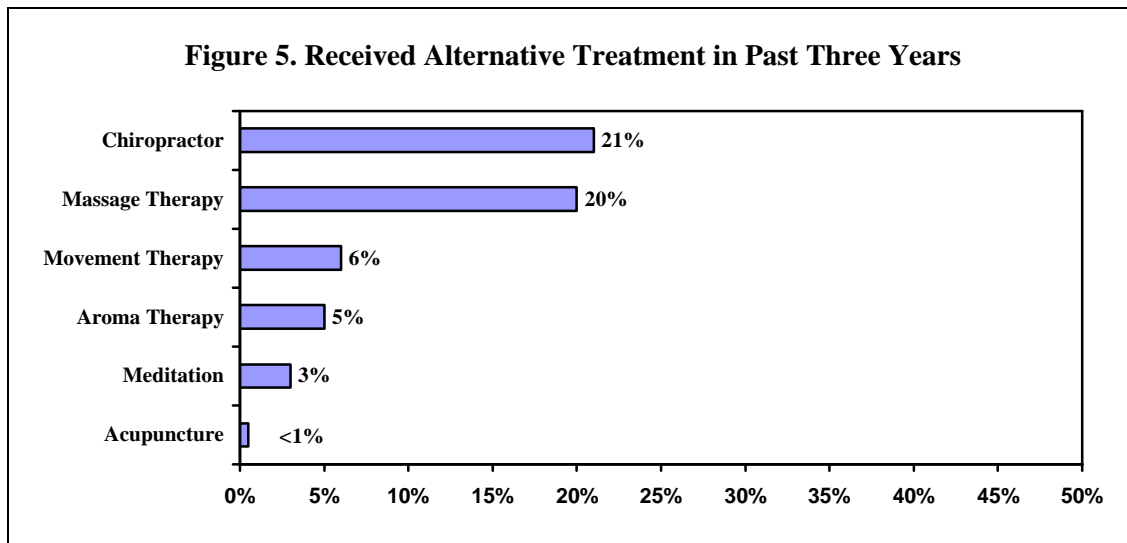
- Of the 37 respondents who currently had asthma, 63% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (21% and 20%, respectively). Female respondents were more likely to report massage therapy or aroma therapy. Respondents 18 to 54 years old were more likely to report massage therapy while respondents 18 to 34 years old were more likely to report movement therapy. Respondents with a college education were more likely to report massage therapy while those with at least some post high school were more likely to report aroma therapy. Respondents with a household income of at least \$30,001 were more likely to report movement therapy or aroma therapy. Married respondents were more likely to report massage therapy.

- Respondents were more likely to have gone to a chiropractor (21%) or used massage therapy (20%) in the past three years.



- Female respondents were more likely to have used massage therapy or aroma therapy in the past three years compared to male respondents.
- Respondents 18 to 54 years old were more likely to have used massage therapy in the past three years while respondents 18 to 34 years old were more likely to have used movement therapy.
- Respondents with a college education were more likely to have used massage therapy in the past three years. Respondents with at least some post high school education were more likely to have used aroma therapy.
- Respondents with a household income of at least \$30,001 were more likely to have used movement therapy or aroma therapy in the past three years.
- Married respondents were more likely to report using massage therapy (24%) than unmarried respondents (14%).

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

	Chiropractor	Massage Therapy	Movement Therapy	Aroma Therapy
TOTAL	21%	20%	6%	5%
Gender				
Male	24	15*	6	2*
Female	19	23*	5	7*
Age				
18 to 34	16	23*	11*	2
35 to 44	23	26*	3*	8
45 to 54	22	23*	9*	9
55 to 64	18	11*	5*	2
65 and Older	26	11*	0*	1
Education				
High School or Less	21	13**	4	1**
Some Post High School	21	22**	5	9**
College Graduate	23	30**	10	6**
Household Income				
\$30,000 or Less	19	13	<1*	0*
\$30,001 to \$60,000	25	24	8*	6*
\$60,001 or More	22	22	7*	8*
Marital Status				
Married	24	24*	5	6
Not Married	17	14*	6	3

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-four percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 26% were classified as inactive. Respondents who had a household income of \$30,001 to \$60,000 or who were not overweight were more likely to meet the recommended activity level. Sixty-three percent of respondents were classified as overweight (43% overweight and 20% obese). Respondents who were 45 to 54 years old, with some post high school education, married or physically inactive were more likely to be classified as overweight.

Physical Activities in Past Month

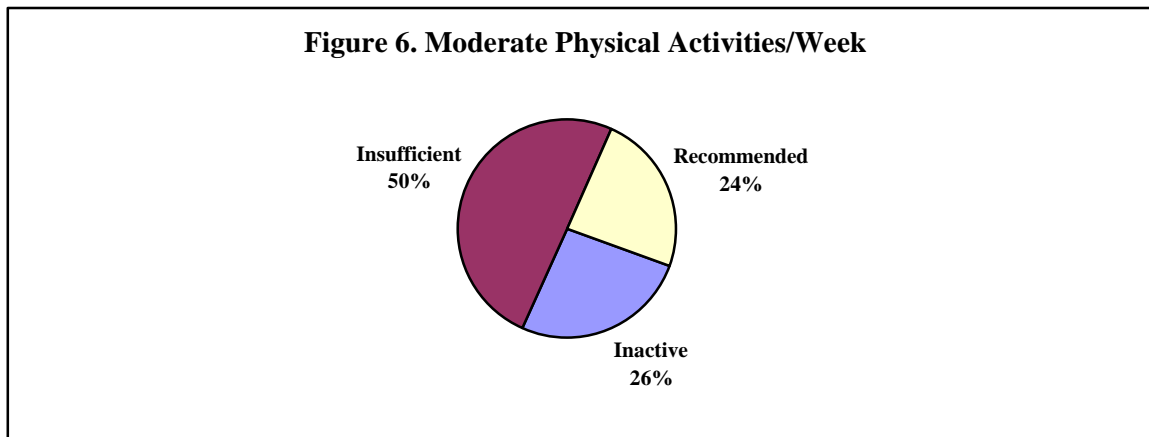
- Sixty-nine percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Twenty-four percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty percent did some activity, but not to the extent of the recommendation while 26% were classified as inactive.



- Respondents with a household income of \$30,001 to \$60,000 were more likely to meet the recommendation (30%) compared to those with an income of \$60,001 or more (20%) or respondents with a household income of less than \$30,001 (19%).
- Respondents who were not overweight more likely to meet the recommendation compared to overweight respondents (32% and 19%, respectively).

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

	Inactive	Insufficient	Recommended
TOTAL	26%	50%	24%
Gender			
Male	24	48	29
Female	29	52	20
Age			
18 to 34	20	57	24
35 to 44	23	49	28
45 to 54	30	49	21
55 to 64	29	33	38
65 and Older	26	55	18
Education			
High School or Less	31	49	20
Some Post High School	24	49	27
College Graduate	21	53	27
Household Income*			
\$30,000 or Less	31	51	19
\$30,001 to \$60,000	24	46	30
\$60,001 or More	17	63	20
Marital Status			
Married	25	53	22
Not Married	28	45	27
Overweight*			
Not Overweight	20	48	32
Overweight	28	53	19

*= 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).

- According to the definition, 63% of respondents were overweight (43% overweight and 20% obese).

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

- Respondents 45 to 54 years old were more likely to be classified as overweight (76%) compared to respondents 18 to 34 years old (49%).
- Respondents with some post high school education were more likely to be overweight (71%) compared to those with a high school education or less (64%) or respondents with a college degree (48%).
- Married respondents were more likely to be classified as overweight (68%) than unmarried respondents (54%).
- Seventy percent of respondents who were inactive in a typical week were classified as overweight compared to 49% of those who did the recommended amount of physical activity or 65% of respondents who did some activity, but not to the extent recommended.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	63%
Gender	
Male	65
Female	61
Age*	
18 to 34	49
35 to 44	63
45 to 54	76
55 to 64	69
65 and Older	61
Education**	
High School or Less	64
Some Post High School	71
College Graduate	48
Household Income	
\$30,000 or Less	62
\$30,001 to \$60,000	65
\$60,001 or More	62
Marital Status**	
Married	68
Not Married	54
Moderate Physical Activities*	
Inactive	70
Insufficient	65
Recommended	49

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

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Seventy-two percent of respondents eat two or more servings of fruit while 27% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables on an average day. Respondents with a college degree or with a household income of at least \$60,001 were also more likely to eat vegetables. Forty-three percent of respondents eat fried/fast food at least a few times a week; males, younger respondents or those with a household income of at least \$30,001 were more likely to report this.

Fruit Intake

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

- Seventy-two percent of respondents eat two or more servings of fruit on an average day. Twenty-eight percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (77% and 66%, 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.

- Twenty-seven percent of respondents eat three or more servings of vegetables on an average day. Seventy-three percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (32% and 21%, respectively).
- Respondents with a college degree were more likely to eat three or more servings of vegetables per day (53%) compared to those with a high school degree or less (23%) or respondents with some post high school education (17%).
- Forty-two percent of respondents with a household income of at least \$60,001 reported eating at least three servings of vegetables compared to 24% of those with an income of \$30,001 to \$60,000 or 20% of respondents with a household income of less than \$30,001.

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

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	28%	72%	73%	27%
Gender				
Male	34*	66*	79**	21**
Female	23*	77*	68**	32**
Age				
18 to 34	21	79	63	37
35 to 44	27	73	77	23
45 to 54	32	68	80	20
55 to 64	40	58	75	25
65 and Older	25	75	73	27
Education				
High School or Less	31	69	77**	23**
Some Post High School	30	70	83**	17**
College Graduate	19	81	47**	53**
Household Income				
\$30,000 or Less	33	67	80**	20**
\$30,001 to \$60,000	24	76	76**	24**
\$60,001 or More	30	69	58**	42**
Marital Status				
Married	26	73	71	29
Not Married	31	69	76	24
Overweight				
Not Overweight	29	71	71	29
Overweight	26	74	74	26
Moderate Physical Activities				
Inactive	33	67	78	22
Insufficient	26	74	72	28
Recommended	27	73	69	31

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Seven percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Thirty-six percent reported a few times per week. Thirty-nine percent reported a few times per month while 18% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (59%) compared to female respondents (31%).
- Younger respondents were more likely to eat fried/fast foods. Fifty-nine percent of respondents 18 to 34 years old and 58% of those 35 to 44 years old reported eating fried/fast food at least a few times per week compared to 29% of those 55 to 64 years old or 19% of respondents 65 and older.
- Forty-eight percent of respondents with a household income of at least \$60,001 and 47% of those with an income of \$30,001 to \$60,000 reported at least a few times per week compared to 36% of respondents with a household income of less than \$30,001 reported this.
- Forty-six percent of unmarried respondents reported a few times per week compared to 42% of married respondents. Married respondents were more likely to report eating fried/fast food a few times per month compared to unmarried respondents (45% and 29%, respectively). Unmarried respondents were more likely to report hardly ever or never compared to married respondents (25% and 13%, respectively).
- Forty-five percent of overweight respondents reported a few times per week compared to 42% of not overweight respondents. Forty-two percent of overweight respondents reported eating fried/fast food a few times per month compared to 33% of respondents not overweight. Respondents not overweight were more likely to report hardly ever/never compared to overweight respondents (26% and 12%, respectively).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	39%	43%
Gender**		
Male	28	59
Female	48	31
Age**		
18 to 34	29	59
35 to 44	41	58
45 to 54	45	45
55 to 64	40	29
65 and Older	40	19
Education		
High School or Less	39	41
Some Post High School	39	50
College Graduate	38	40
Household Income**		
\$30,000 or Less	36	36
\$30,001 to \$60,000	38	47
\$60,001 or More	45	48
Marital Status**		
Married	45	42
Not Married	29	46
Overweight*		
Not Overweight	33	42
Overweight	42	45
Moderate Physical Activities		
Inactive	30	51
Insufficient	42	42
Recommended	41	40

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Seventy-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-five percent of all female respondents reported a pap smear within the past three years. Generally, respondents who were 35 to 54 years old, with higher education, or married were more likely to have had a pap smear within the past three years.

Mammogram

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

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

- Thirty-one percent of all female respondents never had a mammogram while 54% had a mammogram within the past two years (41% within past year and 13% more than one year but less than two years).
- More specifically, respondents 40 years old and older were more likely to have received a mammogram in the past two years (78% of those 50 and older; 54% of those 40 to 49 years old) compared to respondents 18 to 39 years old (18%).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t like (six responses) too young (five responses) or don’t need (three responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	41%	13%	15%	31%
Age**				
18 to 39	14	4	6	77
40 to 49	43	11	27	18
50 and Older	57	21	17	5

*= 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).

- Fifty-eight percent of respondents reported they had a pap smear within the past year. An additional 27% reported between one year and less than three years.
- Ninety-seven percent of respondents 45 to 54 years old and 95% of those 35 to 44 years old reported a pap smear within the past three years compared to 83% of those 55 to 64 years old or 63% of respondents 65 and older.
- Ninety-nine percent of respondents with a college degree reported a pap smear within the past three years compared to 86% of those with some post high school education or 75% of respondents with a high school education or less.
- Married respondents were more likely to have had a pap smear within the past three years (92%) compared to unmarried respondents (73%).

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	58%	20%	7%	12%	3%
Age**					
18 to 34	67	19	6	2	6
35 to 44	71	22	2	4	0
45 to 54	77	17	3	3	0
55 to 64	48	22	13	17	0
65 and Older	36	20	7	32	4
Education*					
High School or Less	53	16	6	17	6
Some Post High School	55	26	5	12	0
College Graduate	71	18	10	2	0
Household Income					
\$30,000 or Less	45	22	8	22	3
\$30,001 to \$60,000	62	17	8	8	4
\$60,001 or More	73	14	2	7	2
Marital Status**					
Married	70	18	4	6	2
Not Married	41	21	11	22	4

*= p≤0.05; **= p≤0.01

Men's Health (Table 16)

KEY FINDING: Eighteen percent of male respondents 40 to 49 years old and 47% of male respondents 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-seven percent of all male respondents never had a digital rectal exam. Twenty-seven percent had an exam in the past year while 14% reported within the past two years (one year but less than two years).
- Forty-seven percent of male respondents 50 years old and older had an exam less than a year ago while 18% of males 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	27%	14%	21%	37%
Age**				
18 to 39	10	5	25	61
40 to 49	18	29	9	42
50 and Older	47	13	26	11

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-six percent of respondents 50 years old 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-eight percent of all respondents never had a blood stool test. Thirty-one percent were tested within the past two years (20% less than a year ago and 11% more than one year ago, but less than two).
- Forty-six percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 35% of respondents 40 to 49 years old and 13% of respondents 18 to 39 years old. Twenty-eight percent of respondents 50 and older reported never compared to 78% 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%	11%	15%	48%
Gender				
Male	18	14	15	47
Female	22	10	15	49
Age**				
18 to 39	7	6	5	78
40 to 49	22	13	18	42
50 and Older	30	16	22	28
Education				
High School or Less	17	12	16	51
Some Post High School	21	9	13	50
College Graduate	28	15	16	39
Household Income				
\$30,000 or Less	22	14	14	47
\$30,001 to \$60,000	19	10	15	52
\$60,001 or More	20	6	16	48
Marital Status				
Married	22	12	14	45
Not Married	18	10	16	54

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-five percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Nineteen percent were examined within the past two years (10% less than a year ago and 9% more than one year ago, but less than two).
- A total of 34% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 10% of respondents 40 to 49 years old or 4% of respondents 18 to 39 years old. Forty-two percent of respondents 50 and older reported never compared to 92% of respondents 18 to 39 years old.

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	10%	9%	8%	7%	65%
Gender					
Male	12	6	8	8	63
Female	7	11	9	6	67
Age**					
18 to 39	2	2	2	2	92
40 to 49	7	3	9	9	71
50 and Older	17	17	13	9	42
Education					
High School or Less	11	6	7	9	66
Some Post High School	7	10	9	7	65
College Graduate	10	13	8	2	66
Household Income					
\$30,000 or Less	10	13	8	7	61
\$30,001 to \$60,000	8	8	9	9	64
\$60,001 or More	11	5	8	2	73
Marital Status					
Married	11	8	9	8	62
Not Married	7	9	7	6	70

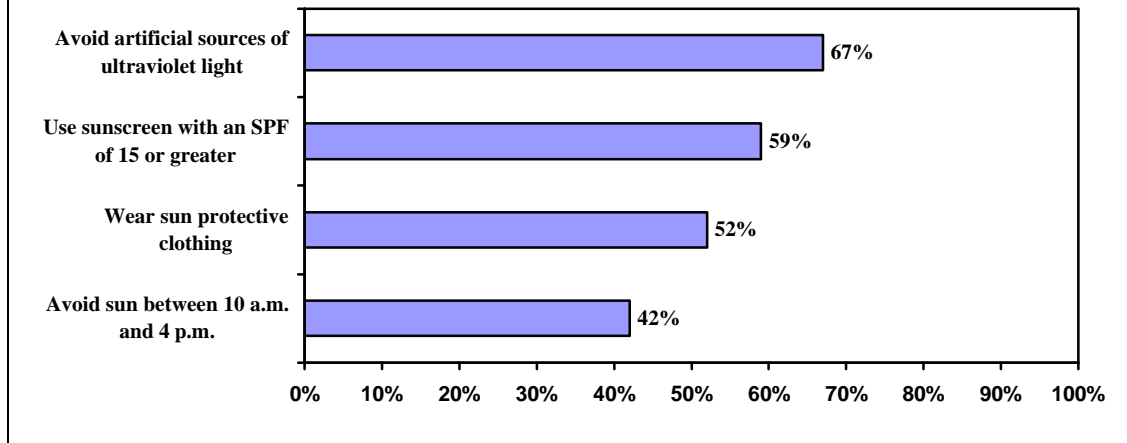
*= p<0.05; **= p<0.01

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 were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m. Respondents 45 to 54 years old were more likely to report wearing sun protective clothing. Respondents with a college education were more likely to report using sunscreen or wearing sun protective clothing.

- To reduce the risk of skin cancer, 67% of respondents regularly avoid artificial sources of ultraviolet light, 59% use sunscreen with a SPF of 15 or higher, 52% wear sun protective clothing while 42% avoid the sun between 10 a.m. and 4 p.m.
- Thirteen percent of respondents did not reduce their risk by any of these four measures. Nineteen percent reported one measure. Twenty-three percent each reported two or three measures and 22% reported they did all four measures regularly.

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



- Female respondents were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m.
- Respondents 45 to 54 years old were more likely to report using sun protective clothing (63%) than respondents 18 to 34 years old (44%) or 35 to 44 years old (42%).
- Respondents with a college education were more likely to report using sunscreen or using sun protective clothing.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 am to 4 pm
TOTAL	67%	59%	52%	42%
Gender				
Male	68	50**	48	33**
Female	67	67**	56	50**
Age				
18 to 34	66	65	44*	36
35 to 44	66	55	42*	32
45 to 54	72	67	63*	52
55 to 64	69	49	55*	40
65 and older	67	55	61*	49
Education				
High School or Less	67	54*	53*	40
Some Post High School	68	58*	49*	43
College Graduate	66	72*	57*	47
Household Income				
\$30,000 or Less	59	57	57	50
\$30,001 to \$60,000	71	57	51	36
\$60,001 or More	65	63	52	47
Marital Status				
Married	71	63	54	45
Not Married	62	54	49	39

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-five percent of respondents wore seat belts always or nearly always. Respondents who were female, 65 years old or older, with a household income of less than \$30,001 or married were more likely to report they always wore seat belts. Eighty-six percent of respondents who had children indicated their children always wore seat belts. Of respondents who rode a bike, in-line skated or rode a scooter, 19% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 49% reported their child always wore a helmet.

Seat Belts

- Eighty-five percent of respondents reported they wore seat belts always or nearly always (74% and 11%, respectively).
- Female respondents were more likely to report always (79%) compared to male respondents (67%).

- Respondents 65 and older were more likely to always wear seat belts (85%) compared to respondents 35 to 44 years old (65%) or those 18 to 34 years old (61%).
- Seventy-seven percent of respondents with a household income of less than \$30,001 and 75% of those with an income of at least \$60,001 reported always compared to 69% of respondents with a household income of \$30,001 to \$60,000.
- Married respondents were more likely to report always (78%) compared to unmarried respondents (69%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	4%	8%	11%	74%
Gender**					
Male	7	4	12	10	67
Female	<1	4	4	12	79
Age**					
18 to 34	1	7	15	16	61
35 to 44	8	0	11	16	65
45 to 54	4	8	3	5	80
55 to 64	4	7	4	7	78
65 and older	2	2	3	7	85
Education					
High School or Less	6	6	9	13	67
Some Post High School	3	4	9	10	74
College Graduate	2	1	2	6	88
Household Income*					
\$30,000 or Less	6	6	4	8	77
\$30,001 to \$60,000	3	3	14	12	69
\$60,001 or More	5	3	2	15	75
Marital Status*					
Married	2	3	5	12	78
Not Married	6	4	11	9	69

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Eighty-six percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat; 7% reported nearly always.

- Ninety-eight percent of married respondents reported their child wore a seat belt, used an infant seat or used a car seat always or nearly always (89% and 9%, respectively) while 83% of unmarried respondents reported this (81% and 2%, respectively).

Bicycle Helmet Usage

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

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

- Nineteen percent of respondents who bicycled, in-line roller skated or rode a scooter always (17%) or nearly always (2%) use a helmet. Seventy-four percent reported never.
- Respondents with a college education were more likely to report always (32%) compared to those with a high school education or less (14%) or respondents with some post high school education (13%).
- Married respondents were more likely to always wear a helmet (21%) compared to unmarried respondents (13%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	74%	3%	4%	2%	17%
Gender					
Male	75	4	3	2	17
Female	73	1	4	1	19
Age					
18 to 34	76	2	2	0	19
35 to 44	74	0	4	1	20
45 to 54	61	8	6	3	17
55 and older	80	5	0	3	13
Education**					
High School or Less	85	0	0	1	14
Some Post High School	74	6	6	1	13
College Graduate	53	2	6	2	32
Household Income					
\$30,000 or Less	83	3	0	3	11
\$30,001 to \$60,000	77	4	5	2	12
\$60,001 or More	66	0	2	0	32
Marital Status*					
Married	73	0	4	2	21
Not Married	75	7	1	1	13

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

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

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

KEY FINDING: Twenty-five percent of respondents were current smokers. Respondents who were 18 to 34 years old, 55 to 64 years old, with some post high school education or less, or unmarried were more likely to be smokers. Forty-four percent of current smokers quit smoking for one day or longer in the past 12 months; 42% reported a health professional advised them to quit smoking. Twenty-two percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-one percent of all respondents preferred a smoke-free restaurant. Sixty percent favored a community ordinance prohibiting smoking in eating establishments. Nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments. Respondents who were 35 to 44 years old or married were also more likely to prefer smoke-free restaurants.

Current Smokers

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

- Twenty-five percent of respondents were current smokers. Two percent smoked between one and 29 days while the remaining 23% smoked every day.
- Thirty-eight percent of respondents 18 to 34 years old and 36% of those 55 to 64 years old were current smokers compared to 9% of respondents 65 and older.
- Respondents with some post high school education were more likely to be smokers (32%) compared to those with a high school degree or less (25%) or respondents with a college education (16%).
- Unmarried respondents were more likely to be smokers than married respondents (34% and 20%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	25%
Gender	
Male	22
Female	28
Age**	
18 to 34	38
35 to 44	21
45 to 54	32
55 to 64	36
65 and older	9
Education*	
High School or Less	25
Some Post High School	32
College Graduate	16
Household Income	
\$30,000 or Less	31
\$30,001 to \$60,000	24
\$60,001 or More	17
Marital Status**	
Married	20
Not Married	34

*= p≤0.05; **= p≤0.01

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

Of current smokers...

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

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

- Forty-two percent of smokers reported a health professional advised them to quit smoking in the past 12 months.

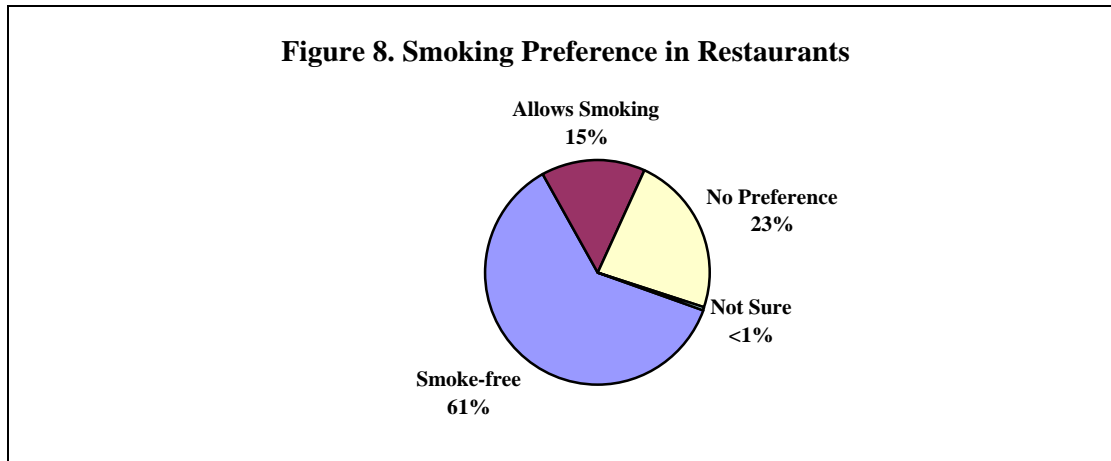
- Female respondents were more likely to report a health professional advised them to quit smoking in the past year (57%) compared to male respondents (18%).
- Fifty-eight percent of respondents 35 to 54 years old reported a health professional advised them to quit smoking in the past year compared to 38% of respondents 65 and older, 31% of those 55 to 64 years old or 24% of respondents 18 to 34 years old.
- Married respondents were more likely to report a health professional advised them to quit smoking in the past year (60%) compared to unmarried respondents (26%).

Smoking Indoor or in Vehicle

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others are present. Twenty-two percent reported indoor smoking or vehicle smoking occurs.
- There was no statistically significant difference between households with children and households without children.

Smoking Preference in Restaurants

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



- Male and female respondents were similar in preferring smoke-free restaurants (61% and 62%, respectively). However, females were more likely to prefer restaurants that allow smoking (19%) than male respondents (11%).
- Seventy percent of respondents 35 to 44 years old and 66% of those 65 and older preferred smoke-free restaurants compared to 62% of respondents 45 to 54 years old, 53% of those 55 to 64 years old, or 51% of respondents 18 to 34 years old. Respondents 18 to 34 years old were more likely to prefer restaurants that allow smoking (31%) compared to respondents 35 to 44 years old (8%), 45 to 54 years old (15%), 55 to 64 years old (13%), or 65 and older (7%).

- Married respondents were more likely to prefer smoke-free restaurants (65%) than unmarried respondents (56%). Twenty-two percent of unmarried respondents preferred restaurants that allow smoking compared to 10% of married respondents.
- Seventy-five percent of nonsmokers preferred smoke-free restaurants compared to 22% of smokers. Fifty percent of smokers preferred restaurants that allow smoking compared to 3% of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty percent of respondents favored a community ordinance prohibiting smoking in eating establishments (37% strongly favor, 23% moderately favor).
- Sixty-eight percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 35% of smokers. Nonsmokers were much more likely to strongly favor (45%) compared to smokers (14%).

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

	Moderately Favor	Strongly Favor
TOTAL	23%	37%
Gender		
Male	24	31
Female	22	41
Age		
18 to 34	24	34
35 to 44	15	50
45 to 54	20	35
55 to 64	27	23
65 and older	30	35
Education		
High School or Less	22	34
Some Post High School	25	35
College Graduate	19	45
Household Income		
\$30,000 or Less	30	32
\$30,001 to \$60,000	21	37
\$60,001 or More	23	42
Marital Status		
Married	22	38
Not Married	24	34
Smoking Status**		
Nonsmoker	23	45
Smoker	21	14

*= 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: Sixty-five percent of respondents had an alcoholic drink in the past 30 days. In the past month, 32% had three or more drinks on at least one occasion while 16% binged. Respondents who were male or 35 to 44 years old were more likely to have had at least three drinks on an occasion. Respondents 35 to 44 years old were also more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-five percent of respondents had a drink in the past 30 days. Thirty-one percent reported they drank on at least five days, while 12% reported three to four days, and 22% reported drinking on one or two days in the past 30 days.
- Fifteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 22% reported two and 18% reported one drink on average on the days they drank. Thirty-five percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-two percent of all respondents had three or more drinks on an occasion in the past month. Sixteen percent reported this one to two times and 16% reported three or more times.
- Male respondents were more likely to have had three or more drinks (41%) than female respondents (26%). And males were more likely to have had three or more drinks on at least three occasions (25%) compared to female respondents (10%).
- Respondents 35 to 44 years old were more likely to have had three or more drinks and more often. Forty-three percent of respondents 35 to 44 years old reported three or more drinks (17% one to two occasions and 26% three or more occasions) compared to 15% of respondents 65 and older (12% one to two occasions and 3% three or more occasions). Respondents 55 to 64 years old were also quite likely to have had three or more drinks on an occasion (41%).

Binge Drinking in Past Month

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

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

- Sixteen percent of all respondents binged in the past month.
- Respondents 35 to 44 years old were more likely to have binged (26%) followed by respondents 45 to 54 years old (20%). Two percent or respondents 65 and older binged.

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

	3 or More Drinks		Binge (5+ Males; 4+ Females)
	1 to 2 Times	3 or More Times	
TOTAL	16%	16%	16%
Gender			
Male	16**	25**	19
Female	16**	10**	14
Age			
18 to 34	13**	22**	16**
35 to 44	17**	26**	26**
45 to 54	18**	15**	20**
55 to 64	27**	14**	16**
65 and Older	12**	3**	2**
Education			
High School or Less	17	15	15
Some Post High School	18	18	16
College Graduate	12	17	17
Household Income			
\$30,000 or Less	11	11	11
\$30,001 to \$60,000	19	19	15
\$60,001 or More	18	18	25
Marital Status			
Married	18	15	18
Not Married	14	19	14

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

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

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

Family Problem Associated with Alcohol in Past Year

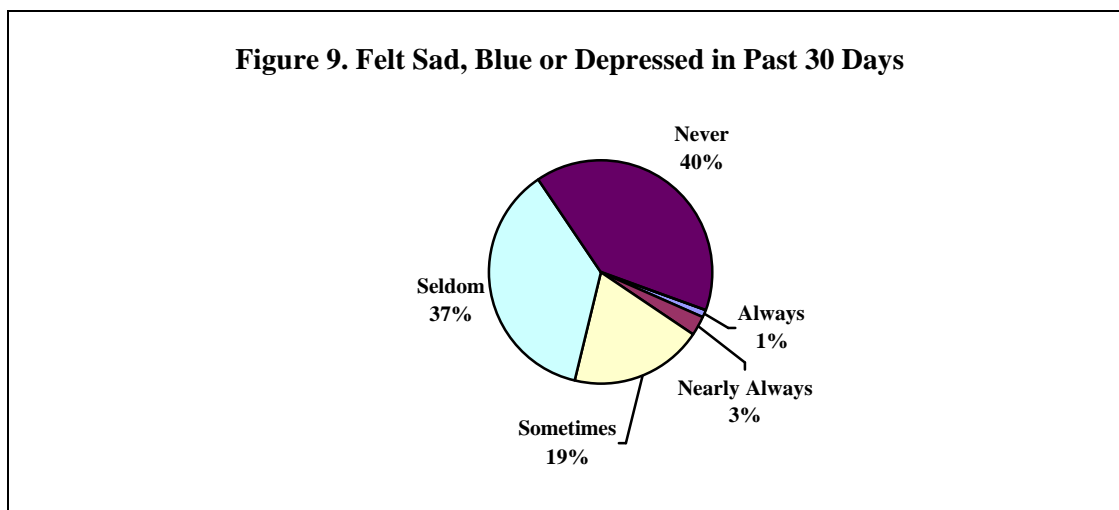
- Five percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Female respondents were more likely to report always/nearly always feeling this way. Twenty-four percent felt they were excellent at managing stress; 2% reported poor. Four 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 community residents. Nineteen percent reported sometimes and the remaining 77% reported seldom (37%) or never (40%).



- Female respondents were more likely to report always/nearly always feeling sad, blue or depressed (6%) compared to males (2%). Male respondents were more likely to report never (54%) compared to female respondents (29%).

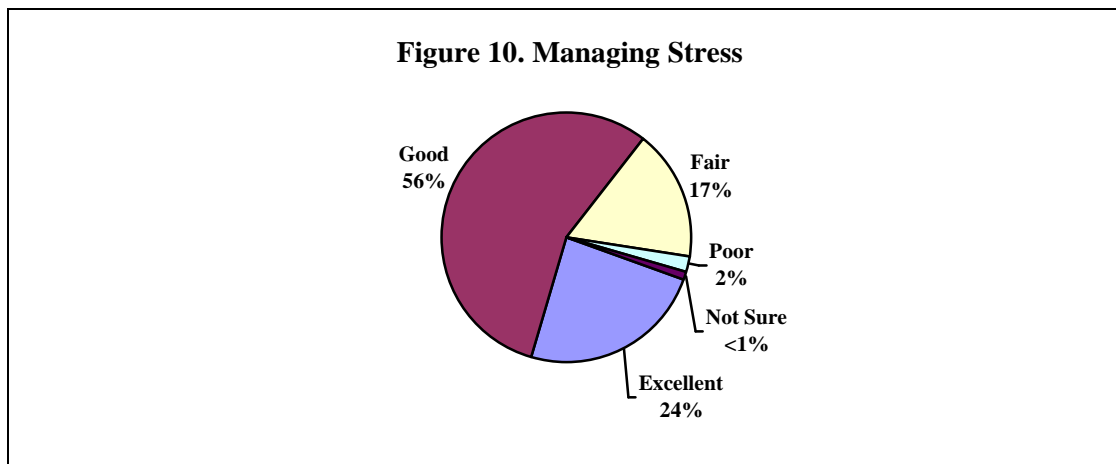
Considered Suicide

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The South Milwaukee 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-four percent reported they were excellent at managing stress. Fifty-six percent reported good while 17% reported fair and 2% reported poor.



- Female respondents were more likely to report poor (3%) or fair (21%) compared to male respondents (1% and 13%, respectively).
- Respondents 45 to 54 years old were more likely to report poor (9%) compared to those 55 to 64 years old (2%) or respondents in all other age groups (0%). Thirty-one percent of respondents 35 to 44 years old reported fair/poor followed by 21% of those 45 to 54 years old and 18% of respondents 55 to 64 years old. Seventeen percent of respondents 18 to 34 years old and 11% of respondents 65 and older reported fair or poor.

Finding Meaning and Purpose in Daily Life

- Thirty-nine percent of respondents reported they always find meaning and purpose in their daily life, an additional 37% reported nearly always. Eighteen percent reported sometimes while 4% reported seldom and less than one percent reported never.
- Respondents with some post high school education were more likely to report always (51%) compared to college graduates (47%) or respondents with a high school degree or less (27%).

- Respondents with a household income of less than \$30,001 were more likely to report never/seldom (11%) compared to respondents with a household income of at least \$30,001 (2%). Respondents with a household income of at least \$60,001 were more likely to report always (47%) compared to respondents with a household income of \$30,000 or less (27%).
- Six percent of unmarried respondents reported never or seldom compared to 3% of married respondents. Married respondents were more likely to report always or nearly always (82%) compared to unmarried respondents (67%).

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

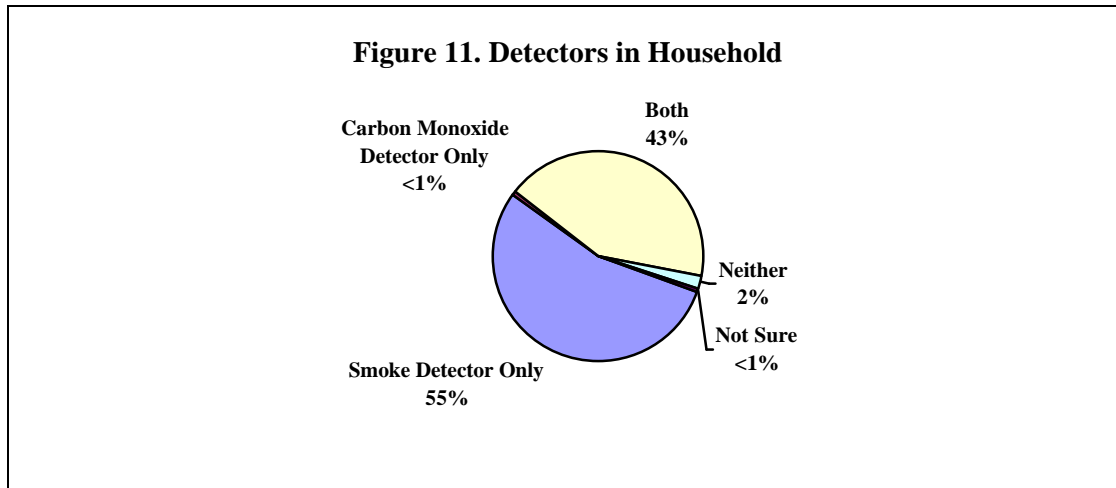
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	18%	37%	39%
Gender				
Male	2	21	37	38
Female	6	15	37	40
Age				
18 to 34	5	24	35	36
35 to 44	2	20	40	37
45 to 54	7	13	35	45
55 to 64	5	23	32	39
65 and older	5	11	43	36
Education**				
High School or Less	6	22	44	27
Some Post High School	2	16	29	51
College Graduate	4	15	35	47
Household Income**				
\$30,000 or Less	11	29	29	27
\$30,001 to \$60,000	2	13	42	42
\$60,001 or More	2	14	36	47
Marital Status**				
Married	3	13	42	40
Not Married	6	25	29	38

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

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-eight percent of households had a working smoke detector while 43% had a working carbon monoxide detector. Respondents with a household income of \$30,001 to \$60,000 were more likely to report both a smoke detector and a carbon monoxide detector in their home.

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



- Fifty-one percent of respondents with a household income of \$30,001 to \$60,000 reported having both a smoke detector and a carbon monoxide detector compared to 38% of respondents with at least \$60,001 or 32% with a household income of less than \$30,001. Four percent of respondents with a household income of \$30,000 or less reported having neither.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	55%	<1%	43%	2%
Household Income*				
\$30,000 or Less	63	<1	32	4
\$30,001 to \$60,000	48	0	51	1
\$60,001 or More	63	0	38	0
Marital Status				
Married	52	0	47	2
Not Married	59	<1	38	2

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-one percent of households had a firearm in or around their home. Married households were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 31% of households had one or more firearms.
- Married households were more likely to have a firearm (37%) compared to unmarried households (22%).

Loaded Firearm

- Three percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

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

Afraid for Personal Safety

- When asked “During the past year has anyone made you afraid for your personal safety,” six percent reported yes.
- Respondents 18 to 34 years old were more likely to report being afraid for their personal safety (12%) compared to respondents 45 to 54 years old (9%) or 55 to 64 years old (5%). Three percent or fewer respondents in all other age groups reported being afraid.
- Thirteen percent of respondents with a household income of less than \$30,001 reported being afraid for their personal safety compared to 4% of those with a household 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 to report being afraid for their personal safety (9%) compared to married respondents (3%).
 - A stranger was most often mentioned as the perpetrator (nine responses) followed by acquaintance (six responses) and boyfriend/girlfriend (five responses). Fewer than three respondents reported ex-spouse or someone else.

Pushed, Kicked, Slapped or Hit

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
 - Acquaintance was most often reported as the perpetrator (three responses) followed by boyfriend/girlfriend (two responses), friend (two responses), brother/sister (one response) and stranger (one response).

Combined Personal Safety Threats

- A total of 7% of all respondents reported at least one of the two threats.

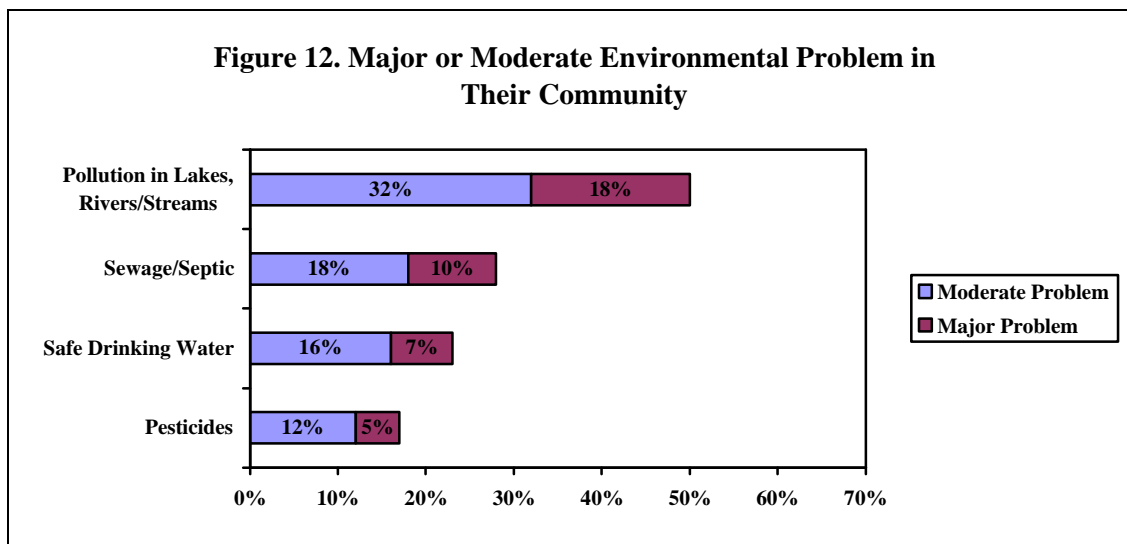
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four environmental problems that communities may face, the most often cited major or moderate problem was pollution in lakes, rivers and streams. Respondents 18 to 34 years old were more likely to report safe drinking water as a major or moderate problem while respondents 55 to 64 years old were more likely to report pesticides. Married respondents were more likely to report water pollution in lakes, rivers and streams.

- Out of four environmental problems that communities may face, 50% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in South Milwaukee. Sewage/septic was listed by 28% of respondents as a major or moderate problem followed by 23% reporting safe drinking water and 17% reporting pesticides.



- Respondents 18 to 34 years old were more likely to report safe drinking water as a major/moderate problem in their community while respondents 55 to 64 years old were more likely to report pesticides as a major/moderate problem.
- Married respondents were more likely to report lake, river and stream pollution as a major/moderate environmental problem in their community (56%) compared to unmarried respondents (41%).

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

	Lake, River & Stream Pollution	Sewage or Septic	Safe Drinking Water	Pesticides
TOTAL	50%	28%	23%	17%
Gender				
Male	45	27	24	17
Female	53	30	23	16
Age				
18 to 34	42	29	35**	22*
35 to 44	55	35	26**	14*
45 to 54	53	29	20**	19*
55 to 64	57	36	27**	27*
65 and older	48	18	11**	9*
Education				
High School or Less	48	26	22	18
Some Post High School	50	33	24	17
College Graduate	51	28	25	13
Household Income				
\$30,000 or Less	48	33	26	14
\$30,001 to \$60,000	53	31	26	18
\$60,001 or More	49	26	18	16
Marital Status				
Married	56**	31	24	17
Not Married	41**	25	23	17

*= p≤0.05; **= p≤0.01

Awareness of and Experience with Public Health Department

KEY FINDING: Three percent of respondents were not aware of the public health department. Forty-four percent received services from the health department. Female respondents were more likely to report receiving services.

- Fifty-three percent of respondents were aware of the health department but have not had any experience with the department. Forty-one percent reported receiving limited service from the health department and 3% reported receiving extensive services. Three percent were not aware of the health department prior to the interview.
- Fifty-two percent of female respondents reported receiving services compared to 36% of male respondents.

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	3%	53%	41%	3%
Gender*				
Male	3	60	32	4
Female	2	47	49	3
Age				
18 to 34	2	64	28	6
35 to 44	2	50	47	1
45 to 54	4	53	41	1
55 to 64	2	62	33	2
65 and older	2	39	53	5
Education				
High School or Less	3	50	43	4
Some Post High School	2	49	44	4
College Graduate	2	65	33	0
Household Income				
\$30,000 or Less	6	46	45	3
\$30,001 to \$60,000	3	56	40	<1
\$60,001 or More	0	55	40	3
Marital Status				
Married	2	52	43	3
Not Married	3	54	38	4

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

CITY OF SOUTH MILWAUKEE
COMMUNITY HEALTH SURVEY
Conducted: February 21 through March 29, 2003
(Due to rounding, some questions may total more/less than 100%)

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

Poor	3%
Fair	11
Good.....	32
Very good.....	38
Excellent.....	17
Not sure	0

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

No health care coverage	6%
Medical Assistance or Title 19	1
Badger Care.....	4
Medicare.....	24
A prepaid plan such as a HMO, PPO.....	47
Another commercial health plan.....	15
Something else.....	3
Not sure	1

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

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

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

Not all members covered.....	16%
All members covered	83
Not sure	1

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

Medical doctor, internist, OBGYN, family practice	74%
Walk-in or urgent care clinic	12
Hospital emergency room.....	7
Community health center	5
Public health department	1
Other.....	1
Not sure	<1

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

Yes 34%
 No..... 64
 Not sure 1

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	63%	21%	8%	5%	3%	<1%
8. Cholesterol testing	54	20	2	5	18	1
9. Visit to a dentist/dental clinic ..	74	16	4	5	1	<1
10. Eye exam.....	47	30	12	8	3	<1

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

Yes 37%
 No..... 63
 Not sure 0

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

Yes 20%
 No..... 78
 Not sure 2

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

	Yes	No	Not sure
13. You have high blood pressure?	25%	75%	<1%
14. Your blood cholesterol is high?	19	80	<1
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition? ..	12	88	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	0
18.if yes, have you had your blood sugar tested in the past year? [31 Respondents]	90	10	0
19. You had a mental health problem?.....	4	96	0
20. You had cancer, other than skin cancer	3	97	<1
21. You had a sexually transmitted disease.....	<1	99	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma?	10%	89%	<1%
23. Do you still have asthma? [All Respondents] ...	9	91	0
24. (if yes), do you have an asthma action plan? [37 Respondents].....	63	37	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 28%
 Two servings..... 33
 Three or more servings..... 39
 Not sure <1

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

One or fewer servings 36%
 Two servings..... 37
 Three or more servings..... 27
 Not sure 0

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

A few times per month..... 39%
 A few times per week..... 36
 Daily or nearly so..... 7
 Hardly ever or never..... 18
 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 69%
 No..... 31
 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 74%
 No..... 26
 Not sure 0

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

One	4%
Two	12
Three	19
Four	13
Five	10
Six	2
Seven.....	16
Not sure	0
No moderate exercise/no answer	26

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	15%
30 to 44 minutes	19
45 to 59 minutes	7
60 or more minutes	33
Not sure	<1
No moderate exercise/no answer	27

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [221 Respondents]

Within the past year (anytime less than 12 months ago)	41%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	13	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	9	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	2	üCONTINUE WITHQ33
5 or more years ago	4	üCONTINUE WITHQ33
Never	31	üCONTINUE WITHQ33
Not sure.....	0	üCONTINUE WITHQ33

33. What is the most important reason why you have not had a mammogram in the last three years? [23 Respondents 40 years old or older]

Don't like 6 responses
 Too young 5 responses
 Don't need 3 responses
 No time 1 response
 Not insured 1 response
 Too expensive 1 response
 Other 4 responses
 Not sure 2 responses

[58 Respondents 18 to 39 years old]

Too young41 responses
 Don't need 7 responses
 No time 4 responses
 Not recommended by provider 2 responses
 Not insured 1 response
 Not sure 3 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? [220 Respondents]

Within the past year (anytime less than 12 months ago).....58%
 Within the past 2 years (1 year, but less than 2 years ago)20
 Within the past 3 years (2 years, but less than 3 years ago)7
 Within the past 5 years (3 years, but less than 5 years ago)5
 5 or more years ago.....7
 Never.....3
 Not sure..... <1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [178 Respondents]

Within the past year (anytime less than 12 months ago).....27%
 Within the past 2 years (1 year, but less than 2 years ago)14
 Within the past 5 years (2 years, but less than 5 years ago)6
 5 or more years ago.....15
 Never.....37
 Not sure.....2

ALL RESPONDENTS

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

- Within the past year (anytime less than 12 months ago)20%
- Within the past 2 years (1 year, but less than 2 years ago) 11
- Within the past 5 years (2 years, but less than 5 years ago).....8
- 5 or more years ago7
- Never48
- Not sure5

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)..... 10%
- Within the past 2 years (1 year, but less than 2 years ago) 9
- Within the past 5 years (2 years, but less than 5 years ago) 8
- Within the past 10 years (5 years but less than 10 years ago) 3
- 10 years ago or more..... 4
- Never..... 65
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	42%	57%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	52	48	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	59	41	0
41. Avoid artificial sources of ultraviolet light?.....	67	33	<1

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

Do not ride/skate/scoot..... 52%

Frequency of those who bicycle, use in-line roller skates or scooters [189 Respondents]

- Never 74%
- Seldom..... 3
- Sometimes 4
- Nearly always 2
- Always..... 17
- 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 4%
 Seldom..... 4
 Sometimes 8
 Nearly always 11
 Always..... 74
 Not sure 0

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

One 15%
 Two 13
 Three or more 8
 None 65 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? [142 Respondents]

Do not ride/skate/scoot..... 16%

Frequency of those who bicycle, use in-line roller skates or scooters [118 Respondents]

Never 17%
 Seldom..... 7
 Sometimes 14
 Nearly always 13
 Always..... 49
 Not sure 0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [142 Respondents]

Never 3%
 Seldom..... 1
 Sometimes 2
 Nearly always 7
 Always..... 86
 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 40%
 Seldom..... 37
 Sometimes 19
 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	2%
Fair	17
Good.....	56
Excellent.....	24
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	18
Nearly always	37
Always.....	39
Not sure	2

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

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

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

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

None.....	35%
One to two days	22
Three to four days	12
Five or more days.....	31
Not sure	<1

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

None.....	35%
One drink.....	18
Two drinks.....	22
Three drinks.....	9
Four or more drinks.....	15
Not sure	0

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

None	68%
One to two times	16
Three or more times	16
Not sure	<1

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

None	84%
Once	5
Two or more times	11
Not sure	<1

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

Yes	3%
No.....	97
Not sure	<1

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

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

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

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

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

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [103 Respondents]

0 days	56%
At least 1 day	44
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? [103 Respondents]

Yes 42%
No..... 59
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 22%
No..... 39
No smokers in the household..... 40
Not sure 0

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

Smoke-free restaurants 61%
Restaurants that allow smoking 15
No preference 23
Not sure <1

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

Strongly oppose 19%
Moderately oppose..... 16
Moderately favor..... 23
Strongly favor 37
Not sure 6

Another issue being discussed these days deals with firearms.

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

Yes 31%
No..... 69
Not sure <1

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

Yes 3%
 No..... 27
 Not sure <1
 No firearms in the household/no answer 70

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	21%	79%	<1%
68. Having acupuncture?	<1	99	0
69. Massage therapy?	20	80	0
70. Aroma therapy?	5	95	<1
71. Movement therapy, such as yoga or tai' chi?	6	95	0
72. Meditation?	3	97	0

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

73. Gender [DERIVED, NOT ASKED]

Male 45%
 Female..... 55

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

18 to 34 years old 22%
 35 to 44 years old 24
 45 to 54 years old 19
 55 to 64 years old 11
 65 and older 23

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight	38%
Overweight	43
Obese.....	20

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married	21%
A member of an unmarried couple.....	1
Married.....	59
Separated	0
Divorced.....	8
Widowed	12
Not sure	0

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

8th grade or less	2%
Some high school.....	4
High school graduate or GED.....	39
Some college.....	24
Technical school graduate	10
College graduate	14
Advanced or professional degree	6
Not sure	0

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

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

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

South Milwaukee 100%

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

53172..... 98%
No answer..... 2

84. What is your annual household income before taxes?

Less than \$10,000 6%
\$10,000 to \$20,000..... 11
\$20,001 to \$30,000..... 9
\$30,001 to \$40,000..... 14
\$40,001 to \$50,000..... 15
\$50,001 to \$60,000..... 15
\$60,001 to \$75,000..... 11
\$75,001 to \$90,000..... 7
Over \$90,000 5
Not sure 1
No answer..... 6

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 6% üCONTINUE WITH Q86
No..... 94 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. [23 Respondents; More than 1 response accepted]

Stranger 9 responses
Acquaintance 6 responses
Boyfriend or girlfriend 5 responses
Ex-spouse 2 responses
Someone else 2 responses

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

Yes 2% üCONTINUE WITH Q88
No..... 98 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? [8 Respondents; More than 1 response accepted]

Acquaintance	3 responses
Boyfriend or girlfriend	2 responses
Friend	2 responses
Brother or sister	1 response
Stranger	1 response

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

Smoke detectors.....	55%
Carbon monoxide detectors.....	<1
Both.....	43
Neither.....	2
Not sure	<1

ADDITIONAL QUESTIONS FOR THE CITY OF SOUTH MILWAUKEE

[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	28%	17%	32%	18%	6%
A2. Sewage or septic	48	19	18	10	5
A3. Safe drinking water.....	58	16	16	7	2
A4. Pesticides	55	18	12	5	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 3%
- Aware of the health department, but have had no experience with programs or services 53
- Aware of the health department and have received limited service like a flu shot or other immunization 41
- Aware of the health department and have received more extensive services 3
- Not sure <1