

St. Francis
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
St. Francis Health Department

Prepared by:
JKV Research, LLC

Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose	1
Methodology	1
Summary	4
Key Findings	9
Rating Their Own Health	9
Health Care Coverage	11
Routine Checkups	13
Vaccinations	18
Prevalence of Select Health Conditions	20
Prevalence of Select Alternative Treatments.....	23
Physical Well Being and Body Weight.....	24
Nutrition and Diet	28
Women’s Health.....	31
Men’s Health.....	33
Other Tests	33
Reducing the Risk of Skin Cancer	36
Safety: Seat Belts and Bicycle Helmets	37
Cigarettes and Tobacco Products.....	41
Alcohol Use.....	45
Mental Health Status.....	47
Detectors in Household.....	50
Presence of Firearms in Household	51
Personal Safety Issues	52
Appendix A: Additional Questions	53
Environmental Problems in Their Community.....	54
Awareness of and Experience with Public Health Department	55
Appendix B: Questionnaire Frequencies	57
<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables.....	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables	15
Table 5. Dental Checkup by Demographic Variables	16
Table 6. Eye Exam by Demographic Variables	17
Table 7. Flu Vaccination by Demographic Variables.....	19
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables	22
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables.....	24
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables.....	26
Table 11. Overweight by Demographic Variables	27
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables.....	29
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables	30
Table 14. Time Since Last Mammogram by Age	31
Table 15. Time Since Last Pap Smear by Demographic Variables.....	32
Table 16. Time Since Last Digital Rectal Exam by Age	33

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables	34
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables	35
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	37
Table 20. Wear Seat Belt by Demographic Variables	38
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter)	40
Table 22. Current Smokers by Demographic Variables	42
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables	44
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents	46
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables	49
Table 26. Detectors in Household by Demographic Variables	50
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables	55
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables	56

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health	9
Figure 2. Type of Health Care Coverage	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older)	20
Figure 4. Told or Received Treatment in the Past Three Years	21
Figure 5. Received Alternative Treatment in Past Three Years.....	23
Figure 6. Moderate Physical Activities/Week.....	25
Figure 7. Reducing the Risk of Skin Cancer (Regularly)	36
Figure 8. Smoking Preference in Restaurants	43
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days	47
Figure 10. Managing Stress	48
Figure 11. Detectors in Household.....	50
Figure 12. Major or Moderate Environmental Problems in Their Community.....	54

Purpose

The purpose of this project is to provide St. Francis 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 St. Francis 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. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and April 16, 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 St. Francis. 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 St. Francis Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	46%
Female	54
Age	
18 to 34	22%
35 to 44	23
45 to 54	19
55 to 64	12
65 and Older	24
Education	
High School Graduate or Less	46%
Some Post High School	32
College Graduate	22
Household Income	
\$30,000 or Less	32%
\$30,001 to \$60,000	38
\$60,001 or More	22
Not Sure/No Answer	8
Married	56%

What do the percentages mean?

Results of the St. Francis Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 6,987 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 100 adults. So, when 10% of respondents reported their health was fair or poor, this roughly equates to 1,000 residents ± 500 individuals. Meaning that from 500 to 1,500 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 4,050 households in St. Francis. 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 40 households. For example, 10% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 400.

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 St. Francis 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 St. Francis 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	
St. Francis	<u>2003</u>	St. Francis	<u>2003</u>
Excellent	18%	High Blood Pressure.....	27%
Very Good.....	42%	High Blood Cholesterol	25%
Good	29%	Heart Disease/Condition.....	11%
Fair or Poor	10%	Diabetes	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Asthma (Current)	5%
Wisconsin	57%	Moderate Physical Activity/Week	
Nation	56%	St. Francis	<u>2003</u>
Health Care Coverage		Inactive	24%
St. Francis	<u>2003</u>	Insufficient	49%
Personally Not Covered	4%	Recommended.....	27%
Household Member Not Covered (current) ...	10%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	17%	Activity	<u>2000</u>
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	Wisconsin.....	27%
Wisconsin	10%	Nation	26%
Nation	13%	Nutrition and Diet	
Advance Care Plan		St. Francis	<u>2003</u>
St. Francis	<u>2003</u>	Fruit Intake (2 or more servings/day)	70%
Yes	30%	Vegetable Intake (3 or more servings/day)	32%
Routine Checkups		Fried Food/Fast Food (a few times/week)	43%
St. Francis	<u>2003</u>	Overweight.....	70%
Routine Checkup (2 years or less)	85%	<i>Other Research: Overweight</i>	<u>2001</u>
Cholesterol Test (2 years or less)	73%	Wisconsin.....	59%
Dental Checkup (past year).....	63%	Nation.....	58%
Eye Exam (2 years or less).....	77%	Women's Health	
Vaccinations		St. Francis	<u>2003</u>
St. Francis	<u>2003</u>	Mammogram (50+; past year).....	67%
Flu shot (past year)	39%	Pap Smear (past year).....	63%
Pneumonia (ever—65 years or older).....	52%	<i>Other Research: Wisconsin</i>	<u>2001</u>
Alternative Treatment in Past 3 Years		Mammogram (50+; past year).....	69%
St. Francis	<u>2003</u>	Pap Smear (past year)	66%
Massage Therapy.....	15%	Reduce Risk of Skin Cancer	
Chiropractor	14%	St. Francis	<u>2003</u>
Meditation	5%	Avoid Artificial Sources of UV Light	70%
Movement Therapy.....	5%	Wear Sun Protective Clothing.....	54%
Aroma Therapy.....	4%	Use Sunscreen with SPF 15 or Higher	53%
Acupuncture	2%	Avoid Sun Between 10 a.m. and 4 p.m.	50%

Men's Health		Alcohol Use	
St. Francis		St. Francis	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old	15%	Drink in Past Month	61%
50 and Older	41%	3+ Drinks on Occasion in Past Month.....	36%
Other Tests		Binge in Past Month	
St. Francis	<u>2003</u>	[5+ Drinks (Male): 4+ Drinks (Female)]	24%
Blood Stool Test (50+; within past 2 years)....	55%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month)	2%
(50+; within past 2 years).....	39%	<i>Other Research: Had 5+ Drinks at One Time</i>	<u>2001</u>
Safety		<i>Wisconsin</i>	26%
St. Francis		<i>Nation</i>	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	86%	St. Francis	
Children.....	96%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	8%
(Of Those Who Ride Bike or In-Line Skate)		Never	31%
Adult.....	22%	Managing Stress	
Children	49%	Excellent/Good.....	73%
Detectors		Poor	3%
Smoke Detector	61%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	1%	Never/Seldom	9%
Both.....	35%	Considered Suicide (past year).....	2%
Neither	3%	Firearms in Household	
Tobacco Use		St. Francis	
St. Francis	<u>2003</u>	Of all Households...	<u>2003</u>
Current Smokers	27%	Have a Firearm.....	23%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	2%
Year Because Trying to Quit (smokers).....	43%	Have a Loaded Firearm Unlocked.....	1%
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers)	60%	St. Francis	<u>2003</u>
Smoking Indoors or in Vehicle.....	20%	Afraid for Their Safety	5%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	2%
Smoke-free	63%	Additional Questions	
Allow Smoking.....	10%	St. Francis	
No Preference	27%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	<u>2003</u>
Establishments		Pollution in Lakes, Rivers and Streams	38%
Moderately Favor.....	20%	Safe Drinking Water.....	23%
Strongly Favor	40%	Sewage/Septic	22%
<i>Other Research: Current Smokers</i>	<u>2001</u>	Pesticides	16%
<i>Wisconsin</i>	24%	Awareness of/Experience with Public Health Dept.	
<i>Nation</i>	23%	Aware of/No Experience	56%
		Aware of/Received Limited Services	33%
		Aware of/Received Extensive Services	4%

Overall Health and Health Care Key Findings

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

Four percent of respondents reported they personally did not have health care coverage. Respondents who were younger or unmarried were more likely to report not having personal health insurance. Ten percent reported someone in their household currently was not covered while 17% reported in the past 12 months someone was not covered. Unmarried respondents were more likely to report someone was currently not covered or in the past twelve months. Seventy-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female or with a household income of at least \$60,001 were more likely to report this. Thirty percent of respondents had an advance care plan; respondents 65 and older or with lower household income were more likely to report an advance care plan.

Sixty-three percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine checkup, 54% a cholesterol test and 43% reported an eye exam. Female respondents or those 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year. Respondents who were 45 to 54 years old were more likely to report a dental checkup in the past year. Respondents with higher education were more likely to report a routine checkup or dental checkup in the past year while those with lower education were more likely to report an eye exam. Respondents with a household income of less than \$30,001 were more likely to report a routine checkup or an eye exam while those with a household income of \$30,001 to \$60,000 were more likely to report a dental checkup. Unmarried respondents were more likely to report an eye exam in the past year.

Thirty-nine percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with lower household income were more likely to report a flu vaccination. Fifty-two 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 pressure or asthma (current). 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. Respondents 18 to 34 years old were more likely to report mental health problem while respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure while those with some post high school education were more likely to report mental health problem. Married or overweight respondents were more likely to report high blood cholesterol. Unmarried respondents were more likely to report heart disease/condition or mental health problem. Respondents who were physically inactive were more likely to report a heart disease/condition.

Eight percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-two percent felt they were excellent at managing stress; 3% reported poor. Nine percent reported they never or seldom find meaning and purpose in their daily life; respondents with a household income of less than \$30,001 were more likely to report never or seldom. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, the most often used in the past three years were massage therapy or chiropractic care (15% and 14%, respectively). Female respondents were more likely to report aroma therapy. Respondents with at least some post high school education were more likely to use massage therapy, meditation or movement therapy. Respondents with a household income of at least \$30,001 were more likely to use massage therapy.

Twenty-seven percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents with at least some post high school education or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Seventy percent of respondents were classified as overweight (47% overweight and 23% obese). Male respondents, those 35 to 54 years old or married respondents were more likely to be classified as overweight.

Seventy percent of respondents eat two or more servings of fruit while 32% eat three or more servings of vegetables on an average day. Female respondents, those with a college degree or with a household income of less than \$30,001 were more likely to eat fruit. Female respondents were also more likely to eat vegetables. Forty-three percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, 18 to 44 years old or married were more likely to report eating fried/fast food at least a few times a week. Eating habits were not significantly different for those classified as overweight and those not overweight.

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

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

Fifty-five percent of respondents 50 years old and older had their blood stool tested within the past two years while 39% reported a sigmoidoscopy or colonoscopy within the past two years

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than wear sun protective clothing, use sunscreen with a SPF of 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report avoiding artificial sources of UV light or avoiding the sun between 10 a.m. and 4 p.m. Respondents 65 and older were more likely to report wearing sun protective clothing or avoiding the sun between 10 a.m. and 4 p.m. while respondents 45 to 54 years old were more likely to report using sunscreen. Respondents with lower education were more likely to report avoiding artificial UV light, while respondents with some post high school education were more likely to report using sunscreen with a SPF of 15 or greater.

Eighty-six percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with higher education or lower household income were more likely to report they always wore seat belts. Ninety-one percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 22% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 35% reported their child always wore a helmet.

Twenty-seven percent of respondents were current smokers. Respondents 35 to 44 years old, those with a high school education or less or with a household income of \$30,001 to \$60,000 were more likely to be smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 60% reported a health professional advised them to quit smoking. Twenty percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three 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. Respondents who were female, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 36% had three or more drinks on at least one occasion while 24% binged. Respondents who were male, 35 to 44 years old or those with a household income of at least \$30,001 were more likely to have had at least three drinks or binged in the past month. Respondents with a high school education or less were more likely to report having at least three drinks on three or more occasions. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-six percent of households had a working smoke detector while 36% had a working carbon monoxide detector.

Twenty-three percent of households had a firearm in or around the home. Married households or those with higher household income were more likely to have a firearm. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

Five 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 communities may face, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (38%). Respondents 55 to 64 years old were more likely to report pesticides as a major or moderate problem. Respondents 35 to 44 years old were more likely to report safe drinking water or pesticides as a major/moderate community problem.

Seven percent of respondents were not aware of the public health department prior to the interview; 37% received services from the health department. Respondents 65 and older or married respondents were more likely to report services.

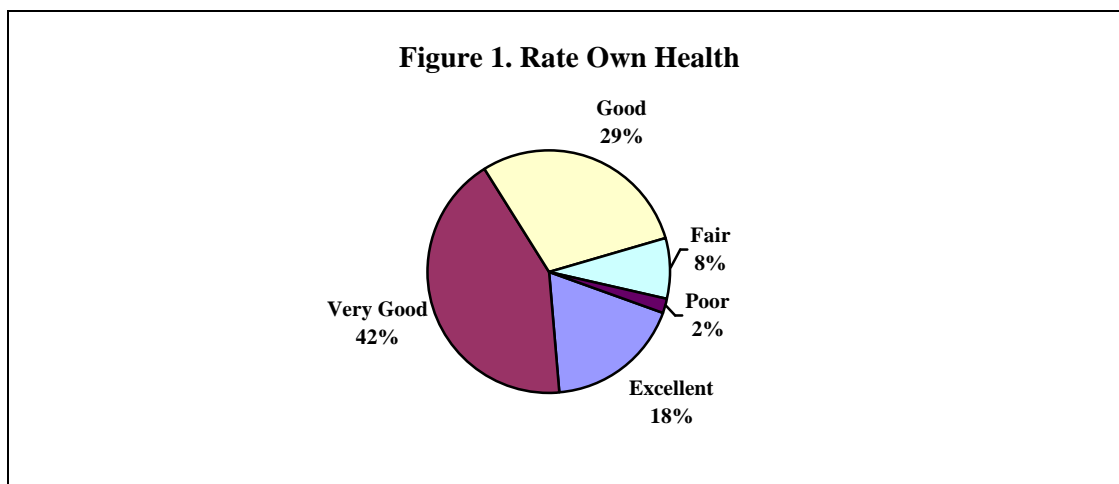
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Sixty percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a household income of less than \$30,001 or physically inactive were more likely to report fair or poor conditions.

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

- Sixty percent of respondents said their own health, generally speaking, was either excellent (18%) or very good (42%). A total of 10% reported their health was fair (8%) or poor (2%).



- Twelve percent of female respondents reported fair/poor health compared to 9% of male respondents. Twenty-three percent of female respondents reported excellent health compared to 13% of male respondents.
- Respondents 65 and older were more likely to report fair or poor health (25%) compared to those 35 to 44 years old (6%) or respondents 18 to 34 years old (4%). Nine percent of respondents 55 to 64 years old and 10% of respondents 65 and older reported excellent health compared to 30% of respondents 18 to 34 years old.
- Respondents with a household income of less than \$30,001 were more likely to report fair/poor health (19%) compared to those with an income of \$30,001 to \$60,000 (7%) or respondents with a household income of at least \$60,001 (3%).
- Eleven percent of respondents who were overweight reported fair/poor health compared to 9% of respondents who were not overweight. Respondents who were not overweight were more likely to report excellent health compared to overweight respondents (28% and 13%, respectively).

- Respondents who were classified as inactive were more likely to report their health as fair/poor (19%) compared to respondents who engaged in the recommended amount of physical activity (7%) or did some activity, but not to the extent recommended (8%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	10%	29%	42%	18%
Gender*				
Male	9	30	48	13
Female	12	29	37	23
Age**				
18 to 34	4	17	49	30
35 to 44	6	24	46	25
45 to 54	8	26	51	15
55 to 64	9	40	43	9
65 and Older	25	42	23	10
Education				
High School or Less	14	30	42	14
Some Post High School	9	32	39	20
College Graduate	3	25	47	25
Household Income**				
\$30,000 or Less	19	38	29	15
\$30,001 to \$60,000	7	32	42	19
\$60,001 or More	3	10	61	25
Marital Status				
Married	9	29	44	18
Not Married	12	29	40	19
Overweight**				
Not Overweight	9	27	36	28
Overweight	11	32	44	13
Physical Activity**				
Inactive	19	37	27	18
Insufficient	8	30	45	17
Recommended	7	20	51	21
Smoker				
Nonsmoker	10	30	40	20
Smoker	13	26	48	14

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

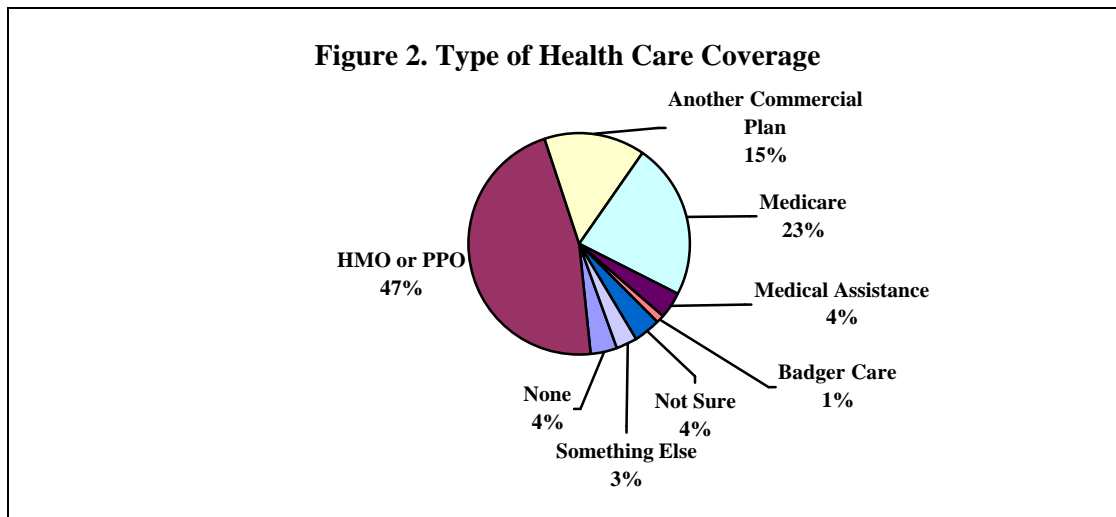
Health Care Coverage (Figure 2)

KEY FINDING: Four percent of respondents reported they personally did not have health care coverage. Respondents who were younger or unmarried were more likely to report not having personal health insurance. Ten percent reported someone in their household currently was not covered while 17% reported in the past 12 months someone was not covered. Unmarried respondents were more likely to report someone was currently not covered or in the past twelve months. Seventy-six percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; respondents who were female or with a household income of at least \$60,001 were more likely to report this. Thirty percent of respondents had an advance care plan; respondents 65 and older or with lower household income 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).

- Four 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, 23% reported Medicare and 4% reported medical assistance.



- Respondents 35 to 44 years old were more likely to report not personally covered by health care insurance compared to respondents 55 and older (6% and 2%, respectively). Five percent of respondents 18 to 34 years old reported no coverage along with 3% of respondents 45 to 54 years old.
- Six percent of unmarried respondents reported they were personally not covered by health care insurance compared to 2% of married respondents.

Someone in Household Currently Not Covered

- Ten percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 400 households.
- Unmarried respondents were more likely to have someone not covered (18%) compared to married respondents (4%).

Someone in Household Not Covered in the Past 12 Months

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (27%) compared to married respondents (8%).

Primary Health Care Services

- Seventy-six percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eleven percent reported walk-in or urgent care while 4% reported community health center and 4% a hospital emergency room.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (84%) compared to male respondents (68%).
- Eighty-two percent of respondents with a household income of \$60,001 or more reported a medical doctor, internist, OBGYN, or family practice compared to 76% of those with an income of less than \$30,001 or 73% of respondents with a household income of \$30,001 to \$60,000.

Advance Care Plan

- Thirty percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Fifty-eight percent of respondents 65 and older reported an advance care plan compared to 28% of respondents 55 to 64 years old, 21% of those 35 to 54 or 10% of respondents 18 to 34 years old.
- Respondents with a household income of less than \$30,001 were more likely to have an advance care plan (35%) compared to those with an income of \$30,001 to \$60,000 (29%) or respondents with a household income of at least \$60,001 (18%).

Routine Checkups (Tables 3 - 6)

KEY FINDING: Sixty-three percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine checkup, 54% a cholesterol test and 43% reported an eye exam. Female respondents or those 65 and older were more likely to report a routine checkup, cholesterol test or eye exam in the past year. Respondents who were 45 to 54 years old were more likely to report a dental checkup in the past year. Respondents with higher education were more likely to report a routine checkup or dental checkup in the past year while those with lower education were more likely to report an eye exam. Respondents with a household income of less than \$30,001 were more likely to report a routine checkup or an eye exam while those with a household income of \$30,001 to \$60,000 were more likely to report a dental checkup. Unmarried respondents were more likely to report an eye exam in the past year.

Routine Checkup

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

- Sixty-one percent of respondents reported they had a routine checkup in the past year. An additional 24% 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 (71%) than male respondents (50%).
- Respondents 65 and older were more likely to report a routine checkup in the past year (84%) compared to those 18 to 34 years old (58%) or respondents 35 to 44 years old (37%).
- Respondents with a college degree were more likely to have a routine checkup in the past year (71%) compared to those with some post high school education (62%) or respondents with a high school education or less (56%).
- Respondents with a household income of less than \$30,001 were more likely to have a routine checkup in the past year (70%) compared to those with an income of \$30,001 to \$60,000 (56%) or respondents with a household income of at least \$60,001 (58%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	61%	24%	6%	8%	2%
Gender**					
Male	50	26	8	13	3
Female	71	23	3	3	<1
Age**					
18 to 34	58	27	5	11	0
35 to 44	37	36	14	8	6
45 to 54	60	25	5	8	3
55 to 64	65	24	2	9	0
65 and Older	84	12	0	4	0
Education*					
High School or Less	56	28	5	9	3
Some Post High School	62	24	9	4	2
College Graduate	71	17	1	11	0
Household Income*					
\$30,000 or Less	70	18	5	4	4
\$30,001 to \$60,000	56	28	3	11	1
\$60,001 or More	58	26	8	8	0
Marital Status					
Married	59	24	5	9	3
Not Married	63	25	6	6	0

*= p≤0.05; **= p≤0.01

Cholesterol Test

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

- Fifty-four percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Fifteen percent reported never having their cholesterol tested.
- Female respondents were more likely to report a cholesterol test in the past year (60%) compared to male respondents (47%).
- Respondents 65 and older were more likely to have had their cholesterol tested in the past year (81%) compared to those 35 to 44 years old (39%) or respondents 18 to 34 years old (33%)

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%	19%	5%	6%	15%
Gender**					
Male	47	24	7	9	13
Female	60	15	4	3	16
Age**					
18 to 34	33	16	8	5	38
35 to 44	39	22	10	12	12
45 to 54	60	24	4	4	8
55 to 64	64	27	0	9	0
65 and Older	81	11	1	1	4
Education					
High School or Less	54	20	4	4	15
Some Post High School	53	17	6	5	18
College Graduate	55	19	6	9	9
Household Income					
\$30,000 or Less	56	17	5	6	14
\$30,001 to \$60,000	52	22	3	7	14
\$60,001 or More	52	21	9	3	15
Marital Status					
Married	52	19	6	7	14
Not Married	55	19	5	4	16

*= 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).

- Sixty-three percent of respondents reported a dental visit in the past year. An additional 22% had a visit in the past one to two years.
- Respondents 45 to 54 years old were more likely to have had a dental checkup in the past year (73%) compared to those 35 to 44 years old (56%) or respondents 65 and older (54%).

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.

- As education increased, so did the likelihood of having a dental checkup in the past year. Fifty-four percent of respondents with a high school education or less reported this compared to 64% of those with some post high school education or 76% of respondents with a college degree.
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report a dental checkup in the past year (70%) compared to those with a household income of at least \$60,001 (60%) or respondents with a household income of less than \$30,001 (55%).

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	63%	22%	7%	7%	1%
Gender					
Male	63	24	7	7	0
Female	62	21	7	8	2
Age**					
18 to 34	69	26	4	2	0
35 to 44	56	32	9	3	0
45 to 54	73	19	5	3	0
55 to 64	63	17	11	9	0
65 and Older	54	15	5	19	4
Education**					
High School or Less	54	23	7	13	2
Some Post High School	64	24	7	4	<1
College Graduate	76	18	5	1	0
Household Income*					
\$30,000 or Less	55	25	5	12	2
\$30,001 to \$60,000	70	18	5	6	<1
\$60,001 or More	60	32	7	1	0
Marital Status					
Married	63	20	9	7	1
Not Married	62	26	3	7	<1

*= p≤0.05; **= p≤0.01

Eye Exam

- Forty-three percent of respondents had an eye exam in the past year, while 34% reported one to two years ago. One percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (53%) compared to male respondents (32%).

- Sixty-five percent of respondents 65 and older reported an eye exam in the past year compared to 37% of those 45 to 54 years old or 31% of respondents 18 to 34 years old.
- Forty-seven percent of respondents with a high school education or less reported an eye exam in the past year compared to 43% of those with some post high school education or 37% of respondents with a college education.
- Forty-seven percent of respondents with a household income of less than \$30,001 and 45% of those with a household income of \$30,001 to \$60,000 had an eye exam in the past year compared to 36% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to have had an eye exam in the past year (46%) compared to married respondents (41%).

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	43%	34%	11%	11%	1%
Gender**					
Male	32	36	14	17	<1
Female	53	33	8	6	1
Age**					
18 to 34	31	37	13	16	2
35 to 44	39	38	4	19	0
45 to 54	37	37	16	9	1
55 to 64	40	42	11	4	2
65 and Older	65	24	9	2	0
Education**					
High School or Less	47	37	8	7	2
Some Post High School	43	34	15	7	2
College Graduate	37	29	9	25	0
Household Income*					
\$30,000 or Less	47	33	13	6	<1
\$30,001 to \$60,000	45	36	8	12	0
\$60,001 or More	36	37	9	14	5
Marital Status**					
Married	41	33	9	15	2
Not Married	46	36	13	5	0

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-nine percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with lower household income were more likely to report a flu vaccination. Fifty-two percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

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

- Thirty-nine percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination (44%) compared to male respondents (33%).
- Respondents 65 and older were more likely to report receiving a flu vaccination (75%) compared to those 35 to 44 years old (22%) or respondents 18 to 34 years old (21%).
- Fifty-four percent of respondents with a household income of less than \$30,001 reported a flu vaccination compared to 36% of those with an income of \$30,001 to \$60,000 or 21% of respondents with a household income of at least \$60,001.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	39%
Gender*	
Male	33
Female	44
Age**	
18 to 34	21
35 to 44	22
45 to 54	29
55 to 64	41
65 and Older	75
Education	
High School or Less	39
Some Post High School	39
College Graduate	38
Household Income**	
\$30,000 or Less	54
\$30,001 to \$60,000	36
\$60,001 or More	21
Marital Status	
Married	36
Not Married	42

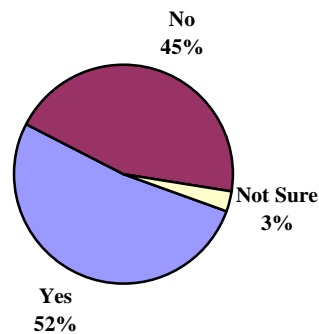
*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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

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



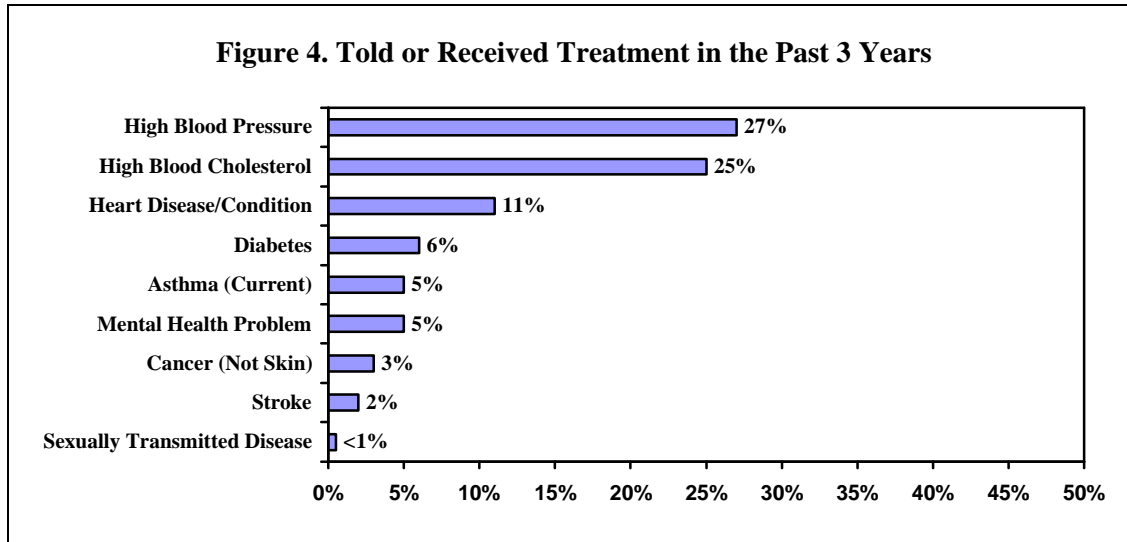
Prevalence of Select Health Conditions (Figure 4; Table 8)

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

KEY FINDING: Out of nine health conditions listed, the most often treated 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 pressure or asthma (current). 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. Respondents 18 to 34 years old were more likely to report mental health problem while respondents 55 to 64 years old were more likely to report high blood cholesterol. Respondents with a high school education or less were more likely to report high blood pressure while those with some post high school education were more likely to report mental health problem. Married or overweight respondents were more likely to report high blood cholesterol. Unmarried respondents were more likely to report heart disease/condition or mental health problem. Respondents who were physically inactive were more likely to report a heart disease/condition.

- Respondents were more likely to report they have been told or been treated for high blood pressure (27%), high blood cholesterol (25%), heart disease/heart condition (11%), diabetes (6%) asthma (current, 5%) or mental health problem (5%) in the past three years.

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



- Female respondents were more likely to report high blood pressure or current asthma than male respondents.
- Generally, the likelihood of being told or treated for high blood pressure, heart disease/condition or diabetes increased as age increased. Respondents 55 to 64 years old were more likely to report high blood cholesterol while respondents 18 to 34 years old were more likely to report mental health problem.
- Respondents with a high school education or less were more likely to report high blood pressure while those with some post high school education were more likely to report mental health problem.
- Respondents with lower household income reported high blood pressure, heart disease/condition or diabetes more often.
- Married respondents were more likely to report high blood pressure while unmarried respondents were more likely to report heart disease/condition or mental health problem.
- Respondents who were considered overweight were more likely to report high blood pressure (30%) compared to respondents who were not overweight (15%).
- Respondents who were physically inactive were more likely to report heart disease/condition (19%) compared to those who met the recommendation (12%) or respondents who did an insufficient amount of activity (5%).

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Diabetes	Asthma (Current)	Mental Health Problem
TOTAL	27%	25%	11%	6%	5%	5%
Gender						
Male	21**	23	9	5	2**	4
Female	33**	26	12	7	8**	6
Age						
18 to 34	6**	12**	3**	0**	6	12*
35 to 44	17**	21**	0**	0**	4	4*
45 to 54	16**	31**	7**	7**	4	4*
55 to 64	41**	39**	11**	9**	7	2*
65 and Older	58**	29**	28**	16**	4	1*
Education						
High School or Less	34*	26	11	7	7	2*
Some Post High School	23*	21	9	6	4	9*
College Graduate	21*	28	12	6	2	6*
Household Income						
\$30,000 or Less	39**	25	21**	12*	9	5
\$30,001 to \$60,000	22**	27	7**	4*	5	7
\$60,001 or More	20**	17	5**	3*	1	2
Marital Status						
Married	28	31**	5**	5	4	2**
Not Married	27	16**	17**	7	6	9**
Overweight						
Not Overweight	21	15*	11	4	6	7
Overweight	29	30*	9	7	5	4
Physical Activity						
Inactive	28	31	19**	12	4	2
Insufficient	30	22	5**	5	5	6
Recommended	23	23	12**	4	6	5

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

Diabetes

- One hundred percent of the 25 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

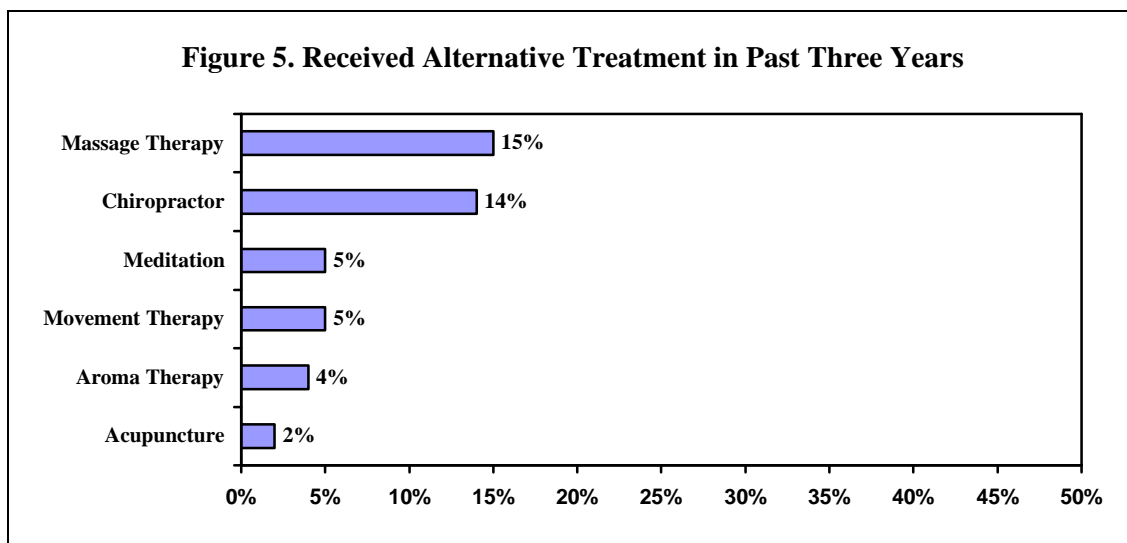
- Of the 23 respondents who currently had asthma, 66% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were massage therapy or chiropractic care (15% and 14%, respectively). Female respondents were more likely to report aroma therapy. Respondents with at least some post high school education were more likely to use massage therapy, meditation or movement therapy. Respondents with a household income of at least \$30,001 were more likely to use massage therapy.

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



- Female respondents were more likely to have reported aroma therapy in the past three years (6%) compared to male respondents (1%).
- Respondents with at least some post high school education were more likely to report massage therapy, meditation or movement therapy.
- Seventeen percent of respondents with a household income of at least \$60,001 and 16% of those with a household income of \$30,001 to \$60,000 reported massage therapy in the past three years compared to 7% of respondents with a household income of less than \$30,001.

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

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

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-seven percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 24% were classified as inactive. Respondents with at least some post high school education or with a household income of at least \$60,001 were more likely to meet the recommended activity level. Seventy percent of respondents were classified as overweight (47% overweight and 23% obese). Male respondents, those 35 to 54 years old or married respondents were more likely to be classified as overweight.

Physical Activities in Past Month

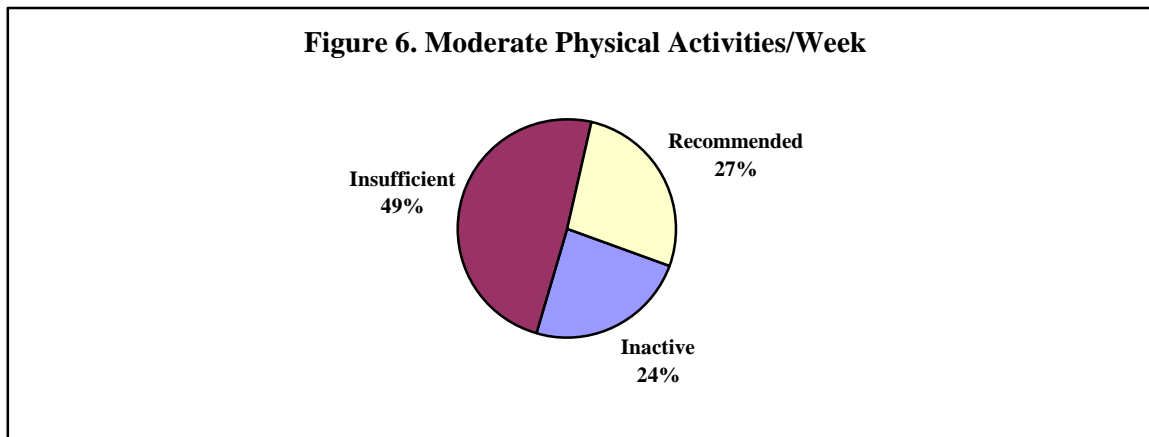
- Sixty-seven percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

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-seven percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Forty-nine percent did some activity, but not to the extent of the recommendation while 24% were classified as inactive.



- Respondents with at least some post high school education were more likely to meet the recommended amount of moderate physical activity in a week (31%) compared to respondents with a high school education or less (23%).
- Respondents with a household income of at least \$60,001 were more likely to meet the recommendation (38%) compared to those with an income of less than \$30,001 (27%) or respondents with a household income of \$30,001 to \$60,000 (21%).

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

	Inactive	Insufficient	Recommended
TOTAL	24%	49%	27%
Gender			
Male	24	45	31
Female	25	51	24
Age			
18 to 34	22	53	25
35 to 44	23	51	26
45 to 54	13	49	38
55 to 64	28	52	20
65 and Older	33	42	25
Education*			
High School or Less	31	46	23
Some Post High School	16	54	31
College Graduate	23	45	31
Household Income**			
\$30,000 or Less	30	43	27
\$30,001 to \$60,000	28	51	21
\$60,001 or More	10	52	38
Marital Status			
Married	24	49	27
Not Married	24	49	27
Overweight			
Not Overweight	25	48	27
Overweight	23	49	28

*= p≤0.05; **= p≤0.01

Body Weight

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

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

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

- According to the definition, 70% of respondents were overweight (47% overweight and 23% obese).
- Male respondents were more likely to be classified as overweight (77%) compared to female respondents (62%).
- Respondents 45 to 54 years old and 35 to 44 years old were more likely to be classified as overweight (81% and 80%, respectively) compared to those 65 and older (66%) or respondents 18 to 34 years old (51%).
- Married respondents were more likely to be classified as overweight (73%) compared to unmarried respondents (63%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	70%
Gender**	
Male	77
Female	62
Age**	
18 to 34	51
35 to 44	80
45 to 54	81
55 to 64	71
65 and Older	66
Education	
High School or Less	67
Some Post High School	71
College Graduate	72
Household Income	
\$30,000 or Less	64
\$30,001 to \$60,000	69
\$60,001 or More	80
Marital Status*	
Married	73
Not Married	63
Moderate Physical Activities	
Inactive	67
Insufficient	69
Recommended	69

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Seventy percent of respondents eat two or more servings of fruit while 32% eat three or more servings of vegetables on an average day. Female respondents, those with a college degree or with a household income of less than \$30,001 were more likely to eat fruit. Female respondents were also more likely to eat vegetables. Forty-three percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, 18 to 44 years old or married were more likely to report eating fried/fast food at least a few times a week. Eating habits were not significantly different for those classified as overweight and those not overweight.

Fruit Intake

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

- Seventy percent of respondents eat two or more servings of fruit on an average day. Thirty-one 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 (73% and 64%, respectively).
- Respondents with a college degree were more likely to eat at least two servings of fruit per day (79%) compared to those with some post high school education (72%) or respondents with a high school education or less (62%).
- Seventy-eight percent of respondents with a household income of less than \$30,001 reported two or more servings compared to 72% of those with an income of at least \$60,001 or 63% of respondents with a household income of \$30,001 to \$60,000.

Vegetable Intake

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

- Thirty-two percent of respondents eat three or more servings of vegetables on an average day. Sixty-nine percent reported two servings or less.
- Female respondents were more likely to eat at least three servings of vegetables on an average day compared to male respondents (40% and 23%, respectively).

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	31%	70%	69%	32%
Gender				
Male	36*	64*	77**	23**
Female	26*	73*	61**	40**
Age				
18 to 34	28	72	53	47
35 to 44	33	67	76	24
45 to 54	41	59	70	30
55 to 64	28	72	78	22
65 and Older	22	76	70	30
Education				
High School or Less	38*	62*	74	27
Some Post High School	27*	72*	65	35
College Graduate	20*	79*	62	38
Household Income				
\$30,000 or Less	22*	78*	65	35
\$30,001 to \$60,000	38*	63*	76	24
\$60,001 or More	28*	72*	67	33
Marital Status				
Married	34	66	68	32
Not Married	27	73	69	31
Overweight				
Not Overweight	29	71	66	34
Overweight	31	69	71	30
Moderate Physical Activities				
Inactive	34	66	60	40
Insufficient	31	69	72	28
Recommended	28	71	67	33

*= 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-six percent reported a few times per month while 20% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (51%) compared to female respondents (36%).

- Sixty-four percent of respondents 35 to 44 years old and 63% of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 24% of those 55 to 64 years old or 18% of respondents 65 and older.
- Married respondents were more likely to report eating fried/fast food at least a few times per week (47%) compared to unmarried respondents (39%).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	36%	43%
Gender**		
Male	35	51
Female	38	36
Age**		
18 to 34	31	63
35 to 44	24	64
45 to 54	41	41
55 to 64	56	24
65 and Older	41	18
Education		
High School or Less	34	47
Some Post High School	39	41
College Graduate	38	38
Household Income		
\$30,000 or Less	35	38
\$30,001 to \$60,000	40	41
\$60,001 or More	32	52
Marital Status*		
Married	38	47
Not Married	35	39
Overweight		
Not Overweight	36	44
Overweight	36	44
Moderate Physical Activities		
Inactive	28	50
Insufficient	37	40
Recommended	44	42

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-six percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-eight percent of all female respondents reported a pap smear within the past three years. Respondents 18 to 44 years old 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).

- Twenty-eight percent of all female respondents never had a mammogram while 63% had a mammogram within the past two years (42% within past year and 21% more than one year but less than two years).
- More specifically, respondents 40 and older were very likely to have received a mammogram in the past two years (86% of those 50 and older; 83% of those 40 to 49 years old).
 - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: don’t need it (six responses), no time (three responses) or too expensive (two responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	42%	21%	9%	28%
Age**				
18 to 39	7	9	9	75
40 to 49	32	51	5	12
50 and Older	67	19	11	2

*= p≤0.05; **= p≤0.01

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

Pap Smear

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

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

- Sixty-three percent of respondents reported they had a pap smear within the past year. An additional 25% reported between one year and less than three years.
- All respondents 35 to 44 years old and 98% of those 18 to 34 years old reported a pap smear within the past three years compared to 80% of those 45 to 54 years old or 77% of respondents 65 and older.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	63%	20%	5%	10%	2%
Age**					
18 to 34	92	6	0	0	2
35 to 44	70	28	3	0	0
45 to 54	57	23	0	14	6
55 to 64	56	24	4	16	0
65 and Older	44	21	12	19	4
Education					
High School or Less	57	24	5	11	3
Some Post High School	70	15	6	8	2
College Graduate	64	19	2	12	2
Household Income					
\$30,000 or Less	55	21	7	15	3
\$30,001 to \$60,000	61	24	6	7	3
\$60,001 or More	71	18	4	2	4
Marital Status					
Married	64	20	5	8	3
Not Married	61	19	6	12	2

*= p≤0.05; **= p≤0.01

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

Men’s Health (Table 16)

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

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

Digital Rectal Exam

- Thirty-eight percent of all male respondents never had a digital rectal exam. Twenty-one percent had an exam in the past year while another 21% reported within the past two years (one year but less than two years).
- Forty-one percent of male respondents 50 years old and older had an exam less than a year ago while 15% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	21%	21%	19%	38%
Age**				
18 to 39	2	14	19	63
40 to 49	15	26	17	43
50 and Older	41	23	19	16

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

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-five percent of respondents 50 years old and older had their blood stool tested within the past two years while 39% 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-six percent of all respondents never had a blood stool test. Thirty-four percent were tested within the past two years (21% less than a year ago and 13% more than one year ago, but less than two). Six percent were not sure.

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

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

- Fifty-five percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 23% of respondents 40 to 49 years old or 15% of respondents 18 to 39 years old. Twenty-four percent of respondents 50 and older reported never compared to 73% of respondents 18 to 39 years old.
- Respondents with lower education were more likely to report a blood stool test within the past two years. Thirty-seven percent of respondents with a high school education or less reported this compared to 32% of those with some post high school education or 27% of respondents with a college degree.

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	21%	13%	14%	46%
Gender				
Male	18	11	16	48
Female	24	14	14	44
Age**				
18 to 39	6	9	8	73
40 to 49	15	8	20	46
50 and Older	36	19	17	24
Education**				
High School or Less	24	13	15	44
Some Post High School	19	13	17	39
College Graduate	17	10	10	59
Household Income				
\$30,000 or Less	27	16	15	37
\$30,001 to \$60,000	20	9	11	54
\$60,001 or More	14	14	18	49
Marital Status				
Married	21	14	13	45
Not Married	20	11	17	47

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Fifty-five percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-five percent were examined within the past two years (14% less than a year ago and 11% more than one year ago, but less than two).
- A total of 39% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 18% of those 40 to 49 years old or 12% of respondents 18 to 39 years old. Thirty-seven percent of respondents 50 and older reported never compared to 74% of respondents 18 to 39 years old.

- Respondents with lower household income were more likely to report a sigmoidoscopy or colonoscopy within the past two years. Thirty-six percent of respondents with a household income of \$30,000 or more reported this compared to 24% of those with an income of \$30,001 to \$60,000 or 10% of respondents with a household income of at least \$60,001. In addition, 41% of respondents with a household income of \$30,000 or less reported never compared to 72% of respondents with a household income of at least \$60,001.

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

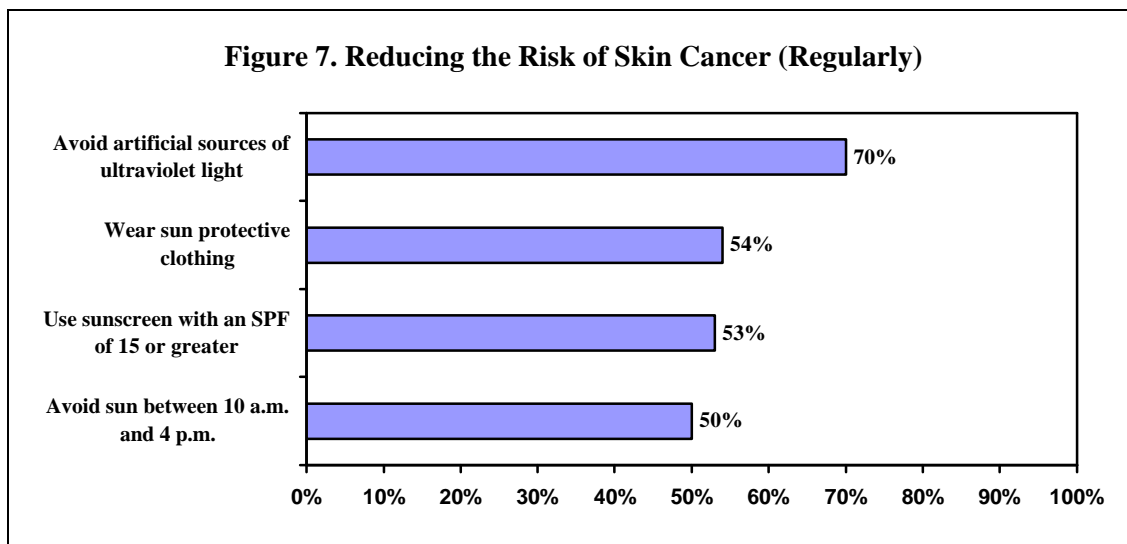
	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	14%	11%	10%	8%	55%
Gender					
Male	14	13	8	10	56
Female	15	9	13	8	54
Age**					
18 to 39	4	8	8	6	74
40 to 49	10	8	11	9	58
50 and Older	24	15	12	11	37
Education					
High School or Less	17	11	9	11	50
Some Post High School	13	11	13	6	55
College Graduate	8	12	8	8	64
Household Income**					
\$30,000 or Less	19	17	12	9	41
\$30,001 to \$60,000	13	11	9	10	54
\$60,001 or More	7	3	10	7	72
Marital Status					
Married	13	11	7	10	58
Not Married	16	11	14	6	52

*= p≤0.05; **= p≤0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than wear sun protective clothing, use sunscreen with a SPF of 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report avoiding artificial sources of UV light or avoiding the sun between 10 a.m. and 4 p.m. Respondents 65 and older were more likely to report wearing sun protective clothing or avoiding the sun between 10 a.m. and 4 p.m. while respondents 45 to 54 years old were more likely to report using sunscreen. Respondents with lower education were more likely to report avoiding artificial UV light, while respondents with some post high school education were more likely to report using sunscreen with a SPF of 15 or greater.

- To reduce the risk of skin cancer, 70% of respondents regularly avoid artificial sources of ultraviolet light, 54% wear sun protective clothing, 53% use sunscreen with a SPF 15 or higher while 50% avoid the sun between 10 a.m. and 4 p.m.
- Eleven percent of respondents did not reduce their risk by any of these four measures. Twenty percent reported one measure. Twenty-three percent reported two of the four actions while 25% reported three and 22% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding artificial sources of UV light or avoiding the sun between 10 a.m. and 4 p.m. than male respondents.
- Respondents 65 and older were more likely to report wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m. while respondents 45 to 54 years old were more likely to report using sunscreen.
- Respondents with lower education were more likely to report avoiding artificial sources of UV light, while respondents with some post high school education were more likely to report using sunscreen with a SPF of 15 or greater.

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

	Avoid Artificial Sources of UV Light	Sun Protective Clothing	Sunscreen with SPF 15 or Higher	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	70%	54%	53%	50%
Gender				
Male	62**	50	49	40**
Female	77**	57	56	59**
Age				
18 to 34	76	46**	58*	51**
35 to 44	68	36**	42*	33**
45 to 54	67	59**	65*	50**
55 to 64	64	59**	41*	52**
65 and older	73	71**	58*	62**
Education				
High School or Less	74*	48	44**	50
Some Post High School	69*	54	68**	48
College Graduate	63*	65	51**	53
Household Income				
\$30,000 or Less	62	56	51	54
\$30,001 to \$60,000	68	52	51	47
\$60,001 or More	78	53	57	46
Marital Status				
Married	72	56	55	49
Not Married	68	51	50	51

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-six percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with higher education or lower household income were more likely to report they always wore seat belts. Ninety-one percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 22% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 35% reported their child always wore a helmet.

Seat Belts

- Eighty-six percent of respondents reported they wore seat belts always or nearly always (74% and 12%, respectively).
- Female respondents were more likely to report wearing seat belts always (79%) compared to male respondents (69%).

- Respondents 65 and older were more likely to report always (91%) compared to those 18 to 34 years old (72%) or respondents 35 to 44 years old (54%).
- Seventy-nine percent of respondents with a college degree reported always compared to 76% of those with some post high school education or 70% of respondents with a high school education or less.
- Eighty-six percent of respondents with a household income of less than \$30,001 reported always compared to 72% of those with an income of \$30,001 to \$60,000 or 63% of respondents with a household income of at least \$60,001.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	3%	8%	12%	74%
Gender**					
Male	5	3	5	17	69
Female	2	3	9	7	79
Age**					
18 to 34	4	6	6	13	72
35 to 44	10	4	16	16	54
45 to 54	0	4	5	12	79
55 to 64	2	2	9	13	74
65 and older	0	0	2	7	91
Education**					
High School or Less	7	2	9	12	70
Some Post High School	0	4	10	10	76
College Graduate	2	6	0	13	79
Household Income**					
\$30,000 or Less	4	2	5	3	86
\$30,001 to \$60,000	4	4	4	17	72
\$60,001 or More	3	5	13	17	63
Marital Status					
Married	5	2	8	15	71
Not Married	2	4	7	8	79

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Ninety-one percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 5% reported nearly always.
- There were no statistically significant differences between demographic variables and children wearing seat belts.

Bicycle Helmet Usage

- Forty-four 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...

- Twenty-two percent of respondents who bicycled, in-line roller skated or rode a scooter always (18%) or nearly always (4%) wore a helmet. Sixty-four percent reported never.
- Male respondents were more likely to report they always wore a helmet (23%) compared to female respondents (14%).
- Respondents 18 to 34 years old were more likely to report always (25%) compared to those 45 to 54 years old (14%) or respondents 55 and older (8%).

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	64%	3%	11%	4%	18%
Gender*					
Male	58	0	14	6	23
Female	71	5	7	2	14
Age**					
18 to 34	44	2	24	5	25
35 to 44	72	2	0	4	21
45 to 54	80	0	6	0	14
55 and older	69	6	9	6	8
Education					
High School or Less	67	3	8	1	20
Some Post High School	58	2	9	7	24
College Graduate	67	2	16	6	10
Household Income					
\$30,000 or Less	71	2	10	6	10
\$30,001 to \$60,000	56	4	14	3	23
\$60,001 or More	66	0	6	3	26
Marital Status					
Married	64	3	11	3	19
Not Married	64	3	10	5	18

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Thirty-five percent of respondents reported their child always wore a helmet while 14% reported nearly always. Thirty-three percent reported never.
- There were no statistically significant differences between demographic variables and children wearing helmets.

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

KEY FINDING: Twenty-seven percent of respondents were current smokers. Respondents 35 to 44 years old, those with a high school education or less or with a household income of \$30,001 to \$60,000 were more likely to be smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 60% reported a health professional advised them to quit smoking. Twenty percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-three 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. Respondents who were female, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-seven percent of respondents were current smokers. Three percent smoked between one and 29 days while the remaining 24% smoked every day.
- Respondents 35 to 44 years old were more likely to be current smokers (40%) compared to those 45 to 54 years old (25%) or respondents 65 and older (14%).
- Thirty-seven percent of respondents with a high school education or less were smokers compared to 21% of those with some post high school education or 18% of respondents with a college degree.
- Thirty-four percent of respondents with a household income of \$30,001 to \$60,000 were smokers compared to 26% of those with a household income of at least \$60,001 or 20% of respondents with a household income of less than \$30,001.

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	27%
Gender	
Male	25
Female	29
Age**	
18 to 34	31
35 to 44	40
45 to 54	25
55 to 64	33
65 and older	14
Education**	
High School or Less	37
Some Post High School	21
College Graduate	18
Household Income*	
\$30,000 or Less	20
\$30,001 to \$60,000	34
\$60,001 or More	26
Marital Status	
Married	28
Not Married	28

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-three 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 quitting 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...

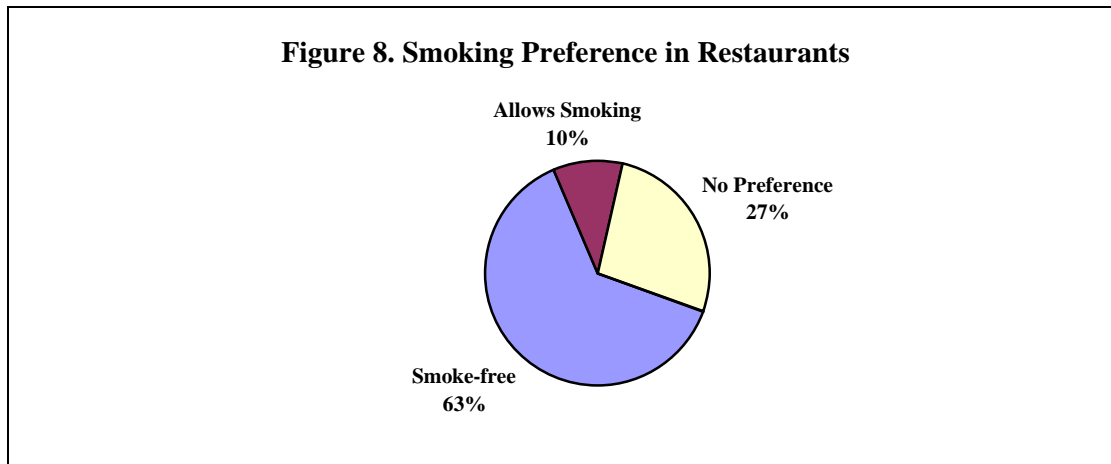
- Sixty percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking in the past 12 months.

Smoking Indoor or in Vehicle

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Twenty percent reported indoor smoking or vehicle smoking occurred.
- Households with children were more likely to report smoking indoors or inside vehicles when others were present than households without children (27% and 17%, respectively).

Smoking Preference in Restaurants

- Sixty-three percent of respondents reported they preferred to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Twenty-seven percent reported no preference.



- Seventy-seven percent of nonsmokers preferred smoke-free restaurants compared to 28% of smokers. Thirty-two percent of smokers preferred restaurants that allow smoking compared to 2% of nonsmokers.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Sixty percent of respondents favored a community ordinance prohibiting smoking in eating establishments (40% strongly favor, 20% moderately favor).
- Female respondents were more likely to favor an ordinance (68%) compared to male respondents (51%).
- Respondents with a household income of at least \$60,001 were more likely to favor an ordinance (69%) compared to those with a household income of less than \$30,001 (61%) or respondents with a household income of \$30,001 to \$60,000 (53%).
- Sixty-nine percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 37% of smokers. Nonsmokers were much more likely to strongly favor (49%) compared to smokers (16%).

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

	Moderately Favor	Strongly Favor
TOTAL	20%	40%
Gender**		
Male	21	30
Female	19	49
Age		
18 to 34	19	40
35 to 44	16	43
45 to 54	23	32
55 to 64	31	33
65 and older	16	47
Education		
High School or Less	22	38
Some Post High School	18	42
College Graduate	18	40
Household Income*		
\$30,000 or Less	20	41
\$30,001 to \$60,000	18	35
\$60,001 or More	21	48
Marital Status		
Married	22	38
Not Married	18	41
Smoking Status**		
Nonsmoker	20	49
Smoker	21	16

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

Snuff or Chewing Tobacco

- Less than one percent of respondents reported they currently use snuff or chewing tobacco.

Alcohol Use (Table 24)

KEY FINDING: Sixty-one percent of respondents had an alcoholic drink in the past 30 days. In the past month, 36% had three or more drinks on at least one occasion while 24% binge. Respondents who were male, 35 to 44 years old or those with a household income of at least \$30,001 were more likely to have had at least three drinks or binged in the past month. Respondents with a high school education or less were more likely to report having at least three drinks on three or more occasions. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-one percent of respondents had a drink in the past 30 days. Twenty-nine percent reported they drank on at least five days, while 15% reported three to four days, and 17% reported drinking on one or two days in the past 30 days.
- Seventeen percent of all respondents reported an average of four or more drinks per day on the days they drank while 11% reported three, 18% reported two and 14% reported one drink on average on the days they drank. Thirty-nine percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-six percent of all respondents had three or more drinks on an occasion in the past month. Fifteen percent reported this one to two times and 21% reported three or more times.
- Male respondents were more likely to have had three or more drinks (51%) than female respondents (23%). Males were also more likely to have had three or more drinks on three or more occasions (31%) compared to female respondents (12%).
- Fifty-nine percent of respondents 35 to 44 years old reported three or more drinks (20% one to two occasions and 39% three or more occasions) compared to 8% of respondents 65 and older (4% one to two occasions and 4% three or more occasions).
- Respondents with some post high school education were more likely to have had three or more drinks (39%) compared to those with a college degree (36%) or respondents with a high school education or less (34%). However, respondents with a high school education or less were more likely to report three or more times (26%) compared to all other categories (16% or 17%).
- Respondents with a household income of at least \$30,001 were more likely to have had at least three drinks and more often compared to respondents with a household income of \$30,000 or less.

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).

- Twenty-four percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (34%) than female respondents (15%).
- Respondents 35 to 44 years old were more likely to have binged (47%) followed by respondents 18 to 34 years old (37%). It dropped to 1% for respondents 65 and older.
- Respondents with a household income of at least \$60,001 were more likely to have binged in the past month (35%) compared to those with a household income of \$30,001 to \$60,000 (32%) or respondents with a household income of less than \$30,001 (12%).

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	15%	21%	24%
Gender			
Male	20**	31**	34**
Female	11**	12**	15**
Age			
18 to 34	23**	26**	37**
35 to 44	20**	39**	47**
45 to 54	16**	15**	13**
55 to 64	11**	22**	22**
65 and Older	4**	4**	1**
Education			
High School or Less	8**	26**	26
Some Post High School	23**	16**	22
College Graduate	19**	17**	21
Household Income			
\$30,000 or Less	12**	7**	12**
\$30,001 to \$60,000	17**	30**	32**
\$60,001 or More	18**	30**	35**
Marital Status			
Married	15	24	27
Not Married	16	16	20

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

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

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

Family Problem Associated with Alcohol in Past Year

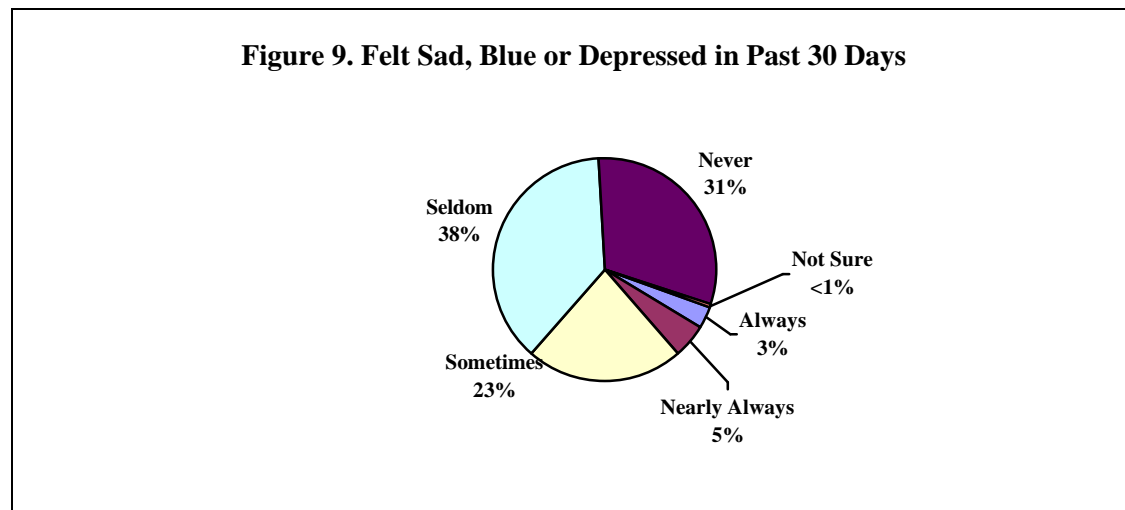
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Eight percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-two percent felt they were excellent at managing stress; 3% reported poor. Nine percent reported they never or seldom find meaning and purpose in their daily life; respondents with a household income of less than \$30,001 were more likely to report never or seldom. Two percent of respondents felt so overwhelmed they considered suicide in the past year.

Feeling Sad, Blue or Depressed

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” eight percent of survey respondents answered always or nearly always. This equates up to 1,300 residents. Twenty-three percent reported sometimes and the remaining 69% reported seldom (38%) or never (31%).



- Ten percent of unmarried respondents reported they felt sad, blue or depressed nearly always/always compared to 6% of married respondents. Married respondents were more likely to report never (36%) compared to unmarried respondents (24%).

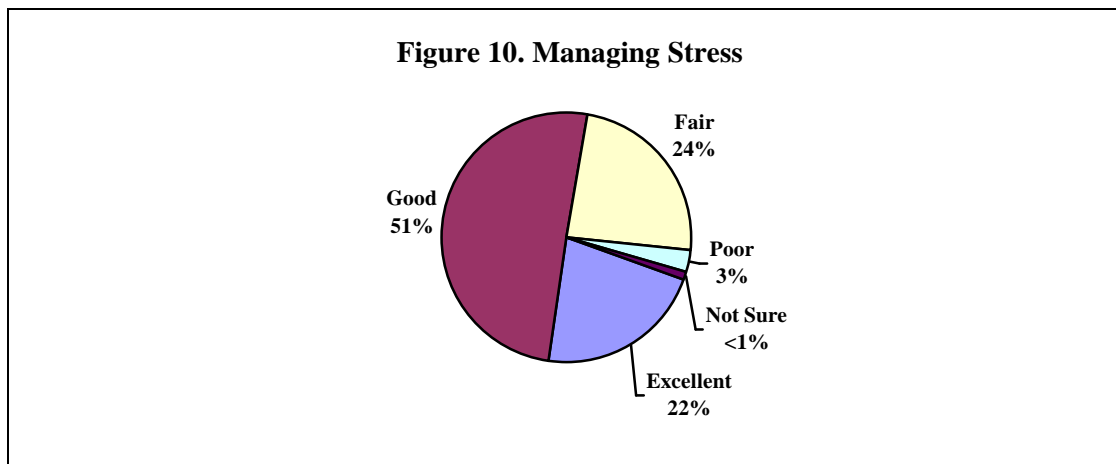
Considered Suicide

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The St. Francis 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 700 residents who considered suicide in the past year.

Managing Stress

- Twenty-two percent reported they were excellent at managing stress. Fifty-one percent reported good while 24% reported fair and 3% reported poor.



- Female respondents were more likely to report poor (5%) compared to male respondents (less than one percent).
- The age categories were somewhat similar in reporting poor (2% to 4%). However, 39% of respondents 18 to 34 years old reported poor or fair followed by 33% of those 35 to 44 years old, 25% of respondents 45 to 54 years old, 24% of those 55 to 64 years old and 17% of respondents 65 and older.
- Respondents with a household income of less than \$30,001 were more likely to report poor (7%) compared to those with an income of at least \$60,001 (2%) or respondents with a household income of \$30,001 to \$60,000 (less than one percent). Twenty-nine percent of respondents with a household income of \$30,001 to \$60,000 reported fair or poor compared to 26% of those with an income of at least \$60,001 or 23% of respondents with a household income of less than \$30,001.

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 32% reported nearly always. Eighteen percent reported sometimes while 7% reported seldom and two percent reported never.

- Respondents with a household income of less than \$30,001 were more likely to report never/seldom (16%) compared to those with a household income of \$30,001 to \$60,000 (11%) or respondents with a household income of at least \$60,001 (1%). Fifty-one percent of respondents with a household income of \$60,001 or more reported always compared to 36% of those with an income of less than \$30,001 or 35% of respondents with a household income of \$30,001 to \$60,000.
- Eleven percent of unmarried respondents reported never/seldom compared to 8% of married respondents. Forty-three percent of married respondents reported always compared to 33% of unmarried respondents.

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

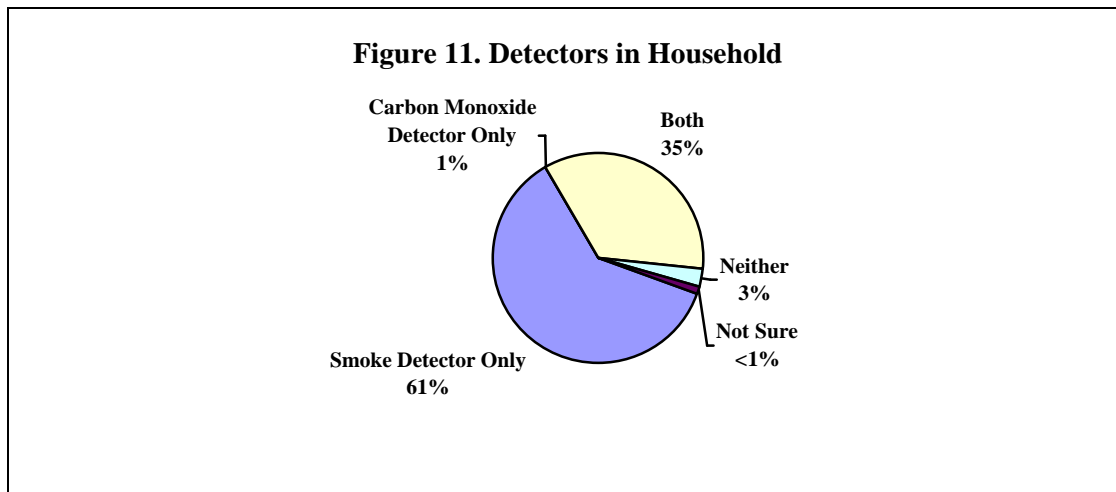
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	9%	18%	32%	39%
Gender				
Male	11	21	35	31
Female	8	14	30	46
Age				
18 to 34	9	20	28	44
35 to 44	13	19	25	40
45 to 54	8	15	46	32
55 to 64	0	22	37	39
65 and older	13	17	29	38
Education				
High School or Less	12	18	31	37
Some Post High School	6	18	34	41
College Graduate	9	18	32	42
Household Income**				
\$30,000 or Less	16	19	25	36
\$30,001 to \$60,000	11	20	33	35
\$60,001 or More	1	16	32	51
Marital Status*				
Married	8	12	34	43
Not Married	11	24	30	33

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-six percent of households had a working smoke detector while 36% had a working carbon monoxide detector.

- Thirty-five percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Sixty-one percent reported only a working smoke detector while 1% reported only a carbon monoxide detector. Three percent had neither.



- There were no statistically significant differences between household income or marital status and having detectors.

Table 26. Detectors in Household by Demographic Variables

	Carbon Monoxide			
	Smoke Detector	Detector	Both	Neither
TOTAL	61%	1%	35%	3%
Household Income				
\$30,000 or Less	61	2	33	5
\$30,001 to \$60,000	60	<1	36	2
\$60,001 or More	61	2	33	3
Marital Status				
Married	59	<1	38	2
Not Married	63	2	31	5

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

Presence of Firearms in Household

KEY FINDING: Twenty-three percent of households had a firearm in or around the home. Married households or those with higher household income were more likely to have a firearm. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

Firearm in Household

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

- At the time of the survey administration, 23% of households had one or more firearms.
- Households with higher household income were more likely to have a firearm. Thirty-one percent of respondents with a household income of at least \$60,001 reported this compared to 21% of those with an income of \$30,001 to \$60,000 or 13% of respondents with a household income of less than \$30,001.
- Married households were more likely to have a firearm (32%) compared to unmarried households (12%).

Loaded Firearm

- Two percent of all households had a loaded firearm.

Loaded Firearm Also Unlocked

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

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

Personal Safety Issues

KEY FINDING: Five 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,” five percent reported yes.
- Respondents 18 to 34 years old were more likely to report being afraid for their personal safety (13%) compared to respondents 55 to 64 years old (7%) and all others (2% to 4%).
- Respondents with some post high school education were more likely to report being afraid for their personal safety (9%) compared to those with a college degree (5%) or respondents with a high school education or less (2%).
 - A stranger was most often mentioned as the perpetrator (eight responses). Fewer than four respondents reported each of the following: boyfriend/girlfriend, acquaintance, ex-spouse, separated 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.
 - A stranger was reported by four respondents while someone else or an acquaintance was reported by two respondents each.

Combined Personal Safety Threats

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

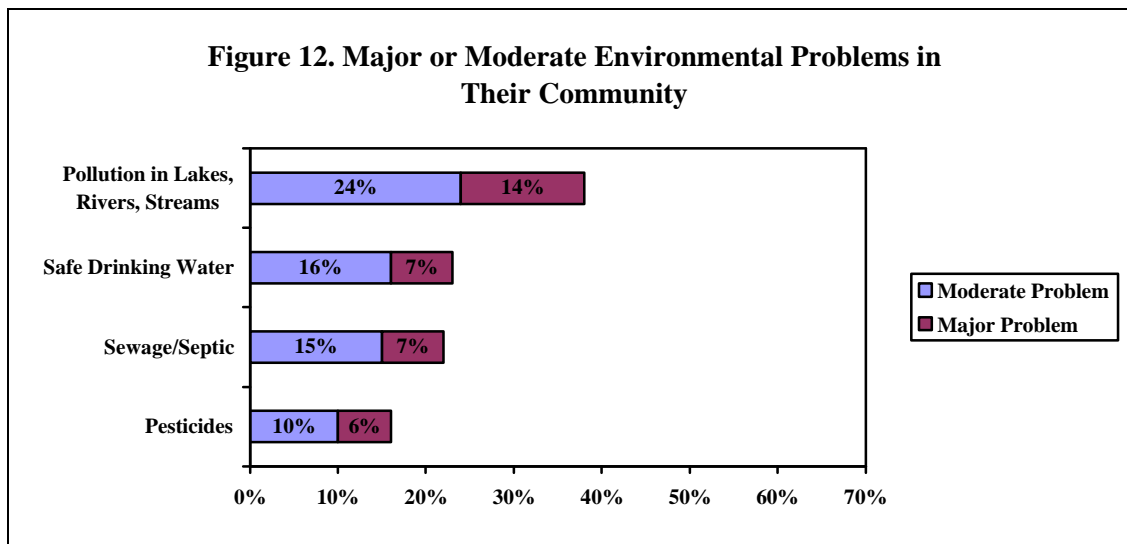
APPENDIX A: ADDITIONAL QUESTIONS

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 communities may face, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (38%). Respondents 55 to 64 years old were more likely to report pesticides as a major or moderate problem. Respondents 35 to 44 years old were more likely to report safe drinking water or pesticides as a major/moderate community problem.

- Thirty-eight percent of respondents reported pollution in lakes, rivers and streams as a major or moderate problem in the community. Twenty-three percent of respondents reported safe drinking water, while 22% reported sewage/septic and 16% reported pesticides as a major or moderate problem.



- Respondents 35 to 44 years old were more likely to report safe drinking water as a major or moderate community problem. Respondents 55 to 64 years old or 35 to 44 years old were more likely to report pesticides.

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

	Lake, River & Stream Pollution	Safe Drinking Water	Sewage or Septic	Pesticides
TOTAL	38%	23%	22%	16%
Gender				
Male	38	22	23	12
Female	40	23	21	18
Age				
18 to 34	33	20*	22	7*
35 to 44	45	34*	28	23*
45 to 54	45	20*	25	11*
55 to 64	44	26*	20	24*
65 and older	32	14*	14	15*
Education				
High School or Less	35	19	20	14
Some Post High School	40	22	25	16
College Graduate	45	32	20	16
Household Income				
\$30,000 or Less	35	20	22	15
\$30,001 to \$60,000	39	28	20	18
\$60,001 or More	47	21	28	10
Marital Status				
Married	41	23	21	17
Not Married	36	22	22	14

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

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

KEY FINDING: Seven percent of respondents were not aware of the public health department prior to the interview; 37% received services from the health department. Respondents 65 and older or married respondents were more likely to report services.

- Seven percent of respondents were not aware of the public health department prior to the interview. Fifty-six percent were aware of the department but had no experience with it. Thirty-three percent received limited services from the health department and 4% received more extensive services.
- Fifty-one percent of respondents 65 and older reported services compared to 29% of those 35 to 44 years old or 26% of respondents 55 to 64 years old.
- Married respondents were more likely to have received services from the health department (40% limited and 4% more extensive) compared to unmarried respondents (24% limited and 3% more extensive).

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	7%	56%	33%	4%
Gender				
Male	9	57	32	2
Female	7	55	33	5
Age*				
18 to 34	13	56	30	1
35 to 44	10	62	24	5
45 to 54	4	59	32	5
55 to 64	4	70	24	2
65 and older	4	43	47	4
Education				
High School or Less	11	56	30	3
Some Post High School	3	53	40	4
College Graduate	6	62	28	5
Household Income				
\$30,000 or Less	8	54	32	5
\$30,001 to \$60,000	3	60	34	3
\$60,001 or More	3	60	31	6
Marital Status**				
Married	7	49	40	4
Not Married	7	65	24	3

*= p≤0.05; **= p≤0.01

APPENDIX B: QUESTIONNAIRE FREQUENCIES

ST. FRANCIS
COMMUNITY HEALTH SURVEY
Conducted: February 21 through April 16, 2003
(Due to rounding, some questions may total more/less than 100%)

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

Poor	2%
Fair	8
Good.....	29
Very good.....	42
Excellent.....	18
Not sure	0

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

No health care coverage	4%
Medical Assistance or Title 19	4
Badger Care.....	1
Medicare.....	23
A prepaid plan such as a HMO, PPO.....	47
Another commercial health plan.....	15
Something else.....	3
Not sure	4

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

Not all members covered.....	10%
All members covered	89
Not sure	<1

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

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

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

Medical doctor, internist, OBGYN, family practice	76%
Walk-in or urgent care clinic	11
Community health center	4
Hospital emergency room.....	4
Other.....	2
Not sure	2

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

Yes 30%
 No..... 68
 Not sure 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	61%	24%	6%	8%	2%	0%
8. Cholesterol testing	54	19	5	6	15	2
9. Visit to a dentist/dental clinic..	63	22	7	7	1	<1
10. Eye exam.....	43	34	11	11	1	0

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

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

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

Yes 20%
 No..... 78
 Not sure 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?.....	27%	73%	0%
14. Your blood cholesterol is high?	25	73	2
15. You had a stroke?.....	2	98	0
16. You have heart disease or a heart condition? ..	11	89	<1
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	93	<1
18.if yes, have you had your blood sugar tested in the past year? [25 Respondents]	100	0	0
19. You had a mental health problem?.....	5	95	0
20. You had cancer, other than skin cancer.....	3	97	0
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?	9%	91%	0%
23. Do you still have asthma? [All Respondents] ...	5	94	<1
24.(if yes), do you have an asthma action plan? [20 Respondents].....	66	34	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 31%
 Two servings..... 28
 Three or more servings..... 42
 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 38%
 Two servings..... 31
 Three or more servings..... 32
 Not sure <1

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

A few times per month..... 36%
 A few times per week..... 36
 Daily or nearly so..... 7
 Hardly ever or never..... 20
 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 67%
 No..... 33
 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 76%
 No..... 24
 Not sure <1

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

One	3%
Two	11
Three	20
Four	11
Five	13
Six	3
Seven.....	17
Not sure	0
No moderate exercise/no answer	24

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	24
45 to 59 minutes	7
60 or more minutes	29
Not sure	<1
No moderate exercise/no answer	24

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [213 Respondents]

Within the past year (anytime less than 12 months ago)	42%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	21	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	4	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago).....	1	üCONTINUE WITH Q33
5 or more years ago	4	üCONTINUE WITH Q33
Never	28	üCONTINUE WITH Q33
Not sure.....	0	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [14 Respondents 40 years old or older]

Don't need 6 responses
 No time 3 responses
 Too expensive 2 responses
 Other 3 responses

[56 Respondents 18 to 39 years old]

Too young47 responses
 Not recommended by provider 4 responses
 Don't need it 3 responses
 No time 1 response
 Not sure 1 response

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [211 Respondents]

Within the past year (anytime less than 12 months ago).....63%
 Within the past 2 years (1 year, but less than 2 years ago)20
 Within the past 3 years (2 years, but less than 3 years ago)5
 Within the past 5 years (3 years, but less than 5 years ago)4
 5 or more years ago.....6
 Never.....2
 Not sure.....0

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? [184 Respondents]

Within the past year (anytime less than 12 months ago).....21%
 Within the past 2 years (1 year, but less than 2 years ago)21
 Within the past 5 years (2 years, but less than 5 years ago)7
 5 or more years ago.....12
 Never.....38
 Not sure.....1

ALL RESPONDENTS

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

Within the past year (anytime less than 12 months ago)21%
 Within the past 2 years (1 year, but less than 2 years ago)13
 Within the past 5 years (2 years, but less than 5 years ago).....8
 5 or more years ago6
 Never46
 Not sure6

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

Within the past year (anytime less than 12 months ago)..... 14%
 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) 10
 Within the past 10 years (5 years but less than 10 years ago) 4
 10 years ago or more..... 4
 Never..... 55
 Not sure..... 2

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	50%	49%	1%
39. Wear sun-protective clothing when exposed to sunlight?.....	54	46	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	53	47	<1
41. Avoid artificial sources of ultraviolet light?.....	70	28	2

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

Do not ride/skate/scoot..... 56%

Frequency of those who bicycle, use in-line roller skates or scooters [175 Respondents]

Never 64%
 Seldom..... 3
 Sometimes 11
 Nearly always 4
 Always..... 18
 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..... 3
 Sometimes 8
 Nearly always 12
 Always..... 74
 Not sure 0

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

One	13%	
Two	11	
Three or more	8	
None	69	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? [124 Respondents]

Do not ride/skate/scoot..... 21%

Frequency of those who bicycle, use in-line roller skates or scooters [98 Respondents]

Never	33%
Seldom.....	5
Sometimes	11
Nearly always	14
Always.....	35
It depends	2
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? [124 Respondents]

Never	1%
Seldom.....	1
Sometimes	2
Nearly always	5
Always.....	91
Not sure	0

47. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never	31%
Seldom.....	38
Sometimes	23
Nearly always	5
Always.....	3
Not sure	<1

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

Poor	3%
Fair	24
Good.....	51
Excellent.....	22
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	2%
Seldom.....	7
Sometimes	18
Nearly always	32
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	39%
One to two days	17
Three to four days	15
Five or more days.....	29
Not sure	<1

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

None	39%
One drink.....	14
Two drinks.....	18
Three drinks	11
Four or more drinks.....	17
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	64%
One to two times	15
Three or more times	21
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 76%
 Once 8
 Two or more times 16
 Not sure <1

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

Yes 2%
 No..... 98
 Not sure <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 4%
 No..... 96
 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 73%
 1 to 29 days..... 3
 30 days 24
 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? [110 Respondents]

0 days 57%
 At least 1 day 43
 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? [110 Respondents]

Yes 60%
 No..... 40
 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 20%
 No..... 45
 No smokers in the household..... 35
 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 63%
 Restaurants that allow smoking 10
 No preference 27
 Not sure 0

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

Strongly oppose 16%
 Moderately oppose..... 19
 Moderately favor..... 20
 Strongly favor 40
 Not sure 6

Another issue being discussed these days deals with firearms.

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

Yes 23%
 No..... 76
 Not sure <1

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

Yes 2%
 No..... 21
 Not sure <1
 No firearms in the household/no answer 77

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

Yes..... 1%
 No..... <1
 Not sure 0
 No firearms in household/not loaded/no answer 98

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor?	14%	86%	0%
68. Having acupuncture?	2	98	0
69. Massage therapy?	15	85	0
70. Aroma therapy?	4	96	<1
71. Movement therapy, such as yoga or tai' chi?....	5	95	0
72. Meditation?	5	95	0

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

73. Gender [DERIVED, NOT ASKED]

Male 46%
 Female..... 54

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

18 to 34 years old 22%
 35 to 44 years old 23
 45 to 54 years old 19
 55 to 64 years old 12
 65 and older 24

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight 31%
 Overweight 47
 Obese..... 23

77. What is your racial heritage?

White..... 97%
 Black, African American or Negro <1
 Asian or Pacific Islander 0
 American Indian or Alaska Native..... 1
 Another race 2
 Multiple races 0
 Not sure 0

78. Are you of Spanish or Hispanic origin?

Yes 3%
 No..... 98
 Not sure 0

79. What is your current marital status?

Single, never married	22%
A member of an unmarried couple.....	0
Married.....	56
Separated	<1
Divorced.....	10
Widowed	13
Not sure	0

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

8th grade or less	1%
Some high school.....	6
High school graduate or GED.....	39
Some college.....	26
Technical school graduate	6
College graduate	17
Advanced or professional degree.....	5
Not sure	0

81. What county do you live in [FILTER]

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

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

St. Francis	100%
-------------------	------

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

53235.....	95%
53207.....	2
53110.....	<1
No answer.....	3

84. What is your annual household income before taxes? Is it. . .

Less than \$10,000	6%
\$10,000 to \$20,000.....	11
\$20,001 to \$30,000.....	15
\$30,001 to \$40,000.....	13
\$40,001 to \$50,000.....	11
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	12
\$75,001 to \$90,000.....	6
Over \$90,000	4
Not sure	2
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	5%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [20 Respondents; More than 1 response accepted]

Stranger	8 responses
Boyfriend or girlfriend	3 responses
Acquaintance	3 responses
Ex-spouse	2 responses
Separated spouse.....	1 response
Someone else	3 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	<1	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]

Stranger	4 responses
Acquaintance	2 responses
Someone else.....	2 responses

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

Smoke detectors.....	61%
Carbon monoxide detectors.....	1
Both.....	35
Neither.....	3
Not sure	<1

ADDITIONAL QUESTIONS FOR ST. FRANCIS

[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	35%	21%	24%	14%	6%
A2. Sewage or septic	51	20	15	7	7
A3. Safe drinking water.....	62	13	16	7	3
A4. Pesticides	58	20	10	6	7

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 now7%
- Aware of the health department, but have had no experience with programs or services56
- Aware of the health department and have received limited service like a flu shot or other immunization33
- Aware of the health department and have received more extensive services4
- Not sure<1