

Watertown
Community Health Survey
Fall 2003

Commissioned by:
Aurora Health Care

In Partnership with:
City of Watertown Health Department
Watertown Memorial Hospital

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	34
Reducing the Risk of Skin Cancer	36
Safety: Seat Belts and Bicycle Helmets	38
Cigarettes and Tobacco Products.....	41
Alcohol Use.....	46
Mental Health Status.....	48
Detectors in Household	51
Presence of Firearms in Household	52
Personal Safety Issues	53
Appendix A: Additional Questions	54
Environmental Problems in Their Community.....	55
Awareness of and Experience with Public Health Department	56
Appendix B: Questionnaire Frequencies	58

<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	33
Table 16. Time Since Last Digital Rectal Exam by Age	34

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables	35
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables	36
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	38
Table 20. Wear Seat Belt by Demographic Variables	39
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	45
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents	47
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables	50
Table 26. Detectors in Household by Demographic Variables	51
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables	56
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables	57

<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)	37
Figure 8. Smoking Preference in Restaurants	43
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days	48
Figure 10. Managing Stress.....	49
Figure 11. Detectors in Household	51
Figure 12. Major or Moderate Environmental Problems in Their Community.....	55

Purpose

The purpose of this project is to provide the City of Watertown 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 Watertown Community Health Survey was conducted through a grant provided by Aurora Health Care in partnership with the City of Watertown Public Health Department and Watertown Memorial Hospital. 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 July 7, 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 Watertown. 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.vandehey@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

Demographic Profile of Watertown Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	43%
Female	57
Age	
18 to 34	27%
35 to 44	24
45 to 54	17
55 to 64	12
65 and Older	21
Education	
High School Graduate or Less	47%
Some Post High School	28
College Graduate	25
Household Income	
\$30,000 or Less	30%
\$30,001 to \$60,000	43
\$60,001 or More	20
Not Sure/No Answer	8
Married	67%

What do the percentages mean?

Results of the Watertown Community Health Survey can be generalized to the adult population with telephones in the city. In 2000, the U.S. Census Bureau identified 15,987 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 200 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equates to 2,800 residents \pm 1,000 individuals. Meaning that from 1,800 to 3,800 residents may have fair or poor health in the city. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2000 Census counted 8,022 households in Watertown. 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 80 households. For example, 9% 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 720.

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 Watertown 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 Watertown 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	
Watertown	<u>2003</u>	Watertown	<u>2003</u>
Excellent	21%	High Blood Pressure.....	22%
Very Good.....	38%	High Blood Cholesterol	20%
Good	27%	Heart Disease/Condition	10%
Fair or Poor	14%	Diabetes	6%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	Asthma (Current).....	5%
Wisconsin	57%	Moderate Physical Activity/Week	
Nation	56%	Watertown	<u>2003</u>
Health Care Coverage		Inactive	21%
Watertown	<u>2003</u>	Insufficient	52%
Personally Not Covered	4%	Recommended.....	28%
Household Member Not Covered (current) ...	9%	<i>Other Research: Recommended Physical</i>	
Household Member Not Covered (past yr)....	14%	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		Watertown	<u>2003</u>
Watertown	<u>2003</u>	Fruit Intake (2 or more servings/day)	68%
Yes	31%	Vegetable Intake (3 or more servings/day)	28%
Routine Checkups		Fried Food/Fast Food (a few times/week)	48%
Watertown	<u>2003</u>	Overweight.....	61%
Routine Checkup (2 years or less)	82%	<i>Other Research: Overweight</i>	
Cholesterol Test (2 years or less).....	65%	Wisconsin.....	<u>2001</u>
Dental Checkup (past year).....	72%	Nation	58%
Eye Exam (2 years or less).....	79%	Women's Health	
Vaccinations		Watertown	<u>2003</u>
Watertown	<u>2003</u>	Mammogram (50+; past year).....	56%
Flu shot (past year)	35%	Pap Smear (past year).....	48%
Pneumonia (ever—65 years or older)	59%	<i>Other Research: Wisconsin</i>	
Alternative Treatment in Past 3 Years		Mammogram (50+; past year).....	<u>2001</u>
Watertown	<u>2003</u>	Pap Smear (past year)	66%
Chiropractor	25%	Reduce Risk of Skin Cancer	
Massage Therapy.....	11%	Watertown	<u>2003</u>
Aroma Therapy.....	5%	Avoid Artificial Sources of UV Light	76%
Meditation	5%	Wear Sun Protective Clothing.....	53%
Movement Therapy.....	4%	Use Sunscreen with SPF 15 or Higher	51%
Acupuncture	2%	Avoid Sun Between 10 a.m. and 4 p.m.	44%

Men's Health		Alcohol Use	
Watertown		Watertown	
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	63%
50 and Older	50%	3+ Drinks on Occasion in Past Month.....	27%
Other Tests		Binge in Past Month	
Watertown		[5+ Drinks (Male): 4+ Drinks (Female)]	14%
Blood Stool Test (50+; within past 2 years)...	47%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	3%
(50+; within past 2 years).....	31%	<i>Other Research: Had 5+ Drinks at One Time</i>	
Safety		<i>Wisconsin</i>	
Watertown		<i>Nation</i>	
Wear Seat Belt Always/Nearly Always	<u>2003</u>	Mental Health Status	
Adult.....	89%	Watertown	
Children	96%	Felt Sad, Blue or Depressed in Past 30 Days	
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always	
(Of Those Who Ride Bike or In-Line Skate)		Never	
Adult.....	24%	Managing Stress	
Children	60%	Excellent/Good.....	
Detectors		Poor	
Smoke Detector	61%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	<1%	Never/Seldom.....	
Both.....	37%	Considered Suicide (past year).....	
Neither	2%	Firearms in Household	
Tobacco Use		Watertown	
Watertown		Of all Households...	
Current Smokers	25%	Have a Firearm.....	
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm	
Year Because Trying to Quit (smokers).....	43%	Have a Loaded Firearm Unlocked.....	
Health Care Professional Advisement to		Personal Safety in Past Year	
Quit Smoking (smokers).....	53%	Watertown	
Smoking Indoors or in Vehicle.....	16%	Afraid for Their Safety	
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit	
Smoke-free	69%	Additional Questions	
Allow Smoking.....	11%	Watertown	
No Preference	20%	Major/Moderate Community Environmental	
Ordinance Prohibiting Smoking in Eating		Problems	
Establishments		<u>2003</u>	
Moderately Favor	18%	Pollution in Lakes, Rivers and Streams	
Strongly Favor	41%	Pesticides	
<i>Other Research: Current Smokers</i>		Sewage/Septic	
Watertown		Safe Drinking Water	
<i>Wisconsin</i>		Awareness of/Experience with Public Health Dept.	
<i>Nation</i>		Aware of/No Experience	
	24%	Aware of/Received Limited Services	
	23%	Aware of/Received Extensive Services	
		7%	

Overall Health and Health Care Key Findings

Fifty-nine percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with some post high school education or less, a household income of less than \$30,001 or who did not meet the recommended amount of physical activity were more likely to report fair or poor conditions.

Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report no personal health coverage. Nine percent reported someone in their household currently was not covered while 14% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone was currently not covered or in the past twelve months. Eighty-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females or respondents 65 and older were more likely to report this. Thirty-one percent of respondents had an advance care plan; female respondents or those who were 65 and older were more likely to report an advance care plan.

Seventy-two percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 51% reported an eye exam and 46% reported a cholesterol test. Respondents 55 and older were more likely to report a routine checkup or eye exam in the past year while respondents 65 and older were more likely to report a cholesterol test. Respondents with lower education were more likely to report a cholesterol test or eye exam in the past year. Respondents with a household income of less than \$30,001 were more likely to report a cholesterol test while respondents with a household income of at least \$60,001 were more likely to report a dental exam in the past year. Married respondents were more likely to report a dental exam while unmarried respondents were more likely to report a routine checkup or eye exam in the past year.

Thirty-five percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with a household income of less than \$30,001 were more likely to report a flu vaccination. Fifty-nine percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report currently having asthma. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, or cancer (not including skin cancer) while respondents 55 and older were more likely to report diabetes. Respondents with some post high school education or less were more likely to report high blood cholesterol. Unmarried respondents were more likely to report heart disease/condition. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

Three percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty percent of respondents felt they were excellent at managing stress; 3% reported poor. Seven percent reported they never or seldom find meaning and purpose in their daily life; male respondents or those 18 to 34 years old were more likely to report this. Three 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 chiropractic care or massage therapy (25% and 11%, respectively). Female respondents were more likely to report massage therapy or aroma therapy in the past three years. Respondents 18 to 34 years old were more likely to report massage therapy.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Respondents 18 to 34 years old, with a college education or a household income of at least \$60,001 were more likely to meet the recommended activity level. Sixty-one percent of respondents were classified as overweight (36% overweight and 25% obese). Male respondents or those 55 to 64 years old were more likely to be classified as overweight.

Sixty-eight percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat vegetables. Respondents 18 to 34 years old or 65 and older were more likely to eat fruit. Respondents with a college education were more likely to eat fruit or vegetables. Forty-eight percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 44 years old or those with a household income of at least \$30,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Eighty-three percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-three percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old, with a household income of at least \$30,001 or married respondents 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 50% of males 50 and older had a digital rectal exam in the past year.

Forty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 31% 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 at least 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents or those who were 65 and older were more likely to report avoiding the sun between 10 a.m. and 4 p.m. Respondents with a household income of \$30,001 to \$60,000 were more likely to report wearing sun protective clothing. Married respondents were more likely to report using sunscreen with SPF 15 or higher.

Eighty-nine percent of respondents wore seat belts always or nearly always. Female respondents or those 18 to 34 years old were more likely to report they always wore seat belts. Eighty-eight 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, 24% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 57% reported their child always wore a helmet.

Twenty-five percent of respondents were current smokers. Respondents 18 to 44 years old, 55 to 64 years old, those with some post high school education or less, a household income of less than \$60,001 or unmarried respondents were more likely to be smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-nine percent of all respondents preferred a smoke-free restaurant. Respondents 65 and older, with a college education or nonsmokers were more likely to prefer smoke-free restaurants. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks on at least one occasion while 14% binged. Respondents who were male, younger or with higher household income were more likely to have had at least three drinks on an occasion. Respondents who were male, younger, or those with a college education were more likely to have binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke detector while 37% had a working carbon monoxide detector. Respondents with a household income of at least \$60,001 were more likely to report both a smoke detector and a carbon monoxide detector.

Thirty-eight percent of households had a firearm in or around the household. Households with higher income or married households 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 6% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (35%). Male respondents were more likely to report water pollution, pesticides or sewage/septic as a major/moderate problem. Respondents with some post high school education were more likely to report water pollution or pesticides as major/moderate problem in their community. Respondents with a household income of \$30,001 to \$60,000 were more likely to report pesticides. Married respondents were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem.

Three percent of respondents were not aware of the public health department prior to the interview; 44% received services from the health department. Respondents 65 and older were more likely to report receiving services while respondents 18 to 34 years old were more likely to report receiving extensive services.

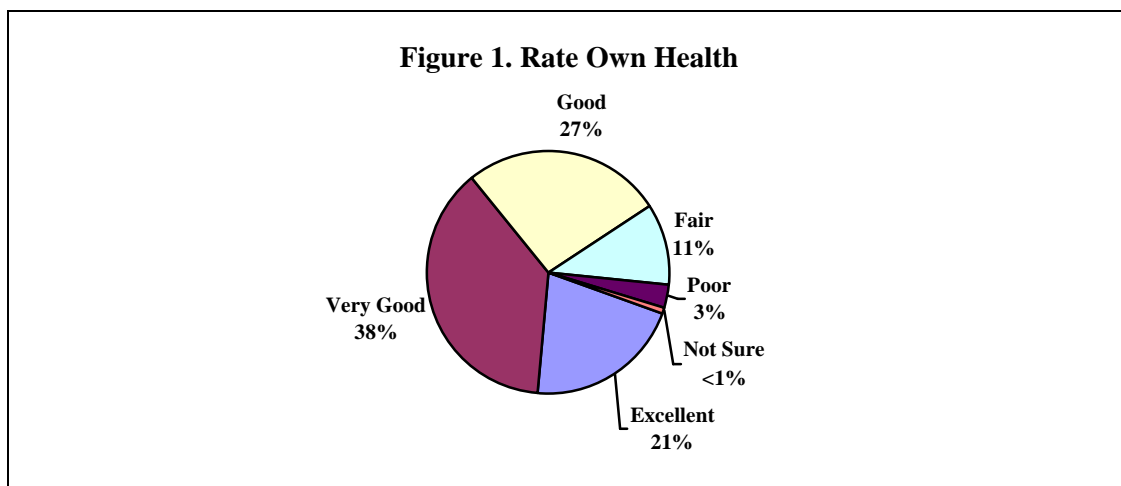
Key Findings

Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Fifty-nine percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with some post high school education or less, a household income of less than \$30,001 or who did not meet the recommended amount of physical activity were more likely to report fair or poor conditions.

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

- Fifty-nine percent of respondents said their own health, generally speaking, was either excellent (21%) or very good (38%). A total of 14% reported their health was fair (11%) or poor (3%).



- Respondents 65 and older were more likely to report fair or poor (32%) compared to those 18 to 34 years old (4%) or respondents 45 to 54 years old (3%). Only 2% of respondents 65 and older reported their health was excellent.
- Seventeen percent of respondents with some post high school education and 16% of those with a high school education or less reported fair/poor compared to 6% of respondents with a college education.
- Twenty percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 12% of those with an income of \$30,001 to \$60,000 or 8% of respondents with a household income of at least \$60,001.
- Respondents who were not overweight and those who were overweight were similar in rating their health fair or poor (15% and 13%, respectively). However, respondents who were not overweight were more likely to report excellent (30%) compared to overweight respondents (16%).

- Respondents who were inactive or did an insufficient amount of physical activity were more likely to report their health was fair or poor (16% and 15%, respectively) compared to respondents who engaged in the recommended amount of physical activity (10%). Respondents who engaged in the recommended amount of physical activity were more likely to report excellent (32%) compared to those who did an insufficient amount of physical activity (20%) or respondents who were inactive (10%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	14%	27%	38%	21%
Gender				
Male	15	26	41	18
Female	13	28	35	24
Age**				
18 to 34	4	24	36	36
35 to 44	14	31	34	20
45 to 54	3	23	48	23
55 to 64	18	27	39	16
65 and Older	32	32	34	2
Education*				
High School or Less	16	30	34	20
Some Post High School	17	29	38	15
College Graduate	6	20	44	29
Household Income*				
\$30,000 or Less	20	31	28	21
\$30,001 to \$60,000	12	24	46	18
\$60,001 or More	8	27	36	29
Marital Status				
Married	13	25	41	21
Not Married	15	32	32	21
Overweight**				
Not Overweight	15	22	33	30
Overweight	13	32	40	16
Physical Activity**				
Inactive	16	31	44	10
Insufficient	15	31	34	20
Recommended	10	17	41	32
Smoker				
Nonsmoker	12	27	39	22
Smoker	20	30	31	18

*= p≤0.05; **= p≤0.01

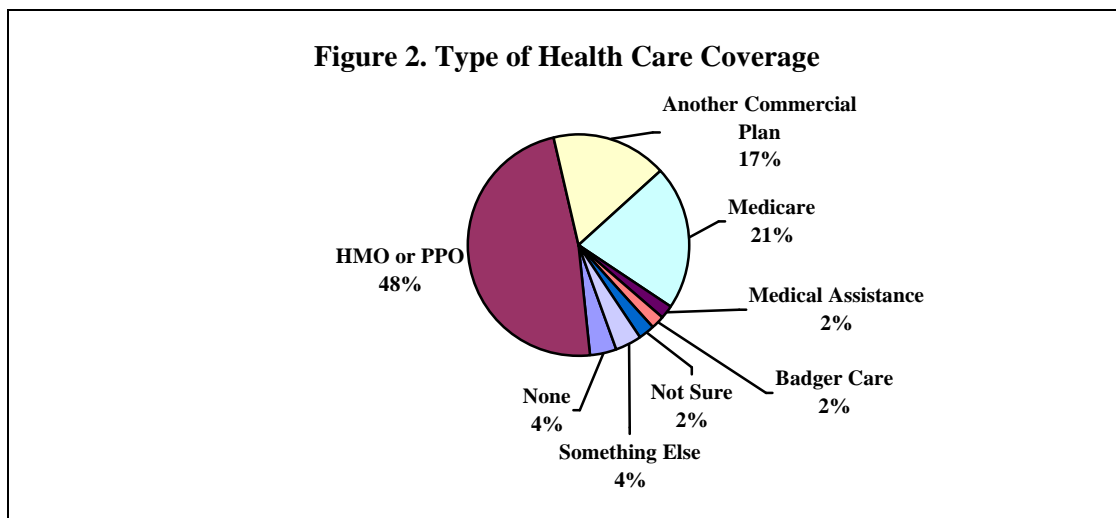
Health Care Coverage (Figure 2)

KEY FINDING: Four percent of respondents reported they personally did not have health care coverage. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report no personal health coverage. Nine percent reported someone in their household currently was not covered while 14% reported in the past 12 months someone was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report someone was currently not covered or in the past twelve months. Eighty-three percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; females or respondents 65 and older were more likely to report this. Thirty-one percent of respondents had an advance care plan; female respondents or those who were 65 and older were more likely to report an advance care plan.

Personally Not Covered

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

- Four percent of respondents reported they were not currently covered by any health insurance. Forty-eight percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Twenty-one percent reported Medicare, 17% reported another commercial plan and 2% reported medical assistance.



- Eleven percent of respondents with household income of less than \$30,001 reported no personal health coverage compared to 2% of those with an income of \$30,001 to \$60,000 or 0% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report they did not have personal health insurance (10%) than married respondents (2%).

Someone in Household Currently Not Covered

- Nine percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 720 households.
- Eighteen percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered compared to 5% of those with an income of \$30,001 to \$60,000 or 4% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to have someone not covered (19%) compared to married respondents (4%).

Someone in Household Not Covered in the Past 12 Months

- Fourteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-five percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 9% of those with an income of \$30,001 to \$60,000 or 8% of respondents with a household income of at least \$60,001.
- Unmarried respondents were more likely to report someone was not covered in the past 12 months (28%) compared to married respondents (7%).

Primary Health Care Services

- Eighty-three percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eight percent reported walk-in or urgent care and 5% reported hospital emergency room.
- Female respondents were more likely to report medical doctor, internist, OBGYN or family practice (88%) compared to male respondents (77%).
- Ninety-five percent of respondents 65 and older reported a medical doctor, etc., followed by 85% of those 18 to 34 years old and 83% of respondents 45 to 54 years old. Eighty percent of respondents 55 to 64 years old and 75% of respondents 35 to 44 years old reported a medical doctor, etc.

Advance Care Plan

- Thirty-one percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report they had an advance care plan stating their end of life health care wishes (38%) compared to male respondents (22%).
- Sixty-two percent of respondents 65 and old reported an advance care plan followed by 37% of those 55 to 64 years old and 26% of respondents 45 to 54 years old. Twenty percent of respondents 35 to 44 years old and 17% of respondents 18 to 34 years old reported having an advance care plan.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-two percent of all respondents reported a visit to the dentist in the past year while 60% reported having a routine checkup, 51% reported an eye exam and 46% reported a cholesterol test. Respondents 55 and older were more likely to report a routine checkup or eye exam in the past year while respondents 65 and older were more likely to report a cholesterol test. Respondents with lower education were more likely to report a cholesterol test or eye exam in the past year. Respondents with a household income of less than \$30,001 were more likely to report a cholesterol test while respondents with a household income of at least \$60,001 were more likely to report a dental exam in the past year. Married respondents were more likely to report a dental exam while unmarried respondents were more likely to report a routine checkup or 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 percent of respondents reported they had a routine checkup in the past year. An additional 22% had a checkup in the past one to two years.
- Seventy-eight percent of respondents 65 and older and 76% of those 55 to 64 years old had a routine checkup in the past year compared to 52% of those 18 to 34 years old or 49% of respondents 45 to 54 years old.
- Unmarried respondents were more likely to report a routine checkup in the past year (70%) compared to married respondents (54%).

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	60%	22%	6%	11%	1%
Gender					
Male	57	23	7	14	0
Female	62	22	5	8	2
Age*					
18 to 34	52	24	9	11	3
35 to 44	53	29	3	14	1
45 to 54	49	26	8	15	2
55 to 64	76	11	4	9	0
65 and Older	78	13	4	4	0
Education					
High School or Less	65	20	5	8	2
Some Post High School	60	23	5	12	<1
College Graduate	50	27	10	13	0
Household Income					
\$30,000 or Less	61	17	9	11	2
\$30,001 to \$60,000	58	25	7	9	1
\$60,001 or More	61	23	1	13	1
Marital Status**					
Married	54	28	6	10	2
Not Married	70	12	6	12	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).

- Forty-six percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Nineteen percent reported never having their cholesterol tested.
- Female and male respondents were somewhat similar in reporting a cholesterol test within the past year (48% and 45%, respectively). However, female respondents were more likely to report within the past two years (68%) than male respondents (61%).
- As age increased, so did the likelihood of reporting a cholesterol test in the past year. Twenty-one percent of respondents 18 to 34 years old reported this compared to 49% of those 45 to 54 years old or 80% of respondents 65 and older.

- Forty-nine percent of respondents with a high school education or less reported a cholesterol test within the past year compared to 46% of those with some post high school education or 41% of respondents with a college education.
- Fifty percent of respondents with a household income of less than \$30,001 reported a cholesterol test in the past year compared to 47% of those with an income of at least \$60,001 or 41% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried and married respondents were somewhat similar in reporting a cholesterol test in the past year (48% and 45%, respectively). However, married respondents were more likely to report within the past two years (68%) compared to unmarried respondents (56%).

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	46%	19%	6%	8%	19%
Gender*					
Male	45	16	5	13	20
Female	48	20	8	4	19
Age**					
18 to 34	21	19	7	7	43
35 to 44	34	26	5	17	16
45 to 54	49	22	6	8	11
55 to 64	63	17	9	2	7
65 and Older	80	6	5	1	6
Education*					
High School or Less	49	16	4	4	23
Some Post High School	46	19	5	12	17
College Graduate	41	21	12	9	14
Household Income*					
\$30,000 or Less	50	10	11	4	23
\$30,001 to \$60,000	41	25	6	9	17
\$60,001 or More	47	20	3	9	21
Marital Status**					
Married	45	23	7	7	16
Not Married	48	8	6	9	26

*= p≤0.05; **= p≤0.01

Dental Checkup

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

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

- Seventy-two percent of respondents reported a dental visit in the past year. An additional 13% had a visit in the past one to two years.
- Ninety percent of respondents with a household income of at least \$60,001 reported a dental checkup in the past year compared to 73% of those with an income of \$30,001 to \$60,000 or 57% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a dental checkup in the past year (77%) compared to unmarried respondents (62%).

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	72%	13%	4%	11%	0%
Gender					
Male	67	15	5	13	0
Female	76	12	4	9	0
Age					
18 to 34	65	18	6	12	0
35 to 44	79	10	4	6	0
45 to 54	80	11	5	5	0
55 to 64	82	7	4	7	0
65 and Older	61	18	2	18	0
Education					
High School or Less	73	12	2	13	0
Some Post High School	68	17	5	9	0
College Graduate	75	12	6	7	0
Household Income**					
\$30,000 or Less	57	16	7	21	0
\$30,001 to \$60,000	73	15	5	7	0
\$60,001 or More	90	5	1	4	0
Marital Status*					
Married	77	11	4	7	0
Not Married	62	18	5	16	0

*= p≤0.05; **= p≤0.01

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

Eye Exam

- Fifty-one percent of respondents had an eye exam in the past year, while 28% reported one to two years ago. Three percent reported never.
- Seventy-one percent of respondents 55 to 64 years old and 69% of those 65 and older reported an eye exam in the past year compared to 41% of those 18 to 34 years old or 34% of respondents 35 to 44 years old.
- Fifty-five percent of respondents with a high school education or less reported an eye exam in the past year compared to 50% of those with some post high school education or 43% of respondents with a college education.
- Unmarried respondents were more likely to report an eye exam in the past year (62%) compared to married respondents (46%).

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	51%	28%	10%	8%	3%
Gender					
Male	47	26	12	11	4
Female	54	30	9	5	2
Age**					
18 to 34	41	29	16	8	7
35 to 44	34	34	11	17	3
45 to 54	52	32	12	2	2
55 to 64	71	20	7	2	0
65 and Older	69	21	4	5	1
Education*					
High School or Less	55	28	6	6	5
Some Post High School	50	27	12	11	0
College Graduate	43	30	16	7	2
Household Income					
\$30,000 or Less	47	31	13	7	2
\$30,001 to \$60,000	50	31	9	10	1
\$60,001 or More	57	20	8	7	8
Marital Status**					
Married	46	34	10	9	1
Not Married	62	17	10	5	6

*= p≤0.05; **= p≤0.01

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty-five percent of respondents had an influenza vaccination in the past year. Respondents who were female, 65 and older or with a household income of less than \$30,001 were more likely to report a flu vaccination. Fifty-nine 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-five percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination in the past year compared to male respondents (41% and 28%, respectively).
- Respondents 65 and older were more likely to report receiving a flu vaccination (77%) compared to those 18 to 34 years old (17%) or respondents 35 to 44 years old (13%).
- Forty-six percent of respondents with a household income of less than \$30,001 reported an influenza vaccination compared to 30% of those with an income of \$30,001 to \$60,000 or 22% of respondents with a household income of at least \$60,001.

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	35%
Gender*	
Male	28
Female	41
Age**	
18 to 34	17
35 to 44	13
45 to 54	31
55 to 64	50
65 and Older	77
Education	
High School or Less	41
Some Post High School	35
College Graduate	23
Household Income**	
\$30,000 or Less	46
\$30,001 to \$60,000	30
\$60,001 or More	22
Marital Status	
Married	33
Not Married	40

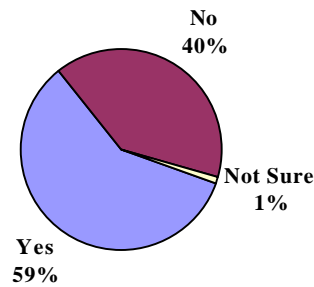
*= p≤0.05; **= p≤0.01

Pneumonia Vaccination

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

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

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



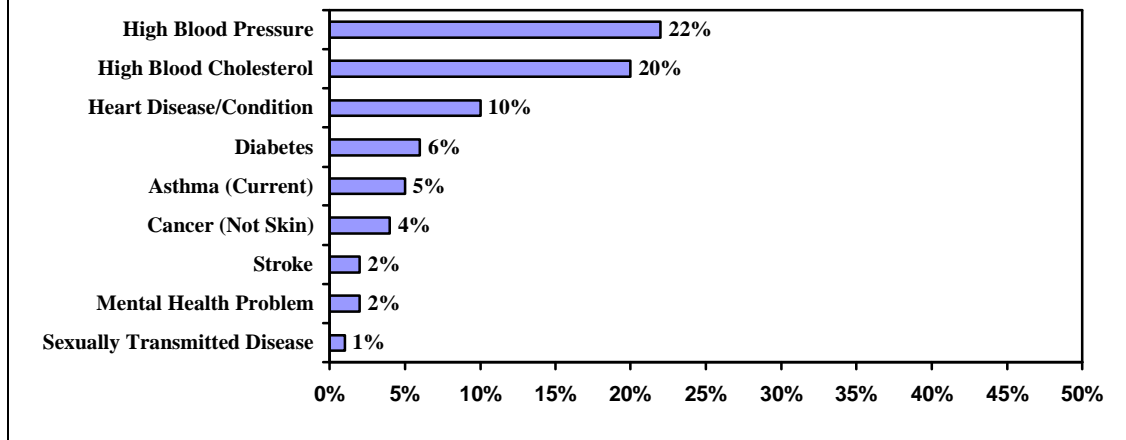
Prevalence of Select Health Conditions (Figure 4; Table 8)

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 or high blood cholesterol. Female respondents were more likely to report currently having asthma. Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, or cancer (not including skin cancer) while respondents 55 and older were more likely to report diabetes. Respondents with some post high school education or less were more likely to report high blood cholesterol. Unmarried respondents were more likely to report heart disease/condition. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (22%), high blood cholesterol (20%), heart disease/condition (10%), diabetes (6%), asthma (current, 5%) or cancer, not including skin cancer (4%) in the past three years.

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



- Female respondents were more likely to report current asthma (8%) than male respondents (1%).
- Respondents 65 and older were more likely to report high blood pressure, high blood cholesterol, heart disease/condition, or cancer, not including skin cancer. Respondents 55 and older were more likely to report diabetes.
- Twenty-six percent of respondents with some post high school education and 23% of those with a high school education or less reported high blood cholesterol compared to 8% of respondents with a college education.
- Unmarried respondents were more likely to report heart disease/condition than married respondents (15% and 7%, respectively).
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Heart Disease or Condition	Diabetes	Asthma (Current)	Cancer (Not Skin)
TOTAL	22%	20%	10%	6%	5%	4%
Gender						
Male	20	18	13	6	1**	3
Female	23	21	8	6	8**	4
Age						
18 to 34	3**	3**	6**	0**	6	<1*
35 to 44	17**	15**	2**	4**	8	3*
45 to 54	13**	22**	5**	8**	2	2*
55 to 64	33**	31**	13**	11**	4	4*
65 and Older	52**	39**	27**	12**	4	10*
Education						
High School or Less	26	23**	14	6	4	4
Some Post High School	22	26**	6	7	7	2
College Graduate	15	8**	7	3	5	3
Household Income						
\$30,000 or Less	21	24	12	6	3	4
\$30,001 to \$60,000	22	18	8	6	7	2
\$60,001 or More	18	17	12	5	4	5
Marital Status						
Married	22	18	7*	6	6	4
Not Married	22	25	15*	5	2	4
Overweight						
Not Overweight	13**	11**	7	2*	5	2
Overweight	28**	25**	12	8*	5	5
Physical Activity						
Inactive	29	28	15	6	5	5
Insufficient	20	18	9	6	5	4
Recommended	17	15	8	6	4	<1

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

Diabetes

- All 23 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

Asthma

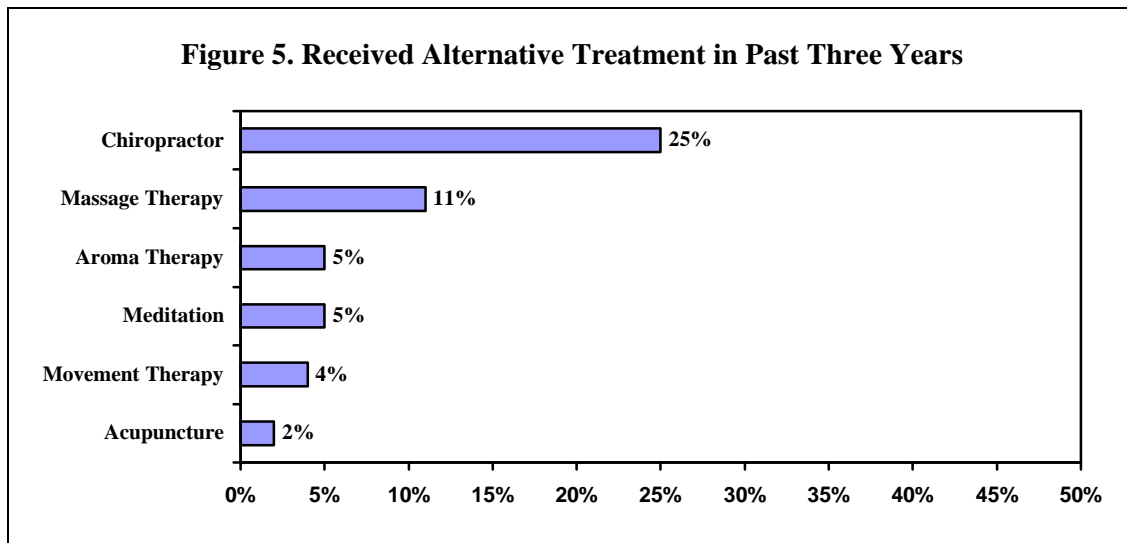
- Of the 20 respondents who currently had asthma, 64% had an asthma action plan.

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

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

KEY FINDING: Out of six alternative treatments listed, the most often used in the past three years were chiropractic care or massage therapy (25% and 11%, respectively). Female respondents were more likely to report massage therapy or aroma therapy in the past three years. Respondents 18 to 34 years old were more likely to report massage therapy.

- Respondents were more likely to have gone to a chiropractor (25%) or used massage therapy (11%) in the past three years.



- Female respondents were more likely to have reported massage therapy or aroma therapy in the past three years compared to male respondents.
- Respondents 18 to 34 years old were more likely to report massage therapy in the past three years (21%) compared to those 45 to 54 years old (9%) or respondents 65 and older (1%).

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

	Chiropractor	Massage Therapy	Aroma Therapy	Meditation	Movement Therapy
TOTAL	25%	11%	5%	5%	4%
Gender					
Male	21	8*	<1**	3	2
Female	29	14*	8**	6	4
Age					
18 to 34	27	21**	8	3	4
35 to 44	32	10**	6	5	3
45 to 54	20	9**	3	6	3
55 to 64	31	15**	7	7	4
65 and Older	17	1**	0	6	4
Education					
High School or Less	22	10	4	3	4
Some Post High School	29	17	7	6	4
College Graduate	26	8	4	7	3
Household Income					
\$30,000 or Less	22	11	4	7	3
\$30,001 to \$60,000	26	12	5	4	4
\$60,001 or More	28	13	7	5	5
Marital Status					
Married	28	11	5	5	3
Not Married	19	12	5	5	4

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Respondents 18 to 34 years old, with a college education or a household income of at least \$60,001 were more likely to meet the recommended activity level. Sixty-one percent of respondents were classified as overweight (36% overweight and 25% obese). Male respondents or those 55 to 64 years old were more likely to be classified as overweight.

Physical Activities in Past Month

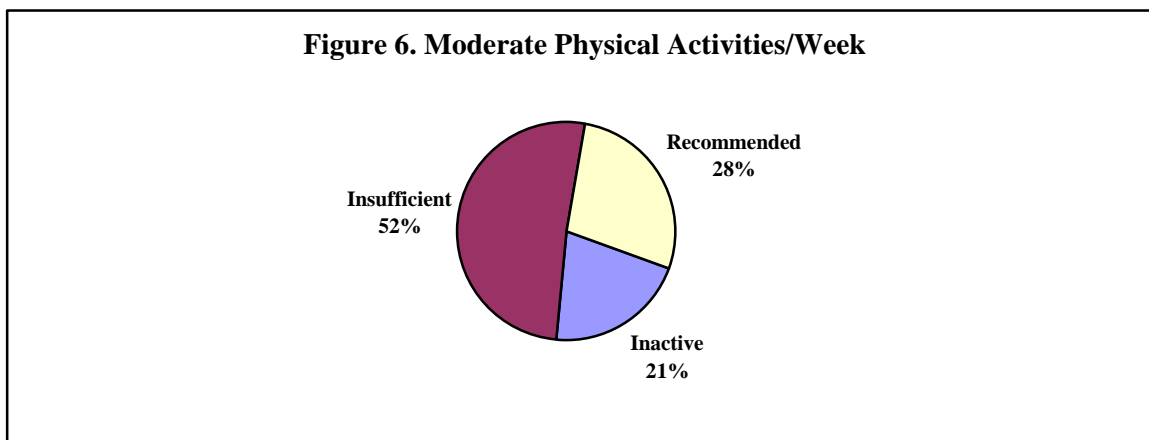
- Seventy-two percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

Moderate Physical Activities in Usual Week

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

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

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-two percent did some activity, but not to the extent of the recommendation while 21% were classified as inactive.



- Respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity in a week (34%) compared to those 65 and older (22%) or respondents 35 to 44 years old (21%). Respondents 65 and older were more likely to be inactive than all other age groups.
- Thirty-nine percent of respondents with a college education met the recommendation compared to 27% of those with a high school education or less or 18% of respondents with some post high school education.
- Forty percent of respondents with a household income of at least \$60,001 met the recommendation compared to 26% of those with an income of \$30,001 to \$60,000 or 19% of respondents with a household income of less than \$30,001.

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

	Inactive	Insufficient	Recommended
TOTAL	21%	52%	28%
Gender			
Male	22	51	27
Female	20	52	28
Age**			
18 to 34	20	46	34
35 to 44	10	69	21
45 to 54	16	52	32
55 to 64	25	46	30
65 and Older	35	44	22
Education*			
High School or Less	22	51	27
Some Post High School	21	61	18
College Graduate	19	42	39
Household Income*			
\$30,000 or Less	24	57	19
\$30,001 to \$60,000	24	49	26
\$60,001 or More	12	49	40
Marital Status			
Married	19	53	28
Not Married	24	48	28
Overweight			
Not Overweight	19	49	32
Overweight	21	54	25

*= p≤0.05; **= p≤0.01

Body Weight

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

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

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

- According to the definition, 61% of respondents were overweight (36% overweight and 25% obese).
- Male respondents were more likely to be classified as overweight (67%) compared to female respondents (56%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (81%) compared to those 35 to 44 years old (59%) or respondents 18 to 34 years old (51%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	61%
Gender*	
Male	67
Female	56
Age*	
18 to 34	51
35 to 44	59
45 to 54	61
55 to 64	81
65 and Older	64
Education	
High School or Less	63
Some Post High School	62
College Graduate	54
Household Income	
\$30,000 or Less	62
\$30,001 to \$60,000	59
\$60,001 or More	61
Marital Status	
Married	63
Not Married	56
Moderate Physical Activities	
Inactive	63
Insufficient	63
Recommended	54

*= p≤0.05; **= p≤0.01

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-eight percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat vegetables. Respondents 18 to 34 years old or 65 and older were more likely to eat fruit. Respondents with a college education were more likely to eat fruit or vegetables. Forty-eight percent of respondents eat fried/fast food at least a few times a week; males, respondents 18 to 44 years old or those with a household income of at least \$30,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Fruit Intake

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

- Sixty-eight percent of respondents eat two or more servings of fruit on an average day. Thirty-one percent reported one serving or less.
- Respondents 18 to 34 years old or 65 and older were more likely to eat two or more servings of fruit (76% each) compared to those 45 to 64 years old (69%) or respondents 35 to 44 years old (51%).
- Respondents with a college education were more likely to eat two or more servings of fruit compared to respondents with some post high school education or less (78% and 64%, respectively).

Vegetable Intake

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

- Twenty-eight percent of respondents eat three or more servings of vegetables on an average day. Seventy-two percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (34% and 20%, respectively).
- Forty-one percent of respondents with a college education reported eating three or more servings of vegetables per day compared to 28% of those with some post high school education or 21% of respondents with a high school education or less.

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%	68%	72%	28%
Gender				
Male	34	65	80**	20**
Female	29	70	66**	34**
Age				
18 to 34	23**	76**	69	31
35 to 44	48**	51**	75	25
45 to 54	28**	69**	72	27
55 to 64	31**	69**	76	24
65 and Older	23**	76**	71	29
Education				
High School or Less	35**	64**	79**	21**
Some Post High School	36**	64**	71**	28**
College Graduate	18**	78**	58**	41**
Household Income				
\$30,000 or Less	30	68	69	31
\$30,001 to \$60,000	34	65	75	25
\$60,001 or More	26	72	66	33
Marital Status				
Married	32	66	69	31
Not Married	29	70	77	23
Overweight				
Not Overweight	28	72	73	27
Overweight	33	65	71	28
Moderate Physical Activities				
Inactive	23	74	69	30
Insufficient	36	63	75	25
Recommended	28	70	67	32

*= p≤0.05; **= p≤0.01

Fried Food/Fast Food Intake

- Five percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-three percent reported a few times per week. Thirty-seven percent reported a few times per month while 15% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (62%) compared to female respondents (37%).

- Sixty-two percent of respondents 35 to 44 years old and 61% of those 18 to 34 years old reported eating fried/fast foods at least a few times per week compared to 23% of respondents 65 and older.
- Fifty-two percent of respondents with a household income of \$30,001 to \$60,000 and 51% of those with an income of at least \$60,001 reported at least a few times per week compared to 41% of respondents with a household income of \$30,000 or less. Twenty-five percent of respondents with a household income of less than \$30,001 reported hardly ever or never compared to 16% of those with an income of at least \$60,001 or 9% of respondents with a household income of \$30,001 to \$60,000.
- Married and unmarried respondents were similar in reporting eating fried/fast food at least a few times per week. However, unmarried respondents were more likely to report hardly ever or never compared to married respondents (24% and 11%, respectively).

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	37%	48%
Gender**		
Male	32	62
Female	40	37
Age**		
18 to 34	33	61
35 to 44	29	62
45 to 54	28	51
55 to 64	44	33
65 and Older	51	23
Education		
High School or Less	33	51
Some Post High School	41	42
College Graduate	39	48
Household Income**		
\$30,000 or Less	34	41
\$30,001 to \$60,000	39	52
\$60,001 or More	33	51
Marital Status**		
Married	41	48
Not Married	28	49
Overweight		
Not Overweight	35	47
Overweight	38	49
Moderate Physical Activities		
Inactive	33	46
Insufficient	36	52
Recommended	40	44

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 14 & 15)

KEY FINDING: Eighty-three percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-three percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old, with a household income of at least \$30,001 or married respondents were more likely to have had a pap smear within the past three years.

Mammogram

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

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

- Thirty-five percent of all female respondents never had a mammogram while 57% had a mammogram within the past two years (37% within past year and 20% more than one year but less than two years).
- More specifically, respondents 40 and older were likely to have received a mammogram in the past two years (83% of those 50 and older; 66% 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 (six responses), too young (four responses), don’t like (three responses), no time or not insured (two responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	37%	20%	8%	35%
Age**				
18 to 39	12	9	0	79
40 to 49	40	26	16	19
50 and Older	56	27	11	6

*= 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).

- Forty-eight percent of respondents reported they had a pap smear within the past year. An additional 35% reported between one year and less than three years.
- Respondents 35 to 44 years old were more likely to have had a pap smear within the past three years (95%) compared to those 55 to 64 years old (83%) or respondents 65 and older (66%).
- Ninety-four percent of respondents with a household income of at least \$60,001 and 92% of those with an income of \$30,001 to \$60,000 reported a pap smear within the past three years compared to 72% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to have had a pap smear within the past three years (93%) compared to unmarried respondents (67%).

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

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	48%	27%	8%	11%	4%
Age**					
18 to 34	55	25	7	2	12
35 to 44	51	33	11	4	0
45 to 54	47	25	17	11	0
55 to 64	58	21	4	13	4
65 and Older	36	24	6	27	2
Education					
High School or Less	47	24	9	11	7
Some Post High School	53	29	3	13	2
College Graduate	46	32	14	9	0
Household Income*					
\$30,000 or Less	44	22	6	17	8
\$30,001 to \$60,000	52	32	8	8	0
\$60,001 or More	58	27	9	6	0
Marital Status**					
Married	52	31	10	8	0
Not Married	43	19	5	19	10

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

Men's Health (Table 16)

KEY FINDING: Fifteen percent of male respondents 40 to 49 years old and 50% 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-six percent of all male respondents never had a digital rectal exam. Twenty-seven percent had an exam in the past year while 14% reported within the past two years (one year but less than two years).
- Fifty 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.

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

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	27%	14%	22%	36%
Age**				
18 to 39	13	16	16	56
40 to 49	15	10	35	38
50 and Older	50	15	19	13

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Forty-seven percent of respondents 50 years old and older had their blood stool tested within the past two years while 31% 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-nine percent of all respondents never had a blood stool test. Twenty-eight percent were tested within the past two years (16% less than a year ago and 12% more than one year ago, but less than two).
- Female respondents were more likely to have had a blood stool test in the past two years compared to male respondents (31% and 23%, respectively).
- Forty-seven percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 18% of those 40 to 49 years old or 12% of respondents 18 to 39 years old. Twenty-five percent of respondents 50 and older reported never compared to 77% of respondents 18 to 39 years old.
- Thirty-four percent of respondents with a high school education or less reported a blood stool test within the past two years compared to 29% of those with some post high school education or 14% of respondents with a college education.

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

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	16%	12%	17%	49%
Gender*				
Male	13	10	23	47
Female	18	13	12	51
Age**				
18 to 39	3	9	9	77
40 to 49	9	9	22	46
50 and Older	31	16	22	25
Education**				
High School or Less	18	16	15	45
Some Post High School	21	8	17	51
College Graduate	7	7	19	57
Household Income				
\$30,000 or Less	18	18	11	48
\$30,001 to \$60,000	14	8	21	49
\$60,001 or More	13	9	16	58
Marital Status				
Married	16	12	18	49
Not Married	16	12	13	49

*= p≤0.05; **= p≤0.01

Sigmoidoscopy or Colonoscopy Exam

- Sixty-eight percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Eighteen percent were examined within the past two years (10% less than a year ago and 8% more than one year ago, but less than two).
- A total of 31% of respondents 50 years old and older reported a sigmoidoscopy or colonoscopy within the past two years compared to 16% of those 40 to 49 years old or 3% of respondents 18 to 39 years old. Forty-four percent of respondents 50 and older reported never compared to 90% of respondents 18 to 39 years old.
- Twenty-one percent of respondents with some post high school education and 19% of those with a high school education or less reported an exam within the past two years compared to 10% of respondents with a college education. In addition, 62% of respondents with a high school education or less reported never compared to 77% of those with a college education.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	10%	8%	8%	7%	68%
Gender					
Male	10	8	6	8	67
Female	9	7	9	4	69
Age**					
18 to 39	2	1	3	4	90
40 to 49	11	5	7	2	75
50 and Older	17	14	14	10	44
Education**					
High School or Less	12	7	12	6	62
Some Post High School	13	8	5	3	72
College Graduate	3	7	3	10	77
Household Income					
\$30,000 or Less	8	8	12	9	61
\$30,001 to \$60,000	12	6	5	6	70
\$60,001 or More	4	8	7	3	79
Marital Status					
Married	9	8	8	6	68
Not Married	12	8	7	6	67

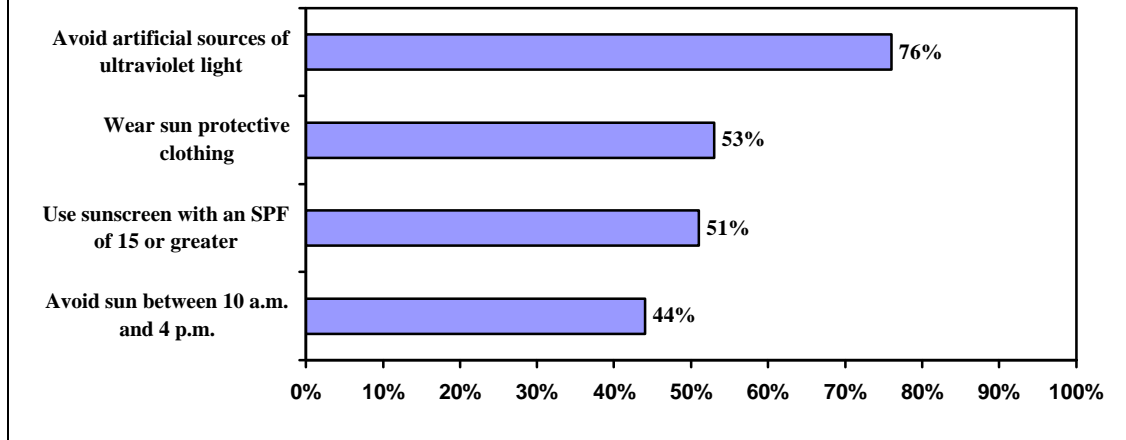
*= p≤0.05; **= p≤0.01

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

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light than wear sun protective clothing, use sunscreen with a SPF of at least 15 or avoid the sun between 10 a.m. and 4 p.m. Female respondents or those who were 65 and older were more likely to report avoiding the sun between 10 a.m. and 4 p.m. Respondents with a household income of \$30,001 to \$60,000 were more likely to report wearing sun protective clothing. Married respondents were more likely to report using sunscreen with SPF 15 or higher.

- To reduce the risk of skin cancer, 76% of respondents regularly avoid artificial sources of ultraviolet light, 53% wear sun protective clothing, 51% use sunscreen with a SPF of 15 or higher while 44% avoid the sun between 10 a.m. and 4 p.m.
- Nine percent of respondents did not reduce their risk by any of these four measures. Twenty-one percent reported one measure. Twenty-seven percent reported two of the four actions while 24% reported three and 19% reported they did all four measures regularly.

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



- Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. than male respondents (54% and 31%, respectively).
- Respondents 65 and older were more likely to report avoiding the sun from 10 a.m. to 4 p.m. (58%) compared to those 55 to 64 years old (40%) or respondents 18 to 34 years old (29%).
- Fifty-nine percent of respondents with a household income of \$30,001 to \$60,000 reported wearing sun protective clothing compared to 53% of those with an income of less than \$30,001 or 38% of respondents with a household income of at least \$60,001.
- Married respondents were more likely to report using sunscreen with a SPF of 15 or higher than unmarried respondents (56% and 39%, respectively).

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	76%	53%	51%	44%
Gender				
Male	75	49	44	31**
Female	76	56	56	54**
Age				
18 to 34	71	47	49	29**
35 to 44	81	48	60	49**
45 to 54	66	58	51	43**
55 to 64	84	58	53	40**
65 and older	81	59	40	58**
Education				
High School or Less	72	48	47	42
Some Post High School	80	54	55	49
College Graduate	79	61	53	41
Household Income				
\$30,000 or Less	72	53*	43	46
\$30,001 to \$60,000	79	59*	57	44
\$60,001 or More	70	38*	47	36
Marital Status				
Married	77	55	56**	44
Not Married	74	49	39**	45

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Eighty-nine percent of respondents wore seat belts always or nearly always. Female respondents or those 18 to 34 years old were more likely to report they always wore seat belts. Eighty-eight 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, 24% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 57% reported their child always wore a helmet.

Seat Belts

- Eighty-nine percent of respondents stated they wore seat belts always or nearly always (78% and 11%, respectively).
- Females were more likely to report wearing seat belts always (84%) compared to male respondents (70%).

- Respondents 18 to 34 years old were more likely to report always (89%) compared to those 45 to 54 years old (72%) or respondents 35 to 44 years old (64%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	2%	5%	11%	78%
Gender*					
Male	7	2	6	15	70
Female	3	<1	4	9	84
Age**					
18 to 34	<1	0	4	7	89
35 to 44	10	1	10	16	64
45 to 54	6	3	5	14	72
55 to 64	2	4	7	7	80
65 and older	1	1	1	12	84
Education					
High School or Less	6	2	4	14	74
Some Post High School	4	2	8	11	75
College Graduate	3	0	2	7	88
Household Income					
\$30,000 or Less	3	<1	5	13	78
\$30,001 to \$60,000	5	3	5	9	78
\$60,001 or More	4	0	5	16	75
Marital Status					
Married	6	2	4	12	78
Not Married	2	2	7	11	78

*= p≤0.05; **= p≤0.01

Children and Seat Belts

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

Of households with children...

- Eighty-eight percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 8% reported nearly always.
- There were no statistically significant differences between household income level or marital status and children wearing seat belts.

Bicycle Helmet Usage

- Fifty-three 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-four percent of respondents who bicycled, in-line roller skated or rode a scooter always (21%) or nearly always (3%) wore a helmet. Sixty-one percent reported never.
- Twenty-three percent of respondents with a household income of less than \$30,001 and 22% of those with an income of \$30,001 to \$60,000 reported they always wore a helmet compared to 17% of respondents with a household income of at least \$60,001. Seventy-three percent of respondents with a household income of less than \$30,001 reported never compared to 60% of those with an income of at least \$60,001 or 54% of respondents with a household income of \$30,001 to \$60,000.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	61%	11%	5%	3%	21%
Gender					
Male	61	14	6	2	17
Female	60	7	3	4	25
Age					
18 to 34	60	14	4	1	20
35 to 44	57	15	7	0	20
45 to 54	71	5	0	5	20
55 and older	60	0	4	8	28
Education					
High School or Less	66	8	3	2	20
Some Post High School	60	16	4	2	19
College Graduate	56	11	6	3	23
Household Income*					
\$30,000 or Less	73	0	2	2	23
\$30,001 to \$60,000	54	16	4	4	22
\$60,001 or More	60	9	11	2	17
Marital Status					
Married	55	11	6	3	25
Not Married	73	9	3	3	13

*= p≤0.05; **= p≤0.01

Children and Helmets

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

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

- Fifty-seven percent of respondents reported their child always wore a helmet while 3% reported nearly always. Twenty-three percent reported never.
- There were no statistically significant differences between household income level or marital status and children wearing helmets.

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

KEY FINDING: Twenty-five percent of respondents were current smokers. Respondents 18 to 44 years old, 55 to 64 years old, those with some post high school education or less, a household income of less than \$60,001 or unmarried respondents were more likely to be smokers. Forty-three percent of current smokers quit smoking for one day or longer in the past 12 months; 53% reported a health professional advised them to quit smoking. Sixteen percent of households had a smoker who smoked indoors at home or smoked in their vehicle when others were present. Sixty-nine percent of all respondents preferred a smoke-free restaurant. Respondents 65 and older, with a college education or nonsmokers were more likely to prefer smoke-free restaurants. Fifty-nine percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Current Smokers

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

- Twenty-five percent of respondents were current smokers. Four percent smoked between one and 29 days while the remaining 21% smoked every day.
- Thirty-two percent of respondents 18 to 34 years old and 31% of those 35 to 44 years old or 55 to 64 years were current smokers compared to 9% of respondents 65 and older.
- Respondents with some post high school education were more likely to be smokers (33%) compared to those with a high school education or less (29%) or respondents with a college education (9%).
- Twenty-eight percent of respondents with a household income of \$30,001 to \$60,000 and 27% of those with an income of less than \$30,001 were smokers compared to 13% of respondents with a household income of \$60,001 or more.

- Unmarried respondents were more likely to be smokers than married respondents (34% and 21%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	25%
Gender	
Male	26
Female	24
Age**	
18 to 34	32
35 to 44	31
45 to 54	21
55 to 64	31
65 and older	9
Education**	
High School or Less	29
Some Post High School	33
College Graduate	9
Household Income*	
\$30,000 or Less	27
\$30,001 to \$60,000	28
\$60,001 or More	13
Marital Status**	
Married	21
Not Married	34

*= p≤0.05; **= p≤0.01

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

Of current smokers...

- Forty-three percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Sixty-seven percent of respondents with a high school education or less quit for at least one day compared to 44% of respondents with at least some post high school education.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers...

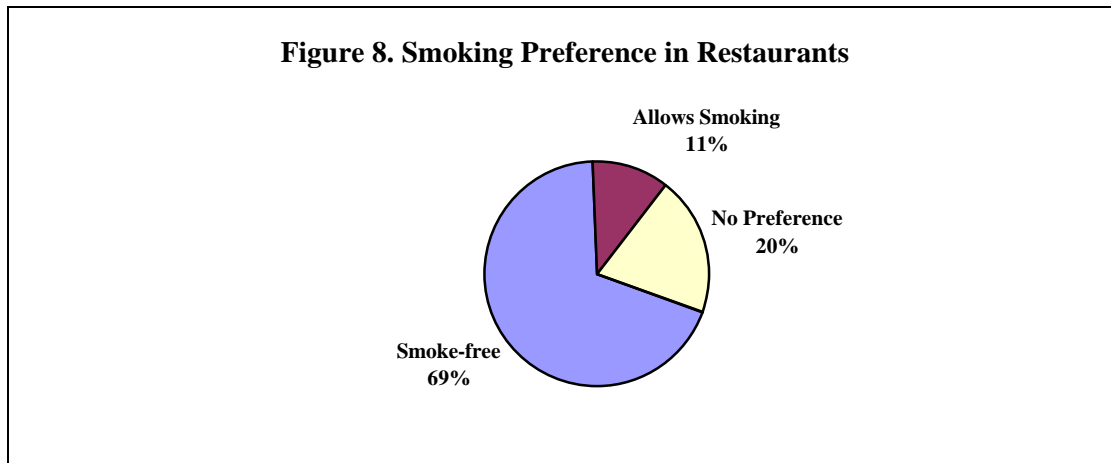
- Fifty-three percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- Sixty-two percent of respondents with a household income of at least \$30,001 reported a health professional advised them to quit smoking in the past year compared to 33% of respondents with a household income of \$30,000 or less.
- Married respondents were more likely to report a health professional advised them to quit smoking in the past year compared to unmarried respondents (68% and 33%, respectively).

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

Smoking Preference in Restaurants

- Sixty-nine percent of respondents reported they preferred to eat in smoke-free restaurants while 11% preferred restaurants that allow smoking. Twenty percent reported no preference.



- Seventy-nine percent of respondents 65 and older preferred smoke-free restaurants followed by 72% of those 35 to 44 years old and 66% of respondents 45 to 54 years old. Sixty-two percent respondents 55 to 64 years old preferred smoke-free restaurants along with 60% of respondents 18 to 34 years old. Eighteen percent of respondents 55 to 64 years old preferred restaurants followed by 15% of those 18 to 44 years old, 8% of those 45 to 54 years old and 4% of respondents 65 and older.

- Eighty-two percent of respondents with a college education preferred smoke-free restaurants compared to 68% of those with some post high school education or 62% of respondents with a high school education or less. Seventeen percent of respondents with some post high school education preferred restaurants that allow smoking compared to 12% of those with a high school education or less or 5% of respondents with a college education.
- Eighty-two percent of nonsmokers preferred smoke-free restaurants compared to 25% of smokers. Forty-one percent of smokers reported the preference for restaurants that allow smoking while 2% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Fifty-nine percent of respondents favored a community ordinance prohibiting smoking in eating establishments (41% strongly favor, 18% moderately favor).
- Female respondents were more likely to favor an ordinance (61%) compared to male respondents (57%). Females were more likely to strongly favor an ordinance (46%) compared to males (34%). Males were more likely to strongly oppose (30%) compared to females (18%).
- Sixty-nine percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 27% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (49%) compared to smokers (15%).

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

	Moderately Favor	Strongly Favor
TOTAL	18%	41%
Gender**		
Male	23	34
Female	15	46
Age		
18 to 34	21	30
35 to 44	19	42
45 to 54	20	44
55 to 64	20	39
65 and older	15	48
Education		
High School or Less	16	38
Some Post High School	17	44
College Graduate	24	41
Household Income		
\$30,000 or Less	12	43
\$30,001 to \$60,000	23	37
\$60,001 or More	21	46
Marital Status		
Married	19	42
Not Married	16	39
Smoking Status**		
Nonsmoker	20	49
Smoker	12	15

*= p≤0.05; **= p≤0.01

Snuff or Chewing Tobacco

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

Alcohol Use (Table 24)

KEY FINDING: Sixty-three percent of respondents had an alcoholic drink in the past 30 days. In the past month, 27% had three or more drinks on at least one occasion while 14% binged. Respondents who were male, younger or with higher household income were more likely to have had at least three drinks on an occasion. Respondents who were male, younger, or those with a college education were more likely to have binged in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three 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-three percent of respondents had a drink in the past 30 days. Twenty-eight percent reported they drank on at least five days, while 13% reported three to four days, and 22% reported drinking on one or two days in the past 30 days.
- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 18% reported two and 24% reported one drink on average on the days they drank. Thirty-seven percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Twenty-seven percent of all respondents had three or more drinks on an occasion in the past month. Thirteen percent reported this one to two times and 14% reported three or more times.
- Male respondents were more likely to report three or more drinks (37%) than female respondents (18%). Males were more likely to report three or more drinks on at least three occasions (21%) compared to female respondents (8%).
- Younger respondents were more likely to have had three or more drinks and more often. Thirty-seven percent of respondents 18 to 34 years old reported three or more drinks (15% one to two occasions and 22% three or more occasions) compared to 6% of respondents 65 and older (4% one to two occasions and 2% three or more occasions).
- Respondents with higher household income were more likely to have reported three or more drinks at least once a month. However, respondents with a household income of \$30,001 to \$60,000 were more likely to report at least three times in the past month.

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).

- Fourteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (21%) than female respondents (9%).
- Respondents 18 to 34 years old were more likely to have binged (24%) compared to those 55 to 64 years old (2%) or respondent 65 and older (1%).
- Nineteen percent of respondents with a college education binged compared to 16% of those with a high school education or less or 6% of respondents with some post high school education.

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

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	13%	14%	14%
Gender			
Male	16**	21**	21**
Female	10**	8**	9**
Age			
18 to 34	15**	22**	24**
35 to 44	19**	15**	18**
45 to 54	17**	16**	14**
55 to 64	4**	11**	2**
65 and Older	4**	2**	1**
Education			
High School or Less	11	17	16**
Some Post High School	13	7	6**
College Graduate	15	15	19**
Household Income			
\$30,000 or Less	7**	12**	12
\$30,001 to \$60,000	12**	17**	16
\$60,001 or More	24**	11**	16
Marital Status			
Married	13	12	12
Not Married	12	18	18

*= p≤0.05; **= p≤0.01

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

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

Family Problem Associated with Alcohol in Past Year

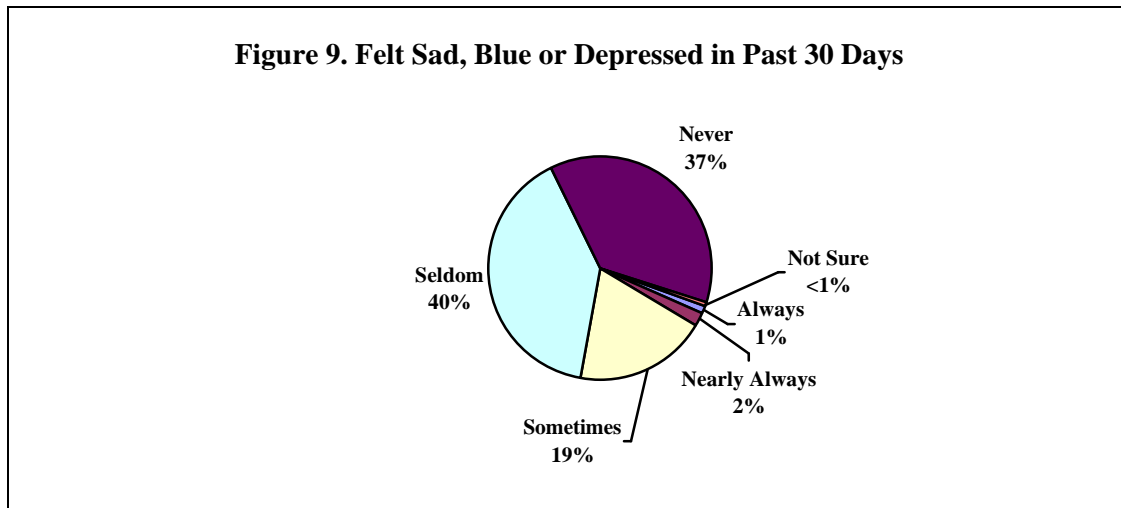
- Three percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

KEY FINDING: Three percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty percent of respondents felt they were excellent at managing stress; 3% reported poor. Seven percent reported they never or seldom find meaning and purpose in their daily life; male respondents or those 18 to 34 years old were more likely to report this. Three 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,” three percent of survey respondents answered always or nearly always. This equates up to 1,600 residents. Nineteen percent reported sometimes and the remaining 77% reported seldom (40%) or never (37%).



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

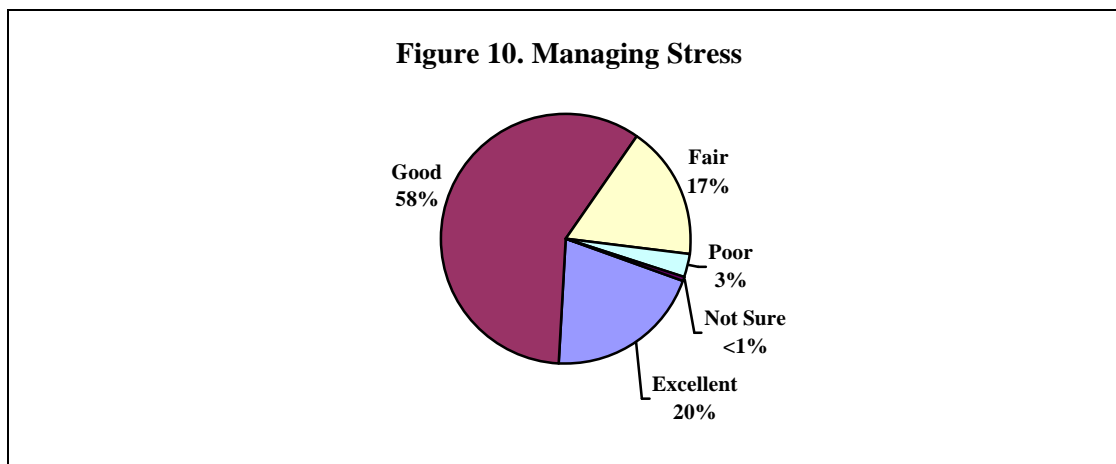
Considered Suicide

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

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 1,600 residents who considered suicide in the past year.

Managing Stress

- Twenty percent reported they were excellent at managing stress. Fifty-eight percent reported good while 17% reported fair and 3% reported poor.



- Seven percent of respondents 35 to 44 years old reported poor followed by 5% of those 55 to 64 years old and 4% of respondents 18 to 34 years old. One percent of respondents 65 and older and 0% of respondents 45 to 54 years old reported poor. Twenty-six percent of respondents 35 to 44 years old reported fair or poor followed by 23% of those 55 and older, 21% of those 18 to 34 years old and 8% of respondents 45 to 54 years old.

Finding Meaning and Purpose in Daily Life

- Forty-one percent of respondents reported they always find meaning and purpose in their daily life, an additional 36% reported nearly always. Sixteen percent reported sometimes while 5% reported seldom and two percent reported never.
- Male respondents were more likely to report never/seldom (12%) than female respondents (4%).
- Respondents 18 to 34 years old were more likely to report never/seldom (13%) compared to those 35 to 44 years old or 65 and older (6% each) or respondents 45 to 54 years old (2%).

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

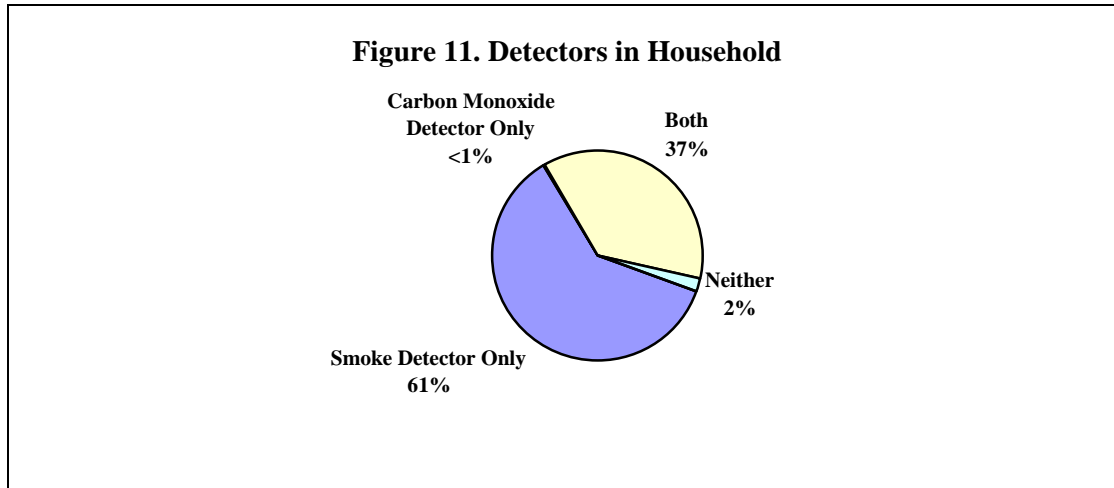
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	7%	16%	36%	41%
Gender*				
Male	12	18	32	39
Female	4	14	39	42
Age**				
18 to 34	13	6	27	54
35 to 44	6	21	35	37
45 to 54	2	20	46	32
55 to 64	7	22	44	26
65 and older	6	17	37	40
Education				
High School or Less	4	19	33	45
Some Post High School	12	11	37	39
College Graduate	10	15	40	34
Household Income				
\$30,000 or Less	7	16	28	50
\$30,001 to \$60,000	11	17	37	35
\$60,001 or More	4	15	42	40
Marital Status				
Married	7	17	38	38
Not Married	9	13	32	46

*= p≤0.05; **= p≤0.01

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-eight percent of households had a working smoke detector while 37% had a working carbon monoxide detector. Respondents with a household income of at least \$60,001 were more likely to report both a smoke detector and a carbon monoxide detector.

- Thirty-seven 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 less than one percent reported only a carbon monoxide detector. Two percent had neither.



- Fifty-two percent of respondents with a household income of at least \$60,001 reported having both a smoke detector and a carbon monoxide detector compared to 36% of those with an income of \$30,001 to \$60,000 or 28% of respondents with a household income of less than \$30,001.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	61%	<1%	37%	2%
Household Income*				
\$30,000 or Less	68	0	28	4
\$30,001 to \$60,000	62	<1	36	1
\$60,001 or More	46	0	52	3
Marital Status				
Married	60	<1	38	2
Not Married	63	0	34	3

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Thirty-eight percent of households had a firearm in or around the household. Households with higher income or married households 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, 38% of households had one or more firearms.
- Households with higher household income were more likely to have a firearm. Fifty-seven percent of households with an income of at least \$60,001 had a firearm compared to 41% of those with an income of \$30,001 to \$60,000 or 19% of households with less than \$30,001.
- Married households were more likely to have a firearm (45%) compared to unmarried households (23%).

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 6% 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.
- Unmarried respondents were more likely to report being afraid for their personal safety (9%) compared to married respondents (4%).
 - A stranger was most often mentioned as the perpetrator (eight responses). Seven respondents reported friend and two respondents reported boyfriend/girlfriend. One respondent reported each of the following: ex-spouse, parent or acquaintance.

Pushed, Kicked, Slapped or Hit

- Six percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit in the past year (19%) compared to those 35 to 44 years old or 55 to 64 years old (2% each) or respondents 45 to 54 years old or 65 and older (0% each).
- Eleven percent of respondents with some post high school education reported they were pushed, kicked, slapped or hit in the past year compared to 6% of those with a high school education or less or 0% of respondents with a college education.
- Unmarried respondents were more likely to report they were pushed, kicked, slapped or hit in the past year compared to married respondents (15% and 2%, respectively).
 - A friend was reported by ten respondents followed by a stranger with nine responses. Fewer than four respondents reported each of the following: acquaintance, spouse, ex-spouse or boyfriend/girlfriend.

Combined Personal Safety Threats

- A total of 9% of all respondents reported at least one of the two threats.

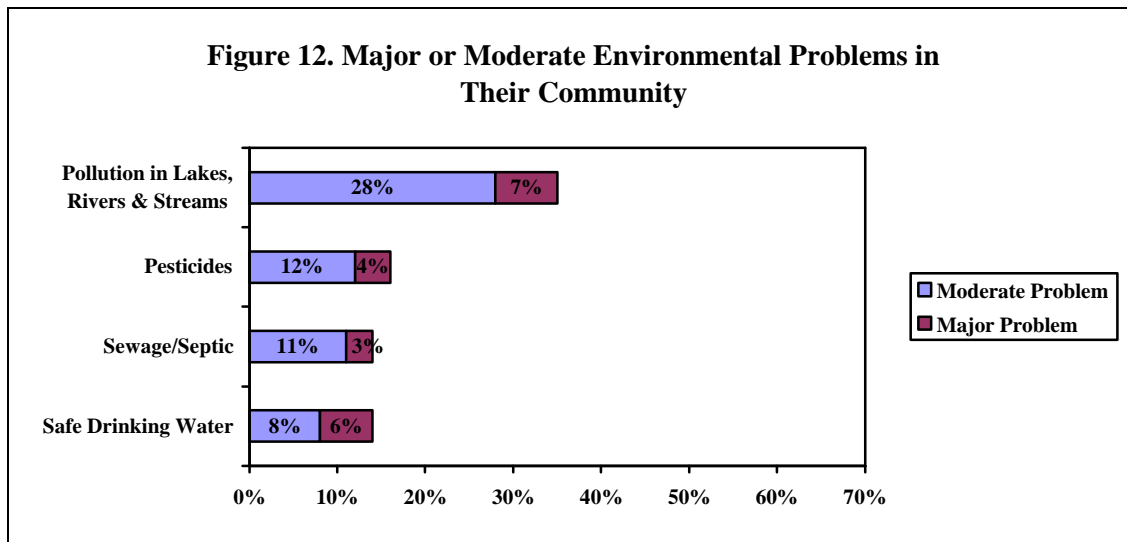
APPENDIX A: ADDITIONAL QUESTIONS

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

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

KEY FINDING: Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (35%). Male respondents were more likely to report water pollution, pesticides or sewage/septic as a major/moderate problem. Respondents with some post high school education were more likely to report water pollution or pesticides as major/moderate problem in their community. Respondents with a household income of \$30,001 to \$60,000 were more likely to report pesticides. Married respondents were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem.

- Out of four environmental problems that communities may face, 35% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Sixteen percent reported pesticides followed by 14% reporting sewage/septic and 14% reporting safe drinking water.



- Male respondents were more likely to report water pollution, pesticides or sewage/septic as a major or moderate problem than female respondents.
- Respondents with some post high school education were more likely to report water pollution or pesticides as a major/moderate problem in their community.
- Twenty-three percent of respondents with a household income of \$30,001 to \$60,000 reported pesticides as a major or moderate problem in their community compared to 13% of those with an income of at least \$60,001 or 10% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report water pollution in lakes, rivers and streams as a major/moderate problem than unmarried respondents (41% and 24%, respectively).

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

	Lake, River & Stream Pollution	Pesticides	Sewage or Septic	Safe Drinking Water
TOTAL	35%	16%	14%	14%
Gender				
Male	45**	23**	18*	13
Female	28**	10**	11*	13
Age				
18 to 34	36	12	13	15
35 to 44	38	15	14	9
45 to 54	30	19	19	20
55 to 64	33	16	13	7
65 and older	38	16	13	13
Education				
High School or Less	29*	12**	12	14
Some Post High School	44*	25**	16	11
College Graduate	39*	13**	15	14
Household Income				
\$30,000 or Less	33	10*	14	13
\$30,001 to \$60,000	37	23*	12	14
\$60,001 or More	38	13*	20	14
Marital Status				
Married	41**	18	16	13
Not Married	24**	12	9	12

*= p≤0.05; **= p≤0.01

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

KEY FINDING: Three percent of respondents were not aware of the public health department prior to the interview; 44% received services from the health department. Respondents 65 and older were more likely to report receiving services while respondents 18 to 34 years old were more likely to report receiving extensive services.

- Three percent of respondents were not aware of the public health department prior to the interview. Fifty-three percent were aware of the department but had no experience with it. Thirty-seven percent received limited services from the health department and 7% received more extensive services.
- Respondents 65 and older were more likely to report receiving any form of service (50%) compared to those 18 to 44 years old (42%) or respondents 55 to 64 years old (41%). Fourteen percent of respondents 18 to 34 years old reported they received extensive services.

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

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	3%	53%	37%	7%
Gender				
Male	4	57	35	4
Female	3	49	39	9
Age*				
18 to 34	3	55	28	14
35 to 44	6	51	38	4
45 to 54	0	56	39	5
55 to 64	4	54	39	2
65 and older	0	49	45	5
Education				
High School or Less	4	52	35	8
Some Post High School	<1	56	41	3
College Graduate	5	50	37	8
Household Income				
\$30,000 or Less	4	55	30	10
\$30,001 to \$60,000	2	52	40	6
\$60,001 or More	5	51	43	1
Marital Status				
Married	2	55	38	5
Not Married	5	47	37	10

*= $p \leq 0.05$; **= $p \leq 0.01$

APPENDIX B: QUESTIONNAIRE FREQUENCIES

WATERTOWN
 COMMUNITY HEALTH SURVEY
 Conducted: February 21 through July 7, 2003
 (Due to rounding, some questions may total more/less than 100%)

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

Poor	3%
Fair	11
Good	27
Very good	38
Excellent	21
Not sure	<1

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

No health care coverage.....	4%
Medical Assistance or Title 19.....	2
Badger Care	2
Medicare	21
A prepaid plan such as a HMO, PPO	48
Another commercial health plan	17
Something else	4
Not sure	2

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

Not all members covered.....	9%
All members covered.....	91
Not sure	0

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

Not all members covered.....	14%
All members covered.....	86
Not sure	0

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

Medical doctor, internist, OBGYN, family practice	83%
Walk-in or urgent care clinic	8
Hospital emergency room.....	5
Other	3
Not sure	<1

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

Yes..... 31%
 No..... 64
 Not sure 5

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.....	60%	22%	6%	11%	1%	<1%
8. Cholesterol testing	46	19	6	8	19	2
9. Visit to a dentist/dental clinic..	72	13	4	11	0	<1
10. Eye exam.....	51	28	10	8	3	<1

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

Yes..... 35%
 No..... 65
 Not sure <1

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

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

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

	Yes	No	Not sure
13. You have high blood pressure?.....	22%	78%	0%
14. Your blood cholesterol is high?	20	78	2
15. You had a stroke?.....	2	98	<1
16. You have heart disease or a heart condition?...	10	90	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	0
18.if yes, have you had your blood sugar tested in the past year? [23 Respondents]	100	0	0
19. You had a mental health problem?.....	2	98	<1
20. You had cancer, other than skin cancer	4	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?	11%	89%	0%
23. Do you still have asthma? [All Respondents] ...	5	94	<1
24. (if yes), do you have an asthma action plan? [20 Respondents].....	64	36	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 40
 Not sure 2

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 34
 Three or more servings 28
 Not sure <1

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

A few times per month 37%
 A few times per week..... 43
 Daily or nearly so 5
 Hardly ever or never 15
 Not sure 0

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

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

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

Yes..... 79%
 No..... 20
 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.....	18
Four	12
Five.....	18
Six	3
Seven	14
Not sure	<1
No moderate exercise/no answer.....	21

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	18%
30 to 44 minutes	25
45 to 59 minutes	6
60 or more minutes	29
Not sure	1
No moderate exercise/no answer.....	21

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [226 Respondents]

Within the past year (anytime less than 12 months ago)	37%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	20	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	4	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	2	üCONTINUE WITH Q33
5 or more years ago	2	üCONTINUE WITH Q33
Never	35	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? [24 Respondents 40 years old or older]

Don't need 6 responses
 Too young..... 4 responses
 Don't like 3 responses
 No time 2 responses
 Not insured..... 2 responses
 Not recommended by provider..... 1 response
 Other 2 responses
 Not sure 4 responses

[64 Respondents 18 to 39 years old]

Too young..... 53 responses
 Don't need 5 responses
 Not recommended by provider..... 2 responses
 No time 1 response
 Other 3 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [226 Respondents]

Within the past year (anytime less than 12 months ago) 48%
 Within the past 2 years (1 year, but less than 2 years ago) 27
 Within the past 3 years (2 years, but less than 3 years ago) 8
 Within the past 5 years (3 years, but less than 5 years ago)..... 3
 5 or more years ago 8
 Never 4
 Not sure..... 1

Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [173 Respondents]

Within the past year (anytime less than 12 months ago) 27%
 Within the past 2 years (1 year, but less than 2 years ago) 14
 Within the past 5 years (2 years, but less than 5 years ago)..... 10
 5 or more years ago 12
 Never 36
 Not sure..... 2

ALL RESPONDENTS

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

Within the past year (anytime less than 12 months ago) 16%
 Within the past 2 years (1 year, but less than 2 years ago) 12
 Within the past 5 years (2 years, but less than 5 years ago)..... 9
 5 or more years ago 8
 Never49
 Not sure..... 7

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

Within the past year (anytime less than 12 months ago) 10%
 Within the past 2 years (1 year, but less than 2 years ago) 8
 Within the past 5 years (2 years, but less than 5 years ago)..... 8
 Within the past 10 years (5 years but less than 10 years ago)... 2
 10 years ago or more..... 5
 Never68
 Not sure.....<1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m...	44%	56%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	53	47	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	51	49	<1
41. Avoid artificial sources of ultraviolet light?.....	76	24	<1

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

Do not ride/skate/scoot..... 47%

Frequency of those who bicycle, use in-line roller skates or scooters [212 Respondents]

Never 61%
 Seldom..... 11
 Sometimes..... 5
 Nearly always..... 3
 Always 21
 Not sure <1

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

Never	5%
Seldom.....	2
Sometimes.....	5
Nearly always.....	11
Always	78
Not sure	<1

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

One	17%
Two.....	18
Three or more.....	9
None	57

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? [173 Respondents]

Do not ride/skate/scoot..... 18%

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

Never	23%
Seldom.....	2
Sometimes.....	15
Nearly always.....	3
Always	57
Not sure	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [173 Respondents]

Never	3%
Seldom.....	<1
Sometimes.....	<1
Nearly always.....	8
Always	88
Not sure	0

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

Never	37%
Seldom.....	40
Sometimes.....	19
Nearly always.....	2
Always	1
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	17
Good	58
Excellent	20
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.....	5
Sometimes.....	16
Nearly always.....	36
Always	41
Not sure	<1

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

Yes.....	3%
No.....	97
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	37%
One to two days.....	22
Three to four days	13
Five or more days	28
Not sure	<1

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

None	37%
One drink	24
Two drinks	18
Three drinks	9
Four or more drinks	11
Not sure	1

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

None	71%
One to two times	13
Three or more times	14
Not sure	2

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

None	84%
Once	3
Two or more times	11
Not sure	2

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

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

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

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

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

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

0 days.....	75%
1 to 29 days	4
30 days.....	21
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? [101 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? [101 Respondents]

Yes..... 53%
No..... 47
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..... 16%
No..... 45
No smokers in the household..... 39
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 69%
Restaurants that allow smoking 11
No preference..... 20
Not sure 0

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

Strongly oppose..... 23%
Moderately oppose 13
Moderately favor 18
Strongly favor 41
Not sure 5

Another issue being discussed these days deals with firearms.

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

Yes..... 38%
 No..... 62
 Not sure <1

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

Yes..... 2%
 No..... 36
 Not sure <1
 No firearms in the household/no answer 62

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 <1
 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?	25%	75%	0%
68. Having acupuncture?	2	99	0
69. Massage therapy?	11	89	0
70. Aroma therapy?	5	95	<1
71. Movement therapy, such as yoga or tai' chi?	4	97	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..... 43%
 Female 57

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

18 to 34 years old	27%
35 to 44 years old	24
45 to 54 years old	17
55 to 64 years old	12
65 and older	21

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	39%
Overweight.....	36
Obese.....	25

77. What is your racial heritage?

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

78. Are you of Spanish or Hispanic origin?

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

79. What is your current marital status?

Single, never married.....	16%
A member of an unmarried couple.....	<1
Married	67
Separated	0
Divorced	8
Widowed.....	9
Not sure	0

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

8th grade or less	2%
Some high school	8
High school graduate or GED	37
Some college.....	19
Technical school graduate	9
College graduate.....	17
Advanced or professional degree	8
Not sure	0

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

Jefferson.....	64%
Dodge	36

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

Watertown.....	100%
----------------	------

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

53094	63%
53098	35
No answer	2

84. What is your annual household income before taxes?

Less than \$10,000.....	5%
\$10,000 to \$20,000.....	9
\$20,001 to \$30,000.....	16
\$30,001 to \$40,000.....	16
\$40,001 to \$50,000.....	15
\$50,001 to \$60,000.....	12
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	6
Over \$90,000.....	5
Not sure	3
No answer	5

The next series of questions deal with personal safety issues.

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

Yes.....	5%	üCONTINUE WITH Q86
No.....	95	üGO TO Q87
Not sure	0	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [21 Respondents; More than 1 response accepted]

Stranger	8 responses
Friend	7 responses
Boyfriend or girlfriend	2 responses
Ex-spouse.....	1 response
Parent	1 response
Acquaintance.....	1 response
Someone else	2 responses

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

Yes.....	6%	ÜCONTINUE WITH Q88
No.....	94	ÜGO TO Q89
Not sure	0	ÜGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [24 Respondents; More than 1 response accepted]

Friend	10 responses
Stranger	9 responses
Acquaintance	3 responses
Spouse	1 response
Ex-spouse	1 response
Boyfriend or girlfriend.....	1 response

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	37
Neither	2
Not sure	0

ADDITIONAL QUESTIONS FOR WATERTOWN

[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.....	31%	29%	28%	7%	4%
A2. Sewage or septic.....	53	28	11	3	5
A3. Safe drinking water.....	61	24	8	6	1
A4. Pesticides	55	23	12	4	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 now 3%

Aware of the health department, but have had no experience with programs or services 53

Aware of the health department and have received limited service like a flu shot or other immunization 37

Aware of the health department and have received more extensive services 7

Not sure..... <1