

**Winnebago County Health Department  
Community Health Survey**

Fall 2003

Commissioned by:  
**Aurora Health Care**

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 .....	19
Prevalence of Select Alternative Treatments.....	22
Physical Well Being and Body Weight .....	23
Nutrition and Diet .....	27
Women’s Health .....	30
Men’s Health .....	32
Other Tests .....	32
Reducing the Risk of Skin Cancer .....	34
Safety: Seat Belts and Bicycle Helmets .....	36
Cigarettes and Tobacco Products.....	39
Alcohol Use.....	44
Mental Health Status.....	46
Detectors in Household .....	49
Presence of Firearms in Household .....	50
Personal Safety Issues .....	51
Appendix A: Additional Questions .....	52
Environmental Problems in Their Community.....	53
Awareness of and Experience with Public Health Department .....	54
Appendix B: Questionnaire Frequencies .....	56
<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents.....	2
Table 2. Rate Own Health by Demographic Variables .....	10
Table 3. Routine Checkup by Demographic Variables.....	14
Table 4. Cholesterol Test by Demographic Variables .....	15
Table 5. Dental Checkup by Demographic Variables.....	16
Table 6. Eye Exam by Demographic Variables .....	17
Table 7. Flu Vaccination by Demographic Variables.....	18
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables .....	21
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables ....	23
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables .....	25
Table 11. Overweight by Demographic Variables .....	26
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables .....	28
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables .....	29
Table 14. Time Since Last Mammogram by Age.....	30
Table 15. Time Since Last Pap Smear by Demographic Variables .....	31
Table 16. Time Since Last Digital Rectal Exam by Age .....	32

<u>Table Title</u>	<u>Page Number</u>
Table 17. Time Since Last Blood Stool Test by Demographic Variables .....	33
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables .....	34
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	36
Table 20. Wear Seat Belt by Demographic Variables .....	37
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter) .....	38
Table 22. Current Smokers by Demographic Variables .....	40
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables .....	43
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents .....	45
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables .....	48
Table 26. Detectors in Household by Demographic Variables .....	49
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables .....	54
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables .....	55

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health.....	9
Figure 2. Type of Health Care Coverage .....	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older) .....	19
Figure 4. Told or Received Treatment in the Past Three Years .....	20
Figure 5. Received Alternative Treatment in Past Three Years .....	22
Figure 6. Moderate Physical Activities/Week.....	24
Figure 7. Reducing the Risk of Skin Cancer (Regularly) .....	35
Figure 8. Smoking Preference in Restaurants .....	41
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days .....	46
Figure 10. Managing Stress.....	47
Figure 11. Detectors in Household .....	49
Figure 12. Major or Moderate Environmental Problems in Their Community.....	53

## Purpose

The purpose of this project is to provide information for an assessment of the health status of Winnebago County health department 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 Winnebago County Health Department Community Health Survey<sup>1</sup> was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care to provide health departments and other community groups with information on local needs.

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

A total of 351 telephone interviews were completed between February 24 and June 28, 2003. With a sample size of 351, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in the area. 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 area. 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) 439-1399 or janet.vandehy@jvkresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

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<sup>1</sup> The Winnebago County Health Department is defined as all communities except for the cities of Appleton, Menasha, Neenah and Oshkosh.

## Demographic Profile of the Winnebago County Health Department Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 34	22%
35 to 44	24
45 to 54	24
55 to 64	16
65 and Older	13
Education	
High School Graduate or Less	48%
Some Post High School	27
College Graduate	25
Household Income	
\$30,000 or Less	20%
\$30,001 to \$60,000	49
\$60,001 or More	29
Not Sure/No Answer	2
Married	63%

## What do the percentages mean?

Results of the Winnebago County Health Department Community Health Survey can be generalized to the adult population with telephones. In 2000, the U.S. Census Bureau identified 39,504 adult residents.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 400 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equates to 5,600 residents  $\pm 2,000$  individuals. Meaning that from 3,600 to 7,600 residents may have fair or poor health. Because the margin of error is  $\pm 5\%$ , events or health risks that are small will include zero.

The 2000 Census counted 20,148 households in the area. 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 200 households. For example, 8% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 1,600.

## 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/meter<sup>2</sup>. 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 this data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

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

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

## Summary

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

<b>Overall Health</b>		<b>Risk Conditions in the Past 3 Years</b>	
Winnebago County Health Department	<u>2003</u>	Winnebago County Health Department	<u>2003</u>
Excellent .....	24%	High Blood Pressure.....	20%
Very Good.....	34%	High Blood Cholesterol .....	20%
Good .....	29%	Asthma (Current).....	8%
Fair or Poor .....	14%	Heart Disease/Condition.....	6%
		Diabetes .....	4%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	<b>Moderate Physical Activity/Week</b>	
Wisconsin .....	57%	Winnebago County Health Department	<u>2003</u>
Nation .....	56%	Inactive .....	21%
		Insufficient .....	52%
<b>Health Care Coverage</b>		Recommended.....	28%
Winnebago County Health Department	<u>2003</u>	<i>Other Research: Recommended Physical</i>	
Personally Not Covered .....	4%	Activity	<u>2000</u>
Household Member Not Covered (current) ...	8%	Wisconsin.....	27%
Household Member Not Covered (past yr)....	13%	Nation .....	26%
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<b>Nutrition and Diet</b>	
Wisconsin .....	10%	Winnebago County Health Department	<u>2003</u>
Nation .....	13%	Fruit Intake (2 or more servings/day) .....	68%
<b>Advance Care Plan</b>		Vegetable Intake (3 or more servings/day) .....	29%
Winnebago County Health Department	<u>2003</u>	Fried Food/Fast Food (a few times/week) .....	50%
Yes .....	34%	Overweight.....	59%
<b>Routine Checkups</b>		<i>Other Research: Overweight</i>	<u>2001</u>
Winnebago County Health Department	<u>2003</u>	Wisconsin.....	59%
Routine Checkup (2 years or less) .....	86%	Nation .....	58%
Cholesterol Test (2 years or less).....	70%	<b>Women's Health</b>	
Dental Checkup (past year).....	81%	Winnebago County Health Department	<u>2003</u>
Eye Exam (2 years or less).....	79%	Mammogram (50+; past year).....	68%
<b>Vaccinations</b>		Pap Smear (past year).....	65%
Winnebago County Health Department	<u>2003</u>	<i>Other Research: Wisconsin</i>	<u>2001</u>
Flu shot (past year) .....	37%	Mammogram (50+; past year).....	69%
Pneumonia (ever—65 years or older).....	47%	Pap Smear (past year) .....	66%
<b>Alternative Treatment in Past 3 Years</b>		<b>Reduce Risk of Skin Cancer</b>	
Winnebago County Health Department	<u>2003</u>	Winnebago County Health Department	<u>2003</u>
Chiropractor .....	25%	Avoid Artificial Sources of UV Light .....	70%
Massage Therapy.....	14%	Use Sunscreen with SPF 15 or Higher .....	69%
Meditation .....	9%	Wear Sun Protective Clothing.....	57%
Movement Therapy.....	4%	Avoid Sun Between 10 a.m. and 4 p.m. ....	45%
Aroma Therapy.....	3%		
Acupuncture .....	<1%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Winnebago County Health Department		Winnebago County Health Department	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	30%	Drink in Past Month .....	60%
50 and Older .....	56%	3+ Drinks on Occasion in Past Month.....	29%
<b>Other Tests</b>		Binge in Past Month	
Winnebago County Health Department		[5+ Drinks (Male): 4+ Drinks (Female)] .....	15%
Blood Stool Test (50+; within past 2 years)...	63%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	3%
(50+; within past 2 years).....	47%	<i>Other Research: Had 5+ Drinks at One Time</i> <u>2001</u>	
<b>Safety</b>		Wisconsin.....	26%
Winnebago County Health Department		Nation .....	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<b>Mental Health Status</b>	
Adult.....	89%	Winnebago County Health Department	
Children .....	98%	Felt Sad, Blue or Depressed in Past 30 Days	
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always .....	<u>2003</u>
(Of Those Who Ride Bike or In-Line Skate)		Never .....	36%
Adult.....	23%	Managing Stress	
Children .....	61%	Excellent/Good.....	83%
Detectors		Poor .....	2%
Smoke Detector .....	36%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide.....	2%	Never/Seldom.....	8%
Both.....	61%	Considered Suicide (past year).....	1%
Neither .....	1%	<b>Firearms in Household</b>	
<b>Tobacco Use</b>		Winnebago County Health Department	
Winnebago County Health Department		Of all Households...	
Current Smokers .....	24%	Have a Firearm.....	<u>2003</u>
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm .....	2%
Year Because Trying to Quit (smokers).....	48%	Have a Loaded Firearm Unlocked.....	1%
Health Care Professional Advisement to		<b>Personal Safety in Past Year</b>	
Quit Smoking (smokers).....	47%	Winnebago County Health Department	
Smoking Indoors or in Vehicle.....	15%	Afraid for Their Safety .....	
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit .....	
Smoke-free .....	67%	<u>2003</u>	
Allow Smoking.....	10%	<b>Additional Questions</b>	
No Preference .....	22%	Winnebago County Health Department	
Ordinance Prohibiting Smoking in Eating		Major/Moderate Community Environmental	
Establishments		Problems	
Moderately Favor .....	21%	<u>2003</u>	
Strongly Favor .....	43%	Pollution in Lakes, Rivers and Streams .....	
<i>Other Research: Current Smokers</i> <u>2001</u>		Pesticides .....	
Wisconsin.....	24%	Sewage/Septic .....	
Nation.....	23%	Safe Drinking Water .....	
		Awareness of/Experience with Public Health Dept.	
		Aware of/No Experience .....	
		Aware of/Received Limited Services .....	
		Aware of/Received Extensive Services .....	

## **Overall Health and Health Care Key Findings**

Fifty-eight percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a high school education or less, with lower household income, overweight or inactive were more likely to report fair or poor health.

Four percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household did not have health care coverage; 13% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report no personal coverage, someone in their household was not covered currently or someone was not covered in the past twelve months. Sixty-nine percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; respondents who were female, 65 and older or with a high school education or less were more likely to report an advance care plan.

Eighty-one percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 51% reported an eye exam and 51% reported a cholesterol test. Respondents who were female, 65 and older or married were more likely to report a routine checkup or cholesterol test in the past year. Respondents who were 55 to 64 years old or unmarried were more likely to report an eye exam in the past year. Respondents with a high school education or less were more likely to report a cholesterol test or eye exam in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report a cholesterol test in the past year while respondents with a household income of at least \$60,001 were more likely to report a dental checkup in the past year.

Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Forty-seven 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 current asthma. Older respondents were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with some post high school education or a household income of \$30,001 to \$60,000 were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes. Respondents who met the recommended amount of physical activity in a typical week were more likely to report high blood cholesterol while inactive respondents were more likely to report diabetes.

Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-seven percent felt they were excellent at managing stress; 2% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. One 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 14%, respectively). Female respondents or those with a college education were more likely to report massage therapy, meditation or movement therapy in the past three years. Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation. Married respondents 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 55 to 64 years old or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (39% overweight and 20% 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 29% eat three or more servings of vegetables on an average day. Female respondents, those 65 and older, with a college education or who met the recommended amount of physical activity in a typical week were more likely to eat two or more servings of fruit per day. Fifty percent of respondents eat fried/fast food at least a few times a week; males or respondents 18 to 44 years old were more likely to report this.

Eighty-five percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old were more likely to have had a pap smear within the past three years.

Thirty percent of male respondents 40 to 49 years old and 56% of males 50 and older had a digital rectal exam in the past year.

Sixty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 47% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report avoiding artificial sources of ultraviolet light or avoiding the sun. Avoiding artificial sources of ultraviolet light, using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. varied across age groups. Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial ultraviolet light.

Eighty-nine percent of respondents wore seat belts always or nearly always. Female respondents or those with a college education were more likely to report they always wore seat belts. Ninety-two percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 23% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 53% reported their child always wore a helmet.

Twenty-four percent of respondents were current smokers. Respondents who were 18 to 34 years old, with lower education or unmarried were more likely to be smokers. Forty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 47% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-seven percent of all respondents preferred a smoke-free restaurant. Respondents who were female, 45 to 54 years old, with a college education, a household income of at least \$60,001 or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-four percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 15% binged. Respondents who were male or 18 to 34 years old were more likely to have had three or more drinks, more often or 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. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-seven percent of households had a working smoke detector while 63% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

Forty-four percent of households had a firearm in or around the home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

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

### **Additional Questions Key Findings**

Out of four community environmental problems, the most often cited major or moderate problem was water pollution in lakes, rivers and streams (39%). Respondents 45 to 54 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report sewage or septic as a major/moderate problem. Respondents with a college education were more likely to report pesticides or safe drinking water as a major/moderate problem.

Six percent of respondents were not aware of the public health department prior to the interview; 29% received services from the health department.

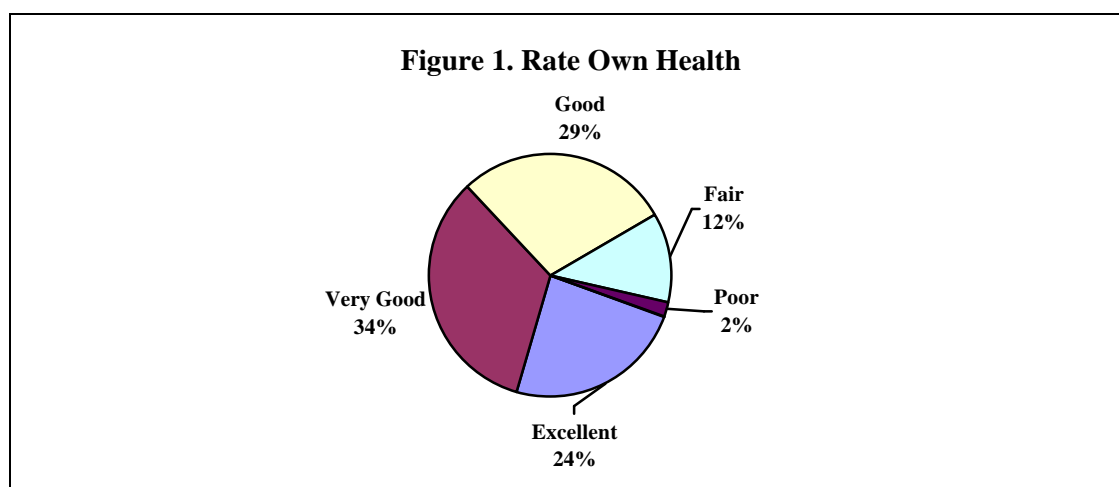
## Key Findings

### Rating Their Own Health (Figure 1; Table 2)

**KEY FINDING:** Fifty-eight percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a high school education or less, with lower household income, overweight or inactive were more likely to report fair or poor health.

*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-eight percent of respondents said their own health, generally speaking, was either excellent (24%) or very good (34%). A total of 14% reported their health was fair (12%) or poor (2%).



- Respondents 65 and older were more likely to report fair or poor (27%) compared to those 35 to 44 years old (8%) or respondents 45 to 54 years old (7%).
- Twenty percent of respondents with a high school education or less reported fair or poor health compared to 10% of those with some post high school education or 5% of respondents with a college education.
- Respondents with lower household income were more likely to report they were in fair/poor health. Twenty-two percent of respondents with a household income of less than \$30,001 reported their health condition as fair/poor compared to 15% of those with an income of \$30,001 to \$60,000 or 4% of respondents with a household income of at least \$60,001.
- Fifteen percent of overweight respondents reported fair or poor compared to 11% of respondents who were not overweight. Thirty-seven percent of respondents who were not overweight reported excellent compared to 15% of overweight respondents.

- Inactive respondents were more likely to report their health as fair or poor (21%) compared to those who met the recommended amount of physical activity in a typical week (15%) or respondents who did some physical activity, but not to the extent recommended (10%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	14%	29%	34%	24%
Gender				
Male	11	29	36	24
Female	16	28	32	24
Age**				
18 to 34	13	13	44	29
35 to 44	8	29	34	30
45 to 54	7	34	29	29
55 to 64	22	33	35	11
65 and Older	27	36	27	11
Education**				
High School or Less	20	32	32	16
Some Post High School	10	22	37	31
College Graduate	5	29	36	31
Household Income*				
\$30,000 or Less	22	23	30	25
\$30,001 to \$60,000	15	31	31	23
\$60,001 or More	4	29	41	27
Marital Status				
Married	13	28	35	25
Not Married	14	31	33	23
Overweight**				
Not Overweight	11	23	29	37
Overweight	15	33	37	15
Physical Activity*				
Inactive	21	29	39	11
Insufficient	10	27	34	30
Recommended	15	33	32	21
Smoker				
Nonsmoker	12	28	34	26
Smoker	20	33	31	16

\*= p≤0.05; \*\*= p≤0.01

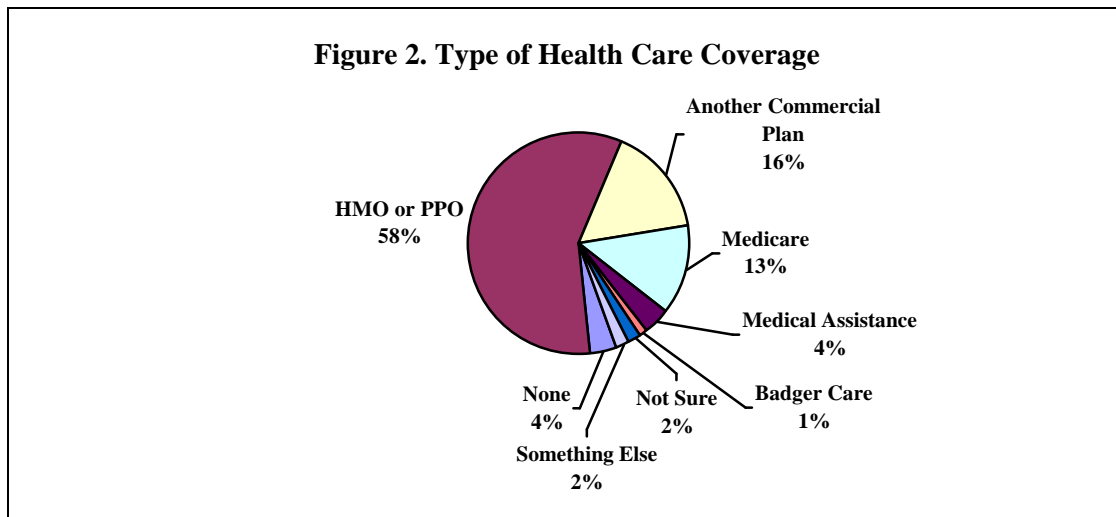
## Health Care Coverage (Figure 2)

**KEY FINDING:** Four percent of respondents reported they personally did not have health care coverage. Eight percent reported someone in their household did not have health care coverage; 13% reported in the past 12 months someone in their household was not covered. Respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report no personal coverage, someone in their household was not covered currently or someone was not covered in the past twelve months. Sixty-nine percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; female respondents were more likely to report this. Thirty-four percent of respondents had an advance care plan; respondents who were female, 65 and older or with a high school education or less 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. Fifty-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). Sixteen percent reported another commercial plan, 13% reported Medicare and 4% reported medical assistance.



- Nine percent of respondents with a household income of less than \$30,001 reported they were not currently covered by any health insurance compared to 5% 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 were not currently covered by any health insurance (10%) than married respondents (less than one percent).

### *Someone in Household Currently Not Covered*

- Eight percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 1,600 households.
- Nineteen percent of respondents with a household income of less than \$30,001 reported someone in their household was not covered compared to 7% 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 report someone was not covered (14%) compared to married respondents (4%).

### *Someone in Household Not Covered in the Past 12 Months*

- Thirteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Twenty-two percent of respondents with a household income of at less than \$30,001 reported someone in their household was not covered in the past 12 months compared to 12% of those with an income of \$30,001 to \$60,000 or 9% 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 (23%) compared to married respondents (7%).

### *Primary Health Care Services*

- Sixty-nine percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Eighteen percent reported walk-in or urgent care while 6% reported hospital emergency room and 4% reported community health center.
- Female respondents were more likely to report medical doctor, etc., (79%) than male respondents (57%).

### *Advance Care Plan*

- Thirty-four percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Female respondents were more likely to report having an advance care plan (39%) than male respondents (28%).
- Fifty-eight percent of respondents 65 and older reported having an advance care plan compared to 22% of respondents 18 to 34 years old. Forty percent of respondents 55 to 64 years old reported having an advance care plan along with 36% of those 35 to 44 years old or 27% of respondents 45 to 54 years old.
- Forty-three percent of respondents with a high school education or less reported having an advance care plan compared to 28% of those with a college education or 24% of respondents with some post high school education.

## **Routine Checkups (Tables 3 - 6)**

**KEY FINDING:** Eighty-one percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine checkup, 51% reported an eye exam and 51% reported a cholesterol test. Respondents who were female, 65 and older or married were more likely to report a routine checkup or cholesterol test in the past year. Respondents who were 55 to 64 years old or unmarried were more likely to report an eye exam in the past year. Respondents with a high school education or less were more likely to report a cholesterol test or eye exam in the past year. Respondents with a household income of \$30,001 to \$60,000 were more likely to report a cholesterol test in the past year while respondents with a household income of at least \$60,001 were more likely to report a dental checkup in the past year.

### *Routine Checkup*

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

- Sixty-four 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.
- Female respondents were more likely to report they had a routine checkup in the past year (72%) than male respondents (55%).
- Respondents 65 and older were more likely to report a routine checkup in the past year (78%) compared to those 45 to 64 years old (67%) or respondents 18 to 34 years old (46%).
- Married respondents were more likely to report they had a routine checkup in the past year (68%) compared to unmarried respondents (56%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	64%	22%	3%	10%	<1%
Gender**					
Male	55	24	2	17	1
Female	72	19	4	3	<1
Age**					
18 to 34	46	32	8	12	0
35 to 44	70	17	3	10	1
45 to 54	67	19	3	12	0
55 to 64	67	28	0	6	0
65 and Older	78	7	2	7	4
Education					
High School or Less	69	17	4	8	1
Some Post High School	54	28	3	13	1
College Graduate	66	23	1	10	0
Household Income					
\$30,000 or Less	56	26	4	13	1
\$30,001 to \$60,000	63	19	4	11	1
\$60,001 or More	67	24	2	7	0
Marital Status*					
Married	68	21	2	8	<1
Not Married	56	22	6	14	<1

\*= p≤0.05; \*\*= p≤0.01

### Cholesterol Test

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

- Fifty-one percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Eighteen percent reported never having their cholesterol tested.
- Female respondents were more likely to report having their cholesterol tested within the past year (53%) than male respondents (48%).
- Respondents 65 and older were more likely to have had their cholesterol tested within the past year (67%) compared to those 35 to 44 years old (49%) or respondents 18 to 34 years old (22%). Respondents 18 to 34 years old were more likely to report never (46%) compared to all other age groups (4% to 19%).

- Fifty-seven percent of respondents with a high school education or less reported a cholesterol test within the past year compared to 45% of respondents with at least some post high school education.
- Fifty-four percent of respondents with a household income of \$30,001 to \$60,000 reported a cholesterol test within the past year compared to 49% of those with an income of at least \$60,001 or 40% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report a cholesterol test in the past year (54%) compared to unmarried respondents (44%). Twenty-five percent of unmarried respondents reported never compared to 14% of married respondents.

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	51%	19%	4%	7%	18%
Gender**					
Male	48	17	1	10	23
Female	53	21	7	5	13
Age**					
18 to 34	22	15	5	10	46
35 to 44	49	22	5	5	19
45 to 54	63	16	5	7	6
55 to 64	62	22	2	9	4
65 and Older	67	16	2	2	11
Education**					
High School or Less	57	14	1	8	19
Some Post High School	45	17	12	6	19
College Graduate	45	29	1	8	16
Household Income*					
\$30,000 or Less	40	33	4	10	13
\$30,001 to \$60,000	54	11	4	6	23
\$60,001 or More	49	22	6	8	14
Marital Status**					
Married	54	20	6	6	14
Not Married	44	17	<1	11	25

\*= 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.<sup>2</sup>*

*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).*

- Eighty-one percent of respondents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- As household income increased, so did the likelihood of respondents having a dental checkup in the past year. Sixty-seven percent of respondents with a household income of less than \$30,001 reported this compared to 81% of those with an income of \$30,001 to \$60,000 or 90% of respondents with a household income of at least \$60,001.

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	81%	12%	3%	3%	<1%
Gender					
Male	84	12	<1	4	<1
Female	78	13	4	3	<1
Age					
18 to 34	76	19	1	3	1
35 to 44	84	15	1	0	0
45 to 54	88	7	3	3	0
55 to 64	83	7	4	6	0
65 and Older	68	14	5	11	2
Education					
High School or Less	79	12	4	5	1
Some Post High School	78	17	2	3	0
College Graduate	89	8	2	1	0
Household Income*					
\$30,000 or Less	67	21	1	9	1
\$30,001 to \$60,000	81	12	4	3	<1
\$60,001 or More	90	7	2	1	0
Marital Status					
Married	84	11	2	2	<1
Not Married	77	13	3	6	<1

\*= p≤0.05; \*\*= p≤0.01

<sup>2</sup> “Chapter 61: Counseling to Prevent Dental and Periodontal Diseases.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> 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.
- Respondents 55 to 64 years old were more likely to report an eye exam in the past year (61%) compared to those 35 to 44 years old (46%) or respondents 18 to 34 years old (41%).
- Sixty percent of respondents with a high school education or less reported an eye exam in the past year compared to 48% of those with a college education or 39% of respondents with some post high school education.
- Unmarried respondents were more likely to have had an eye exam in the past year (54%) compared to married respondents (49%).

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%	9%	8%	3%
Gender					
Male	48	28	11	11	2
Female	55	28	7	5	3
Age**					
18 to 34	41	16	16	21	4
35 to 44	46	30	11	5	6
45 to 54	53	32	10	3	1
55 to 64	61	29	4	5	2
65 and Older	57	33	4	4	2
Education**					
High School or Less	60	21	4	10	3
Some Post High School	39	34	17	6	4
College Graduate	48	35	12	5	1
Household Income					
\$30,000 or Less	49	25	7	15	4
\$30,001 to \$60,000	52	30	9	6	2
\$60,001 or More	51	26	12	7	3
Marital Status**					
Married	49	32	12	5	1
Not Married	54	21	6	13	6

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

## Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-seven percent of respondents had an influenza vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Forty-seven percent of respondents 65 and older had a pneumonia vaccination.

### *Influenza Vaccination*

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

- Thirty-seven percent of respondents had a flu vaccination in the past year.
- Sixty-eight percent of respondents 65 and older reported receiving a flu vaccination compared to 26% of those 35 to 44 years old or 20% of respondents 18 to 34 years old.

Table 7. Flu Vaccination by Demographic Variables

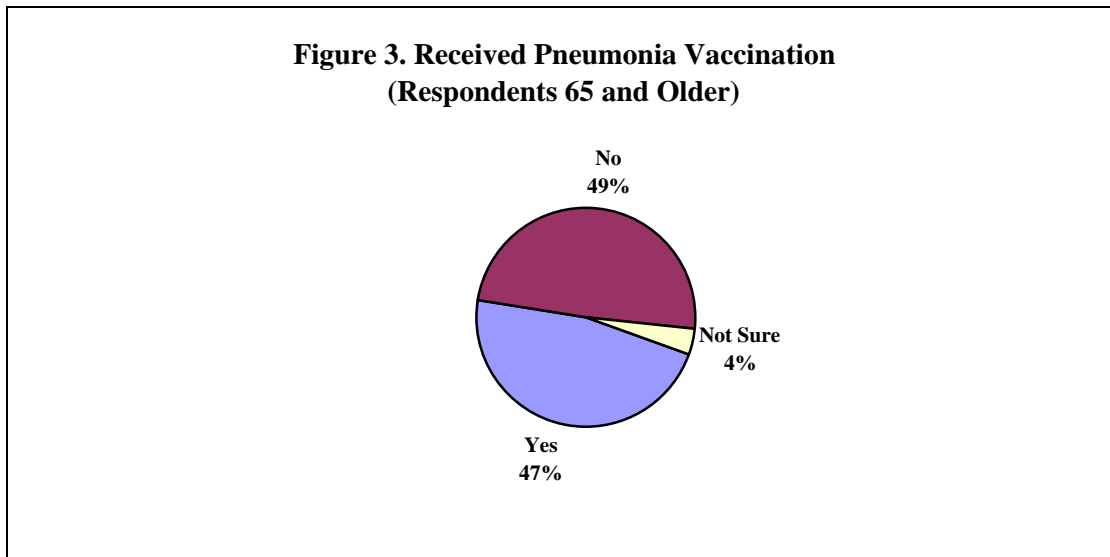
	Percent
TOTAL	37%
Gender	
Male	35
Female	39
Age**	
18 to 34	20
35 to 44	26
45 to 54	38
55 to 64	56
65 and Older	68
Education	
High School or Less	39
Some Post High School	35
College Graduate	36
Household Income	
\$30,000 or Less	37
\$30,001 to \$60,000	36
\$60,001 or More	38
Marital Status	
Married	41
Not Married	31

\*= 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).*

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



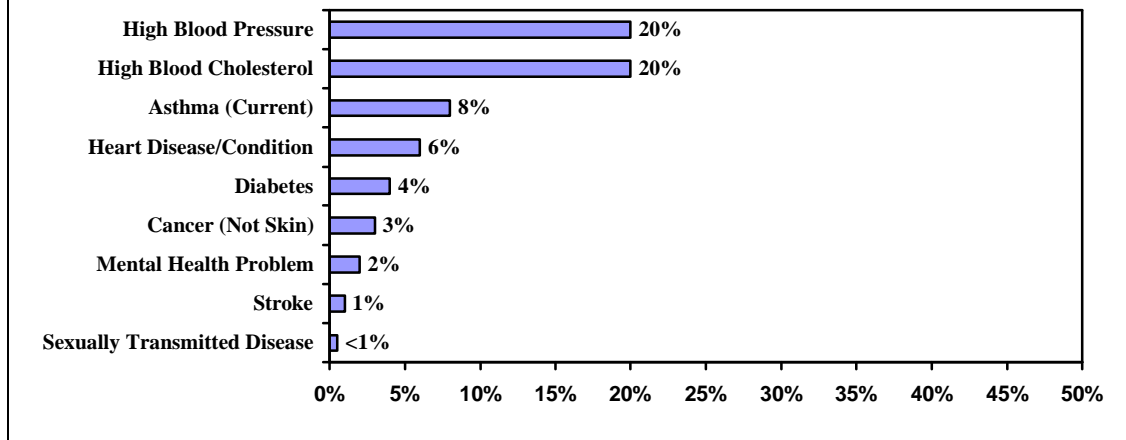
### **Prevalence of Select Health Conditions (Figure 4; Table 8)**

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

**KEY FINDING:** Out of nine health conditions listed, the most often treated in the past three years were high blood pressure or high blood cholesterol. Female respondents were more likely to report current asthma. Older respondents were more likely to report high blood pressure, high blood cholesterol or heart disease/condition. Respondents with some post high school education or a household income of \$30,001 to \$60,000 were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes. Respondents who met the recommended amount of physical activity in a typical week were more likely to report high blood cholesterol while inactive respondents were more likely to report diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure or high blood cholesterol (20% each), asthma (current, 8%), heart disease/heart condition (6%) or diabetes (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 (11%) compared to male respondents (4%).
- Generally, the likelihood of being treated for high blood pressure, high blood cholesterol or a heart disease/condition increased as age increased.
- Twenty-six percent of respondents with some post high school education reported high blood cholesterol compared to 20% of those with a high school education or less or 12% of respondents with a college education.
- Twenty-four percent of respondents with a household income of \$30,001 to \$60,000 reported high blood cholesterol compared to 16% of those with an income of at least \$60,001 or 9% of respondents with a household income of less than \$30,001.
- Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.
- Respondents who met the recommended amount of physical activity were more likely to report high blood cholesterol while inactive respondents were more likely to report diabetes.

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

	High Blood Pressure	High Blood Cholesterol	Asthma (Current)	Heart Disease/Condition	Diabetes
TOTAL	20%	20%	8%	6%	4%
Gender					
Male	19	22	4*	6	3
Female	21	17	11*	7	4
Age					
18 to 34	4**	4**	3	1**	1
35 to 44	10**	11**	10	0**	3
45 to 54	17**	26**	9	5**	4
55 to 64	37**	30**	7	11**	7
65 and Older	53**	40**	7	24**	4
Education					
High School or Less	24	20**	6	6	4
Some Post High School	17	26**	10	7	2
College Graduate	15	12**	8	6	3
Household Income					
\$30,000 or Less	19	9**	9	10	4
\$30,001 to \$60,000	17	24**	5	4	5
\$60,001 or More	22	16**	11	4	1
Marital Status					
Married	22	22	7	6	3
Not Married	16	15	8	7	4
Overweight					
Not Overweight	11**	12**	5	7	<1*
Overweight	28**	27**	8	7	5*
Physical Activity					
Inactive	22	22**	8	10	8*
Insufficient	17	13**	5	5	2*
Recommended	24	31**	10	8	2*

\*= p≤0.05; \*\*= p≤0.01

#### Diabetes

- Ninety-five percent of the 13 respondents who reported being diagnosed with diabetes had their blood sugar tested in the past year.

#### Asthma

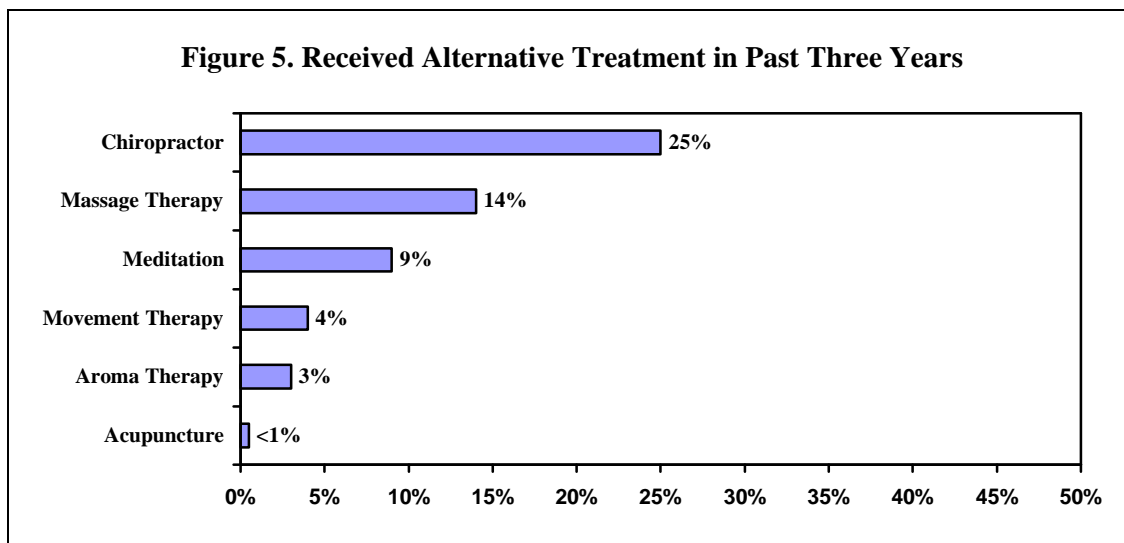
- Of the 26 respondents who currently had asthma, 60% had an asthma action plan.

## 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 14%, respectively). Female respondents or those with a college education were more likely to report massage therapy, meditation or movement therapy in the past three years. Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation. Married respondents were more likely to report massage therapy.

- Respondents were more likely to have gone to a chiropractor (25%) or used massage therapy (14%) in the past three years.



- Female respondents were more likely to have reported massage therapy, meditation or movement therapy in the past three years.
- Respondents with a college education were more likely to have reported massage therapy, meditation or movement therapy in the past three years.
- Respondents with a household income of at least \$60,001 were more likely to report massage therapy or meditation in the past three years.
- Married respondents were more likely to report using massage therapy (16%) compared to unmarried respondents (9%).

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

	Chiropractor	Massage Therapy	Meditation	Movement Therapy
TOTAL	25%	14%	9%	4%
Gender				
Male	23	6**	6*	2*
Female	27	21**	12*	6*
Age				
18 to 34	23	15	4	3
35 to 44	29	24	14	4
45 to 54	22	9	10	5
55 to 64	22	9	9	6
65 and Older	24	13	13	2
Education				
High School or Less	21	7**	5*	2*
Some Post High School	30	18**	10*	2*
College Graduate	26	22**	15*	9*
Household Income				
\$30,000 or Less	19	13*	13**	3
\$30,001 to \$60,000	24	9*	3**	4
\$60,001 or More	28	21*	16**	7
Marital Status				
Married	28	16*	10	5
Not Married	20	9*	8	3

\*= 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 55 to 64 years old or with a household income of \$30,001 to \$60,000 were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (39% overweight and 20% obese). Male respondents or those 55 to 64 years old were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

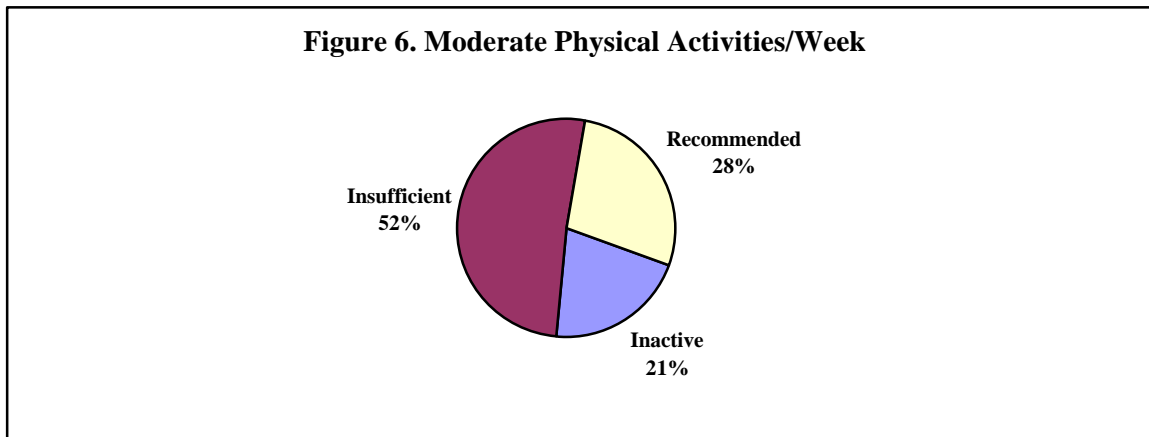
- Seventy-six percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### *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 55 to 64 years old were more likely to meet the recommended amount of moderate physical activity in a week (36%) compared to those 35 to 44 years old (25%) or respondents 18 to 34 years old (21%).
- Thirty-two percent of respondents with a household income of \$30,001 to \$60,000 met the recommendation compared to 23% of those with an income of at least \$60,001 or 21% 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	19	57	24
Female	24	46	31
Age**			
18 to 34	22	58	21
35 to 44	18	58	25
45 to 54	12	58	30
55 to 64	16	47	36
65 and Older	39	30	32
Education			
High School or Less	24	48	29
Some Post High School	21	49	30
College Graduate	16	61	23
Household Income*			
\$30,000 or Less	33	46	21
\$30,001 to \$60,000	20	48	32
\$60,001 or More	16	61	23
Marital Status			
Married	21	52	27
Not Married	20	51	29
Overweight			
Not Overweight	19	55	27
Overweight	20	50	31

\*= 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.<sup>3</sup> Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. 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).*

<sup>3</sup> Body Mass Index = (kg/m<sup>2</sup>). Developed by the Centers for Disease Control (CDC).

- According to the definition, 59% of respondents were overweight (39% overweight and 20% obese).
- Male respondents were more likely to be classified as overweight (70%) compared to female respondents (48%).
- Respondents 55 to 64 years old were more likely to be overweight (79%) compared to those 45 to 54 years old (62%) or respondents 18 to 34 years old (25%).

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	59%
Gender**	
Male	70
Female	48
Age**	
18 to 34	25
35 to 44	68
45 to 54	62
55 to 64	79
65 and Older	67
Education	
High School or Less	62
Some Post High School	60
College Graduate	53
Household Income	
\$30,000 or Less	54
\$30,001 to \$60,000	64
\$60,001 or More	52
Marital Status	
Married	61
Not Married	55
Moderate Physical Activities	
Inactive	60
Insufficient	57
Recommended	62

\*= 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 29% eat three or more servings of vegetables on an average day. Female respondents, those 65 and older, with a college education or who met the recommended amount of physical activity in a typical week were more likely to eat two or more servings of fruit per day. Fifty percent of respondents eat fried/fast food at least a few times a week; males or respondents 18 to 44 years old were more likely to report this.

### *Fruit Intake*

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

- Sixty-eight percent of respondents eat two or more servings of fruit on an average day. Thirty-one percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day (74%) than male respondents (62%).
- Respondents 65 and older were more likely to eat two or more servings of fruit per day (86%) compared to those 35 to 44 years old (59%) or respondents 18 to 34 years old (57%).
- Seventy-nine percent of respondents with a college education reported eating two or more servings of fruit per day compared to 68% of those with some post high school education or 62% of respondents with a high school education or less.
- Respondents who met the recommended amount of physical activity in a typical week were more likely to eat two or more servings of fruit per day (79%) compared to those who did an insufficient amount of physical activity (67%) or inactive respondents (58%).

### *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-nine percent of respondents eat three or more servings of vegetables on an average day. Seventy-one percent reported two servings or less.
- There were no statistically significant differences between demographic variables and the number of servings of vegetables per day.

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%	71%	29%
Gender				
Male	38*	62*	74	25
Female	24*	74*	67	33
Age				
18 to 34	38**	57**	77	22
35 to 44	41**	59**	68	33
45 to 54	27**	73**	76	24
55 to 64	33**	67**	76	24
65 and Older	14**	86**	55	46
Education				
High School or Less	37*	62*	75	25
Some Post High School	29*	68*	74	26
College Graduate	21*	79*	60	40
Household Income				
\$30,000 or Less	33	63	73	27
\$30,001 to \$60,000	34	66	72	28
\$60,001 or More	26	73	66	32
Marital Status				
Married	29	70	70	30
Not Married	35	64	72	27
Overweight				
Not Overweight	33	67	72	28
Overweight	33	67	70	30
Moderate Physical Activities				
Inactive	38**	58**	75	25
Insufficient	33**	67**	74	26
Recommended	21**	79**	62	39

\*= p≤0.05; \*\*= p≤0.01

*Fried Food/Fast Food Intake*

- Ten percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty percent reported a few times per week. Thirty-three percent reported a few times per month while 17% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (67%) compared to female respondents (34%).

- Sixty-three percent of respondents 35 to 44 years old and 60% of those 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 39% of those 45 to 54 years old or 36% of respondents 65 and older.

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

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	33%	50%
Gender**		
Male	23	67
Female	41	34
Age**		
18 to 34	34	60
35 to 44	30	63
45 to 54	40	39
55 to 64	28	46
65 and Older	29	36
Education		
High School or Less	30	50
Some Post High School	34	49
College Graduate	35	52
Household Income		
\$30,000 or Less	37	46
\$30,001 to \$60,000	28	54
\$60,001 or More	38	47
Marital Status		
Married	31	50
Not Married	35	51
Overweight		
Not Overweight	31	49
Overweight	35	50
Moderate Physical Activities		
Inactive	34	45
Insufficient	31	53
Recommended	35	47

\*= p≤0.05; \*\*= p≤0.01

## Women’s Health (Tables 14 & 15)

**KEY FINDING:** Eighty-five percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-six percent of all female respondents reported a pap smear within the past three years. Respondents who were 35 to 44 years old were more likely to have had a pap smear within the past three years.

### *Mammogram*

*Routine screening for breast cancer every one to two years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.<sup>4</sup>*

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

- Twenty-five percent of all female respondents never had a mammogram while 67% had a mammogram within the past two years (49% within past year and 18% more than one year but less than two years).
- More specifically, respondents 40 and older were very likely to have received a mammogram in the past two years (85%).
  - Of respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: too young or no time (three responses each), don’t like (two responses) or don’t need (one response).

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	49%	18%	9%	25%
Age**				
18 to 39	16	14	12	59
40 to 49	60	25	3	10
50 and Older	68	17	11	4

\*= p≤0.05; \*\*= p≤0.01

<sup>4</sup>“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> 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.<sup>5</sup>

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

- Sixty-five percent of respondents reported they had a pap smear within the past year. An additional 21% 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 and older (86%) or respondents 18 to 34 years old (76%).
- Married and unmarried respondents were similar in reporting a pap smear within the past three years (87% and 85%, respectively). However, unmarried respondents were more likely to report never (10%) compared to married respondents (2%).

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	65%	17%	4%	8%	5%
Age*					
18 to 34	49	27	0	8	14
35 to 44	86	7	2	5	0
45 to 54	68	18	5	8	0
55 and older	59	19	8	11	2
Education					
High School or Less	58	20	5	7	8
Some Post High School	69	14	4	10	2
College Graduate	76	13	2	7	0
Household Income					
\$30,000 or Less	53	20	5	18	5
\$30,001 to \$60,000	66	17	6	6	3
\$60,001 or More	72	14	2	4	6
Marital Status*					
Married	66	18	3	10	2
Not Married	60	17	8	3	10

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

<sup>5</sup>“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 105.

**Men’s Health (Table 16)**

**KEY FINDING:** Thirty percent of male respondents 40 to 49 years old and 56% 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.<sup>6</sup>*

*Digital Rectal Exam*

- Thirty-seven percent of all male respondents never had a digital rectal exam. Thirty-two percent had an exam in the past year while 18% reported within the past two years (one year but less than two years).
- Fifty-six percent of male respondents 50 years old and older had an exam less than a year ago while 30% of males 40 to 49 years old reported this.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	32%	18%	14%	37%
Age**				
18 to 39	10	8	12	71
40 to 49	30	13	15	41
50 and Older	56	32	5	8

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

**Other Tests (Tables 17 & 18)**

**KEY FINDING:** Sixty-three percent of respondents 50 years old and older had their blood stool tested within the past two years while 47% reported a sigmoidoscopy or colonoscopy within the past two years.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>7</sup>*

*Blood Stool Test*

- Forty-eight percent of all respondents never had a blood stool test. Thirty-seven percent were tested within the past two years (23% less than a year ago and 14% more than one year ago, but less than two).

<sup>6</sup>“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

<sup>7</sup>“ Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 89.

- Sixty-three percent of respondents 50 years old and older reported a blood stool test within the past two years compared to 32% of those 40 to 49 years old or 11% of respondents 18 to 39 years old. Twenty-one percent of respondents 50 and older reported never compared to 75% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	23%	14%	11%	48%
Gender				
Male	23	12	12	50
Female	23	15	10	46
Age**				
18 to 39	7	4	9	75
40 to 49	18	14	10	58
50 and Older	42	21	10	21
Education				
High School or Less	27	10	11	47
Some Post High School	20	19	7	52
College Graduate	22	15	14	45
Household Income				
\$30,000 or Less	28	9	17	45
\$30,001 to \$60,000	25	12	9	48
\$60,001 or More	15	19	8	54
Marital Status				
Married	25	15	9	47
Not Married	21	10	15	49

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

#### *Sigmoidoscopy or Colonoscopy Exam*

- Sixty-three percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-five percent were examined within the past two years (14% less than a year ago and 11% more than one year ago, but less than two).
- A total of 47% 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 6% of respondents 18 to 39 years old. Thirty-seven percent of respondents 50 and older reported never compared to 85% of respondents 18 to 39 years old.

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

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	14%	11%	6%	5%	63%
Gender					
Male	16	10	5	5	64
Female	11	12	8	5	62
Age**					
18 to 39	2	4	2	6	85
40 to 49	10	6	2	5	76
50 and Older	26	21	11	4	37
Education					
High School or Less	13	9	6	5	65
Some Post High School	19	8	5	4	63
College Graduate	8	17	8	6	60
Household Income					
\$30,000 or Less	13	9	6	9	64
\$30,001 to \$60,000	16	11	4	4	65
\$60,001 or More	9	13	7	4	64
Marital Status					
Married	14	13	6	4	63
Not Married	13	9	7	8	62

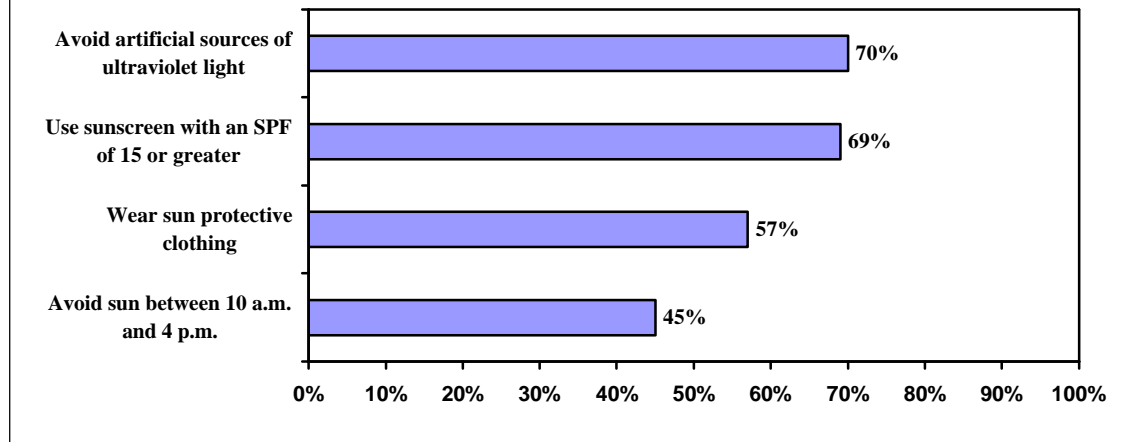
\*= p≤0.05; \*\*= p≤0.01

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

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Female respondents were more likely to report avoiding artificial sources of ultraviolet light or avoiding the sun. Avoiding artificial sources of ultraviolet light, using sunscreen or avoiding the sun between 10 a.m. and 4 p.m. varied across age groups. Respondents with a household income of at least \$60,001 were more likely to report avoiding artificial ultraviolet light.

- To reduce the risk of skin cancer, 70% of respondents regularly avoid artificial sources of ultraviolet light, 69% use sunscreen with a SPF of 15 or higher, 57% wear sun protective clothing while 45% avoid the sun between 10 a.m. and 4 p.m.
- Eight percent of respondents did not reduce their risk by any of these four measures. Nineteen percent reported one measure. Twenty percent reported two of the four actions while 29% reported three and 24% reported they did all four measures regularly.

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



- Female respondents were more likely to report avoiding artificial sources of ultraviolet light or avoiding the sun from 10 a.m. to 4 p.m.
- Respondents 55 to 64 years old were more likely to report avoiding artificial sources of UV light while respondents 35 to 44 years old were more likely to report using sunscreen. Respondents 65 and older were more likely to report avoiding the sun from 10 a.m. to 4 p.m.
- Seventy-eight percent of respondents with a household income of at least \$60,001 reported avoiding artificial sources of UV light compared to 71% of those with an income of \$30,001 to \$60,000 or 59% of respondents with a household income of less than \$30,001.

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

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	70%	69%	57%	45%
Gender				
Male	64*	66	53	30**
Female	75*	72	62	59**
Age				
18 to 34	58*	61**	49	30*
35 to 44	65*	84**	54	49*
45 to 54	79*	77**	53	51*
55 to 64	82*	62**	76	49*
65 and older	63*	43**	56	53*
Education				
High School or Less	64	66	53	43
Some Post High School	74	66	58	47
College Graduate	78	78	67	48
Household Income				
\$30,000 or Less	59*	63	59	48
\$30,001 to \$60,000	71*	67	59	44
\$60,001 or More	78*	76	53	48
Marital Status				
Married	72	67	56	44
Not Married	67	71	59	48

\*= 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 with a college education were more likely to report they always wore seat belts. Ninety-two percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 23% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 53% reported their child always wore a helmet.

#### Seat Belts

- Eighty-nine percent of respondents reported they wore seat belts always or nearly always (83% and 6%, respectively).
- Female respondents were more likely to report wearing seat belts always (91%) compared to male respondents (76%).

- Eighty-nine percent of respondents with a college education reported wearing seat belts always compared to 84% of those with some post high school education or 80% of respondents with a high school education or less.

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	3%	4%	6%	83%
Gender**					
Male	6	5	7	7	76
Female	1	1	2	5	91
Age					
18 to 34	5	4	9	9	72
35 to 44	1	4	4	3	89
45 to 54	1	4	0	4	91
55 to 64	4	2	4	4	87
65 and older	4	2	2	13	78
Education*					
High School or Less	6	5	2	7	80
Some Post High School	2	1	8	4	84
College Graduate	1	1	2	7	89
Household Income					
\$30,000 or Less	7	6	9	6	73
\$30,001 to \$60,000	2	4	3	6	86
\$60,001 or More	4	0	4	5	87
Marital Status					
Married	2	3	2	6	86
Not Married	6	2	8	6	78

\*= p≤0.05; \*\*= p≤0.01

### Children and Seat Belts

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

#### *Of households with children...*

- Ninety-two percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 6% reported nearly always.
- There were no statistically significant differences between household income or marital status and children wearing seat belts.

### Bicycle Helmet Usage

- Forty-nine 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-three percent of respondents who bicycled, in-line roller skated or rode a scooter always (18%) or nearly always (5%) wore a helmet. Sixty-two percent reported never.
- Respondents 35 to 54 years old were more likely to always wear a helmet (24%) compared to those 55 and older (17%) or respondents 18 to 34 years old (11%).
- Twenty-seven percent of respondents with at least some post high school education reported always compared to 8% of respondents with a high school education or less.

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

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	62%	3%	10%	5%	18%
Gender					
Male	61	6	5	7	20
Female	64	1	15	3	16
Age*					
18 to 34	75	6	7	2	11
35 to 44	44	0	20	12	24
45 to 54	60	3	11	3	24
55 and older	67	0	3	7	17
Education*					
High School or Less	71	4	12	5	8
Some Post High School	56	2	12	2	27
College Graduate	53	4	4	7	27
Household Income					
\$30,000 or Less	76	5	7	0	12
\$30,001 to \$60,000	56	1	14	4	21
\$60,001 or More	59	5	7	10	19
Marital Status					
Married	61	4	8	5	22
Not Married	65	3	13	6	12

\*= 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-three percent of respondents reported their child always wore a helmet while 8% reported nearly always. Thirteen percent reported never.
- Sixty-five percent of respondents with a household income of at least \$60,001 reported their child always wore a helmet compared to 47% of respondents with an income of less than \$60,001. Sixteen percent of respondents with a household income of at least \$60,001 reported never compared to 10% of respondents with a household income of less than \$60,001.

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

**KEY FINDING:** Twenty-four percent of respondents were current smokers. Respondents who were 18 to 34 years old, with lower education or unmarried were more likely to be smokers. Forty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 47% reported a health professional advised them to quit smoking. Fifteen percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. Sixty-seven percent of all respondents preferred a smoke-free restaurant. Respondents who were female, 45 to 54 years old, with a college education, a household income of at least \$60,001 or nonsmokers were more likely to prefer a smoke-free restaurant. Sixty-four percent favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, with a household income of at least \$60,001 or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments.

### *Current Smokers*

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

- Twenty-four percent of respondents were current smokers. Six percent smoked between one and 29 days while the remaining 18% smoked every day.
- Thirty-four percent of respondents 18 to 34 years old were smokers compared to 20% of those 45 to 54 years old or 9% of respondents 65 and older.
- Respondents with lower education were more likely to be current smokers. Thirty percent of respondents with a high school education or less reported this compared to 22% of those with some post high school education or 13% of respondents with a college education.

- Unmarried respondents were more likely to be current smokers (29%) compared to married respondents (20%).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	24%
Gender	
Male	27
Female	19
Age*	
18 to 34	34
35 to 44	28
45 to 54	20
55 to 64	27
65 and older	9
Education**	
High School or Less	30
Some Post High School	22
College Graduate	13
Household Income	
\$30,000 or Less	28
\$30,001 to \$60,000	26
\$60,001 or More	16
Marital Status*	
Married	20
Not Married	29

\*= 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-eight percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Married respondents were more likely to quit for at least one day (66%) compared to unmarried respondents (26%).

#### *Doctor, Nurse or Other Health Professional Advisement to Quit Smoking*

##### *Of current smokers...*

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

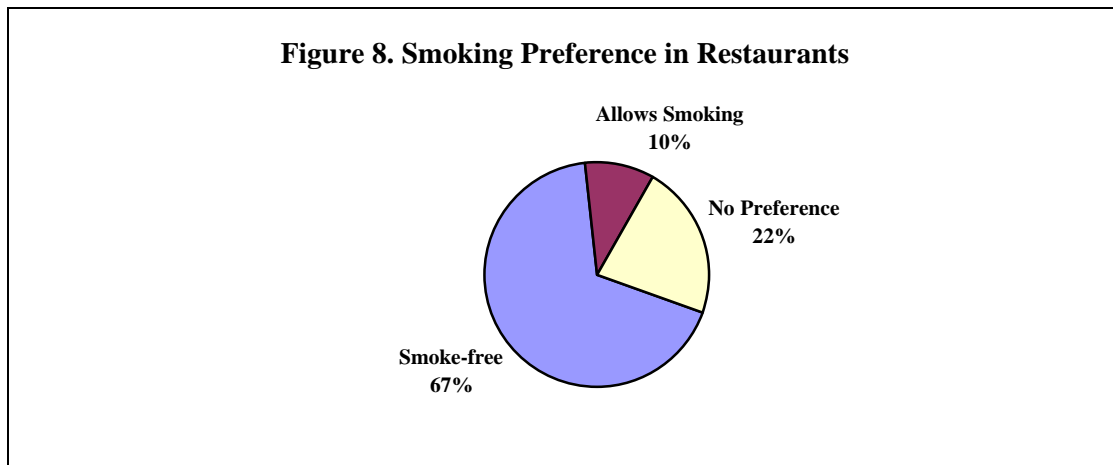
- Sixty percent of respondents with a high school education or less reported a health professional advised them to quit smoking in the past 12 months compared to 29% of respondents with at least some post high school education.

*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. Fifteen 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-seven percent of respondents reported they preferred to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Twenty-two percent reported they did not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants (72%) than male respondents (62%). Twelve percent of male respondents preferred restaurants that allow smoking compared to 8% of female respondents.
- Seventy-seven percent of respondents 45 to 54 years old and 70% of those 65 and older preferred smoke-free restaurants followed by 66% of those 35 to 44 years old, 65% of respondents 18 to 34 years old and 54% of respondents 55 to 64 years old. Twelve percent of respondents 18 to 34 years old and 11% of those 35 to 44 years old preferred restaurants that allow smoking compared to 9% of respondents 45 and older.
- Eighty-one percent of respondents with a college education preferred smoke-free restaurants compared to 65% of those with some post high school education or 62% of respondents with a high school education or less. Thirteen percent of respondents with a high school education or less preferred restaurants that allow smoking compared to 9% of those with a college education or 6% of respondents with some post high school education.

- Seventy-nine percent of respondents with a household income of at least \$60,001 preferred smoke-free restaurants compared to 67% of those with an income of less than \$30,001 or 61% of respondents with a household income of \$30,001 to \$60,000. Thirteen percent of respondents with a household income of \$30,001 to \$60,000 preferred restaurants that allow smoking compared to 7% of those with an income of less than \$30,001 or 6% of respondents with a household income of at least \$60,001.
- Eighty percent of nonsmokers preferred smoke-free restaurants compared to 28% of smokers. Thirty-eight percent of smokers preferred restaurants that allow smoking while 1% of nonsmokers had this preference.

#### *Community Ordinance Prohibiting Smoking in Eating Establishments*

- Sixty-four percent of respondents favored a community ordinance prohibiting smoking in eating establishments (43% strongly favor, 21% moderately favor).
- Female respondents were more likely to favor an ordinance (73%) compared to male respondents (55%).
- Respondents with a household income of at least \$60,001 were more likely to favor an ordinance (77%) compared to those with an income of \$30,001 to \$60,000 (57%) or respondents with a household income of less than \$30,001 (56%).
- Seventy-four percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 30% of smokers. Nonsmokers were much more likely to strongly favor an ordinance (52%) 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	21%	43%
Gender**		
Male	24	31
Female	19	54
Age		
18 to 34	19	39
35 to 44	16	45
45 to 54	21	49
55 to 64	23	38
65 and older	29	42
Education		
High School or Less	20	38
Some Post High School	25	42
College Graduate	19	52
Household Income**		
\$30,000 or Less	21	35
\$30,001 to \$60,000	20	37
\$60,001 or More	21	56
Marital Status		
Married	21	47
Not Married	20	35
Smoking Status**		
Nonsmoker	22	52
Smoker	15	15

\*= p≤0.05; \*\*= p≤0.01

*Snuff or Chewing Tobacco*

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

## Alcohol Use (Table 24)

**KEY FINDING:** Sixty percent of respondents had an alcoholic drink in the past 30 days. In the past month, 29% had three or more drinks on at least one occasion while 15% binged. Respondents who were male or 18 to 34 years old were more likely to have had three or more drinks, more often or 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. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

### *Had a Drink in the Past Month*

- Sixty percent of respondents had a drink in the past 30 days. Twenty-nine percent reported they drank on at least five days, while 15% reported three to four days, and 16% reported drinking on one or two days in the past 30 days.
- Thirteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 21% reported two and 17% reported one drink on average on the days they drank. Thirty-eight percent reported having no drinks in the past month.

### *Three or More Drinks on an Occasion in Past Month*

- Twenty-nine percent of all respondents had three or more drinks on an occasion in the past month. Twelve percent reported this one to two times and 17% reported three or more times.
- Male respondents were more likely to have had three or more drinks and more often. Forty-eight percent of male respondents reported three or more drinks (21% one to two occasions and 27% three or more occasions) compared to 10% of female respondents (3% one to two occasions and 7% three or more occasions).
- Respondents 18 to 34 years old were more likely to have had three or more drinks and more often. Forty-one percent of respondents 18 to 34 years old reported three or more drinks (13% one to two occasions and 28% three or more occasions) compared to 11% of respondents 65 and older (11% one to two occasions and 0% three or more occasions).

### *Binge Drinking in Past Month*

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

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

- Fifteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (25%) than female respondents (5%).
- Respondents 18 to 34 years old were more likely to have binged (31%) compared to those 35 to 44 years old (11%) or respondents 65 and older (2%).

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	12%	17%	15%
Gender			
Male	21**	27**	25**
Female	3**	7**	5**
Age			
18 to 34	13**	28**	31**
35 to 44	13**	21**	11**
45 to 54	9**	13**	13**
55 to 64	19**	15**	15**
65 and Older	11**	0**	2**
Education			
High School or Less	8	21	16
Some Post High School	15	15	13
College Graduate	15	12	14
Household Income			
\$30,000 or Less	6	13	12
\$30,001 to \$60,000	11	16	12
\$60,001 or More	15	21	21
Marital Status			
Married	15	15	13
Not Married	8	19	17

\*= 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*

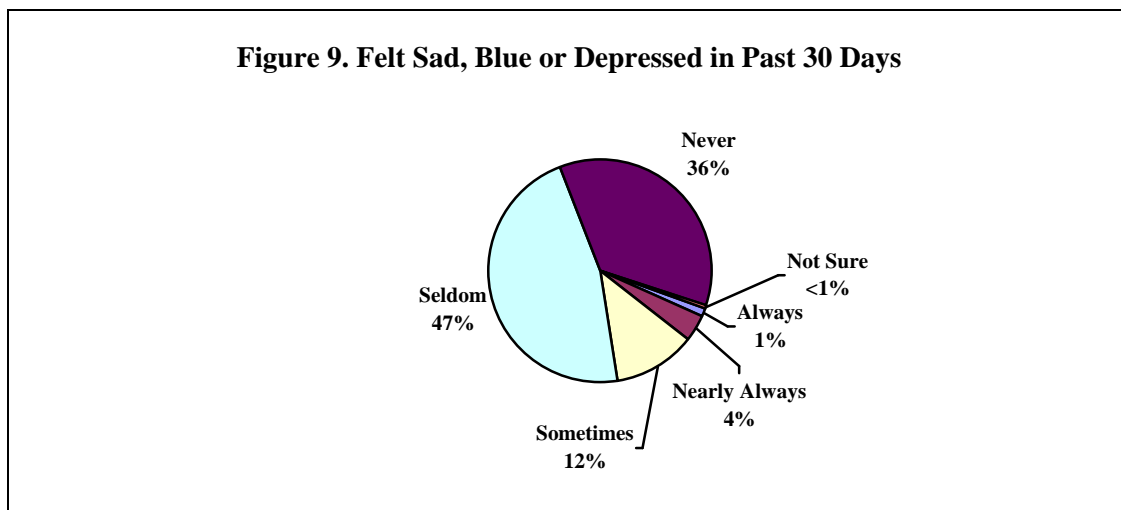
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

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

**KEY FINDING:** Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Twenty-seven percent felt they were excellent at managing stress; 2% reported poor. Eight percent reported they never or seldom find meaning and purpose in their daily life. One 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,” five percent of survey respondents answered always or nearly always. This equates up to 4,000 residents. Twelve percent reported sometimes and the remaining 83% reported seldom (47%) or never (36%).



- Female respondents were more likely to report they always/nearly always felt sad, blue or depressed (6%) compared to male respondents (4%). Male respondents were more likely to report never (46%) than female respondents (27%).
- Respondents with a household income of \$30,001 to \$60,000 were more likely to report they always/nearly always felt sad, blue or depressed (7%) compared to those with an income of less than \$30,001 (3%) or respondents with a household income of at least \$60,001 (1%). Forty-three percent of respondents with a household income of at least \$60,001 reported never compared to 36% of those with an income of \$30,001 to \$60,000 or 24% of respondents with a household income of less than \$30,001.

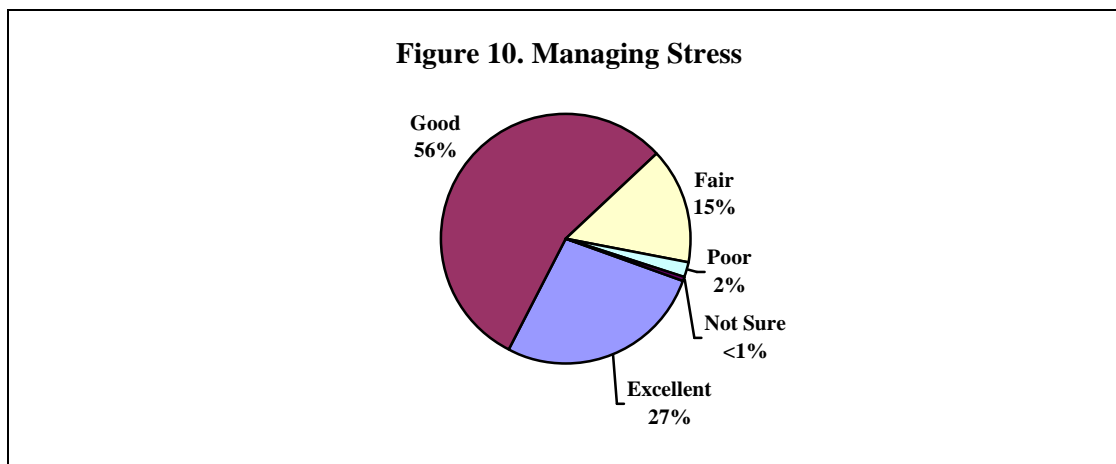
### *Considered Suicide*

All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Winnebago County Health Department 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.

- One 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 2,400 residents who considered suicide in the past year.

### *Managing Stress*

- Twenty-seven percent reported they were excellent at managing stress. Fifty-six percent reported good while 15% reported fair and 2% reported poor.



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

### *Finding Meaning and Purpose in Daily Life*

- Forty-four percent of respondents reported they always find meaning and purpose in their daily life, an additional 37% reported nearly always. Twelve percent reported sometimes while 5% reported seldom and 3% reported never.
- Eleven percent of male respondents reported they seldom or never find meaning and purpose in their daily lives compared to 4% of female respondents.
- Eleven percent of respondents with a high school education or less reported seldom or never compared to 6% of those with a college education or 1% of respondents with some post high school education.
- Unmarried respondents were more likely to report seldom or never (14%) compared to married respondents (4%).

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

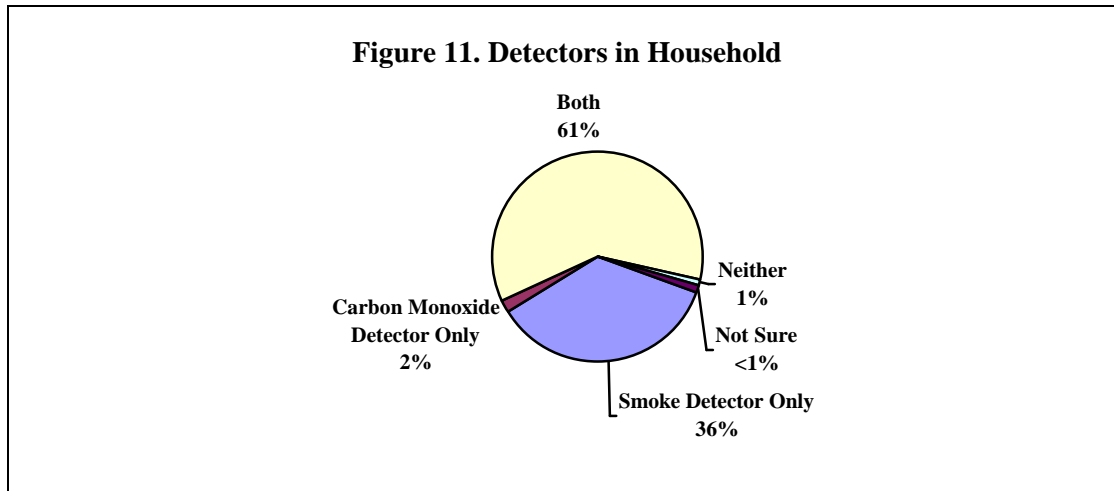
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	8%	12%	37%	44%
Gender*				
Male	11	12	30	48
Female	4	11	43	40
Age				
18 to 34	12	18	26	45
35 to 44	6	11	44	39
45 to 54	4	11	48	38
55 to 64	7	6	36	51
65 and older	2	13	30	52
Education*				
High School or Less	11	13	32	43
Some Post High School	1	14	34	50
College Graduate	6	7	47	40
Household Income				
\$30,000 or Less	13	17	28	42
\$30,001 to \$60,000	6	9	38	45
\$60,001 or More	5	11	41	44
Marital Status**				
Married	4	10	39	48
Not Married	14	15	33	37

\*= p≤0.05; \*\*= p≤0.01

**Detectors in Household (Figure 11; Table 26)**

**KEY FINDING:** Ninety-seven percent of households had a working smoke detector while 63% had a working carbon monoxide detector. Married households were more likely to have both a smoke detector and a carbon monoxide detector.

- Sixty-one percent of respondents reported a working smoke detector and a working carbon monoxide detector in their home. Thirty-six percent reported only a working smoke detector while 2% reported only a carbon monoxide detector. One percent had neither.



- Married households were more likely to have both a smoke detector and a carbon monoxide detector (68%) compared to unmarried households (49%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	36%	2%	61%	1%
<b>Household Income</b>				
\$30,000 or Less	46	4	47	3
\$30,001 to \$60,000	35	1	63	<1
\$60,001 or More	33	0	67	0
<b>Marital Status**</b>				
Married	30	2	68	<1
Not Married	47	2	49	3

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

## **Presence of Firearms in Household**

**KEY FINDING:** Forty-four percent of households had a firearm in or around the home. 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, 44% of households had one or more firearms.
- There were no statistically significant differences between household income level or marital status and having a firearm in or around the house.

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

### *Afraid for Personal Safety*

- When asked “During the past year has anyone made you afraid for your personal safety,” three percent reported yes.
  - An acquaintance or friend was most often mentioned as the perpetrator (four responses each). Fewer than three respondents reported each of the following: stranger, spouse, ex-spouse or someone else.

### *Pushed, Kicked, Slapped or Hit*

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - An acquaintance, ex-spouse, friend, or stranger was reported by one respondent each while someone else was reported by four respondents.

### *Combined Personal Safety Threats*

- A total of 4% of all respondents reported at least one of the two threats.

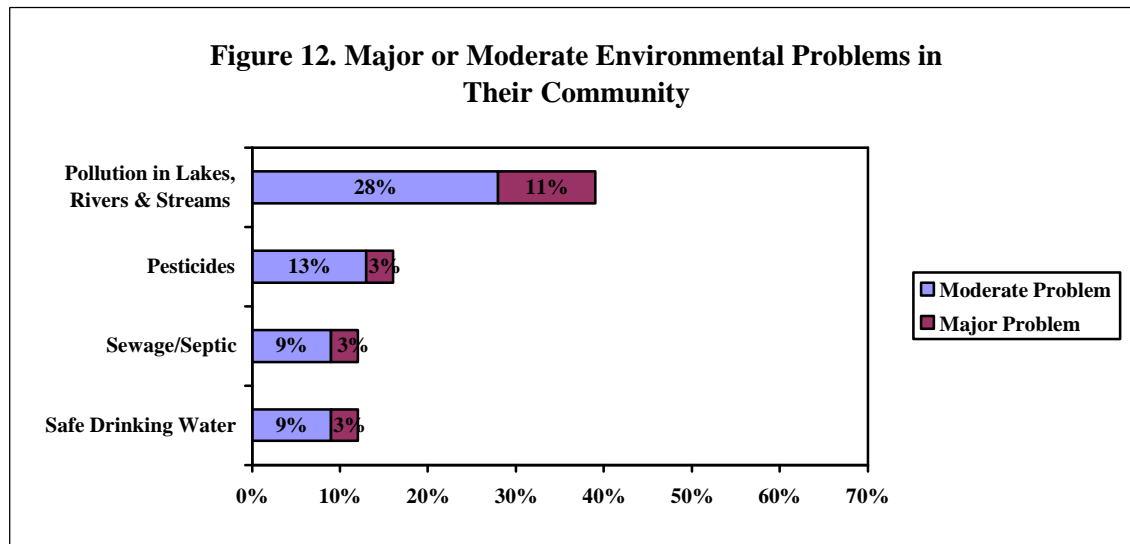
**APPENDIX A: ADDITIONAL QUESTIONS**

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 (39%). Respondents 45 to 54 years old, with a household income of less than \$30,001 or unmarried respondents were more likely to report sewage or septic as a major/moderate problem. Respondents with a college education were more likely to report pesticides or safe drinking water as a major/moderate problem.

- Out of four environmental problems that communities may face, 39% 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 12% reporting sewage/septic or safe drinking water.



- Respondents 45 to 54 years old were more likely to report sewage or septic as a major/moderate problem in their community (20%) compared to those 65 and older (7%) or respondents 55 to 64 years old (4%).
- Respondents with a college education were more likely to report pesticides or safe drinking water as a major/moderate problem.
- Twenty-one percent of respondents with a household income of less than \$30,001 reported sewage or septic as a major/moderate problem in their community compared to 12% of those with an income of at least \$60,001 or 9% of respondents with a household income of \$30,001 to \$60,000.
- Unmarried respondents were more likely to report sewage or septic as a major/moderate problem (16%) than married respondents (9%).

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

	Lake, River & Stream Pollution	Pesticides	Sewage or Septic	Safe Drinking Water
TOTAL	39%	16%	12%	12%
Gender				
Male	37	18	14	11
Female	41	13	9	12
Age				
18 to 34	39	20	11*	14
35 to 44	39	18	10*	10
45 to 54	43	17	20*	16
55 to 64	36	11	4*	4
65 and older	33	9	7*	11
Education				
High School or Less	36	10**	13	9**
Some Post High School	36	19**	10	7**
College Graduate	47	24**	13	21**
Household Income				
\$30,000 or Less	44	14	21*	16
\$30,001 to \$60,000	36	16	9*	10
\$60,001 or More	39	16	12*	11
Marital Status				
Married	38	15	9*	10
Not Married	41	17	16*	14

\*= p≤0.05; \*\*= p≤0.01

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

KEY FINDING: Six percent of respondents were not aware of the public health department prior to the interview; 29% received services from the health department.

- Six percent of respondents were not aware of the public health department prior to the interview. Sixty-five percent were aware of the department but had no experience with it. Twenty-five percent received limited services from the health department and 4% received more extensive services.
- There were no statistically significant differences between demographic variables and awareness of and experience with the public health department.

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	6%	65%	25%	4%
Gender				
Male	8	64	24	4
Female	3	66	26	4
Age				
18 to 34	3	75	20	3
35 to 44	9	62	24	5
45 to 54	2	65	31	1
55 to 64	7	66	20	6
65 and older	5	63	30	2
Education				
High School or Less	6	66	21	5
Some Post High School	3	62	33	2
College Graduate	6	68	24	2
Household Income				
\$30,000 or Less	9	54	34	3
\$30,001 to \$60,000	6	65	25	4
\$60,001 or More	2	71	21	6
Marital Status				
Married	6	64	26	3
Not Married	4	66	24	6

\*= p≤0.05; \*\*= p≤0.01

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

WINNEBAGO COUNTY HEALTH DEPARTMENT  
 COMMUNITY HEALTH SURVEY  
 Conducted: February 24 through June 28, 2003  
 (Due to rounding, some questions may total more/less than 100%)

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

Poor .....	2%
Fair .....	12
Good .....	29
Very good .....	34
Excellent .....	24
Not sure .....	0

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

No health care coverage.....	4%
Medical Assistance or Title 19.....	4
Badger Care .....	1
Medicare .....	13
A prepaid plan such as a HMO, PPO .....	58
Another commercial health plan .....	16
Something else .....	2
Not sure .....	2

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

Not all members covered.....	8%
All members covered.....	92
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.....	13%
All members covered.....	87
Not sure .....	0

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

Medical doctor, internist, OBGYN, family practice .....	69%
Walk-in or urgent care clinic .....	18
Hospital emergency room.....	6
Community health center .....	4
Other .....	2
Not sure .....	2

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

Yes..... 34%  
 No..... 64  
 Not sure ..... 2

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

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	64%	22%	3%	10%	<1%	<1%
8. Cholesterol testing .....	51	19	4	7	18	1
9. Visit to a dentist/dental clinic..	81	12	3	3	<1	0
10. Eye exam.....	51	28	9	8	3	<1

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

Yes..... 37%  
 No..... 62  
 Not sure ..... <1

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

Yes..... 18%  
 No..... 80  
 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?.....	20%	80%	<1%
14. Your blood cholesterol is high? .....	20	79	1
15. You had a stroke?.....	1	99	0
16. You have heart disease or a heart condition?...	6	94	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	96	0
18. ....if yes, have you had your blood sugar tested in the past year? [13 respondents]	95	5	0
19. You had a mental health problem?.....	2	99	0
20. You had cancer, other than skin cancer .....	3	97	<1
21. You had a sexually transmitted disease.....	<1	100	0

	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	9%	91%	0%
23. Do you still have asthma? [All Respondents] ...	8	92	<1
24. ....(if yes), do you have an asthma action plan? [26 respondents] .....	60	40	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 ..... 31  
Three or more servings ..... 37  
Not sure ..... 1

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

One or fewer servings..... 40%  
Two servings ..... 31  
Three or more servings ..... 29  
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 ..... 33%  
A few times per week..... 40  
Daily or nearly so ..... 10  
Hardly ever or never ..... 17  
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..... 76%  
No..... 24  
Not sure ..... <1

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..... 21  
Not sure ..... <1

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

One .....	4%
Two.....	14
Three.....	16
Four .....	11
Five.....	12
Six .....	2
Seven .....	19
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 .....	16%
30 to 44 minutes .....	25
45 to 59 minutes .....	6
60 or more minutes .....	32
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? [180 Respondents]

Within the past year (anytime less than 12 months ago) .....	49%	üGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	18	üGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	3	üGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) .....	3	üCONTINUE WITH Q33
5 or more years ago .....	3	üCONTINUE WITH Q33
Never .....	25	üCONTINUE WITH Q33
Not sure .....	<1	üCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [12 Respondents 40 years old or older]

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

[39 Respondents 18 to 39 years old]

Too young..... 31 responses  
 Don't need ..... 3 responses  
 Not recommended by provider..... 2 responses  
 Don't like ..... 1 response  
 Not sure ..... 2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [180 Respondents]

Within the past year (anytime less than 12 months ago) ..... 65%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 17  
 Within the past 3 years (2 years, but less than 3 years ago) ..... 4  
 Within the past 5 years (3 years, but less than 5 years ago)..... 3  
 5 or more years ago ..... 5  
 Never ..... 5  
 Not sure..... 2

**Q35 MALES ONLY**

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [171 Respondents]

Within the past year (anytime less than 12 months ago) ..... 32%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 18  
 Within the past 5 years (2 years, but less than 5 years ago)..... 4  
 5 or more years ago ..... 10  
 Never ..... 37  
 Not sure..... 0

**ALL RESPONDENTS**

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

- Within the past year (anytime less than 12 months ago) .....23%
- 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)..... 7
- 5 or more years ago ..... 4
- Never .....48
- Not sure..... 5

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

- Within the past year (anytime less than 12 months ago) ..... 14%
- Within the past 2 years (1 year, but less than 2 years ago) ..... 11
- Within the past 5 years (2 years, but less than 5 years ago)..... 6
- Within the past 10 years (5 years but less than 10 years ago)... 3
- 10 years ago or more..... 2
- Never .....63
- Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	45%	55%	0%
39. Wear sun-protective clothing when exposed to sunlight?.....	57	42	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	69	31	0
41. Avoid artificial sources of ultraviolet light?.....	70	29	1

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

Do not ride/skate/scoot..... 51%

Frequency of those who bicycle, use in-line roller skates or scooters [171 Respondents]

- Never ..... 62%
- Seldom..... 3
- Sometimes..... 10
- Nearly always..... 5
- Always ..... 18
- Not sure ..... 1

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

Never .....	4%
Seldom.....	3
Sometimes.....	4
Nearly always.....	6
Always .....	83
Not sure .....	0

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

One .....	11%
Two.....	18
Three or more.....	10
None .....	62

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? [134 Respondents]

Do not ride/skate/scoot.....8%

Frequency of those who bicycle, use in-line roller skates or scooters [123 Respondents]

Never .....	13%
Seldom.....	7
Sometimes.....	17
Nearly always.....	8
Always .....	53
It depends.....	2
Not sure .....	0

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [134 Respondents]

Never .....	2%
Seldom.....	0
Sometimes.....	0
Nearly always.....	6
Always .....	92
Not sure .....	<1

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 .....	36%
Seldom.....	47
Sometimes.....	12
Nearly always.....	4
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 .....	2%
Fair .....	15
Good .....	56
Excellent .....	27
Not sure .....	<1

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

Never .....	3%
Seldom.....	5
Sometimes.....	12
Nearly always.....	37
Always .....	44
Not sure .....	<1

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

Yes.....	1%
No.....	99
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 .....	38%
One to two days.....	16
Three to four days .....	15
Five or more days .....	29
Not sure .....	1

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

None .....	38%
One drink .....	17
Two drinks .....	21
Three drinks .....	10
Four or more drinks .....	13
Not sure .....	1

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

None .....	70%
One to two times .....	12
Three or more times .....	17
Not sure .....	1

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

None .....	85%
Once .....	6
Two or more times .....	9
Not sure .....	<1

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

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

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

Yes.....	4%
No.....	96
Not sure .....	<1

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

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

0 days.....	77%
1 to 29 days .....	6
30 days.....	18
Not sure .....	<1

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? [85 Respondents]

0 days..... 52%  
At least 1 day ..... 48  
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? [85 Respondents]

Yes..... 47%  
No..... 53  
Not sure ..... 0

60. Do you currently use snuff or chewing tobacco?

Yes..... 2%  
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..... 15%  
No..... 43  
No smokers in the household..... 43  
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 ..... 67%  
Restaurants that allow smoking ..... 10  
No preference..... 22  
Not sure ..... <1

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

Strongly oppose..... 16%  
Moderately oppose ..... 13  
Moderately favor ..... 21  
Strongly favor ..... 43  
Not sure ..... 8

Another issue being discussed these days deals with firearms.

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

Yes..... 44%  
 No..... 56  
 Not sure ..... 0

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

Yes..... 2%  
 No..... 41  
 Not sure ..... <1  
 No firearms in the household/no answer ..... 57

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

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

The next questions deal with alternative therapy treatments.

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

	Yes	No	Not sure
67. Going to a chiropractor? .....	25%	75%	0%
68. Having acupuncture? .....	<1	99	0
69. Massage therapy? .....	14	86	0
70. Aroma therapy? .....	3	97	0
71. Movement therapy, such as yoga or tai' chi? .....	4	96	0
72. Meditation? .....	9	91	0

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

73. Gender [DERIVED, NOT ASKED]

Male..... 49%  
 Female ..... 51

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

18 to 34 years old .....	22%
35 to 44 years old .....	24
45 to 54 years old .....	24
55 to 64 years old .....	16
65 and older .....	13

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

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	41%
Overweight.....	39
Obese.....	20

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.....	0
Not sure .....	<1

78. Are you of Spanish or Hispanic origin?

Yes.....	<1%
No.....	100
Not sure .....	<1

79. What is your current marital status?

Single, never married.....	24%
A member of an unmarried couple.....	<1
Married .....	63
Separated .....	<1
Divorced .....	8
Widowed.....	5
Not sure .....	<1

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

8 <sup>th</sup> grade or less .....	1%
Some high school .....	9
High school graduate or GED .....	38
Some college.....	19
Technical school graduate .....	8
College graduate.....	19
Advanced or professional degree .....	6
Not sure .....	<1

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

Winnebago.....	100%
----------------	------

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

Menasha town .....	30%
Neenah town .....	17
Clayton town.....	8
Winneconne town.....	8
Winneconne village.....	7
Omro city.....	6
Winchester town.....	4
All others (3% or less).....	20

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

54956.....	29%
54952.....	21
54963.....	10
54986.....	10
54947.....	5
All others (3% or less).....	11
No answer .....	14

84. What is your annual household income before taxes?

Less than \$10,000.....	2%
\$10,000 to \$20,000.....	7
\$20,001 to \$30,000.....	11
\$30,001 to \$40,000.....	18
\$40,001 to \$50,000.....	17
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	10
\$75,001 to \$90,000.....	8
Over \$90,000.....	11
Not sure .....	<1
No answer .....	2

The next series of questions deal with personal safety issues.

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

Yes.....	3%	üCONTINUE WITH Q86
No.....	97	üGO TO Q87
Not sure .....	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [11 Respondents; More than 1 response accepted]

Acquaintance .....	4 responses
Friend.....	4 responses
Stranger .....	2 responses
Spouse.....	1 response
Ex-spouse.....	1 response
Someone else .....	1 response

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

Yes.....	2%	üCONTINUE WITH Q88
No.....	98	üGO TO Q89
Not sure .....	0	üGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [8 Respondents; More than 1 response accepted]

Acquaintance .....	1 response
Ex-spouse.....	1 response
Friend.....	1 response
Stranger.....	1 response
Someone else .....	4 responses

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

Smoke detectors .....	36%
Carbon monoxide detectors .....	2
Both .....	61
Neither .....	1
Not sure .....	<1

ADDITIONAL QUESTIONS FOR WINNEBAGO COUNTY HEALTH DEPARTMENT

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

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

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams.....	35%	23%	28%	11%	3%
A2. Sewage or septic.....	59	24	9	3	5
A3. Safe drinking water.....	66	19	9	3	3
A4. Pesticides .....	59	19	13	3	6

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 ..... 6%
- Aware of the health department, but have had no experience with programs or services ..... 65
- Aware of the health department and have received limited service like a flu shot or other immunization ..... 25
- Aware of the health department and have received more extensive services ..... 4
- Not sure.....<1