Overview

• Objectives
  • Gather data on behavioral and lifestyle habits of the adult population and household-level data.
  • Gather data on the prevalence of risk factors and disease conditions of the adult population.
  • Compare health data of residents to previous health studies.
  • Compare health data to national and state measurements.
Methodology

- 18 minute telephone survey of area residents
- 400 completions from February 21, 2012 through April 9, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=300)
    - Respondents randomly selected based on number of adults in household
    - Weighting based on number of adults and number of residential phone numbers in HH
  - 2) Cell phone only sample (n=100)
    - Adult answering the phone designated as the respondent
- All data post-stratified by age and gender of adult residents as of 2010 Census proportions.
- Margin of error: ±5%
Demographics
## Respondent Demographics

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>22%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>13%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>43%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>22%</td>
</tr>
</tbody>
</table>
### Respondent Demographics (cont.)

<table>
<thead>
<tr>
<th>Age</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 34</td>
<td>23%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>22%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>18%</td>
</tr>
<tr>
<td>65 and older</td>
<td>21%</td>
</tr>
<tr>
<td>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>28%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>30%</td>
</tr>
<tr>
<td>College graduate</td>
<td>42%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>63%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2010
  - WI: 11%
  - US: 15%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2010
  - WI: 13%
  - US: 18%

![Graph showing health care coverage trends from 2003 to 2012.](image-url)
Health Care Needed in Past 12 Months

- **Prescription Medications not Taken Due to Cost**
  - 2009: 7%
  - 2012: 8%

- **Unmet Dental Care**
  - 2009: 7%
  - 2012: 11%

- **Unmet Medical Care**

- **Unmet Mental Health Care**
  - 2009: 1%
  - 2012: 1%
Health Information Source (2012)

- Doctor: 43%
- Internet: 28%
- Myself/Family Member in Health Field: 6%
- Family/Friends: 4%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 2005: 84%
- 2009: 78%
- 2012: 79%
Advance Care Plan\(^1\)

\(^1\)“living will or health care power of attorney” added in 2005
General Health
Rate Own Health

2010
- Excellent or Very Good
  - WI: 57%
  - US: 55%
- Fair or Poor
  - WI: 14%
  - US: 15%
Routine Procedures

- **Routine checkup 2000**
  - WI: 79%
  - US: 84%

- **Cholesterol test 2010**
  - WI: 77%
  - US: 77%
  - HP2020 Goal: 82%

- **Dental checkup 2010**
  - WI: 75%
  - US: 70%
  - HP2020 Goal: 49%
Vaccinations

- **Pneumonia vaccination (65+) 2010**
  - WI: 73%
  - US: 69%
  - HP2020 Goal: 90%

- **Flu vaccination (65+) 2010**
  - WI: 68%
  - US: 68%
  - HP2020 Goal: 90%

*In 2005, “nasal spray” was added.*

**For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.*
Health Conditions Past 3 Years

- High Blood Pressure:
  - 2003: 25%
  - 2005: 30%
  - 2009: 28%
  - 2012: 34%

- High Blood Cholesterol:
  - 2003: 21%
  - 2005: 24%
  - 2009: 23%
  - 2012: 24%

- Mental Health Condition:
  - 2003: 8%
  - 2005: 7%
  - 2009: 10%
  - 2012: 9%

- Diabetes:
  - 2003: 8%
  - 2005: 7%
  - 2009: 10%
  - 2012: 9%
Health Conditions Past 3 Years

- Heart Disease/Condition
- Asthma (Current)
- Cancer
- Stroke


- Heart Disease/Condition:
  - 2003: 4%
  - 2005: 9%
  - 2009: 7%
  - 2012: 7%

- Asthma (Current):
  - 2003: 10%
  - 2005: 9%
  - 2009: 7%
  - 2012: 7%

- Cancer:
  - 2003: 1%
  - 2005: 2%
  - 2009: 3%
  - 2012: <1%

- Stroke:
  - 2003: 1%
  - 2005: 2%
  - 2009: 3%
  - 2012: 1%
<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure (136)</td>
<td>95%</td>
</tr>
<tr>
<td>High Blood Cholesterol (97)</td>
<td>90%</td>
</tr>
<tr>
<td>Mental Health Condition (40)</td>
<td>95%</td>
</tr>
<tr>
<td>Diabetes (35)</td>
<td>97%</td>
</tr>
<tr>
<td>Heart Disease/Condition (29)</td>
<td>97%</td>
</tr>
<tr>
<td>Asthma (26)</td>
<td>96%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight 2010
  - WI: 64%
  - US: 64%

HP2020 Goal:
- 34% healthy weight;
- 66% unhealthy weight
Physical Activity

- Recommended Moderate or Vigorous Activity 2009
  - WI: 53%
  - US: 51%

- Moderate Activity 2005
  - WI: 42%
  - US: 33%

- Vigorous Activity 2009
  - WI: 31%
  - US: 29%

\[1^{\text{Moderate activity: 5 times a week for 30 or more minutes/time}}\]

\[1^{\text{Vigorous activity: 3 times a week for 20 or more minutes/time}}\]
Nutrition on an Average Day

- **Fruit Intake (Two or more servings)**
  - 2003: 70%
  - 2005: 72%
  - 2009: 66%
  - 2012: 67%

- **Vegetable Intake (Three or more servings)**
  - 2003: 29%
  - 2005: 26%
  - 2009: 33%
  - 2012: 24%
Women’s Health

- Pap Smear (18+) 2010
  - WI: 85%
  - US: 81%
  - HP2020 Goal (21-65 years old): 93%

- Mammogram (40+) 2010
  - WI: 79%
  - US: 76%
Prostate Cancer Screening [PSA or DRE] Within Past 2 Years (40 and Older)

*In 2005 and 2009, DRE and PSA tests were two separate questions. In 2012, they were combined into one prostate cancer screening question.
Colorectal Cancer (50 and Older)

- Screening in Recommended Time Frame:
  - HP2020 Goal: 71%

*Not asked in 2009*
Safety
Personal Safety Issues
(Past Year)

- Someone made you afraid for your personal safety
- Someone pushed, kicked, slapped or hit you
- At least 1 of the 2 issues
Tobacco Use
Tobacco Use (Past 30 Days)

- Current Smokers 2010
  - WI: 19%
  - US: 17%
  - HP2020 Goal: 12%
Smoking Cessation in Past 12 Months (Current Smokers)

- Tried to Quit 2005
  - WI: 49%
  - US: 56%
  - HP2020 Goal: 80%
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
  • WI: 75%

Nonsmokers Exposed to Second-Hand Smoke
  • HP2020 Goal: 34%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2010 [Male 5+; Female 4+]
  - WI: 22%
  - US: 15%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2003 and 2012, “4 or more drinks” for females and “5 or more” for males was used; in all other years, “5 or more drinks” was used for both males and females.*
Household Problems
Household Problems In Past Year

- Drinking Alcohol
- Marijuana
- Cocaine, Heroin or Other Street Drugs
- Misuse of Prescription Drugs or Over-the-Counter Drugs
- Gambling

Graph showing percentages over the years 2005 to 2012.
Felt sad, blue or depressed always/nearly always (past 30 days)

Considered suicide (past year)

Find meaning & purpose in daily life seldom/never
Children In Household
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has a Personal Health Doctor or Nurse Who Knows Child Well &amp; Familiar with Health History</td>
<td>88%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>90%</td>
</tr>
<tr>
<td>Service</td>
<td>Percent</td>
</tr>
<tr>
<td>------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Dental Care</td>
<td>5%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>2%</td>
</tr>
<tr>
<td>Specialist</td>
<td>0%</td>
</tr>
<tr>
<td>Category</td>
<td>Percent</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>64%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>19%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/Week for at Least 60 Minutes Each)</td>
<td>67%</td>
</tr>
</tbody>
</table>
Child Has Asthma (2012)

- No: 92%
- Yes: 7%
- Not Sure: <1%
Child 8 to 17 Years Old Unhappy, Sad or Depressed in Past Six Months (2012)
Child is Safe in Community/Neighborhood (2012)

- Nearly Always: 50%
- Always: 42%
- Sometimes: 6%
- Seldom: 0%
- Never: 2%
Child 8 to 17 Years Old Experienced Bullying Past 12 Months (2012)

<table>
<thead>
<tr>
<th>Type</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>24%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>23%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>2%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>1%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Alcohol or Drug Use: 64%
- Chronic Diseases: 55%
- Violence: 51%
- Teen Pregnancy: 37%
- Mental Health or Depression: 20%
- Infectious Diseases: 17%
- Infant Mortality: 14%
- Lead Poisoning: 4%
Select Key Findings of Need

- 9% currently not covered by some form of health care coverage vs. 0% HP2020
- 74% pneumonia vaccination (Ever, 65+) vs. 90% HP2020
- 70% flu shot (past year, 65+) vs. 90% HP2020
- 32% tried to quit smoking past year vs. 80% HP2020
- 30% binge drinking past month (4+ females; 5+ males) vs. 24% HP2020
Report Available at...

- www.aurora.org/commhealth
- www.chw.org
- www.mywheaton.org
Next Steps