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
- 678 completions from June 20 through November 6, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=618)
    - 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=60)
    - 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: ±4%
## 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>46%</td>
</tr>
<tr>
<td>Female</td>
<td>54%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>23%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>11%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>47%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>19%</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>24%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>20%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>19%</td>
</tr>
<tr>
<td>65 and older</td>
<td>21%</td>
</tr>
</tbody>
</table>
### Respondent Demographics (cont.)

<table>
<thead>
<tr>
<th>Education</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school or less</td>
<td>11%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>19%</td>
</tr>
<tr>
<td>College graduate</td>
<td>70%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>56%</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)
<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Medication Not Taken Due to Cost (Household Member)</td>
<td>9%</td>
</tr>
<tr>
<td>Unmet Health Care</td>
<td></td>
</tr>
<tr>
<td>Medical Care</td>
<td>7%</td>
</tr>
<tr>
<td>Dental Care</td>
<td>7%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>3%</td>
</tr>
</tbody>
</table>
Health Information Source (2012)

- Doctor: 41%
- Internet: 33%
- Myself/Family Member in Health Care Field: 7%
- Family/Friends: 5%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 2006: 91%
- 2009: 87%
- 2012: 82%
Advance Care Plan

1In 2006, “living will or health care power of attorney” was added.
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 2006, “nasal spray” was added.*
Health Conditions Past 3 Years

- **High Blood Pressure**
  - 2003: 20%
  - 2006: 25%
  - 2009: 23%
  - 2012: 28%

- **High Blood Cholesterol**
  - 2003: 20%
  - 2006: 21%
  - 2009: 21%
  - 2012: 22%

- **Mental Health Condition**
  - 2003: 6%
  - 2006: 7%
  - 2009: 9%
  - 2012: 14%

- **Asthma (Current)**
  - 2003: 6%
  - 2006: 7%
  - 2009: 9%
  - 2012: 11%
Health Conditions Past 3 Years

![Graph showing health conditions over the past 3 years with data points for Heart Disease/Condition, Diabetes, Cancer, and Stroke.]
### Condition Controlled Through Medication, Exercise or Lifestyle Changes (2012)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure (189)</td>
<td>97%</td>
</tr>
<tr>
<td>High Blood Cholesterol (146)</td>
<td>88%</td>
</tr>
<tr>
<td>Mental Health Condition (93)</td>
<td>83%</td>
</tr>
<tr>
<td>Asthma (75)</td>
<td>97%</td>
</tr>
<tr>
<td>Heart Disease/Condition (62)</td>
<td>77%</td>
</tr>
<tr>
<td>Diabetes (51)</td>
<td>92%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight 2010
  - WI: 64%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight (overweight or obese)
Physical Activity\textsuperscript{1}

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

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

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

\textsuperscript{1}Moderate activity: 5 times a week for 30 or more minutes/time

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

- **Fruit Intake (Two or more servings)**
  - 2003: 76%
  - 2006: 75%
  - 2009: 72%
  - 2012: 70%

- **Vegetable Intake (Three or more servings)**
  - 2003: 36%
  - 2006: 34%
  - 2009: 30%
  - 2012: 37%
Women’s Health

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

- Mammogram (50+) 2010
  - WI: 80%
  - US: 78%
Prostate Cancer Screening [PSA or DRE] Within Past 2 Years (40 and Older)

*In 2006 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>11%</td>
</tr>
<tr>
<td>2006</td>
<td>5%</td>
</tr>
<tr>
<td>2009</td>
<td>6%</td>
</tr>
<tr>
<td>2012</td>
<td>8%</td>
</tr>
</tbody>
</table>
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 on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” 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

Year: 2006: 3%
Year: 2009: 1%
Year: 2012: <1%
Mental Health Status
Mental Health Status

- 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
## Child’s Personal Doctor (2012)

<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>94%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>91%</td>
</tr>
<tr>
<td>Service</td>
<td>Percent</td>
</tr>
<tr>
<td>------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Medical Care</td>
<td>1%</td>
</tr>
<tr>
<td>Dental Care</td>
<td>1%</td>
</tr>
<tr>
<td>Specialist</td>
<td>&lt;1%</td>
</tr>
<tr>
<td></td>
<td>Percent</td>
</tr>
<tr>
<td>--------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>93%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>45%</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: 88%
- Yes: 12%
- Not Sure: <1%
Child 8 to 17 Years Old
Unhappy, Sad or Depressed in Past Six Months (2012)

- Seldom: 40%
- Sometimes: 26%
- Nearly Always: 1%
- Not Sure: <1%
- Always: 0%
- Never: 33%
Child is Safe in Community/Neighborhood (2012)

Pie chart showing:
- Nearly Always: 43%
- Always: 57%
- Sometimes: 0%
- Seldom: 0%
- Never: 0%
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>21%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>18%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>5%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>3%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Chronic Diseases: 66%
- Alcohol or Drug Use: 60%
- Violence: 50%
- Teen Pregnancy: 30%
- Infant Mortality: 27%
- Infectious Diseases: 23%
- Mental Health or Depression: 23%
- Lead Poisoning: <1%
Select Key Findings of Need

- 72% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 71% flu vaccination (past year, 65+) vs. 90% HP2020
- 28% high blood pressure (past 3 years)
- 33% current smokers tried to quit smoking past year vs. 80% HP2020
- 21% had child bullied in past 12 months (8 – 17 years old)
• www.aurora.org/commhealth
• www.chw.org
• www.columbia-stmarys.org/Serving_Our_Community
• www.Froedtert.com/AboutUs
• www.mywheaton.org
• www.nshealthdept.org
Next Steps