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 June 21, 2012 through October 16, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=357)
    - 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=43)
    - 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>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>27%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>39%</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>30%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>19%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>21%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>15%</td>
</tr>
<tr>
<td>65 and older</td>
<td>14%</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>26%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>38%</td>
</tr>
<tr>
<td>College graduate</td>
<td>37%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>57%</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%
Health Care Needed in Past 12 Months

*Not asked in 2009*
Health Information Source (2012)

- Doctor: 37%
- Internet: 37%
- Myself/Family Member in Health Care Field: 8%
- Other Health Professional: 4%
- Family/Friends: 4%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 2006: 85%
- 2009: 83%
- 2012: 84%
Advance Care Plan\(^1\)

\(^1\)In 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 (2012)

- High Blood Pressure: 29%
- High Blood Cholesterol: 24%
- Mental Health Condition: 16%
- Asthma (Current): 12%
- Heart Disease/Condition: 10%
- Diabetes: 8%
- Cancer: 4%
- Stroke: 1%
Health Conditions Past 3 Years

- High Blood Pressure
- High Blood Cholesterol
- Mental Health Condition
- Asthma (Current)
Health Conditions Past 3 Years

[Graph showing health conditions over 3 years with percentages for Heart Disease/Condition, Diabetes, Cancer, and Stroke.

- Heart Disease/Condition: 7%, 11%, 8%, 10%
- Diabetes: 8%, 10%, 8%, 10%
- Cancer: 2%, 4%, 2%
- Stroke: 1%, 1%, 1%]
## Condition Controlled Through Medication, Exercise or Lifestyle Changes (2012)

<table>
<thead>
<tr>
<th>Condition</th>
<th>n=</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>116</td>
<td>90%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>97</td>
<td>81%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>61</td>
<td>97%</td>
</tr>
<tr>
<td>Asthma</td>
<td>48</td>
<td>94%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>38</td>
<td>97%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>33</td>
<td>97%</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%

1Moderate activity: 5 times a week for 30 or more minutes/time
Vigorous activity: 3 times a week for 20 or more minutes/time
Nutrition on an Average Day

- **Fruit Intake (Two or more servings)**
  - 2003: 65%
  - 2006: 68%
  - 2009: 61%
  - 2012: 63%

- **Vegetable Intake (Three or more servings)**
  - 2003: 27%
  - 2006: 25%
  - 2009: 23%
  - 2012: 30%
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


- 2003: 8%
- 2006: 5%
- 2009: 9%
- 2012: 8%
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%

![Graph showing smoking cessation rates over years](image)
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+]

![Graph showing Binge Drinking and Driver/Passenger trends from 2003 to 2012]

*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
- Misuse of Prescription Drugs or Over-the-Counter Drugs
- Gambling
- Cocaine, Heroin or Other Street Drugs


2006: Drinking Alcohol = 4%, Misuse of Prescription Drugs = 2%, Gambling = 2%, Cocaine, Heroin or Other Street Drugs = <1%
2009: Drinking Alcohol = 2%, Misuse of Prescription Drugs = 1%, Gambling = 2%, Cocaine, Heroin or Other Street Drugs = <1%
2012: Drinking Alcohol = 4%, Misuse of Prescription Drugs = 3%, Gambling = 2%, Cocaine, Heroin or Other Street Drugs = 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

Graph showing trends from 2003 to 2012.
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>91%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>95%</td>
</tr>
</tbody>
</table>
## Child Did Not Receive Care Needed in Past 12 Months (2012)

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Care</td>
<td>4%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>3%</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>68%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>25%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/Week for at Least 60 Minutes Each)</td>
<td>71%</td>
</tr>
</tbody>
</table>
Child 8 to 17 Years Old
Unhappy, Sad or Depressed in Past Six Months (2012)

- Never 41%
- Seldom 41%
- Sometimes 16%
- Nearly Always 1%
- Always 0%
Child is Safe in Community/Neighborhood (2012)

- Always: 76%
- Nearly Always: 19%
- Sometimes: 5%
- Seldom: 0%
- Never: 0%
Child 8 to 17 Years Old Experienced Bullying Past 12 Months (2012)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>19%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>16%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>2%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>1%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Chronic Diseases: 64%
- Alcohol or Drug Use: 61%
- Violence: 49%
- Teen Pregnancy: 29%
- Infant Mortality: 27%
- Infectious Diseases: 25%
- Mental Health or Depression: 21%
- Lead Poisoning: <1%
Select Key Findings of Need

- 9% personally not covered currently (18+) vs. 0% HP2020
- 10% personally not covered currently (18 – 64 years old)
- 15% prescription medications not taken due to cost (past 12 months, household member)
- 59% flu vaccination (past year, 65+) vs. 90% HP2020
- 29% high blood pressure (past 3 years)
- 24% high blood cholesterol (past 3 years)
- 82% pap smear (past 3 years, 18 – 65 years old) vs. 93% HP2020
- 60% current smokers tried to quit smoking past year vs. 80% HP2020
- 38% binge drinkers (past month, Fem 4+; Male 5+) vs. 24% (5+) HP2020
- 19% children bullied past 12 months (8 – 17 years old)
Report Available at...

- www.aurora.org/commhealth
- www.chw.org
- www.columbia-stmarys.org/Serving_Our_Community
- www.Froedtert.com/AboutUs
- www.mywheaton.org
- www.oakcreekwi.org/health
Next Steps