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 20, 2012 through October 15, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=373)
    - 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=27)
    - 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
<table>
<thead>
<tr>
<th>Demographic</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>42%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>28%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>14%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td>18 to 34</td>
<td>28%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>16%</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>20%</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>41%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>34%</td>
</tr>
<tr>
<td>College graduate</td>
<td>25%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>49%</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 (2012)

<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>7%</td>
</tr>
<tr>
<td>Unmet Health Care</td>
<td></td>
</tr>
<tr>
<td>Dental Care</td>
<td>20%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>12%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
Health Information Source (2012)

- Doctor: 43%
- Internet: 29%
- Family/Friends: 5%
- Other Health Professional: 4%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 2006: 86%
- 2009: 82%
- 2012: 78%
Advance Care Plan¹

¹In 2006, “living will or health care power of attorney” was added.
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: 32%
- High Blood Cholesterol: 22%
- Mental Health Condition: 14%
- Diabetes: 11%
- Asthma (Current): 10%
- Heart Disease/Condition: 9%
- Cancer: 6%
- Stroke: 2%
Health Conditions Past 3 Years

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


- Asthma: 2%, 9%, 8%, 12%, 12%
- Heart Disease/Condition: 9%, 8%, 10%, 10%
- Cancer: 2%, 1%, 4%, 6%
- Stroke: 2%, 2%, 2%, 2%
**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 (127)</td>
<td></td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Cholesterol (89)</td>
<td></td>
<td>89%</td>
</tr>
<tr>
<td>Mental Health Condition (56)</td>
<td></td>
<td>86%</td>
</tr>
<tr>
<td>Diabetes (41)</td>
<td></td>
<td>95%</td>
</tr>
<tr>
<td>Asthma (40)</td>
<td></td>
<td>85%</td>
</tr>
<tr>
<td>Heart Disease/Condition (35)</td>
<td></td>
<td>94%</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

- 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: 72%
  - 2006: 64%
  - 2009: 58%
  - 2012: 58%

- **Vegetable Intake (Three or more servings)**
  - 2003: 27%
  - 2006: 24%
  - 2009: 24%
  - 2012: 20%
Early Detection and Prevention of Cancer
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%

![](image)

*Not asked in 2009*
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>Issue 1</th>
<th>Issue 2</th>
<th>Both Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>6%</td>
<td>2%</td>
<td>7%</td>
</tr>
<tr>
<td>2006</td>
<td>6%</td>
<td>3%</td>
<td>7%</td>
</tr>
<tr>
<td>2009</td>
<td>6%</td>
<td>2%</td>
<td>7%</td>
</tr>
<tr>
<td>2012</td>
<td>5%</td>
<td>2%</td>
<td>7%</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
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
<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>87%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>90%</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>6%</td>
</tr>
<tr>
<td>Specialist</td>
<td>5%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>2%</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>80%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>24%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/ Week for at Least 60 Minutes Each)</td>
<td>69%</td>
</tr>
</tbody>
</table>
Child 8 to 17 Years Old
Unhappy, Sad or Depressed in Past Six Months (2012)
Child is Safe in Community/Neighborhood (2012)

- Always: 44%
- Nearly Always: 44%
- Sometimes: 11%
- Seldom: 0%
- Never: 0%
<table>
<thead>
<tr>
<th>Category</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>17%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>4%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>1%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Alcohol or Drug Use: 63%
- Chronic Diseases: 55%
- Violence: 48%
- Teen Pregnancy: 27%
- Infant Mortality: 26%
- Infectious Diseases: 26%
- Mental Health or Depression: 20%
- Lead Poisoning: <1%
Select Key Findings of Need

- 12% personally not covered currently (18+) vs. 0% HP2020
- 14% personally not covered currently (18 – 64 years old)
- 20% unmet dental care in past 12 months
- 58% flu vaccination (past year, 65+) vs. 90% HP2020
- 32% high blood pressure (past 3 years)
- 22% high blood cholesterol (past 3 years)
- 75% pap smear (past 3 years, 18 – 65) vs. 93% HP2020
- 27% current smokers vs. 12% HP2020
- 57% current smokers tried to quit smoking past year vs. 80% HP2020
- 38% binge drinking (past month; Fem 4+, Male 5+) vs. 24% (F & M: 5+) HP2020
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.smwi.org/index.php/health-department
Next Steps