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 August 7, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=393)
    - 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=7)
    - 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>Gender</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>47%</td>
</tr>
<tr>
<td>Female</td>
<td>53%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Household Income</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>28%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>38%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>18%</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>15%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>15%</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>32%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>44%</td>
</tr>
<tr>
<td>College graduate</td>
<td>23%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>54%</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>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Medication Not Taken Due to Cost (Someone in the Household)</td>
<td>7%</td>
</tr>
<tr>
<td>Unmet Health Care (Respondent)</td>
<td></td>
</tr>
<tr>
<td>Dental Care</td>
<td>12%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>7%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>3%</td>
</tr>
</tbody>
</table>
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 2006: 87%
- 2009: 80%
- 2012: 78%
Advance Care Plan

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: 28%
- High Blood Cholesterol: 26%
- Mental Health Condition: 18%
- Heart Disease/Condition: 10%
- Diabetes: 10%
- Asthma (Current): 6%
- Cancer: 5%
- Stroke: 2%
Health Conditions Past 3 Years

- **High Blood Pressure**
  - 2003: 28%
  - 2006: 24%
  - 2009: 28%
  - 2012: 28%

- **High Blood Cholesterol**
  - 2003: 25%
  - 2006: 22%
  - 2009: 24%
  - 2012: 26%

- **Mental Health Condition**
  - 2003: 11%
  - 2006: 12%
  - 2009: 13%
  - 2012: 18%

- **Heart Disease/Condition**
  - 2003: 10%
  - 2006: 10%
  - 2009: 10%
  - 2012: 10%
Health Conditions Past 3 Years

- Diabetes: 6%, 8%, 10%, 10%
- Asthma (Current): 5%, 5%, 4%, 6%
- Cancer: 2%, 3%, 2%, 5%
- Stroke: 2%, 3%, 2%, 2%
## 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 (110)</td>
<td>96%</td>
</tr>
<tr>
<td>High Blood Cholesterol (102)</td>
<td>92%</td>
</tr>
<tr>
<td>Mental Health Condition (71)</td>
<td>96%</td>
</tr>
<tr>
<td>Heart Disease/Condition (39)</td>
<td>92%</td>
</tr>
<tr>
<td>Diabetes (38)</td>
<td>95%</td>
</tr>
<tr>
<td>Asthma (25)</td>
<td>100%</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\(^1\)

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

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

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

\(^1\)Moderate 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: 69%
  - 2006: 59%
  - 2009: 61%
  - 2012: 66%

- **Vegetable Intake (Three or more servings)**
  - 2003: 32%
  - 2006: 24%
  - 2009: 20%
  - 2012: 23%
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 (40+) 2010
  - WI: 79%
  - US: 76%
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

Year:
- 2003: 2%, 5%
- 2006: 3%, 7%
- 2009: 3%, 6%
- 2012: 2%, 5%

Overall, the percentage of incidents related to personal safety has remained relatively stable over the years, with slight fluctuations.
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

Graph showing percentage trends from 2006 to 2012 for different household problems.
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
| Has a Personal Health Doctor or Nurse Who Knows Child Well & Familiar with Health History | 93% |
| Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months | 74% |
## 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>2%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>0%</td>
</tr>
<tr>
<td>Specialist</td>
<td>0%</td>
</tr>
<tr>
<td>Nutrition and Physical Activity</td>
<td>Percent</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>85%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>36%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/ Week for at Least 60 Minutes Each)</td>
<td>87%</td>
</tr>
</tbody>
</table>
Child Has Asthma (2012)

- Yes: 4%
- No: 96%
Child 8 to 17 Years Old
Unhappy, Sad or Depressed in Past Six Months (2012)

- Never: 57%
- Seldom: 32%
- Sometimes: 9%
- Nearly Always: 0%
- Always: 2%
Child is Safe in Community/Neighborhood (2012)

- Always: 74%
- Nearly Always: 21%
- Sometimes: 5%
- Seldom: 0%
- Never: 0%
<table>
<thead>
<tr>
<th>bully_type</th>
<th>percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>11%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>11%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>0%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>0%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Alcohol or Drug Use: 71%
- Chronic Diseases: 59%
- Violence: 41%
- Infant Mortality: 29%
- Teen Pregnancy: 28%
- Infectious Diseases: 21%
- Mental Health or Depression: 21%
- Lead Poisoning: 1%
Select Key Findings of Need

- 7% no current health care coverage vs. 0% HP2020
- 70% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 63% flu vaccination (past year, 65+) vs. 90% HP2020
- 28% high blood pressure (past 3 years)
- 26% high blood cholesterol (past 3 years)
- 20% current smoker vs. 12% HP2020
- 52% current smokers tried to quit smoking past year vs. 80% HP2020
- 34% binge drinker (past month, 4+ F; 5+ M) vs. 24% HP2020 (5+ drinks)
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.ci.stfrancis.wi.gov
Next Steps