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 September 11, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=366)
    • 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=34)
    • 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>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>45%</td>
</tr>
<tr>
<td>Female</td>
<td>55%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>20%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>14%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>51%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>16%</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>28%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>16%</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>17%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>16%</td>
</tr>
<tr>
<td>College graduate</td>
<td>67%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>58%</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 (2012)

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Medication Not Taken Due to Cost</td>
<td>5%</td>
</tr>
<tr>
<td>Unmet Health Care (Past 12 Months)</td>
<td></td>
</tr>
<tr>
<td>Dental Care</td>
<td>9%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>4%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
Health Information Source (2012)

- Doctor: 41%
- Internet: 31%
- Myself/Family Member in Health Field: 9%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

- 86% in 2006
- 90% in 2009
- 83% in 2012
Advance Care Plan

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 Cholesterol: 26%
- High Blood Pressure: 24%
- Mental Health Condition: 15%
- Asthma (Current): 8%
- Diabetes: 6%
- Heart Disease/Condition: 5%
- Cancer: 4%
- Stroke: 1%
Health Conditions Past 3 Years
Health Conditions Past 3 Years

- Diabetes
- Heart Disease/Condition
- Cancer
- Stroke


Percentages:
- 2003: Diabetes - <1%, Heart Disease/Condition - 3%, Cancer - <1%, Stroke - 1%
- 2006: Diabetes - 6%, Heart Disease/Condition - 7%, Cancer - 1%, Stroke - 2%
- 2009: Diabetes - 4%, Heart Disease/Condition - 8%, Cancer - 4%, Stroke - 2%
- 2012: Diabetes - 6%, Heart Disease/Condition - 5%, Cancer - 4%, Stroke - 1%
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 Cholesterol (102)</td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Pressure (94)</td>
<td>98%</td>
</tr>
<tr>
<td>Mental Health Condition (58)</td>
<td>98%</td>
</tr>
<tr>
<td>Asthma (32)</td>
<td>97%</td>
</tr>
<tr>
<td>Diabetes (25)</td>
<td>96%</td>
</tr>
<tr>
<td>Heart Disease/Condition (20)</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

• **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)
- Vegetable Intake (Three or more servings)
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

2003: 8% 2% 7%
2006: 7% 1% 6%
2009: 7% 2% 5%
2012: 3% 2% 1%
Tobacco Use
Tobacco Use (Past 30 Days)

- Current Smokers 2010
  - WI: 19%
  - US: 17%
  - HP2020 Goal: 12%

![Graph showing tobacco use trends from 2003 to 2012. The graph shows a slight decrease in current smokers and other tobacco products over the years.](image-url)
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 [Male & Female 5+]: 24%

*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 the percentage of households experiencing problems with different substances over the years 2006, 2009, and 2012.
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
<table>
<thead>
<tr>
<th>Has a Personal Health Doctor or Nurse Who Knows Child Well &amp; Familiar with Health History</th>
<th>94%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>92%</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>0%</td>
</tr>
<tr>
<td>Specialist</td>
<td>0%</td>
</tr>
</tbody>
</table>
## Child 5 to 17 Years Old
### Nutrition and Physical Activity (2012)

<table>
<thead>
<tr>
<th>Item</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>84%</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>75%</td>
</tr>
</tbody>
</table>
Child Has Asthma (2012)

- Yes: 7%
- No: 93%
Child 8 to 17 Years Old Unhappy, Sad or Depressed in Past Six Months (2012)

- Never: 34%
- Sometimes: 9%
- Seldom: 57%
- Nearly Always: 0%
- Always: 0%
Child is Safe in Community/Neighborhood (2012)

- Always: 76%
- Nearly Always: 24%
- Sometimes: 0%
- Never: 0%
- Seldom: 0%
Child 8 to 17 Years Old Experienced Bullying Past 12 Months (2012)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>13%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>13%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>2%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>0%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Alcohol or Drug Use: 62%
- Chronic Diseases: 57%
- Violence: 55%
- Teen Pregnancy: 34%
- Infant Mortality: 28%
- Mental Health or Depression: 21%
- Infectious Diseases: 20%
- Lead Poisoning: 2%
Select Key Findings of Need

- 75% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 69% flu vaccination (past year, 65+) vs. 90% HP2020
- 26% High blood cholesterol (past 3 years)
- 24% High blood pressure (past 3 years)
- 58% current smokers tried to quit smoking past year vs. 80% 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.wauwatosa.net/healthdata
Next Steps