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 27, 2012
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=342)
    - 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=58)
    - 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>49%</td>
</tr>
<tr>
<td>Female</td>
<td>51%</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>18%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>30%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>10%</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>33%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>16%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>14%</td>
</tr>
<tr>
<td>65 and older</td>
<td>18%</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>36%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>36%</td>
</tr>
<tr>
<td>College graduate</td>
<td>29%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>43%</td>
</tr>
</tbody>
</table>
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>Unmet Health Care</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Medication Not Taken Due to Cost</td>
<td>11%</td>
</tr>
<tr>
<td>Dental Care</td>
<td>17%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>11%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>4%</td>
</tr>
</tbody>
</table>
Health Information Source (2012)

- Doctor: 49%
- Internet: 23%
- Family/Friends: 5%
- Health Newsletter: 5%
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

![Graph showing percentage of primary health care service provided by doctors or nurse practitioners from 2006 to 2012. The graph indicates a slight decrease from 81% in 2006 to 76% in 2012.](image-url)
Advance Care Plan\textsuperscript{1}

\textsuperscript{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: 30%
- High Blood Cholesterol: 26%
- Mental Health Condition: 15%
- Asthma (Current): 11%
- Heart Disease/Condition: 10%
- Diabetes: 10%
- Cancer: 4%
- Stroke: <1%
Condition Controlled Through Medication, Exercise or Lifestyle Changes (2012)

<table>
<thead>
<tr>
<th>(n=)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure (117)</td>
<td>95%</td>
</tr>
<tr>
<td>High Blood Cholesterol (105)</td>
<td>97%</td>
</tr>
<tr>
<td>Mental Health Condition (61)</td>
<td>90%</td>
</tr>
<tr>
<td>Current Asthma (42)</td>
<td>100%</td>
</tr>
<tr>
<td>Heart Disease/Condition (41)</td>
<td>98%</td>
</tr>
<tr>
<td>Diabetes (38)</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\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

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

- **Fruit Intake (Two or more servings)**
  - 2003: 66%
  - 2006: 60%
  - 2009: 54%
  - 2012: 63%

- **Vegetable Intake (Three or more servings)**
  - 2003: 30%
  - 2006: 23%
  - 2009: 23%
  - 2012: 25%
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: 6%
- 2006: 8%
- 2009: 7%
- 2012: 6%
Tobacco Use (Past 30 Days)

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

![Tobacco Use Graph](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: 24%
  - [Male & Female 5+]:

![Graph showing Binge Drinking and Driver/Passenger when Driver Perhaps Had Too Much to Drink](image)

*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 In Past Year

- Drinking Alcohol
- Misuse of Prescription Drugs or Over-the-Counter Drugs
- Cocaine, Heroin or Other Street Drugs
- Marijuana
- Gambling

Graph showing trends from 2006 to 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
## Child’s Personal Doctor (2012)

<table>
<thead>
<tr>
<th>Description</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>85%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>94%</td>
</tr>
<tr>
<td>Service</td>
<td>Percent</td>
</tr>
<tr>
<td>------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Dental Care</td>
<td>8%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>2%</td>
</tr>
<tr>
<td>Specialist</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>85%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>19%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/ Week for at Least 60 Minutes Each)</td>
<td>60%</td>
</tr>
</tbody>
</table>
Child Has Asthma (2012)

Yes 13%

No 87%
Child 8 to 17 Years Old Unhappy, Sad or Depressed in Past Six Months (2012)

- Seldom: 50%
- Sometimes: 20%
- Nearly Always: 7%
- Never: 22%
- Always: 0%
- Not Sure: 2%
Child is Safe in Community/Neighborhood (2012)

- Always: 70%
- Nearly Always: 23%
- Sometimes: 4%
- Seldom: <1%
- Never: 2%
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>24%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>24%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>2%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>2%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Violence: 58%
- Alcohol or Drug Use: 54%
- Chronic Diseases: 50%
- Teen Pregnancy: 27%
- Infant Mortality: 27%
- Mental Health or Depression: 24%
- Infectious Diseases: 22%
- Lead Poisoning: 2%
Select Key Findings of Need

- 8% no personal current health care coverage vs. 0% HP2020
- 76% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 64% flu vaccination (past year, 65+) vs. 90% HP2020
- 30% high blood cholesterol (past 3 years)
- 26% high blood pressure (past 3 years)
- 26% current smokers vs. 12% HP2020
- 40% 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.westalliswi.gov/DocumentCenter
Next Steps