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 February 21, 2012 through April 10, 2012
• Two-fold sampling
  • 1) RDD landline sample of listed & unlisted #s (n=300)
    • 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=100)
    • 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><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>28%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>19%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>37%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>16%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>----------------</td>
<td>---------</td>
</tr>
<tr>
<td>18 to 34</td>
<td>22%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>19%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>25%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>17%</td>
</tr>
<tr>
<td>65 and older</td>
<td>17%</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>38%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>31%</td>
</tr>
<tr>
<td>College graduate</td>
<td>32%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>61%</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

- Prescription Medications not Taken Due to Cost
- Unmet Dental Care
- Unmet Medical Care
- Unmet Mental Health Care
Health Information Source (2012)

- Doctor: 38%
- Internet: 31%
- Myself/Family Member in Health Field: 8%
- Other Health Professional: 6%
- Family/Friends: 4%
Advance Care Plan\textsuperscript{1}

\textsuperscript{1}“living will or health care power of attorney” added in 2005
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 2005, “nasal spray” was added.

**For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.
Health Conditions Past 3 Years (2012)

- High Blood Pressure: 27%
- High Blood Cholesterol: 23%
- Mental Health Condition: 12%
- Heart Disease/Condition: 9%
- Diabetes: 8%
- Asthma (Current): 7%
- Cancer: 4%
- Stroke: 1%
Health Conditions Past 3 Years

- **High Blood Pressure**
  - 2003: 18%
  - 2005: 20%
  - 2009: 22%
  - 2012: 27%

- **High Blood Cholesterol**
  - 2003: 19%
  - 2005: 23%
  - 2009: 22%
  - 2012: 23%

- **Mental Health Condition**
  - 2003: 7%
  - 2005: 8%
  - 2009: 10%
  - 2012: 12%

- **Heart Disease/Condition**
  - 2003: 7%
  - 2005: 8%
  - 2009: 7%
  - 2012: 9%
Health Conditions Past 3 Years

- **Diabetes**
- **Asthma (Current)**
- **Cancer**
- **Stroke**

<table>
<thead>
<tr>
<th>Year</th>
<th>Diabetes</th>
<th>Asthma (Current)</th>
<th>Cancer</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>7%</td>
<td>5%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>2005</td>
<td>8%</td>
<td>8%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>2009</td>
<td>7%</td>
<td>7%</td>
<td>6%</td>
<td>3%</td>
</tr>
<tr>
<td>2012</td>
<td>8%</td>
<td>8%</td>
<td>4%</td>
<td>1%</td>
</tr>
</tbody>
</table>
### 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 (106)</td>
<td>93%</td>
</tr>
<tr>
<td>High Blood Cholesterol (92)</td>
<td>92%</td>
</tr>
<tr>
<td>Mental Health Condition (46)</td>
<td>91%</td>
</tr>
<tr>
<td>Heart Disease/Condition (37)</td>
<td>84%</td>
</tr>
<tr>
<td>Diabetes (31)</td>
<td>97%</td>
</tr>
<tr>
<td>Asthma (29)</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
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%

\[^1\]Moderate activity: 5 times a week for 30 or more minutes/time

\[^2\]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%
  - 2005: 62%
  - 2009: 58%
  - 2012: 66%

- **Vegetable Intake (Three or more servings)**
  - 2003: 32%
  - 2005: 21%
  - 2009: 26%
  - 2012: 27%
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%

![Graph showing the percentage of women who underwent Pap Smear and Mammogram within the past years.](image)
Prostate Cancer Screening [PSA or DRE] Within Past 2 Years (40 and Older)

*In 2005 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: 3%
- 2005: 5%
- 2009: 4%
- 2012: 4%
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 decrease in current smokers from 30% in 2003 to 18% in 2012. Other tobacco products also show a decrease.](image-url)
Smoking Cessation in Past 12 Months (Current Smokers)

- Tried to Quit 2005
  - WI: 49%
  - US: 56%
  - HP2020 Goal: 80%

[Graph showing the percentage of respondents advised by a health care professional to quit smoking and those who quit smoking for 1 day or longer from 2003 to 2012.]
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
- WI: 75%

Nonsmokers Exposed to Second-Hand Smoke
- HP2020 Goal: 34%
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” for females and “5 or more” for males was used; in all other years, “5 or more drinks” 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

Year 2005: 4%
Year 2009: 5%
Year 2012: 3%
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</td>
<td>98%</td>
</tr>
<tr>
<td>Health History</td>
<td></td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months</td>
<td>79%</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>1%</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></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>74%</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>76%</td>
</tr>
</tbody>
</table>
Child Has Asthma (2012)

Yes
9%

No
91%
Child 8 to 17 Years Old
Unhappy, Sad or Depressed in Past Six Months (2012)

- Seldom: 40%
- Sometimes: 25%
- Nearly Always: 5%
- Always: 0%
- Never: 30%
Child is Safe in Community/Neighborhood (2012)

- Always: 68%
- Nearly Always: 28%
- Sometimes: 3%
- Seldom: <1%
- Never: <1%
## Child 8 to 17 Years Old

**Experienced Bullying Past 12 Months (2012)**

<table>
<thead>
<tr>
<th>Type of Bullying</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>23%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>23%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>3%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>1%</td>
</tr>
</tbody>
</table>
Community Health Issues
Community Health Issues (2012)

- Alcohol or Drug Use: 67%
- Chronic Diseases: 64%
- Violence: 29%
- Teen Pregnancy: 29%
- Infectious Diseases: 23%
- Mental Health or Depression: 20%
- Infant Mortality: 7%
- Lead Poisoning: 1%
Select Key Findings of Need

• 6% currently not covered by some form of health care coverage vs. 0% HP2020
• 76% cholesterol test (4 years or less) vs. 82% HP2020
• 71% pneumonia vaccination (Ever, 65+) vs. 90% HP2020
• 62% flu shot (past year, 65+) vs. 90% HP2020
• 18% current smoker vs. 12% HP2020
• 39% tried to quit smoking past year vs. 80% HP2020
Report Available at...

- www.aurora.org/commhealth
- www.chw.org
- www.mywheaton.org
Next Steps