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

• 15 minute telephone survey of area residents
• 400 completions from February 22, 2013 through March 11, 2013
• 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></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>49%</td>
</tr>
<tr>
<td>Female</td>
<td>51%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>43%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>18%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>28%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>12%</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>23%</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>18%</td>
</tr>
<tr>
<td>65 and older</td>
<td>22%</td>
</tr>
<tr>
<td>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>41%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>32%</td>
</tr>
<tr>
<td>College graduate</td>
<td>27%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>60%</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%
<table>
<thead>
<tr>
<th>Health Care Needed in Past 12 Months (2013)</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Medication Not Taken Due to Cost (Household Member)</td>
<td>10%</td>
</tr>
<tr>
<td>Unmet Health Care</td>
<td></td>
</tr>
<tr>
<td>Medical Care</td>
<td>11%</td>
</tr>
<tr>
<td>Dental Care</td>
<td>11%</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>2%</td>
</tr>
</tbody>
</table>
## Unmet Food Needs in Past Year (2013)

<table>
<thead>
<tr>
<th>Unmet Need</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Food Didn’t Last</td>
<td>11%</td>
</tr>
<tr>
<td>Used Food Pantry</td>
<td>7%</td>
</tr>
<tr>
<td>Household Went Hungry</td>
<td>1%</td>
</tr>
</tbody>
</table>
Doctor or Nurse Practitioner’s Office as Primary Health Care Service

2007: 72%
2010: 77%
2013: 78%
Advance Care Plan

1In 2007, “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 2007, “nasal spray” was added.*
Health Conditions Past 3 Years (2013)

- High Blood Pressure: 30%
- High Blood Cholesterol: 26%
- Mental Health Condition: 16%
- Heart Disease/Condition: 11%
- Diabetes: 11%
- Asthma (Current): 8%
- Cancer: 7%
- Stroke: 1%
Health Conditions Past 3 Years

- **High Blood Pressure**
  - 2003: 16%
  - 2007: 11%
  - 2010: 12%
  - 2013: 16%

- **High Blood Cholesterol**
  - 2003: 26%
  - 2007: 29%
  - 2010: 30%
  - 2013: 26%

- **Mental Health Condition**
  - 2003: 9%
  - 2007: 11%
  - 2010: 9%
  - 2013: 11%

- **Heart Disease/Condition**
  - 2003: 6%
  - 2007: 28%
  - 2010: 26%
  - 2013: 26%
Health Conditions Past 3 Years

- Diabetes
- Asthma (Current)
- Cancer
- Stroke

2003: 6%, 5%, 2%, 1%
2007: 9%, 12%, 1%, 2%
2010: 7%, 6%, 2%, 1%
2013: 11%, 8%, 7%, 1%
<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure (118)</td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Cholesterol (102)</td>
<td>88%</td>
</tr>
<tr>
<td>Mental Health Condition (64)</td>
<td>94%</td>
</tr>
<tr>
<td>Diabetes (44)</td>
<td>98%</td>
</tr>
<tr>
<td>Heart Disease/Condition (43)</td>
<td>91%</td>
</tr>
<tr>
<td>Asthma (32)</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%

1\(^{\text{Moderate activity}}\): 5 times a week for 30 or more minutes/time

1\(^{\text{Vigorous activity}}\): 3 times a week for 20 or more minutes/time
Nutrition on an Average Day

- Fruit Intake (Two or more servings): 68%, 63%, 65%, 60%
- Vegetable Intake (Three or more servings): 28%, 24%, 23%, 23%
Personal Connectedness or Spirituality
### Personal Connectedness or Spirituality (2013)

<table>
<thead>
<tr>
<th>Personal Connectedness or Spirituality</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>4%</td>
</tr>
<tr>
<td>Fair</td>
<td>18%</td>
</tr>
<tr>
<td>Good</td>
<td>32%</td>
</tr>
<tr>
<td>Very Good</td>
<td>32%</td>
</tr>
<tr>
<td>Excellent</td>
<td>13%</td>
</tr>
</tbody>
</table>
Experienced Spirituality (2013)

- Praying: 59%
- Going to Religious Site: 57%
- Spending Time in Nature: 48%
- Meditation: 22%
- Attending Spiritual Event: 20%
- Yoga: 6%
- Reading Bible: 6%
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 2007 and 2010, DRE and PSA tests were two separate questions. In 2013, 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 2010*
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: 5% (afraid), 4% (pushed, kicked, slapped or hit)
- 2007: 7% (afraid), 5% (pushed, kicked, slapped or hit)
- 2010: 4% (afraid), 2% (pushed, kicked, slapped or hit)
- 2013: 2% (afraid), 4% (pushed, kicked, slapped or hit)
- 2013: 5% (at least 1 of the 2 issues)
Tobacco Use
Current Smoker (Past 30 Days)

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

![Graph showing trends in current smokers from 2003 to 2013. The percentage of current smokers decreases from 28% in 2003 to 19% in 2013.](image)
Smoking Cessation in Past 12 Months (Current Smokers)

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

[Graph showing trends over years for Health Care Professional Advised Respondent to Quit and Quit Smoking for 1 Day or Longer.]
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
- WI: 75%

Non-smokers 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+]

- Heavy Drinking 2010
  - WI: 6%
  - US: 5%

*In 2003 and 2013, “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.

**Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females.
Household Problems
Household Problems In Past Year

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

Graph showing trends from 2007 to 2013 with percentages for each category.
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
Community Health Issues (2013)

- Alcohol Use or Abuse: 30%
- Overweight or Obesity: 28%
- Cancer: 23%
- Chronic Diseases: 22%
- Access to Health Care: 21%
- Illegal Drug Use: 14%
- Tobacco Use: 11%
- Infectious Diseases: 7%
- Mental Health or Depression: 6%
- Prescription or Over-the-Counter Drug Abuse: 5%
- Environmental Issues: 4%
Select Key Findings of Need

- 11% household food didn’t last (past 12 months)
- 71% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 73% flu vaccination (past year, 65+) vs. 90% HP2020
- 75% cholesterol test (4 years ago or less) vs. 82% HP2020
- 30% high blood pressure (past 3 years)
- 26% high blood cholesterol (past 3 years)
- 73% overweight vs. 66% (unhealthy weight) HP2020
- 83% pap smear (18 to 65 years old, past 3 years) vs. 93% HP2020
- 44% current smokers tried to quit smoking past year vs. 80% HP2020
- 31% binge drinking (females 4+ and males 5+) vs. 24% HP2020 (5+)
Report Available at...

- www.aurora.org/commhealth
- www.hfmhealth.org
- www.healthiestmc.org
- www.manitowocohealthdept.info
- www.unitedwaymanitowoccounty.org
Next Steps