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 9, 2014 through August 6, 2014
- 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%

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>40%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>31%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>15%</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>19%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>21%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>15%</td>
</tr>
<tr>
<td>65 and older</td>
<td>15%</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>35%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>35%</td>
</tr>
<tr>
<td>College graduate</td>
<td>30%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>43%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2012
  - WI: 12%
  - US: 17%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2012
  - WI: 15%
  - US: 20%
Unmet Health Care in Past Year

- HP2020 Goal, Household Delay or Unable to Obtain in Past Year:
  - Prescription Medicines: 3%
  - Medical Care: 4%
  - Dental Care: 5%
Source for Health Information

- Doctor
- Internet
- Myself/Family Member in Field

2011:
- Doctor: 40%
- Internet: 35%
- Myself/Family Member in Field: 5%

2014:
- Doctor: 47%
- Internet: 25%
- Myself/Family Member in Field: 7%
*“living will or health care power of attorney” added in 2005
General Health
Rate Own Health

2012
- Excellent or Very Good
  - WI: 54%
  - US: 52%
- Fair or Poor
  - WI: 14%
  - US: 17%
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+) 2012**
  - WI: 70%
  - US: 69%
  - HP2020 Goal: 90%

- **Flu vaccination (65+) 2012**
  - WI: 51%
  - US: 60%

- **Flu vaccination (18+)**
  - HP2020 Goal: 70%

*In 2008, “nasal spray” was added.*
Fallen and Injured Self at Home in Past Year (60 and Older) (2014)

Yes: 11%
Health Conditions Past 3 Years (2014)

- High Blood Pressure: 28%
- Mental Health Condition: 25%
- High Blood Cholesterol: 20%
- Asthma (Current): 15%
- Diabetes: 12%
- Heart Disease/Condition: 9%
Health Conditions Past 3 Years

- High Blood Pressure
- Heart Disease/Condition
- High Blood Cholesterol
- Mental Health Condition
- Diabetes
- Asthma (Current)

Yearly percentages:
- 2003:
  - High Blood Pressure: 8%
  - Heart Disease/Condition: 6%
  - High Blood Cholesterol: 7%
  - Mental Health Condition: 9%
  - Diabetes: 12%
  - Asthma (Current): 7%
- 2005:
  - High Blood Pressure: 10%
  - Heart Disease/Condition: 7%
  - High Blood Cholesterol: 13%
  - Mental Health Condition: 14%
  - Diabetes: 12%
  - Asthma (Current): 9%
- 2008:
  - High Blood Pressure: 23%
  - Heart Disease/Condition: 12%
  - High Blood Cholesterol: 18%
  - Mental Health Condition: 14%
  - Diabetes: 13%
  - Asthma (Current): 15%
- 2011:
  - High Blood Pressure: 27%
  - Heart Disease/Condition: 18%
  - High Blood Cholesterol: 23%
  - Mental Health Condition: 23%
  - Diabetes: 14%
  - Asthma (Current): 18%
- 2014:
  - High Blood Pressure: 28%
  - Heart Disease/Condition: 25%
  - High Blood Cholesterol: 20%
  - Mental Health Condition: 25%
  - Diabetes: 9%
  - Asthma (Current): 15%

The graph shows an increase in the percentage of individuals with various health conditions over the past 3 years.
### Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2011</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>90%</td>
<td>91%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>83%</td>
<td>89%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>78%</td>
<td>90%</td>
</tr>
<tr>
<td>Asthma</td>
<td>85%</td>
<td>91%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>92%</td>
<td>89%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>90%</td>
<td>94%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight 2012
  - WI: 67%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight

![Graph showing body weight percentages from 2003 to 2014](image)
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%

*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 (Two or more servings)
- Vegetable (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 (50+) 2012**
  - WI: 82%
  - US: 77%

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*Recommended Cervical Cancer Screening: 18 to 29 years old--pap smear within past three years; 30 to 65 years old--pap smear and HPV test within past five years or pap smear only within past three years.*
Colorectal Cancer (50 and Older)

- Screening in Recommended Time Frame:
  - HP2020 Goal: 71%

*Not asked in 2008*
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
Current Tobacco Cigarette Smoker (Past 30 Days)

- Currentsmokers 2012
  - WI: 20%
  - US: 20%
  - HP2020 Goal: 12%
Smoking Cessation in Past 12 Months (Current Tobacco Cigarette 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%
Other Tobacco Products (Past 30 Days)

- Electronic Cigarettes: 9%
- Cigars, Cigarillos or Little Cigars: 7%
- Smokeless Tobacco: 5%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2012 [Male 5+; Female 4+]
  - WI: 25%
  - US: 17%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2003, 2011 and 2014, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2005 and 2008, “5 or more drinks on an occasion” was used for both males and females.
Household Problems In Past Year

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


- Alcohol: 4%, 2%, 3%, 2%
- Marijuana: <1%, <1%, <1%, <1%
- Cocaine, Heroin or Other Street Drugs: 1%, 1%, 1%, <1%
- Misuse of Prescription Drugs or Over-the-Counter Drugs: <1%, <1%, <1%, <1%
- Gambling: 1%, 1%, 1%, <1%
Mental Health Status
Mental Health Status

- Felt sad, blue, depressed always/nearly always (past 30 days)
- Find meaning & purpose in daily life seldom/never
- Considered suicide (past year)
Children In Household
Child’s Personal Doctor [Child 17 or Younger]

Have a Personal Doctor/Nurse

Preventive Care in Past Month (Of Children With Personal Doctor/Nurse)

- 95% (2011)
- 91% (2014)

- 89% (2011)
- 89% (2014)
Child’s Unmet Care in Past 12 Months [17 or Younger]

- Dental Care: 2011: 6%, 2014: 6%
- Medical Care: 2011: 5%, 2014: 4%
- Specialist Care: 2011: 2%, 2014: 2%
Child Currently Has Asthma [17 or Younger]

- 2011: 7%
- 2014: 14%
Child is Seldom/Never Safe in Community [17 or Younger]
Child Slept in Bed with Respondent or Another Adult as an Infant [2 or Younger]

- 7% in 2011
- 9% in 2014
Child’s Nutrition and Exercise [5 to 17 Years Old]

- **Fruit (2 or More Servings)**
  - 76% in 2011
  - 67% in 2014

- **Vegetables (3 or More Servings)**
  - 41% in 2011
  - 19% in 2014

- **Physically Active (5x/Week/60 Min.)**
  - 64% in 2011
  - 66% in 2014
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]

- Bullied Overall
- Verbally Bullied
- Physically Bullied
- Cyber Bullied

2011:
- Bullied Overall: 32%
- Verbally Bullied: 29%
- Physically Bullied: 7%
- Cyber Bullied: 1%

2014:
- Bullied Overall: 24%
- Verbally Bullied: 3%
- Physically Bullied: 3%
- Cyber Bullied: 3%
Top County Health Issues [Part 1]
Top County Health Issues [Part 2]

- Teen Pregnancy
- Infectious Diseases
- Violence
- Infant Mortality
- Lead Poisoning

2011:
- Teen Pregnancy: 31%
- Infectious Diseases: 17%
- Violence: 30%
- Infant Mortality: 5%
- Lead Poisoning: 1%

2014:
- Teen Pregnancy: 23%
- Infectious Diseases: 15%
- Violence: 29%
- Infant Mortality: 2%
- Lead Poisoning: 2%
Select Key Findings of Need

• 9% No Health Care Coverage (currently) vs. 0% HP2020
• 15% Unmet Medical Care (past year)
• 20% Unmet Dental Care Need (past year)
• 13% Delayed/Did Not Take Prescription Due to Cost (HH, past year) vs. 3% HP2020
• 40% Flu Vaccination (past year, 18+) vs. 70% HP2020
• 68% Pneumonia Vaccination (ever, 65+) vs. 90% HP2020
• 28% High Blood Pressure
• 25% Mental Health Condition
• 65% Overweight
• 28% Current Tobacco Cigarette Smoker (past month) vs. 12% HP2020
• 55% Tried to Quit Smoking (past year) vs. 80% HP2020
• 32% Binge Drink (past mo.; 4+ Female, 5+ Male) vs. 24% HP2020 (5+)
• 24% Children 8 to 17 Years Old Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.co.kenosha.wi.us
Next Steps