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 July 23, 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%
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>25%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>22%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>40%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>13%</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>24%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>19%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>23%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>17%</td>
</tr>
<tr>
<td>65 and older</td>
<td>18%</td>
</tr>
<tr>
<td>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>39%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>29%</td>
</tr>
<tr>
<td>College graduate</td>
<td>32%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>55%</td>
</tr>
</tbody>
</table>
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%

![Graph showing health care coverage trends from 2003 to 2014. The graph includes lines for someone in HH not covered in past 12 months, personally not currently covered (18 and older), personally not currently covered (18 to 64 years old), and personally not covered in past 12 months (18 and older).]
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: 44% in 2011, 44% in 2014
- Internet: 27% in 2011, 32% in 2014
- Other Health Professional: 7% in 2011, 6% in 2014
Health Services

*“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.*
Health Conditions Past 3 Years

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

2003: 21%, 21%, 8%, 7%, 7%, 6%
2005: 25%, 21%, 7%, 6%
2008: 21%, 19%, 11%, 8%
2011: 28%, 21%, 9%
2014: 27%, 23%, 10%, 6%
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>97%</td>
<td>98%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>88%</td>
<td>91%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>100%</td>
<td>96%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>97%</td>
<td>75%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>69%</td>
<td>96%</td>
</tr>
<tr>
<td>Asthma</td>
<td>88%</td>
<td>93%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight 2012
  - WI: 67%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight
Physical Activity\(^1\)

- Recommended Moderate or Vigorous Activity 2009
  - WI: 53%
  - US: 51%

- Moderate Activity 2005
  - WI: 42%
  - US: 33%

- Vigorous Activity 2009
  - WI: 31%
  - US: 29%

\(^1\)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 (Two or more servings)
Vegetable (Three or more servings)
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%

*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
Tobacco Use
Current Tobacco Cigarette Smoker (Past 30 Days)

- Current Smokers 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)

- Smokeless Tobacco: 8%
- Electronic Cigarettes: 5%
- Cigars, Cigarillos or Little Cigars: 4%
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

- Drinking Alcohol
- Marijuana
- Gambling
- Cocaine, Heroin or Other Street Drugs
- Misuse of Prescription or OTC Drugs

Year:
- 2005: 8%
- 2008: 3%
- 2011: 2%
- 2014: 3%

Percentage: 0% to 15%
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]

- 84% in 2011
- 82% in 2014
- 99% in 2014

Preventive Care in Past Month (Of Children With Personal Doctor/Nurse)
Child’s Unmet Care in Past 12 Months [17 or Younger]
Child Currently Has Asthma
[17 or Younger]

- 2011: 6%
- 2014: 4%
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]

- 2011: 0%
- 2014: 5%
Child’s Nutrition and Exercise [5 to 17 Years Old]

- Fruit (2 or More Servings)
- Vegetables (3 or More Servings)
- Physically Active (5x/Week/60 Min.)

2011
- Fruit: 71%
- Vegetables: 21%
- Physically Active: 20%

2014
- Fruit: 80%
- Vegetables: 30%
- Physically Active: 73%
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]
Top County Health Issues [Part 1]
Top County Health Issues [Part 2]

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

Year: 2011-2014

- Teen Pregnancy: 26%, 24%, 14%, 4%, 2%
- Infectious Diseases: 21%, 15%, 9%, <1%
- Violence: 21%, 15%, 9%, <1%
- Infant Mortality: 21%, 15%, 9%, <1%
- Lead Poisoning: 0%
Select Key Findings of Need

- 16% Delayed/Did Not Seek Medical Care Due to Cost (Past Year)
- 43% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 27% High Blood Pressure
- 23% High Blood Cholesterol
- 67% Overweight
- 20% Current Tobacco Cigarette Smoker (past month) vs. 12% HP2020
- 50% Tried to Quit Smoking (past year) vs. 80% HP2020
- 39% Binge Drink (past mo.; 4+ Female, 5+ Male) vs. 24% HP2020 (5+)
- 32% Children 8 to 17 Years Old Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.co.washington.wi.us