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 2 through March 3, 2015
• 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%
<table>
<thead>
<tr>
<th>Demographics</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>54%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>13%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>19%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>14%</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>34%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</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>16%</td>
</tr>
<tr>
<td>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>44%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>35%</td>
</tr>
<tr>
<td>College graduate</td>
<td>21%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>35%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2013
  - WI: 12%
  - US: 17%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2013
  - WI: 14%
  - US: 20%

![Chart showing health care coverage trends from 2003 to 2015.](chart.png)

- 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)
- 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
- Internet
- Myself/Family Member in Health Field

2012:
- Doctor: 47%
- Internet: 19%
- Myself/Family Member in Health Field: 5%

2015:
- Doctor: 34%
- Internet: 29%
- Myself/Family Member in Health Field: 8%
Health Services

*“living will or health care power of attorney” added in 2005*
General Health
Rate Own Health

2013
- Excellent or Very Good
  - WI: 54%
  - US: 53%
- Fair or Poor
  - WI: 15%
  - US: 17%
Routine Procedures

- Routine checkup 2013
  - WI: 82%
  - US: 81%

- Cholesterol test 2013
  - WI: 77%
  - US: 76%
  - HP2020 Goal: 82%

- Dental checkup 2012
  - WI: 72%
  - US: 67%
  - HP2020 Goal: 49%
Vaccinations

- **Pneumonia vaccination (65+) 2013**
  - WI: 73%
  - US: 70%
  - HP2020 Goal: 90%

- **Flu vaccination (65+) 2013**
  - WI: 55%
  - US: 63%

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

*In 2005, “nasal spray” was added.*

**For a time in the 2004/05 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 (2015)

- High Blood Pressure: 32%
- High Blood Cholesterol: 24%
- Mental Health Condition: 19%
- Asthma (Current): 9%
- Diabetes: 9%
- Heart Disease/Condition: 9%
- Sexually Transmitted Disease (Past Year): 3%
Health Conditions Past 3 Years

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

Year | High Blood Pressure | High Blood Cholesterol | Mental Health Condition | Diabetes | Heart Disease/Condition | Asthma (Current) | Sexually Transmitted Disease (Past Year)
--- | --- | --- | --- | --- | --- | --- | ---
2003 | 18% | 12% | 7% | 8% | 9% | 12% | 7%
2005 | 25% | 19% | 12% | 8% | 9% | 12% | 7%
2009 | 27% | 22% | 17% | 9% | 8% | 12% | 7%
2012 | 28% | 20% | 18% | 14% | 9% | 14% | 9%
2015 | 32% | 24% | 19% | 19% | 9% | 19% | 9%
# Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2012</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>90%</td>
<td>93%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>89%</td>
<td>91%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>90%</td>
<td>97%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>94%</td>
<td>91%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>94%</td>
<td>97%</td>
</tr>
</tbody>
</table>
Body Weight

- Overweight 2013
  - 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):
  - 2003: 64%
  - 2005: 58%
  - 2009: 53%
  - 2012: 58%
  - 2015: 55%

- Vegetable (Three or more servings):
  - 2003: 28%
  - 2005: 22%
  - 2009: 21%
  - 2012: 19%
  - 2015: 26%
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%

*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 2009*
Safety
Personal Safety Issues in Past Year

- Someone made you afraid for your personal safety
- Someone pushed, kicked, slapped or hit you
- At least 1 of the 2 issues

Graph showing the percentage of people experiencing personal safety issues from 2003 to 2015.
Tobacco Use
Current Tobacco Cigarette Smoker in Past Month

- Current Smokers 2013
  - WI: 19%
  - US: 19%
  - HP2020 Goal: 12%
Smoking Cessation in Past 12 Months (Current Tobacco Cigarette Smokers)

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

![Graph showing smoking cessation rates from 2003 to 2015. The blue line represents healthcare professional advised to quit, with percentages from 72% in 2009 to 70% in 2015. The pink line represents quit smoking for at least 1 day, with percentages from 49% in 2005 to 52% in 2015.](image-url)
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
- WI: 75%

Nonsmokers Exposed to Second-Hand Smoke
- HP2020 Goal: 34%
Other Tobacco Products in Past Month (2015)

- Electronic Cigarettes: 8%
- Cigars, Cigarillos or Little Cigars: 6%
- Smokeless Tobacco: 4%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2013 [Male 5+; Female 4+]
  - WI: 23%
  - US: 17%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2003, 2012 and 2015, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2005 and 2009, “5 or more drinks on an occasion” was used for both males and females.
Household Problems
Household Problems In Past Year

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

Year:
- 2005: 8%
- 2009: 4%
- 2012: 5%
- 2015: 4%

- 2005: 1%
- 2009: 2%
- 2012: 1%
- 2015: 0%
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)

- 2012: 91%
- 2015: 84%

- 2012: 84%
- 2015: 83%
Child’s Unmet Care in Past 12 Months [17 or Younger]

Dental Care Need

Medical Care Need

Specialist Care Need

2012 2015

0% 10% 20% 30% 40%

0% 4% 10% 15% 20%

0% 4% 7% 15%
Child Currently Has Asthma [17 or Younger]

- 2012: 14%
- 2015: 16%
Child is Seldom/Never Safe in Community [17 or Younger]

- 2012: 6%
- 2015: 1%

The graph shows a decline from 6% in 2012 to 1% in 2015.
Child’s Nutrition and Exercise [5 to 17 Years Old]

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

2012:
- 77% Fruit
- 59% Vegetables
- 40% Physically Active

2015:
- 74% Fruit
- 52% Vegetables
- 39% Physically Active
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]

2012: 2%
2015: 1%

2012 is set at 0%, 2015 is set at 1%.
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]

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

- 2012: 1% Bullied Overall, 1% Verbally Bullied, 7% Physically Bullied, 1% Cyber Bullied
- 2015: 40% Bullied Overall, 40% Verbally Bullied, 25% Physically Bullied, 16% Cyber Bullied
Community Health Issues
Top Community Health Issues [Part 1]

- Chronic Diseases
- Alcohol or Drug Use
- Violence

2012:
- Chronic Diseases: 46%
- Alcohol or Drug Use: 41%
- Violence: 36%

2015:
- Chronic Diseases: 60%
- Alcohol or Drug Use: 58%
- Violence: 36%
Top Community Health Issues [Part 2]

- Mental Health or Depression
- Teen Pregnancy
- Infectious Diseases
- Infant Mortality
- Lead Poisoning

Year: 2012
- Mental Health or Depression: 38%
- Teen Pregnancy: 23%
- Infectious Diseases: 15%
- Infant Mortality: 1%
- Lead Poisoning: 6%

Year: 2015
- Mental Health or Depression: 33%
- Teen Pregnancy: 22%
- Infectious Diseases: 6%
- Infant Mortality: 2%
- Lead Poisoning: 2%
Select Key Findings of Need

- 22% Unmet Dental Care Need (past year) vs. 5% HP2020
- 20% Unmet Medical Care Need (past year) vs. 4% HP2020
- 14% Prescription Meds Not Taken Due to Cost (Household, past year) vs. 3% HP2020
- 47% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 69% Flu Vaccination (past year, 65+) vs. 90% HP2020
- 68% Pneumonia Vaccination (ever, 65+) vs. 90% HP2020
- 32% High Blood Pressure
- 75% Overweight
- 21% Tobacco Smoker (current) vs. 12% HP2020
- 52% Tried to Quit Smoking (past year) vs. 80% HP2020
- 32% Binge Drink (past mo.; 4+ Female, 5+ Male) vs. 24% HP2020 (5+)
- 40% Children 8 to 17 Years Old Bullied (past year); 25% Verbally Bullied, 16% Physically Bullied
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.mywheaton.org
- www.CityofRacine.org/Health
Next Steps