MANITOWOC COUNTY COMMUNITY HEALTH SURVEY – 2016

Commissioned by:
Aurora Health Care
Holy Family Memorial
Lakeshore CAP
Lakeshore Community Health Care
Manitowoc County Health Department
United Way Manitowoc County
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 1 through February 18, 2016
• 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
<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>39%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>21%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>32%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>8%</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>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>
</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>41%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>31%</td>
</tr>
<tr>
<td>College graduate</td>
<td>29%</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Married</strong></td>
<td>55%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2014
  - WI: 9%
  - US: 13%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2014
  - WI: 10%
  - US: 15%
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%

![Graph showing unmet health care needs from 2013 to 2016]
Source for Health Information (2016)

- Doctor: 56%
- Internet: 18%
- Myself/Family Member in Health Field: 8%
- Other Health Professional: 7%
Health Services

- **Have a Primary Care Physician**
  - 2003: 34%
  - 2007: 37%
  - 2010: 77%
  - 2013: 78%
  - 2016: 88%

- **Doctor/Nurse Practioner Office as Primary Health Care Service**
  - 2003: 34%
  - 2010: 33%
  - 2013: 38%
  - 2016: 47%

- **Advance Care Plan**

*“living will or health care power of attorney” added in 2007*
General Health
Rate Own Health

2014
- Excellent or Very Good
  - WI: 54%
  - US: 53%
- Fair or Poor
  - WI: 15%
  - US: 16%
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+) 2014**
  - WI: 72%
  - US: 70%
  - HP2020 Goal: 90%

- **Flu vaccination (65+) 2014**
  - WI: 54%
  - US: 61%

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

*In 2007, “nasal spray” was added.*
Health Conditions Past 3 Years (2016)

- High Blood Pressure: 31%
- High Blood Cholesterol: 16%
- Mental Health Condition: 15%
- Asthma (Current): 13%
- Heart Disease/Condition: 10%
- Diabetes: 9%
<table>
<thead>
<tr>
<th>Condition</th>
<th>2013</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>88%</td>
<td>91%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>94%</td>
<td>98%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>98%</td>
<td>97%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>91%</td>
<td>82%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>100%</td>
<td>91%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- **Overweight (BMI 25.0+) 2014**
  - WI: 67%
  - US: 65%
- **HP2020 Goal:**
  - 34% Healthy weight
  - 66% Unhealthy weight
- **Obese (BMI 30.0+) 2014**
  - WI: 31%
  - US: 30%
  - HP2020 Goal: 31%
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%

1Moderate activity: 5 times a week for 30 or more minutes/time
Vigorous activity: 3 times a week for 20 or more minutes/time
Early Detection and Prevention of Cancer
Women’s Health

- Pap Smear (18+) 2014
  - WI: 77%
  - US: 75%
  - HP2020 Goal (21-65 years old): 93%

- Mammogram (50+) 2014
  - WI: 77%
  - US: 76%

*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 2010*
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
Current Tobacco Cigarette Smoker in Past Month

- **Current Smokers 2014**
  - WI: 17%
  - US: 18%
  - 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 trends in smoking cessation](chart.png)
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
- WI: 75%

Nonsmokers Exposed to Second-Hand Smoke
- HP2020 Goal: 34%

![Graph showing trends in smoking and second-hand smoke exposure](chart.png)

- **Smoking Not Allowed in Home**
  - 2010: 70%
  - 2013: 78%
  - 2016: 85%

- **Nonsmokers Exposed to Second-Hand Smoke (past 7 days)**
  - 2010: 12%
  - 2013: 17%
  - 2016: 10%
Other Tobacco Products in Past Month (2016)

- Electronic Cigarettes: 4%
- Smokeless Tobacco: 3%
- Cigars, Cigarillos or Little Cigars: 2%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2014 [Male 5+; Female 4+]
  - WI: 22%
  - US: 16%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2003, 2013 and 2016, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2007 and 2010, “5 or more drinks on an occasion” was used for both males and females.
Household Problems
Household Problems In Past Year

- Alcohol
- Marijuana
- Cocaine, Heroin or Other Street Drugs
- Misuse of Prescription Drugs or Over-the-Counter Drugs
- Gambling
## Times of Distress in Past Three Years (2016)

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Someone in Household Looked for Community Support</td>
<td>15%</td>
</tr>
<tr>
<td>Degree of Support Felt (Somewhat/Slightly or Not At All Supported)</td>
<td>47%</td>
</tr>
</tbody>
</table>
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] (2016)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Health Doctor or Nurse</td>
<td>96%</td>
</tr>
<tr>
<td>Visited Personal Professional for Preventive Care During Past 12 Months</td>
<td>84%</td>
</tr>
</tbody>
</table>
## Child Did Not Receive Care Needed in Past Year [17 or Younger] (2016)

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Care</td>
<td>9%</td>
</tr>
<tr>
<td>Dental Care</td>
<td>5%</td>
</tr>
<tr>
<td>Specialist</td>
<td>5%</td>
</tr>
</tbody>
</table>
Child Currently Has Asthma [17 or Younger] (2016)

- Yes: 4%
- No: 96%
Child’s Neighborhood Safety [17 or Younger] (2016)

- Always: 65%
- Nearly Always: 33%
- Sometimes: 2%
- Seldom: 0%
- Never: 0%
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Intake (Two or More Servings per Day)</td>
<td>75%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings per Day)</td>
<td>25%</td>
</tr>
<tr>
<td>Fruit or Vegetables (Five or More per Day)</td>
<td>30%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days at Least 60 Minutes Each)</td>
<td>69%</td>
</tr>
</tbody>
</table>
Child Felt Unhappy, Sad or Depressed in Past Six Months [8 to 17 Years Old] (2016)

- Seldom: 44%
- Sometimes: 31%
- Never: 24%
- Not Sure: 2%
- Always: 0%
- Nearly Always: 0%
## Child Experienced Bullying in Past 12 Months
### [8 to 17 Years Old] (2016)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>27%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>27%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>2%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>0%</td>
</tr>
</tbody>
</table>
Community Health Issues
Top Community Health Issues [Part 1]
Top Community Health Issues [Part 2]

- Access to Health Care
- Mental Health or Depression
- Tobacco Use
- Affordable Health Care (Volunteered)
- Lack of Physical Activity
- Infectious Diseases

Graph showing the percentage of top community health issues from 2013 to 2016.
Select Key Findings of Need

- 16% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 12% HH Member Not Taken Prescription Due to Cost (past year) vs. 3% HP2020
- 70% Pneumonia Vaccination (65+) vs. 90% HP2020
- 57% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 31% High Blood Pressure
- 71% At Least Overweight (BMI 25.0+)
- 42% Obese (BMI 30.0+) vs. 31% HP2020
- 21% Current Smokers vs. 12% HP2020
- 64% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 40% Binge Drinkers (past month, 4+ F & 5+ M) vs. 24% HP2020 (past month, 5+)
- 27% Children 8 to 17 Years Old Verbally Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.hfmhealth.org
- www.manitowocochealthdept.info
- www.unitedwaymanitowoccounty.org
Next Steps