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 July 5 through August 26, 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
Respondent Demographics

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Household Income</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>23%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>12%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>49%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>17%</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>22%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>23%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>19%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>20%</td>
</tr>
</tbody>
</table>
## Respondent Demographics (cont.)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>High school or less</td>
<td>21%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>29%</td>
</tr>
<tr>
<td>College graduate</td>
<td>50%</td>
</tr>
<tr>
<td><strong>Marital Status</strong></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+) 2014
  - WI: 9%
  - US: 13%
  - HP2020 Goal: 0%

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

Graph showing trends:
- 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
- Family/Friends
- Other Health Professional

Year 2011: Doctor = 42%, Internet = 29%, Myself/Family Member = 6%, Family/Friends = 2%, Other Health Professional = 2%

Year 2014: Doctor = 43%, Internet = 33%, Myself/Family Member = 9%, Family/Friends = 3%, Other Health Professional = 3%

Year 2016: Doctor = 50%, Internet = 25%, Myself/Family Member = 7%, Family/Friends = 6%, Other Health Professional = 3%
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 the 2004/2005 flu season, for a time 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 (2016)

- High Blood Pressure: 28%
- High Blood Cholesterol: 26%
- Mental Health Condition: 18%
- Heart Disease/Condition: 11%
- Asthma (Current): 11%
- Diabetes: 8%
Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2011</th>
<th>2014</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>96%</td>
<td>91%</td>
<td>94%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>88%</td>
<td>92%</td>
<td>92%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>82%</td>
<td>97%</td>
<td>85%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>100%</td>
<td>96%</td>
<td>88%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>95%</td>
<td>86%</td>
<td>95%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>95%</td>
<td>87%</td>
<td>97%</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
Nutrition and Food Insecurity

- **Fruit (Two or More Servings/Day)**
- **Vegetables (Three or More Servings/Day)**
- **Fruit or Vegetables (Five or More Servings/Day)**
- **Often Read Food Label of New Product**
- **Household Went Hungry (Past Year)**

Data over years:
- 2005: 65% for Fruit, 30% for Vegetables, 43% for Fruit or Vegetables, 53% for Often Read Food Label, 0% for Household Went Hungry
- 2008: 71% for Fruit, 32% for Vegetables, 44% for Fruit or Vegetables, 6% for Often Read, 6% for Household Went Hungry
- 2011: 60% for Fruit, 29% for Vegetables, 36% for Fruit or Vegetables, 33% for Often Read, 6% for Household Went Hungry
- 2014: 64% for Fruit, 33% for Vegetables, 40% for Fruit or Vegetables, 33% for Often Read, 6% for Household Went Hungry
- 2016: 68% for Fruit, 30% for Vegetables, 33% for Fruit or Vegetables, 53% for Often Read, 6% for Household Went Hungry
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 2008*
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
Tobacco Use
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%
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

- Smokeless Tobacco
- Cigars, Cigarillos or Little Cigars
- Electronic Cigarettes

2014:
- Smokeless Tobacco: 11%
- Cigars, Cigarillos or Little Cigars: 6%
- Electronic Cigarettes: 5%

2016:
- Smokeless Tobacco: 5%
- Cigars, Cigarillos or Little Cigars: 1%
- Electronic Cigarettes: 1%
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 2011, 2014 and 2016, “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
### Times of Distress in Past Three Years (2016)

<table>
<thead>
<tr>
<th>Household Looked for Community Resource Support During Time of Distress (Economic, Medical, Family Issue or Other)</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Degree of Support Felt (n=56)</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Supported or Very Supported</td>
<td>54%</td>
</tr>
<tr>
<td>Somewhat Supported, Slightly Supported or Not At All Supported</td>
<td>40%</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]

- **Have a Personal Doctor/Nurse**
- **Preventive Care in Past Year (Of Children With Personal Doctor/Nurse)**

- **2011**
  - 90%
  - 92%

- **2014**
  - 88%
  - 89%

- **2016**
  - 87%
  - 99%
Child’s Unmet Care in Past 12 Months [17 or Younger]

[Graph showing trends in medical care need, dental care need, and specialist care need from 2011 to 2016 with specific percentages for each year.]
Child Currently Has Asthma [17 or Younger]

- 2011: 5%
- 2014: 9%
- 2016: 10%
Child is Seldom/Never Safe in Community [17 or Younger]
Child’s Nutrition and Exercise [5 to 17 Years Old]

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Fruit/Vegetables</th>
<th>Physically Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>74%</td>
<td>52%</td>
<td>38%</td>
<td>27%</td>
</tr>
<tr>
<td>2014</td>
<td>79%</td>
<td>41%</td>
<td>55%</td>
<td>73%</td>
</tr>
<tr>
<td>2016</td>
<td>73%</td>
<td>37%</td>
<td>41%</td>
<td>67%</td>
</tr>
</tbody>
</table>
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]

- 2011: 0%
- 2014: 1%
- 2016: 4%
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]

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

2011: 8%
2014: 18%
2016: 14%

2011: 3%
2014: 3%
2016: 1%

2011: 2%
2014: 3%
2016: 0%
County Health Issues
Top County Health Issues
Up to 3 Open-Ended Responses Accepted
[Part 1] (2016)

- Illegal Drug Use: 43%
- Chronic Diseases: 26%
- Overweight or Obesity: 25%
- Cancer: 15%
- Alcohol Use or Abuse: 13%
- Prescription or OTC Drug Abuse: 12%
- Access to Health Care: 11%
Top County Health Issues
Up to 3 Open-Ended Responses Accepted
[Part 2] (2016)

- Mental Health or Depression: 8%
- Environmental Issues: 6%
- Affordable Health Care: 6%
- Lack of Physical Activity: 4%
- Tobacco Use: 4%
Select Key Findings of Need

- 16% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 15% Unmet Dental Care (past year) vs. 5% [Household Member] HP2020
- 11% Unmet Medical Care (past year) vs. 4% [Household Member] HP2020
- 56% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 28% High Blood Pressure
- 26% High Blood Cholesterol
- 63% At Least Overweight (BMI 25.0+)
- 42% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 77% Smokers Reported HC Professional Advised Them to Quit
- 14% Children 8 to 17 Years Old Bullied Overall (past year)
- 14% Children 8 to 17 Years Old Verbally Bullied (past year)
Report Available at...

- https://ahc.aurorahealthcare.org/aboutus/community-benefits
- www.chw.org
- www.columbia-stmarys.org/Serving_Our_Community
Next Steps