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 September 10, 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></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>33%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>13%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>40%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>14%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>----------------</td>
<td>---------</td>
</tr>
<tr>
<td>18 to 34</td>
<td>30%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>16%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>20%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>16%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>18%</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>33%</td>
</tr>
<tr>
<td>College graduate</td>
<td>32%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>48%</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%

*Not asked in 2014*
Source for Health Information (2016)

- Doctor: 55%
- Internet: 23%
- Myself/Family Member in Health Field: 7%
- Other Health Professional: 6%
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: 26%
- High Blood Cholesterol: 23%
- Mental Health Condition: 22%
- Asthma (Current): 12%
- Diabetes: 10%
- Heart Disease/Condition: 7%
Health Conditions Past 3 Years

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

Year | High Blood Pressure | High Blood Cholesterol | Mental Health Condition | Diabetes | Heart Disease/Condition | Asthma (Current) |
--- | --- | --- | --- | --- | --- | --- |
2005 | 24% | 15% | 7% | 8% | | |
2009 | 24% | 19% | 10% | 7% | | |
2011 | 29% | 20% | 19% | 7% | | |
2014 | 27% | 21% | 11% | 7% | | |
2016 | 26% | 22% | 12% | 10% | | |
<table>
<thead>
<tr>
<th>Condition</th>
<th>2014</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>98%</td>
<td>98%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>88%</td>
<td>93%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>95%</td>
<td>72%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>100%</td>
<td>69%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>95%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>100%</td>
<td>89%</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%

\(^1\)Moderate activity: 5 times a week for 30 or more minutes/time

\(^2\)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)
- Household Went Hungry (Past Year)
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 2009 and 2011*
Safety
Both Working Smoke and Carbon Monoxide Detectors in Household
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Issue 1</th>
<th>Issue 2</th>
<th>At least 1 of the 2 issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>8%</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>2009</td>
<td>10%</td>
<td>5%</td>
<td>15%</td>
</tr>
<tr>
<td>2011</td>
<td>8%</td>
<td>5%</td>
<td>13%</td>
</tr>
<tr>
<td>2014</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>2016</td>
<td>2%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>2017</td>
<td>4%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
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

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

2014:
- Electronic Cigarettes: 4%
- Smokeless Tobacco: 3%
- Cigars, Cigarillos or Little Cigars: 6%

2016:
- Electronic Cigarettes: 8%
- Smokeless Tobacco: 5%
- Cigars, Cigarillos or Little Cigars: 4%
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 2009, “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

Year: 2005 - Alcohol: 7%
Year: 2009 - Alcohol: 6%
Year: 2011 - Alcohol: 6%
Year: 2014 - Alcohol: 1%
Year: 2016 - Alcohol: <1%
Year: 2005 - Marijuana: NA
Year: 2009 - Marijuana: NA
Year: 2011 - Marijuana: NA
Year: 2014 - Marijuana: NA
Year: 2016 - Marijuana: NA
Year: 2005 - Cocaine, Heroin or Other Street Drugs: NA
Year: 2009 - Cocaine, Heroin or Other Street Drugs: NA
Year: 2011 - Cocaine, Heroin or Other Street Drugs: NA
Year: 2014 - Cocaine, Heroin or Other Street Drugs: NA
Year: 2016 - Cocaine, Heroin or Other Street Drugs: NA
Year: 2005 - Misuse of Prescription Drugs or Over-the-Counter Drugs: NA
Year: 2009 - Misuse of Prescription Drugs or Over-the-Counter Drugs: NA
Year: 2011 - Misuse of Prescription Drugs or Over-the-Counter Drugs: NA
Year: 2014 - Misuse of Prescription Drugs or Over-the-Counter Drugs: NA
Year: 2016 - Misuse of Prescription Drugs or Over-the-Counter Drugs: NA
Year: 2005 - Gambling: NA
Year: 2009 - Gambling: NA
Year: 2011 - Gambling: NA
Year: 2014 - Gambling: NA
Year: 2016 - Gambling: NA
## Times of Distress in Past Three Years (2016)

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Looked for Community Resource Support During Time of Distress (Economic, Medical, Family Issue or Other)</td>
<td>21%</td>
</tr>
<tr>
<td>Degree of Support Felt (n=84)</td>
<td></td>
</tr>
<tr>
<td>Extremely Supported or Very Supported</td>
<td>51%</td>
</tr>
<tr>
<td>Somewhat Supported, Slightly Supported or Not At All Supported</td>
<td>49%</td>
</tr>
</tbody>
</table>
Mental Health Status
### Mental Health Status

<table>
<thead>
<tr>
<th>Year</th>
<th>Felt sad, blue, depressed always/nearly always (past 30 days)</th>
<th>Find meaning &amp; purpose in daily life seldom/never</th>
<th>Considered suicide (past year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>7%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>2009</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>2011</td>
<td>9%</td>
<td>7%</td>
<td>5%</td>
</tr>
<tr>
<td>2014</td>
<td>7%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>2016</td>
<td>6%</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

- **Graph Notes:**
  - Red line: Felt sad, blue, depressed always/nearly always (past 30 days)
  - Green triangle: Find meaning & purpose in daily life seldom/never
  - Blue line: Considered suicide (past year)
Children In Household
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has a Personal Health Doctor or Nurse Who Knows Child Well &amp; Familiar with Health History</td>
<td>99%</td>
</tr>
<tr>
<td>Visited Personal Doctor or Nurse for Preventive Care During Past 12 Months (Of Children with a Personal Dr./Nurse)</td>
<td>95%</td>
</tr>
</tbody>
</table>
Child’s Unmet Care in Past 12 Months [17 or Younger] (2016)

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Care</td>
<td>7%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>0%</td>
</tr>
<tr>
<td>Specialist</td>
<td>0%</td>
</tr>
</tbody>
</table>
Child Currently Has Asthma [17 or Younger] (2016)

- Yes: 3%
- No: 97%
Child is Seldom/Never Safe in Community [17 or Younger] (2016)

- Nearly Always: 29%
- Always: 70%
- Sometimes: <1%
- Seldom: 0%
- Never: 0%
<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (Two or More Servings/Day)</td>
<td>66%</td>
</tr>
<tr>
<td>Vegetable (Three or More Servings/Day)</td>
<td>26%</td>
</tr>
<tr>
<td>Fruit/Vegetables (Five or More Servings/Day)</td>
<td>30%</td>
</tr>
<tr>
<td>Physical Activity (Five or More Days/ Week for at Least 60 Minutes Each)</td>
<td>61%</td>
</tr>
</tbody>
</table>
Child Almost/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old] (2016)

- Never: 31%
- Seldom: 51%
- Sometimes: 17%
- Always: 0%
- Nearly Always: 1%
<table>
<thead>
<tr>
<th>Experience</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced Some Form of Bullying</td>
<td>14%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>13%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>1%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>0%</td>
</tr>
</tbody>
</table>
County Health Issues
Top County Health Issues
Up to 3 Open-Ended Responses Accepted
[Part 1] (2016)

- Illegal Drug Use: 26%
- Alcohol Use or Abuse: 22%
- Access to Health Care: 19%
- Chronic Diseases: 16%
- Overweight or Obesity: 15%
- Mental Health or Depression: 11%
- Tobacco Use: 10%
Top County Health Issues
Up to 3 Open-Ended Responses Accepted
[Part 2] (2016)

- Prescription or OTC Drug Abuse: 6%
- Cancer: 5%
- Access to Affordable Healthy Food: 5%
- Affordable Health Care: 5%
- Environmental Issues: 5%
- Aging Population: 5%
- Infectious Diseases: 4%
- Lack of Physical Activity: 4%
Select Key Findings of Need

- 11% HH Member Not Taken Prescription Due to Cost (past year) vs. 3% HP2020
- 12% Unmet Medical Care (past year) vs. 4% HP2020
- 23% Unmet Dental Care (past year) vs. 5% HP2020
- 38% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 73% Cholesterol Test (4 years ago or less) vs. 82% HP2020
- 26% High Blood Pressure
- 23% High Blood Cholesterol
- 22% Mental Health Condition
- 71% At Least Overweight (BMI 25.0+)
- 34% Obese (BMI 30.0+) vs. 31% HP2020
- 77% Met Cervical Cancer Screen (Age-specific)
- 24% Current Smokers vs. 12% HP2020
- 51% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 30% Binge Drinkers (past month, 4+ F & 5+ M) vs. 24% HP2020 (past month, 5+)
- 21% HH Looked for Community Resource Support (past 3 years)
- 14% Children 8 to 17 Years Old Bullied Overall (past year)
Report Available at...

- https://ahc.aurorahealthcare.org/aboutus/community-benefits
- www.chw.org
- www.co.walworth.wi.us
Next Steps