Commissioned By:

Aurora Health Care
HSHS St. Nicholas Hospital
Lakeshore Community Health Center
Sheboygan County Health and Human Services—Division of Public Health
United Way of Sheboygan County
UW-Extension Sheboygan 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 January 11 through February 1, 2017
• 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></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>38%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>36%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>11%</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>26%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>21%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>17%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>19%</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>40%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>34%</td>
</tr>
<tr>
<td>College graduate</td>
<td>26%</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>50%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2015
  - WI: 8%
  - US: 11%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2015
  - WI: 9%
  - US: 13%
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 2011
Source for Health Information (2017)

- Doctor: 51%
- Internet: 22%
- Other Health Professional: 9%
- Family/Friends: 4%
- Member in HC Field: 6%
- Myself/Family: 3%
- Work: 3%
- Other: 5%
General Health
Rate Own Health

2015
- Excellent or Very Good
  - WI: 54%
  - US: 52%
- Fair or Poor
  - WI: 15%
  - US: 16%
Routine Procedures

- Routine checkup 2015
  - WI: 84%
  - US: 83%

- Cholesterol test 2014
  - WI: 77%
  - US: 76%
  - HP2020 Goal: 82%

- Dental checkup 2014
  - WI: 70%
  - US: 65%
  - HP2020 Goal: 49%
Vaccinations

- Pneumonia vaccination (65+) 2015
  - WI: 77%
  - US: 73%
  - HP2020 Goal: 90%

- Flu vaccination (65+) 2015
  - WI: 53%
  - 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 (2017)

- High Blood Pressure: 29%
- High Blood Cholesterol: 26%
- Mental Health Condition: 19%
- Diabetes: 13%
- Asthma (Current): 13%
- Heart Disease/Condition: 11%
Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>91%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>83%</td>
<td>84%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>84%</td>
<td>93%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>98%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>97%</td>
<td>76%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>90%</td>
<td>93%</td>
</tr>
<tr>
<td></td>
<td>2017</td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>Past Month</td>
<td>29%</td>
<td></td>
</tr>
<tr>
<td>Next Two Years</td>
<td>37%</td>
<td></td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight (BMI 25.0+) 2015
  - WI: 66%
  - US: 66%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight

- Obese (BMI 30.0+) 2015
  - 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)**
- **Household Went Hungry (Past Year)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Fruit or Vegetables</th>
<th>Hungry</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>66%</td>
<td>21%</td>
<td>37%</td>
<td>6%</td>
</tr>
<tr>
<td>2008</td>
<td>64%</td>
<td>23%</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>61%</td>
<td>23%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>59%</td>
<td>24%</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>55%</td>
<td>24%</td>
<td>35%</td>
<td></td>
</tr>
</tbody>
</table>
Early Detection and Prevention of Cancer
Women’s Health

- Pap Smear (18+) 2015
  - WI: 87%
  - US: 83%
  - HP2020 Goal (21-65 years old): 93%

- Mammogram (50+) 2015
  - WI: 80%
  - US: 78%

*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 and 2011
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 2015
  - 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 smoking cessation rates over time](image)
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2005
- WI: 75%

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

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

2014:
- Smokeless Tobacco: 4%
- Electronic Cigarettes: 6%
- Cigars, Cigarillos or Little Cigars: 1%

2017:
- Smokeless Tobacco: 9%
- Electronic Cigarettes: 2%
- Cigars, Cigarillos or Little Cigars: 1%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2015 [Male 5+; Female 4+]
  - WI: 23%
  - US: 16%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2014 and 2017, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2005, 2008 and 2011, “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 (2017)

<table>
<thead>
<tr>
<th>Description</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Looked for Community Resource Support During Time of Distress (Economic, Medical, Family Issue or Other)</td>
<td>26%</td>
</tr>
<tr>
<td>Degree of Support Felt (n=105)</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

- 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
<table>
<thead>
<tr>
<th>Has a Personal Doctor/Nurse</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a Personal Doctor/Nurse</td>
<td>91%</td>
</tr>
<tr>
<td>Of Children with Personal Doctor/Nurse (n=104)</td>
<td>94%</td>
</tr>
<tr>
<td>Preventive Care in Past Year</td>
<td>94%</td>
</tr>
<tr>
<td></td>
<td>2017</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Dental Care Need</td>
<td>8%</td>
</tr>
<tr>
<td>Medical Care Need</td>
<td>7%</td>
</tr>
<tr>
<td>Specialist Care Need</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Current Asthma</td>
<td>2017</td>
</tr>
<tr>
<td>---------------</td>
<td>-------</td>
</tr>
<tr>
<td></td>
<td>7%</td>
</tr>
</tbody>
</table>
Child is Seldom/Never Safe in Community [17 or Younger] (2017)

- Always: 59%
- Nearly Always: 35%
- Sometimes: 4%
- Seldom/Never: <1%
<table>
<thead>
<tr>
<th></th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (2 or More Servings)</td>
<td>81%</td>
</tr>
<tr>
<td>Vegetables (3 or More Servings)</td>
<td>17%</td>
</tr>
<tr>
<td>Fruit/Vegetables (5 or More Servings)</td>
<td>48%</td>
</tr>
<tr>
<td>Physically Active (60 Min./5 or More Days/Week)</td>
<td>68%</td>
</tr>
</tbody>
</table>
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old] (2017)

- Seldom: 44%
- Sometimes: 27%
- Never: 26%
- Always/Nearly Always: 3%
### Child Experienced Bullying in Past 12 Months [8 to 17 Years Old] (2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullied Overall</td>
<td>23%</td>
</tr>
<tr>
<td>Verbally Bullied</td>
<td>23%</td>
</tr>
<tr>
<td>Physically Bullied</td>
<td>1%</td>
</tr>
<tr>
<td>Cyber Bullied</td>
<td>1%</td>
</tr>
</tbody>
</table>
County Health Issues
Top County Health Issues
Up to 3 Open-Ended Responses Accepted [Part 1] (2017)

- Illegal Drug Use: 48%
- Alcohol Use or Abuse: 28%
- Overweight or Obesity: 23%
- Access to Health Care: 20%
- Chronic Diseases: 18%
- Cancer: 13%
Top County Health Issues
Up to 3 Open-Ended Responses Accepted

- Mental Health or Depression: 12%
- Prescription or OTC Drug Abuse: 12%
- Affordable Health Care: 7%
- Access to Affordable Healthy Food: 5%
- Tobacco Use: 4%
Select Key Findings of Need

- 16% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 9% HH Member Not Taken Prescription Due to Cost (past year) vs. 3% HP2020
- 12% Unmet Medical Care vs. 4% HP2020
- 17% Unmet Dental Care vs. 5% HP2020
- 47% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 29% High Blood Pressure
- 26% High Blood Cholesterol
- 62% At Least Overweight (BMI 25.0+)
- 32% Obese (BMI 30.0+)
- 21% Current Smokers vs. 12% HP2020
- 23% Children 8 to 17 Years Old Bullied Overall (past year)
- 23% Children 8 to 17 Years Old Verbally Bullied (past year)
Report Available at...

- https://ahc.aurorahealthcare.org/aboutus/community-benefits
- www.chomp.org
Next Steps