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 June 5 through July 9, 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%
Demographics
## Respondent 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>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>17%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>14%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>54%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>16%</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>23%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>18%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>23%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>18%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>19%</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>18%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>31%</td>
</tr>
<tr>
<td>College graduate</td>
<td>51%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>61%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2016
  - WI: 9%
  - US: 10%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2016
  - WI: 10%
  - US: 12%

![Graph showing health care coverage trends from 2006 to 2017.]

- 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%
Health Services

- Have a Primary Care Physician
- Doctor/Nurse Practitioner Office for Primary Health Care Service
- Urgent Care for Primary Health Care Service
- Advance Care Plan
General Health
Rate Own Health

2016
- Excellent or Very Good
  - WI: 51%
  - US: 53%
- Fair or Poor
  - WI: 16%
  - US: 16%
Routine Procedures

- Routine checkup 2016
  - WI: 84%
  - US: 84%

- Cholesterol test 2015
  - WI: 78%
  - US: 78%
  - HP2020 Goal: 82%

- Dental checkup 2016
  - WI: 73%
  - US: 66%
  - HP2020 Goal: 49%
Vaccinations

- **Pneumonia vaccination (65+) 2016**
  - WI: 79%
  - US: 73%
  - HP2020 Goal: 90%

- **Flu vaccination (65+) 2016**
  - WI: 50%
  - US: 59%

- **Flu vaccination (18+)**
  - HP2020 Goal: 70%
Health Conditions Past 3 Years (2017)

- High Blood Pressure: 31%
- High Blood Cholesterol: 26%
- Mental Health Condition: 18%
- Heart Disease/Condition: 12%
- Diabetes: 12%
- Asthma (Current): 11%
Health Conditions Past 3 Years

- High Blood Pressure
- High Blood Cholesterol
- Heart Disease/Condition
- Mental Health Condition
- Diabetes
- Asthma (Current)
<table>
<thead>
<tr>
<th>Condition</th>
<th>2015</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>98%</td>
<td>98%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>81%</td>
<td>77%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>98%</td>
<td>97%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>87%</td>
<td>91%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>94%</td>
<td>96%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>87%</td>
<td>98%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- **Overweight (BMI 25.0+) 2016**
  - WI: 67%
  - US: 65%
- **HP2020 Goal:**
  - 34% Healthy weight
  - 66% Unhealthy weight

- **Obese (BMI 30.0+) 2016**
  - 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 or Vegetables (5 or More Servings/Day) 2009
  - WI: 23%
  - US: 23%
Early Detection and Prevention of Cancer
Women’s Health

- Pap Smear (21 – 65 years old) 2016
  - WI: 84%
  - US: 80%
  - HP2020 Goal (21-65 years old): 93%

- Mammogram (50 – 74 years old) 2016
  - 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)

- **Blood Stool Test (Past Year) 2016**
  - WI: 7%
  - US: 8%

- **Sigmoidoscopy (Past 5 Years) 2016**
  - WI: 3%
  - US: 2%

- **Colonoscopy (Past 10 Years) 2016**
  - WI: 70%
  - US: 64%

- **Screening in Recommended Time Frame: 2016**
  - WI: 74%
  - US: 68%
  - 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

<table>
<thead>
<tr>
<th>Year</th>
<th>2006</th>
<th>2009</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>6%</td>
<td>8%</td>
<td>4%</td>
<td>5%</td>
<td>7%</td>
</tr>
<tr>
<td>4%</td>
<td>5%</td>
<td>4%</td>
<td>1%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>2%</td>
<td>5%</td>
<td>4%</td>
<td>3%</td>
<td>5%</td>
<td>7%</td>
</tr>
</tbody>
</table>

2006 2009 2012 2015 2017
Tobacco Use
Current Tobacco Cigarette Smoker in Past Month

- Current Smokers 2016
  - WI: 17%
  - US: 17%
  - 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 from 2006 to 2017 for Healthcare Professional Advised Respondent to Quit and Quit Smoking for at Least 1 Day]
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

Used Chewing Tobacco, Snuff or Snus 2016
- WI: 4%
- US: 4%

Used E-Cigarettes 2016
- WI: 5%
- US: 5%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinking 2016 [Male 5+; Female 4+]
  - WI: 25%
  - US: 17%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2012, 2015 and 2017, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2006 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol</th>
<th>Marijuana</th>
<th>Cocaine, Heroin or Other Street Drugs</th>
<th>Misuse of Prescription Drugs or Over-the-Counter Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>2%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>3%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>3%</td>
<td>1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>6%</td>
<td>&lt;1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>2%</td>
<td>1%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Times of Distress in Past Three Years (2017)

<table>
<thead>
<tr>
<th>Household Looked for Community Resource Support During Time of Distress (Economic, Medical, Family Issue or Other)</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Degree of Support Felt (n=70)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Supported or Very Supported</td>
<td>57%</td>
</tr>
<tr>
<td>Somewhat Supported, Slightly Supported or Not At All Supported</td>
<td>43%</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)
Child’s Unmet Care in Past 12 Months [17 or Younger]
Child Currently Has Asthma [17 or Younger]

- 2012: 3%
- 2015: 7%
- 2017: 3%
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)
- Vegetables (3 or More Servings)
- Fruit/Vegetables (5 or More Servings)
- Physically Active (60 Min./5x/Week)

- 2012: 30% (Fruit), 30% (Vegetables), 30% (Fruit/Vegetables), 30% (Physically Active)
- 2015: 86% (Fruit), 86% (Vegetables), 86% (Fruit/Vegetables), 86% (Physically Active)
- 2017: 27% (Fruit), 27% (Vegetables), 27% (Fruit/Vegetables), 27% (Physically Active)
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]

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

- 2012: Bullied Overall 18%, Verbally Bullied 5%, Physically Bullied 3%, Cyber Bullied 3%
- 2015: Bullied Overall 14%, Verbally Bullied 4%, Physically Bullied 2%, Cyber Bullied 2%
- 2017: Bullied Overall 14%, Verbally Bullied 4%, Physically Bullied 1%, Cyber Bullied 1%
County Health Issues
Top County Health Issues
Up to 3 Open-Ended Responses Accepted

- Illegal Drug Use: 41%
- Access to Health Care: 21%
- Overweight or Obesity: 18%
- Chronic Diseases: 17%
- Prescription or OTC Drug Abuse: 17%
- Alcohol Use or Abuse: 15%
- Cancer: 11%
- Mental Health or Depression: 10%
Top County Health Issues
Up to 3 Open-Ended Responses Accepted [Part 2] (2017)

- Environmental Issues: 7%
- Affordable Health Care: 7%
- Tobacco Use: 5%
- Violence or Crime: 5%
- Access to Affordable Healthy Food: 4%
Select Key Findings of Need

- 17% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 11% HH Member Not Taken Prescription Due to Cost (past year) vs. 3% HP2020
- 12% Unmet Medical Care vs. 4% HH Member HP2020
- 60% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 31% High Blood Pressure
- 26% High Blood Cholesterol
- 69% At Least Overweight (BMI 25.0+)
- 30% Obese (BMI 30.0+)
- 14% Children 8 to 17 Years Old Bullied Overall (past year)
- 14% Children 8 to 17 Years Old Verbally Bullied (past year)
- 41% Illegal Drug Use as a Top County Health Issue
Report Available at…

- https://ahc.aurorahealthcare.org/aboutus/community-benefits
- www.chw.org
- www.froedtert.com/community-engagement
- www.prohealthcare.org/about-us-community-benefit.aspx
- www.mywheaton.org
- www.waukeshacounty.gov/HealthAndHumanServices/PublicHealth/StatisticsAndResources
Next Steps