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 2 through March 3, 2015
- 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>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>33%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>16%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>39%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>11%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>----------------</td>
<td>---------</td>
</tr>
<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>
<tr>
<td></td>
<td>Percent</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>High school or less</td>
<td>36%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>33%</td>
</tr>
<tr>
<td>College graduate</td>
<td>31%</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>53%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally not covered currently (18+) 2013
  - WI: 12%
  - US: 17%
  - HP2020 Goal: 0%

- Personally not covered currently (18 to 64 years old) 2013
  - WI: 14%
  - US: 20%
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: 40% in 2012, 43% in 2015
- Internet: 30% in 2012, 31% in 2015
- Myself/Family Member in Health Field: 7% in 2012, 7% in 2015
Health Services

*“living will or health care power of attorney” added in 2005*
General Health
2013
- Excellent or Very Good
  - WI: 54%
  - US: 53%
- Fair or Poor
  - WI: 15%
  - US: 17%
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+) 2013
  - WI: 73%
  - US: 70%
  - HP2020 Goal: 90%

- Flu vaccination (65+) 2013
  - WI: 55%
  - US: 63%

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

*In 2005, “nasal spray” was added.

**For a time in the 2004/05 flu season, 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

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


Percentage:
- High Blood Pressure: 21%, 26%, 25%, 30%, 31%
- High Blood Cholesterol: 20%, 22%, 21%, 24%, 21%
- Heart Disease/Condition: 9%, 8%, 12%, 11%, 11%
- Mental Health Condition: 6%, 6%, 7%, 7%, 7%
- Diabetes: 8%, 8%, 8%, 8%, 9%
- Asthma (Current): 6%, 6%, 7%, 7%, 7%
## Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2012</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>92%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>91%</td>
<td>91%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>93%</td>
<td>86%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>98%</td>
<td>84%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>97%</td>
<td>83%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>89%</td>
<td>100%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- Overweight 2013
  - WI: 67%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight
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 on an Average Day

- Fruit (Two or more servings)
- Vegetable (Three or more servings)
Early Detection and Prevention of Cancer
Women’s Health

- Pap Smear (18+) 2010
  - WI: 85%
  - US: 81%
  - HP2020 Goal (21-65 years old): 93%

- Mammogram (50+) 2012
  - WI: 82%
  - US: 77%

*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
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>Issue 1</th>
<th>Issue 2</th>
<th>Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>5%</td>
<td>4%</td>
<td>2%</td>
</tr>
<tr>
<td>2005</td>
<td>7%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>2009</td>
<td>4%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>2012</td>
<td>5%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>2015</td>
<td>4%</td>
<td>3%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Tobacco Use
Current Tobacco Cigarette Smoker in Past Month

- Current Smokers 2013
  - WI: 19%
  - US: 19%
  - 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 (2015)

- Electronic Cigarettes: 8%
- Smokeless Tobacco: 4%
- Cigars, Cigarillos or Little Cigars: 2%
Alcohol Use in Past Month

- Binge Drinking 2013 [Male 5+; Female 4+]
  - WI: 23%
  - US: 17%
  - HP2020 Goal: 24% [Male & Female 5+]

*In 2003, 2012 and 2015, “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 In Past Year

- Alcohol
- Marijuana
- Cocaine, Heroin or Other Street Drugs
- Misuse of Prescription Drugs or Over-the-Counter Drugs
- Gambling

Yearly percentages:
- 2005: 4%
- 2009: 4%
- 2012: <1%
- 2015: <1%
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 Month (Of Children With Personal Doctor/Nurse)

- 2012: 93% (Have a Personal Doctor/Nurse)
- 2015: 98% (Have a Personal Doctor/Nurse)
- 2012: 84% (Preventive Care in Past Month)
- 2015: 80% (Preventive Care in Past Month)
Child’s Unmet Care in Past 12 Months [17 or Younger]

- Dental Care Need
- Medical Care Need
- Specialist Care Need

2012: 2%, 0%, 0%
2015: 5%, 3%, 11%
Child Currently Has Asthma [17 or Younger]

- 2012: 8%
- 2015: 5%
Child is Seldom/Never Safe in Community [17 or Younger]
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]

- 2012: 6%
- 2015: 0%

The graph shows a decrease in the percentage of children feeling unhappy, sad, or depressed from 6% in 2012 to 0% in 2015.
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]

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

- 2012: Bullied Overall 23%, Verbally Bullied 1%, Physically Bullied 3%, Cyber Bullied 1%
- 2015: Bullied Overall 22%, Verbally Bullied 2%, Physically Bullied 6%, Cyber Bullied 2%
Community Health Issues
Top Community Health Issues [Part 1]
Top Community Health Issues [Part 2]

The chart shows the percentage of the top community health issues from 2012 to 2015:

- **Infectious Diseases**
  - 2012: 33%
  - 2015: 22%

- **Teen Pregnancy**
  - 2012: 20%
  - 2015: 23%

- **Infant Mortality**
  - 2012: 10%
  - 2015: 4%

- **Lead Poisoning**
  - 2012: 3%
  - 2015: <1%
Select Key Findings of Need

- 17% Unmet Dental Care Need (past year) vs. 5% HP2020
- 13% Unmet Medical Care Need (past year) vs. 4% HP2020
- 10% Prescription Meds Not Taken Due to Cost (Household, past year) vs. 3% HP2020
- 42% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 75% Flu Vaccination (past year, 65+) vs. 90% HP2020
- 31% High Blood Pressure
- 68% Overweight
- 26% Tobacco Smoker (current) vs. 12% HP2020
- 55% Tried to Quit Smoking (past year) vs. 80% HP2020
- 37% Binge Drink (past mo.; 4+ Female, 5+ Male) vs. 24% HP2020 (5+)
- 10% Felt Sad, Blue or Depressed (past month)
- 22% Children 8 to 17 Years Old Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.mywheaton.org
- www.crchd.com
Next Steps