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 29, 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>51%</td>
</tr>
<tr>
<td>Female</td>
<td>49%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>26%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>11%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>50%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>13%</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>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>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>25%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>38%</td>
</tr>
<tr>
<td>College graduate</td>
<td>37%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>66%</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 2005 to 2017.](image-url)
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%, 43%, 42%
- Internet: 30%, 31%, 31%
- Myself/Family Member in Health Field: 7%, 7%, 9%
- Family/Friends: 4%, 5%, 4%
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%

*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: 25%
- High Blood Cholesterol: 24%
- Mental Health Condition: 17%
- Heart Disease/Condition: 10%
- Diabetes: 7%
- Asthma (Current): 12%
<table>
<thead>
<tr>
<th>Condition</th>
<th>2015</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>92%</td>
<td>93%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>91%</td>
<td>77%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>86%</td>
<td>92%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>100%</td>
<td>98%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>83%</td>
<td>81%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>84%</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

1. Recommended Moderate or Vigorous Activity 2009
   - WI: 53%
   - US: 51%

2. Moderate Activity 2005
   - WI: 42%
   - US: 33%

3. 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>Issue 1 (%)</th>
<th>Issue 2 (%)</th>
<th>Both (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>5%</td>
<td>3%</td>
<td>7%</td>
</tr>
<tr>
<td>2009</td>
<td>3%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>2012</td>
<td>5%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>2015</td>
<td>4%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>2017</td>
<td>8%</td>
<td>4%</td>
<td>7%</td>
</tr>
</tbody>
</table>
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 the percentage of respondents who tried to quit smoking and who quit smoking for at least 1 day from 2005 to 2017. The graph indicates an upward trend in both categories from 2005 to 2017, with peak percentages of 81% and 55% respectively.](graph.png)
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2005
- WI: 75%
- HP2020 Goal: 87%

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 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
# 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>Household Looked for Community Resource Support During Time of Distress (Economic, Medical, Family Issue or Other)</td>
<td>15%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Degree of Support Felt (n=59)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Supported or Very Supported</td>
<td>34%</td>
</tr>
<tr>
<td>Somewhat Supported, Slightly Supported or Not At All Supported</td>
<td>65%</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)

- 2012: 93%
- 2015: 98%
- 2017: 89%

- 2012: 84%
- 2015: 80%
- 2017: 89%
Child’s Unmet Care in Past 12 Months [17 or Younger]

- Dental Care Need
- Medical Care Need
- Specialist Care Need
Child Currently Has Asthma
[17 or Younger]
Child is Seldom/Never Safe in Community [17 or Younger]

- 1% in 2012
- 0% in 2015
- 0% in 2017
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)**

![Graph showing the percentage of children meeting recommended servings of fruit, vegetables, and physical activity over the years 2012, 2015, and 2017.](image-url)
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

Year: 2012
- Bullied Overall: 24%
- Verbally Bullied: 23%
- Physically Bullied: 1%
- Cyber Bullied: 3%

Year: 2015
- Bullied Overall: 22%
- Verbally Bullied: 6%
- Physically Bullied: 2%
- Cyber Bullied: 6%

Year: 2017
- Bullied Overall: 18%
- Verbally Bullied: 14%
- Physically Bullied: 6%
- Cyber Bullied: 0%
Area Health Issues
Top Health Issues
Up to 3 Open-Ended Responses Accepted

- Illegal Drug Use: 30%
- Access to Health Care: 23%
- Overweight or Obesity: 18%
- Chronic Diseases: 15%
- Alcohol Use or Abuse: 12%
- Mental Health or Depression: 10%
- Tobacco Use: 10%
Select Key Findings of Need

- 14% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 8% HH Member Not Taken Prescription Due to Cost (past year) vs. 3% HH HP2020
- 14% Unmet Dental Care vs. 5% HH HP2020
- 46% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 25% High Blood Pressure
- 24% High Blood Cholesterol
- 73% At Least Overweight (BMI 25.0+)
- 31% Obese (BMI 30.0+)
- 18% 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
Next Steps