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 March 16 through July 1, 2015
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=328)
    - 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=72)
    - 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>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>37%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>17%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>34%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>12%</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>28%</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>20%</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>34%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>36%</td>
</tr>
<tr>
<td>College graduate</td>
<td>31%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>43%</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%

![Graph showing unmet health care in past year with specific percentages for different types of care over years 2003 to 2015.](image-url)
Health Services

*“living will or health care power of attorney” added in 2006*
General Health
Rate Own 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 2006, “nasal spray” was added.*
Health Conditions Past 3 Years (2015)

- High Blood Pressure: 34%
- High Blood Cholesterol: 22%
- Mental Health Condition: 18%
- Diabetes: 12%
- Heart Disease/Condition: 12%
- Asthma (Current): 11%
## 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>93%</td>
<td>97%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>85%</td>
<td>87%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>97%</td>
<td>89%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>97%</td>
<td>91%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>92%</td>
<td>96%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>88%</td>
<td>93%</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

Fruit (Two or more servings/Day)
Vegetables (Three or more servings/Day)
Often Read Food Label of New Product
Restaurant Food Meals (2 or fewer/week)
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
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>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>5%</td>
</tr>
<tr>
<td>2006</td>
<td>5%</td>
</tr>
<tr>
<td>2009</td>
<td>8%</td>
</tr>
<tr>
<td>2012</td>
<td>9%</td>
</tr>
<tr>
<td>2015</td>
<td>11%</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: 6%
- Smokeless Tobacco: 5%
- Cigars, Cigarillos or Little Cigars: 2%
Alcohol Use
Alcohol Use in Past Month

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

![Graph showing Binge Drinking and Driver Passenger rates from 2003 to 2015.]

*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
Household Problems In Past Year

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

<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>
<th>Gambling</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>&lt;1%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>2009</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>0%</td>
<td>0%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>2012</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>2015</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
</tr>
</tbody>
</table>
Distracted Driving
## Distracted Driving in Past Month (2015)

<table>
<thead>
<tr>
<th></th>
<th>Technology Distractions</th>
<th>Non-Technology Distractions</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Least Once a Day</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>24%</td>
<td>24%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>56%</td>
<td>57%</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 Month (Of Children With Personal Doctor/Nurse)

- 2012:
  - Have a Personal Doctor/Nurse: 97%
  - Preventive Care in Past Month: 93%

- 2015:
  - Have a Personal Doctor/Nurse: 96%
  - Preventive Care in Past Month: 89%
Child’s Unmet Care in Past 12 Months [17 or Younger]
Child Currently Has Asthma [17 or Younger]

- 2012: 24%
- 2015: 11%
Child is Seldom/Never Safe in Community [17 or Younger]

- 2012: 5%
- 2015: 0%
Child’s Nutrition and Exercise [5 to 17 Years Old]

- **Fruit (2 or More Servings)**
- **Vegetables (3 or More Servings)**
- **Physically Active (60 Min./5x/Week)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Physically Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>70%</td>
<td>35%</td>
<td>30%</td>
</tr>
<tr>
<td>2015</td>
<td>69%</td>
<td>30%</td>
<td>76%</td>
</tr>
</tbody>
</table>
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: 41% Bullied Overall, 38% Verbally Bullied, 15% Physically Bullied, 1% Cyber Bullied
- Year 2015: 19% Bullied Overall, 12% Verbally Bullied, 2% Physically Bullied, 2% Cyber Bullied
Community Health Issues
Top Community Health Issues [Part 1]

- Alcohol or Drug Use
- Chronic Diseases
- Mental Health/Depression
- Violence
Select Key Findings of Need

- 14% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 17% Unmet Dental Need (past year) vs. 5% HP2020
- 48% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 34% High Blood Pressure
- 76% Overweight
- 25% Current Smokers vs. 12% HP2020
- 48% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 38% Binge Drinkers (past month, 4+ F & 5+ M) vs. 24% HP2020 (past month, 5+)
- 19% Children 8 to 17 Years Old Verbally Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.columbia-stmarys.org/Serving_Our_Community
- www.froedtert.com/community-engagement
- www.mywheaton.org
- www.cudahy-wi.gov/departments/health/reports.php