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 June 2, 2015
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=309)
    - 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=91)
    - 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>14%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>13%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>56%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>17%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>--------------</td>
<td>---------</td>
</tr>
<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>22%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>18%</td>
</tr>
<tr>
<td>65 and older</td>
<td>17%</td>
</tr>
<tr>
<td></td>
<td>Percent</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Education</td>
<td></td>
</tr>
<tr>
<td>High school or less</td>
<td>19%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>28%</td>
</tr>
<tr>
<td>College graduate</td>
<td>54%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>63%</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: 43% in 2012, 50% in 2015
- Internet: 35% in 2012, 29% in 2015
- Myself/Family Member in Health Field: 8% in 2012, 12% in 2015
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: 28%
- High Blood Cholesterol: 20%
- Mental Health Condition: 13%
- Heart Disease/Condition: 9%
- Diabetes: 7%
- Asthma (Current): 6%
Health Conditions Past 3 Years

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


- High Blood Pressure: 21%, 21%, 30%, 29%, 28%
- High Blood Cholesterol: 19%, 27%, 24%, 20%
- Heart Disease/Condition: 6%, 7%, 11%, 9%, 9%
- Mental Health Condition: 21%, 8%, 11%, 9%, 7%
- Diabetes: 6%, 7%, 5%, 7%, 6%
- Asthma (Current): 4%, 8%, 6%, 7%, 6%
<table>
<thead>
<tr>
<th>Condition</th>
<th>2012</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>100%</td>
<td>95%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>92%</td>
<td>92%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>92%</td>
<td>94%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>100%</td>
<td>92%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>93%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>94%</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

![Graph showing body weight over time](image)
Physical Activity\(^1\)

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

- **Moderate Activity 2005**
  - WI: 42%
  - US: 33%

- **Vigorous Activity 2009**
  - WI: 31%
  - US: 29%

\(^1\)Moderate 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)


- 2003: Fruit (70%), Vegetables (34%), Often Read Label (28%), Restaurant Meals (27%)
- 2006: Fruit (64%), Vegetables (28%), Often Read Label (27%), Restaurant Meals (27%)
- 2009: Fruit (65%), Vegetables (27%), Often Read Label (27%), Restaurant Meals (27%)
- 2012: Fruit (68%), Vegetables (31%), Often Read Label (27%), Restaurant Meals (27%)
- 2015: Fruit (68%), Vegetables (32%), Often Read Label (65%), Restaurant Meals (27%)
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
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>At least 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>5%</td>
<td>2%</td>
<td>7%</td>
</tr>
<tr>
<td>2006</td>
<td>4%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>2009</td>
<td>6%</td>
<td>7%</td>
<td>11%</td>
</tr>
<tr>
<td>2012</td>
<td>2%</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td>2015</td>
<td>4%</td>
<td>6%</td>
<td>9%</td>
</tr>
</tbody>
</table>
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
• WI: 75%

Nonsmokers Exposed to Second-Hand Smoke
• HP2020 Goal: 34%
Other Tobacco Products in Past Month (2015)

- Cigar, Cigarillos or Little Cigars: 4%
- Electronic Cigarettes: 3%
- Smokeless Tobacco: 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+]

*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


- 2006: 2%
- 2009: 4%
- 2012: <1%
- 2015: 2%
Distracted Driving
## Distracted Driving in Past Month (2015)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Technology Distractions</th>
<th>Non-Technology Distractions</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Least Once a Day</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>23%</td>
<td>34%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>39%</td>
<td>30%</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: 95% preventive care, 89% have a personal doctor/nurse
- 2015: 98% preventive care

Percentage range: 0% to 100%
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]

- 2012: 8%
- 2015: 4%
Child is Seldom/Never Safe in Community [17 or Younger]

- 2012: 0%
- 2015: <1%

Graph showing a very slight increase from 0% in 2012 to <1% in 2015.
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)

2012:
- Fruit: 71%
- Vegetables: 28%
- Physically Active: 28%

2015:
- Fruit: 80%
- Vegetables: 37%
- Physically Active: 63%
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]

- 2012: 2%
- 2015: 7%
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]
Community Health Issues
Top Community Health Issues [Part 1]

- Alcohol or Drug Use: 22% in 2012, 57% in 2015
- Mental Health/Depression: 24% in 2012, 62% in 2015
- Chronic Diseases: 52% in 2012, 58% in 2015
- Infectious Diseases: 18% in 2012, 34% in 2015
Top Community Health Issues [Part 2]
Select Key Findings of Need

- 16% Delayed/Did Not Seek Medical Care Due to Cost
- 51% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 28% High Blood Pressure
- 63% Overweight
- 37% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 34% Binge Drinkers (past month, 4+ F; 5+ M) vs. 24% HP2020 (past month, 5+)
- 31% Children 8 to 17 Years Old Bullied (past year, verbal/physical/cyber)
- 29% 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
Next Steps