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 May 14, 2015
• Two-fold sampling
  • 1) RDD landline sample of listed & unlisted #s (n=369)
    • 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=31)
    • 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>45%</td>
</tr>
<tr>
<td>Female</td>
<td>55%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>21%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>15%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>46%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>18%</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>21%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>15%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>17%</td>
</tr>
<tr>
<td>65 and older</td>
<td>29%</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>17%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>31%</td>
</tr>
<tr>
<td>College graduate</td>
<td>52%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>60%</td>
</tr>
</tbody>
</table>
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%

![Graph showing health care coverage trends over years]

- 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%
Source for Health Information

- Doctor: 32%, 41%, 49%
- Internet: 27%, 29%, 29%
- Myself/Family Member in Health Field: 2%, 10%, 9%

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%

![Graph showing percentage of people rating their health from 2003 to 2015.](graph.png)
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: 37%
- High Blood Cholesterol: 28%
- Mental Health Condition: 19%
- Asthma (Current): 13%
- Heart Disease/Condition: 10%
- Diabetes: 10%
Health Conditions Past 3 Years

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

Year: 2003
- High Blood Pressure: 24%
- High Blood Cholesterol: 6%
- Mental Health Condition: 5%
- Diabetes: 5%
- Asthma (Current): 5%

Year: 2006
- High Blood Pressure: 26%
- High Blood Cholesterol: 8%
- Mental Health Condition: 8%
- Diabetes: 5%
- Asthma (Current): 8%

Year: 2009
- High Blood Pressure: 26%
- High Blood Cholesterol: 10%
- Mental Health Condition: 10%
- Diabetes: 8%
- Asthma (Current): 10%

Year: 2012
- High Blood Pressure: 33%
- High Blood Cholesterol: 11%
- Mental Health Condition: 11%
- Diabetes: 7%
- Asthma (Current): 10%

Year: 2015
- High Blood Pressure: 40%
- High Blood Cholesterol: 13%
- Mental Health Condition: 13%
- Diabetes: 10%
- Asthma (Current): 19%
## 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>99%</td>
<td>99%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>94%</td>
<td>97%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>77%</td>
<td>88%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>96%</td>
<td>100%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>90%</td>
<td>90%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>97%</td>
<td>74%</td>
</tr>
</tbody>
</table>
Body Weight

- Overweight 2013
  - WI: 67%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight
Physical Activity\textsuperscript{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%

\textsuperscript{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)

Year | Fruit (%) | Vegetables (%) | Often Read (%) | Restaurant (%) |
--- | --- | --- | --- | --- |
2003 | 75% | 35% | 20% | 2003 |
2006 | 67% | 33% | 25% | 2006 |
2009 | 63% | 25% | 31% | 2009 |
2012 | 65% | 31% | 33% | 2012 |
2015 | 65% | 29% | 61% | 2015 |
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

- 2003: 2%
- 2006: 4%
- 2009: 2%
- 2012: 4%
- 2015: 4%
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%

Smoking Not Allowed in Home
Non-smokers Exposed to Second-Hand Smoke (past 7 days)
Other Tobacco Products in Past Month (2015)

- Electronic Cigarettes: 4%
- Smokeless Tobacco: 2%
- Cigars, Cigarillos or Little Cigars: 1%
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**
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>13%</td>
<td>12%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>21%</td>
<td>32%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>20%</td>
<td>17%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>46%</td>
<td>38%</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)

Graph showing trends from 2003 to 2015:
- 2003: 6% Felt sad, blue, depressed always/nearly always
- 2006: 4% Felt sad, blue, depressed always/nearly always
- 2009: 4% Felt sad, blue, depressed always/nearly always
- 2012: 3% Felt sad, blue, depressed always/nearly always
- 2015: 10% Felt sad, blue, depressed always/nearly always
- 2003: <1% Find meaning & purpose in daily life seldom/never
- 2006: 3% Find meaning & purpose in daily life seldom/never
- 2009: 2% Find meaning & purpose in daily life seldom/never
- 2012: 3% Find meaning & purpose in daily life seldom/never
- 2015: 6% Find meaning & purpose in daily life seldom/never
- 2003: 3% Considered suicide (past year)
- 2006: 3% Considered suicide (past year)
- 2009: 2% Considered suicide (past year)
- 2012: 3% Considered suicide (past year)
- 2015: 3% 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: 83%, 88%
2015: 95%, 98%
Child’s Unmet Care in Past 12 Months [17 or Younger]

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

- 2012: 9%
- 2015: <1%
Child Currently Has Asthma [17 or Younger]

- 2012: 13%
- 2015: 8%
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)**
  - 2012: 23%
  - 2015: 75%

- **Vegetables (3 or More Servings)**
  - 2012: 51%
  - 2015: 67%

- **Physically Active (60 Min./5x/Week)**
  - 2012: 68%
  - 2015: 29%
Child Always/Nearly Always Felt Unhappy, Sad or Depressed in Past 6 Months [8 to 17 Years Old]

![Graph showing percentage of children feeling unhappy, sad, or depressed from 2012 to 2015. The graph shows a small increase from 0% in 2012 to 4% in 2015.]
Child Experienced Bullying in Past 12 Months [8 to 17 Years Old]
Community Health Issues
Top Community Health Issues [Part 1]

The graph shows the percentage of the population affected by various health issues over the years 2012 to 2015. The issues are categorized into:

- Chronic Diseases
- Alcohol or Drug Use
- Mental Health/Depression
- Infectious Diseases

Key points:
- Chronic Diseases: 2012: 26%, 2015: 65%
- Alcohol or Drug Use: 2012: 55%, 2015: 47%
- Mental Health/Depression: 2012: 22%, 2015: 14%
- Infectious Diseases: 2012: 57%, 2015: 30%

The graph indicates a significant increase in the percentage of the population affected by Chronic Diseases and a decrease in other categories.
Top Community Health Issues [Part 2]

- Violence
- Teen Pregnancy
- Infant Mortality
- Lead Poisoning

- 2012: Violence 62%, Teen Pregnancy 36%, Infant Mortality 24%, Lead Poisoning 2%
- 2015: Violence 7%, Teen Pregnancy 3%, Infant Mortality 3%, Lead Poisoning 2%
Select Key Findings of Need

- 15% Delayed/Did Not Seek Medical Care Due to Cost
- 15% Unmet Dental Care Need (past year) vs. 5% HP2020
- 10% Unmet Medical Care Need (past year) vs. 4% HP2020
- 10% HH Member Did Not Take Prescription Medications Due to Cost (past year) vs. 3% HP2020
- 50% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 37% High Blood Pressure
- 28% High Blood Cholesterol
- 74% Overweight
- 21% Children 8 to 17 Years Old Bullied (past year, verbal/physical/cyber)
- 21% 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.greendale.org/departments/health_department/index.php
Next Steps