Overview

• Objectives
  • Gather data on behavioral and lifestyle habits of the adult population and household-level data.
  • Gather data on random child (17 or younger) in household through adult who makes health care decisions for child.
  • 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 5, 2019
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=220)
    - 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=180)
    - 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>Gender</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>50%</td>
</tr>
<tr>
<td>Female</td>
<td>51%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Household Income</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>41%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>19%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>32%</td>
</tr>
<tr>
<td>Not Sure/No Answer</td>
<td>7%</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>24%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>16%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>21%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>18%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>22%</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>32%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>35%</td>
</tr>
<tr>
<td>College graduate</td>
<td>33%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>63%</td>
</tr>
</tbody>
</table>
Health Care Coverage
Health Care Coverage

- Personally Not Covered Currently (18+)
  - WI 2017: 8%
  - US 2017: 13%
  - HP2020 Goal: 0%

- Personally Not Covered Currently (18 to 64 Years Old)
  - WI 2017: 9%
  - US 2017: 13%
  - HP2020 Goal: 0%
Unmet Health Care in Past Year

- HH Member Not Taken Prescribed Medication Due to Cost
  - HP2020 Goal: 3%

- Delayed/Did Not Seek Care Due to Cost
  - WI 2017: 11%
  - US 2017: 12%

- Unmet Medical Care in Household
  - HP2020 Goal: 4%

- Unmet Dental Care in Household
  - HP2020 Goal: 5%
Health Information and Services

- Have Primary Care Physician
  - HP2020 Goal: 84%

Manitowoc County Community Health Survey
General Health
Rate Own Health

- Excellent or Very Good Health
  - WI 2017: 52%
  - US 2017: 51%

- Fair or Poor Health
  - WI 2017: 17%
  - US 2017: 18%
Routine Procedures

- **Routine Checkup**
  - WI 2017: 82%
  - US 2017: 83%

- **Cholesterol Test**
  - WI 2017: 83%
  - US 2017: 86%
  - HP2020 Goal: 82%

- **Dental Checkup**
  - WI 2016: 73%
  - US 2016: 66%
  - HP2020 Goal: 49%
Vaccinations

- **Pneumonia Vaccination (65 and Older)**
  - WI 2017: 80%
  - US 2017: 75%
  - HP2020 Goal: 90%

- **Flu Vaccination (18 and Older)**
  - HP2020 Goal: 70%

- **Flu Vaccination (65 and Older)**
  - WI 2017: 53%
  - US 2017: 61%
## Fall/Injury as a Result (2019) [55 and Older]

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fell (Past Year)</td>
<td>24%</td>
</tr>
<tr>
<td>Fall Resulted in Injury that Limited Activity for 1 Day or Saw a Doctor (Of Respondents Who Fell in Past Year)</td>
<td>32%</td>
</tr>
</tbody>
</table>
Treated For or Told Have Health Conditions in Past 3 Years (2019)

- High Blood Pressure: 31%
- High Blood Cholesterol: 24%
- Mental Health Condition: 19%
- Diabetes: 13%
- Heart/Disease Condition: 8%
- Asthma (Current): 14%
Treated For or Told Have Health Conditions in Past 3 Years

- Asthma (Current)
  - WI 2017: 10%
  - US 2017: 9%

Manitowoc County Community Health Survey
## Condition Controlled Through Medication, Exercise, Therapy or Lifestyle Changes

<table>
<thead>
<tr>
<th>Condition</th>
<th>2013</th>
<th>2016</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>94%</td>
<td>28%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>88%</td>
<td>91%</td>
<td>88%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>94%</td>
<td>98%</td>
<td>75%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>98%</td>
<td>97%</td>
<td>92%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>91%</td>
<td>82%</td>
<td>97%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>100%</td>
<td>91%</td>
<td>100%</td>
</tr>
</tbody>
</table>
Body Weight

- **Overweight (BMI 25.0+)**
  - WI 2017: 67%
  - US 2017: 66%
  - HP2020 Goal: 66%

- **Obese (BMI 30.0+)**
  - WI 2017: 32%
  - US 2017: 31%
  - HP2020 Goal: 31%
Physical Activity and Sleep

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

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

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

- **Sleep in Past 24 Hours**
  - HP2020 Goal: 71%
Nutrition and Food Insecurity

- Fruit or Vegetables (5+ Servings/Day)
  - WI 2009: 23%
  - US 2009: 23%

![Graph showing trends over years and percentages for fruit, vegetables, and fruit/vegetables servings and reading food labels.]

Manitowoc County Community Health Survey
Early Detection and Prevention of Cancer
Women’s Health

- Pap Smear within Past 3 Years (18 and Older)
  - WI 2014: 77%
  - US 2014: 75%

- Mammogram within Past 2 Years (50 – 74 years old)
  - WI 2016: 80%
  - US 2016: 78%

*Recommended time frame: pap smear every 3 years for ages 18 to 29 years old; pap smear and HPV test every 5 years or pap smear only every 3 years for ages 30 to 65 years old.
Colorectal Cancer Screenings (50 and Older)

- **Blood Stool Test in Past Year (50-75 Years Old)**
  - WI 2016: 7%
  - US 2016: 8%

- **Sigmoidoscopy in Past 5 Years (50-75 Years Old)**
  - WI 2016: 3%
  - US 2016: 2%

- **Colonoscopy in Past 10 Years (50-75 Years Old)**
  - WI 2016: 70%
  - US 2016: 64%

- **Screening in Recommended Time Frame (50-75 Years Old)**
  - WI 2016: 74%
  - US 2016: 68%
  - HP2020 Goal: 71%

*In 2010, blood stool test was not asked.*
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

Manitowoc County Community Health Survey

2007 2010 2013 2016 2019
Tobacco Use
Current Tobacco Cigarette Smoker or Vaporer

- Current Smokers
  - WI 2017: 16%
  - US 2017: 17%
  - HP2020 Goal: 12%

- Current Vaporers
  - WI 2017: 5%
  - US 2017: 5%
Smoking or Vaping Cessation in Past Year (Current Tobacco Smokers or Electronic Vapor Product Users)

- Tried to Quit (Smokers Only)
  - WI 2005: 49%
  - US 2005: 56%
  - HP2020 Goal: 80%

![Graph showing quit smoking rates over years]

Manitowoc County Community Health Survey
Exposure to Cigarette Smoke or Electronic Vapor

- **Smoking Not Allowed in Home**
  - Midwest 2014/15: 84%
  - US 2014-2015: 87%

- **Nonsmokers/Nonvaporers Exposed to Second-Hand Smoke or Vapor**
  - HP2020 Goal: 34%

*In 2019, question included nonvaporers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.
Current Use of Other Tobacco Products in Past Month

- Smokeless Tobacco
  - WI 2017: 2%
  - US 2017: 2%
  - HP2020 Goal: 0.2%

![Graph showing current use of other tobacco products in past month.](image)
Alcohol Use
Alcohol Use in Past Month

- Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion)
  - WI 2017: 24%
  - US 2017: 17%
  - HP2020 Goal (5+ Drinks): 24%

*In 2013, 2016 and 2019, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2007 and 2010, “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

2007: 3%
2010: 3%
2013: <1%
2016: <1%
2019: 1%
Times of Distress in Past Three Years

- **Times of Distress**
- **Community Resource Support Somewhat/Slightly/Not At All (Of Respondents Who Looked for Community Support)**

![Chart showing the comparison between times of distress and community resource support over the years 2016 to 2019. The graph indicates a consistent trend with slight increases in the percentage of times of distress from 15% in 2016 to 18% in 2019, while the percentage of respondents seeking community support similarly shows a slight increase from 47% in 2016 to 46% in 2019.]
Mental Health Status
Mental Health Status

- Felt Sad, Blue, Depressed Always/Nearly Always (Past Month)
- Find Meaning & Purpose in Daily Life Seldom/Never
- Considered Suicide (Past Year)

Manitowoc County Community Health Survey
Children In Household
Child’s Personal Doctor
[Child 17 or Younger]

Manitowoc County Community Health Survey

2016

2019

0%  20%  40%  60%  80%  100%

96%  84%  88%  94%

- Child Has Personal Doctor/Nurse

- Preventive Care with Child’s Personal Doctor in Past Year (Children who have a Personal Doctor/Nurse)
Child’s Unmet Care in Past Year
[Child 17 or Younger]

Manitowoc County Community Health Survey
Child Currently Has Asthma [Child 17 or Younger]

Manitowoc County Community Health Survey 44
Child is Seldom/Never Safe in Community/Neighborhood [17 or Younger]

Manitowoc County Community Health Survey
Childs’ Nutrition
[Child 5 to 17 Years Old]

Fruit (Two or More Servings/Day)
Vegetable (Three or More Servings/Day)
Fruit or Vegetable (Five or More Servings/Day)

Manitowoc County Community Health Survey
Child’s Physical Activity (60 Min./5x/Week) [Child 5 to 17 Years Old]

Manitowoc County Community Health Survey
Child’s Emotional Well-Being [Child 5 to 17 Years Old]

Unhappy, Sad or Depressed in Past 6 Months (Always/Nearly Always)

- 0% in 2016
- 6% in 2019

Manitowoc County Community Health Survey
Child Experienced Bullying in Past Year
[5 to 17 Years Old]

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

Manitowoc County Community Health Survey
Top County Health Issues
Top County Health Issues
Up to Three Accepted [Part 1]

*In 2013 and 2016, respondents were provided a list of health issues. In 2019, the question was open-ended.
Top County Health Issues
Up to Three Accepted [Part 2]

*In 2013 and 2016, respondents were provided a list of health issues. In 2019, the question was open-ended.
Select Key Findings of Need

- 9% Household Member Not Take Prescription Medication Due to Cost in Past Year vs. 3% HP2020
- 16% Unmet Dental Care vs 5% HP2020
- 74% Pneumonia Vaccination (65 and Older) vs. 90% HP2020
- 31% High Blood Pressure in Past 3 Years
- 76% Overweight (BMI 25.0+) vs 66% HP2020
- 43% Obese (BMI 30.0+) vs 31% HP2020
- 30% Binged in Past Month (4+ drinks females; 5+ drinks males)
- 7% Considered Suicide in Past Year
- 21% Children 5 to 17 Years Old Bullied Overall (past year)
- 19% Children 5 to 17 Years Old Verbally Bullied (past year)
Next Steps