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=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></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>46%</td>
</tr>
<tr>
<td>Female</td>
<td>54%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>24%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>13%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>48%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>15%</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>23%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>20%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>19%</td>
</tr>
<tr>
<td>65 and older</td>
<td>21%</td>
</tr>
<tr>
<td>Education</td>
<td>Percent</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>High school or less</td>
<td>11%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>21%</td>
</tr>
<tr>
<td>College graduate</td>
<td>68%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>57%</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%

![Graph showing health care coverage percentages 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%

![Graph showing unmet health care in past year with various categories and percentages over time.]

- Someone in HH Not Taken Prescriptions Due to Cost: 7%
- Delayed/Did Not Seek Care Due to Cost: 9%
- Unmet Medical Care Need: 14%
- Unmet Dental Care Need: 6%
- Unmet Mental Health Care Need: 4%

Years: 2012, 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%

---

<table>
<thead>
<tr>
<th>Year</th>
<th>Routine checkup</th>
<th>Cholesterol test</th>
<th>Dental checkup</th>
<th>Eye exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>81%</td>
<td>83%</td>
<td>77%</td>
<td>52%</td>
</tr>
<tr>
<td>2006</td>
<td>81%</td>
<td>79%</td>
<td>76%</td>
<td>51%</td>
</tr>
<tr>
<td>2009</td>
<td>82%</td>
<td>79%</td>
<td>79%</td>
<td>48%</td>
</tr>
<tr>
<td>2012</td>
<td>88%</td>
<td>80%</td>
<td>81%</td>
<td>51%</td>
</tr>
<tr>
<td>2015</td>
<td>91%</td>
<td>79%</td>
<td>77%</td>
<td>51%</td>
</tr>
</tbody>
</table>

---

![Graph showing routine checkup, cholesterol test, dental checkup, and eye exam trends over years]
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 Cholesterol: 26%
- High Blood Pressure: 24%
- Mental Health Condition: 14%
- Diabetes: 11%
- Heart Disease/Condition: 11%
- Asthma (Current): 9%
Health Conditions Past 3 Years

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

Lines representing the conditions over years:
- Purple: High Blood Pressure
- Red: High Blood Cholesterol
- Blue: Heart Disease/Condition
- Light Blue: Mental Health Condition
- Green: Diabetes
- Dark Blue: Asthma (Current)

- 2003: 20% (High Blood Pressure), 21% (High Blood Cholesterol), 6% (Mental Health Condition), 4% (Diabetes), 5% (Asthma)
- 2006: 25% (High Blood Pressure), 21% (High Blood Cholesterol), 7% (Mental Health Condition), 7% (Diabetes), 7% (Asthma)
- 2009: 23% (High Blood Pressure), 21% (High Blood Cholesterol), 12% (Mental Health Condition), 8% (Diabetes), 8% (Asthma)
- 2012: 28% (High Blood Pressure), 22% (High Blood Cholesterol), 14% (Mental Health Condition), 9% (Diabetes), 9% (Asthma)
- 2015: 26% (High Blood Pressure), 24% (High Blood Cholesterol), 14% (Mental Health Condition), 11% (Diabetes), 11% (Asthma)
## 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 Cholesterol</td>
<td>88%</td>
<td>95%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>97%</td>
<td>98%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>83%</td>
<td>95%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>92%</td>
<td>95%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>77%</td>
<td>95%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>97%</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
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)**: 76% (2003), 75% (2006), 72% (2009), 70% (2012), 69% (2015)
- **Vegetable (Three or more servings/Day)**: 36% (2003), 34% (2006), 30% (2009), 37% (2012), 36% (2015)
- **Often Read Food Label of New Product**: 
- **Restaurant Food Meals (2 or fewer/week)**: 

Year:
- 2003
- 2006
- 2009
- 2012
- 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Issue 1</th>
<th>Issue 2</th>
<th>Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>10%</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>2006</td>
<td>4%</td>
<td>4%</td>
<td>8%</td>
</tr>
<tr>
<td>2009</td>
<td>6%</td>
<td>6%</td>
<td>12%</td>
</tr>
<tr>
<td>2012</td>
<td>4%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>2015</td>
<td>3%</td>
<td>2%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Graph showing the percentage of individuals experiencing personal safety issues from 2003 to 2015.
Tobacco Use
Current Tobacco Cigarette Smoker in Past Month

- Current Smokers 2013
  - WI: 19%
  - US: 19%
  - HP2020 Goal: 12%

![Graph showing percentage of current smokers from 2003 to 2015.](image)
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 healthcare professionals advising respondents to quit smoking and those who quit smoking for at least 1 day from 2003 to 2015. The graph includes data points for each year with their respective percentages.]

- Healthcare Professional Advised Respondent to Quit
- Quit Smoking for at Least 1 Day
Smoking Prohibited at Home
2003
• WI: 75%

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

- Smokeless Tobacco: 6%
- Electronic Cigarettes: 4%
- Cigars, Cigarillos or Little Cigars: 3%
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

Data points:
- 2006: 3%
- 2009: 1%
- 2012: <1%
- 2015: 5%, 4%, 3%, 2%
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>19%</td>
<td>17%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>26%</td>
<td>24%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>43%</td>
<td>46%</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.
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: 91%
2015: 94% for Have a Personal Doctor/Nurse
2012: 99%
2015: 95% for Preventive Care in Past Month (Of Children With Personal Doctor/Nurse)
Child’s Unmet Care in Past 12 Months [17 or Younger]

Dental Care Need  Medical Care Need  Specialist Care Need

- 2012
- 2015

<1% 0%
Child Currently Has Asthma
[17 or Younger]

The line graph shows the percentage of children 17 years or younger who currently have asthma from 2012 to 2015. The percentage decreased from 12% in 2012 to 2% in 2015.
Child is Seldom/Never Safe in Community [17 or Younger]

2012: 0%
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>93%</td>
<td>45%</td>
<td>45%</td>
</tr>
<tr>
<td>2015</td>
<td>90%</td>
<td>36%</td>
<td>64%</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]
Top Community Health Issues [Part 1]

Chronic Diseases
Alcohol or Drug Use
Mental Health/Depression
Violence

- Chronic Diseases: 66% in 2012, 64% in 2015
- Alcohol or Drug Use: 60% in 2012, 53% in 2015
- Mental Health/Depression: 50% in 2012, 44% in 2015
- Violence: 23% in 2012, 20% in 2015
Top Community Health Issues [Part 2]

- Infectious Diseases
- Teen Pregnancy
- Infant Mortality
- Lead Poisoning

2012: Infectious Diseases 30%
2015: Infectious Diseases 20%

2012: Teen Pregnancy 27%
2015: Teen Pregnancy <1%

2012: Infant Mortality 27%
2015: Infant Mortality 7%

2012: Lead Poisoning 2%
2015: Lead Poisoning 2%
Select Key Findings of Need

- 14% Delayed/Did Not Seek Medical Care Due to Cost
- 48% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 26% High Blood Cholesterol
- 24% High Blood Pressure
- 55% Overweight
- 55% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 5% Gambling Problem in Household (past year)
- 26% Children 8 to 17 Years Old Bullied (past year, verbal/physical/cyber)
- 22% 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.nshealthdept.org
Next Steps