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 along with Healthy People 2020 (HP2020) goals.
Methodology

- 18 minute telephone survey of area residents
- 400 completions from January 17, 2020 through March 12, 2020
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=200)
    - 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=200)
    - 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>50%</td>
</tr>
<tr>
<td>Nonbinary/Other/Not Sure</td>
<td>0%</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>31%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>23%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>33%</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>26%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>21%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>17%</td>
</tr>
<tr>
<td>65 and Older</td>
<td>19%</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>33%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>33%</td>
</tr>
<tr>
<td>College graduate</td>
<td>34%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>61%</td>
</tr>
</tbody>
</table>
Health Care Coverage

• Personally Not Covered Currently (18+)
  • WI 2018: 10%
  • US 2018: 11%
  • HP2020 Goal: 0%

• Personally Not Covered Currently (18 to 64 Years Old)
  • WI 2018: 11%
  • US 2018: 13%
  • HP2020 Goal: 0%
Unmet Health Care in Past Year

- Household Member Not Taken Prescribed Medication Due to Cost
  - HP2020 Goal: 3%
- Delayed/Did Not Seek Care Due to Cost
  - WI 2018: 10%
  - US 2018: 12%
- Unmet Medical Care in Household
  - HP2020 Goal: 4%
- Unmet Dental Care in Household
  - HP2020 Goal: 5%

*In 2008, 2011, 2014 and 2017, the question was asked of respondents only. In 2020, the question was asked about any household member.

**In 2011, unmet dental health care was not asked.

Sheboygan County Community Health Survey
Caregiver to Family/Friend with Health Problem or Disability

Sheboygan County Community Health Survey

- Caregiver (Past Month)
- Expect to be Caregiver (Next Two Years)

2017: 29% 37%
2020: 46% 36%
Health Information Source

- Doctor
- Myself/Family Member in Health Care Field
- Internet
- Other Health Professional

Sheboygan County Community Health Survey
Health Services

- Have Primary Care Physician
  - WI 2018: 81%
  - US 2018: 77%
  - HP2020 Goal: 84%

Sheboygan County Community Health Survey
General Health
Rate Own Health

- Excellent or Very Good Health
  - WI 2018: 52%
  - US 2018: 51%

- Fair or Poor Health
  - WI 2018: 15%
  - US 2018: 17%
Routine Procedures

- Routine Checkup 2 Years Ago or Less
  - WI 2018: 87%
  - US 2018: 88%

- Cholesterol Test 4 Year Ago or Less
  - WI 2017: 83%
  - US 2017: 86%
  - HP2020 Goal: 82%

- Dental Checkup Less Than 1 Year Ago
  - WI 2018: 71%
  - US 2018: 68%
  - HP2020 Goal: 49%
## Vaccines (2020)

<table>
<thead>
<tr>
<th>Household Not Up-to-Date with Vaccines</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Main Reason for Not Up-to-Date (n=48)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t Need/Low Risk</td>
<td>25%</td>
</tr>
<tr>
<td>Fear of Side Effects</td>
<td>25%</td>
</tr>
<tr>
<td>Not Needed/Disbelief That They Work</td>
<td>17%</td>
</tr>
</tbody>
</table>
Treated For or Told Have Health Conditions in Past 3 Years (2020)

Sheboygan County Community Health Survey
Treated For or Told Have Health Conditions in Past 3 Years

- Asthma (Current)
  - WI 2018: 9%
  - US 2018: 10%

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>2014</th>
<th>2017</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>94%</td>
<td>91%</td>
<td>94%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>84%</td>
<td>93%</td>
<td>97%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>83%</td>
<td>84%</td>
<td>91%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>98%</td>
<td>93%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>90%</td>
<td>93%</td>
<td>96%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>97%</td>
<td>76%</td>
<td>95%</td>
</tr>
</tbody>
</table>
Exercise and Nutrition
Body Weight

- At Least Overweight (BMI 25.0+)
  - WI 2018: 67%
  - US 2018: 66%
  - HP2020 Goal: 66%

- Obese (BMI 30.0+)
  - WI 2018: 32%
  - US 2018: 31%
  - HP2020 Goal: 31%
Physical Activity

- **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%

Sheboygan County Community Health Survey
### Main Reason for Not Meeting Recommended Moderate or Vigorous Physical Activity (2020)

<table>
<thead>
<tr>
<th>Reason</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of Time</td>
<td>30%</td>
</tr>
<tr>
<td>Illness/Age</td>
<td>19%</td>
</tr>
<tr>
<td>Don’t Like to Exercise</td>
<td>12%</td>
</tr>
<tr>
<td>Fear of Injury/Injured Right Now</td>
<td>12%</td>
</tr>
<tr>
<td>Lack of Motivation and/or Energy</td>
<td>7%</td>
</tr>
<tr>
<td>Get Enough/Already Have a Physical Job</td>
<td>7%</td>
</tr>
</tbody>
</table>
Nutrition and Food Insecurity

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

**Sheboygan County Community Health Survey**
Main Reason Did Not Eat Recommended Fruit or Vegetables on Average Day (2020)

<table>
<thead>
<tr>
<th>Reason</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of Time/Convenience</td>
<td>28%</td>
</tr>
<tr>
<td>Don’t Like Fruit or Vegetables</td>
<td>17%</td>
</tr>
<tr>
<td>Don’t Feel It is Important</td>
<td>12%</td>
</tr>
<tr>
<td>Small Appetite</td>
<td>6%</td>
</tr>
<tr>
<td>Cost</td>
<td>6%</td>
</tr>
<tr>
<td>On a Specific Diet</td>
<td>5%</td>
</tr>
<tr>
<td>Health Reasons</td>
<td>4%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>18%</td>
</tr>
</tbody>
</table>
Early Detection and Prevention of Cancer
Women’s Health Tests

- Mammogram in Past 2 Years (50 – 74 years old)
  - WI 2018: 78%
  - US 2018: 78%

- Pap Smear in Past 3 Years (18 and Older)
  - WI 2018: 81%
  - US 2018: 80%

*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 2018: 7%
  • US 2018: 9%

• Sigmoidoscopy in Past 5 Years (50-75 Years Old)
  • WI 2018: 3%
  • US 2018: 2%

• Colonoscopy in Past 10 Years (50-75 Years Old)
  • WI 2018: 71%
  • US 2018: 64%

• Screening in Recommended Time Frame (50-75 Years Old)
  • WI 2018: 75%
  • US 2018: 70%
  • HP2020 Goal: 71%

*In 2008 and 2011, 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

Sheboygan County Community Health Survey
Tobacco Use
Current Tobacco Cigarette Smokers or Current Electronic Vapers

- **Current Smokers**
  - WI 2018: 17%
  - US 2018: 16%
  - HP2020 Goal: 12%

- **Current Vapers**
  - WI 2017: 5%
  - US 2018: 4%
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%

*In 2020, tobacco cessation and health professional advised quitting included current smokers and current vapers. In previous years, both questions were asked of current smokers only.

Sheboygan 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 Exposed to Second-Hand Smoke
  - HP2020 Goal: 34%

*In 2020, the question included nonvapers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.
Other Tobacco Product Use in Past Month

- Smokeless Tobacco
  - WI 2018: 4%
  - US 2018: 4%
  - HP2020 Goal: 0.2%
Alcohol Use
Alcohol Use in Past Month

- Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion)
  - WI 2018: 26%
  - US 2018: 16%
  - HP2020 Goal (5+ Drinks): 24%

*In 2014, 2017 and 2020, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2008 and 2011, “5 or more drinks on an occasion” was used for both males and females.
Household Problems in Past Year

Sheboygan County Community Health Survey

Alcohol
Marijuana or THC Products
Cocaine, Meth or Other Street Drugs
Heroin or Other Opioids

2% 3% 2% 4% <1% 2% <1% 0%
Community and Personal Support

- **Times of Distress and Looked for Community Resource Support (Past 3 Years)**
- **Community Resource Support Somewhat/Slightly/Not At All (Of Respondents Who Looked for Community Support)**
- **No People in Life for Support in Times of Need**

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**Washington County Community Health Survey**

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Mental Health Status
Mental Health Status

Sheboygan County Community Health Survey
Children In Household
Child’s Primary Doctor/Nurse [Child 17 or Younger]

- **Child Has Primary Doctor/Nurse**
  - 2017: 94%
  - 2020: 88%

- **Preventive Care with Child’s Primary Doctor in Past Year (Children who have a Primary Doctor/Nurse)**
  - 2017: 91%
  - 2020: 91%
Child’s Unmet Care in Past Year [Child 17 or Younger]

- Unmet Medical Care
- Unmet Dental Care
- Unmet Specialist Care

- 2017:
  - Unmet Medical Care: 8%
  - Unmet Dental Care: 7%
  - Unmet Specialist Care: <1%

- 2020:
  - Unmet Medical Care: 3%
  - Unmet Dental Care: 1%
  - Unmet Specialist Care: <1%
Child Currently Has Asthma
[Child 17 or Younger]
Child is Seldom/Never Safe in Community/Neighborhood [17 or Younger]

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

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

- 2017: 68%
- 2020: 62%

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

*In 2017, the question was asked for children 8 to 17 years old.
Child Experienced Bullying in Past Year [5 to 17 Years Old]

*In 2017, the question was asked for children 8 to 17 years old.*
Top County Health Issues
Top County Health Issues
Up to Three Accepted [Part 1]

Sheboygan County Community Health Survey

- Illegal Drug Use
- Access to Health Care
- Alcohol Use or Abuse
- Mental Health or Depression
- Overweight or Obesity
- Prescription or Over-the-Counter Drug Abuse

2017
2020

48%
52%

28%
23%

20%
12%

11%
15%

14%
22%

23%
Top County Health Issues
Up to Three Accepted [Part 2]

Sheboygan County Community Health Survey

2017          2020

- Violence or Crime
- Chronic Diseases
- Infectious Diseases
- Environmental Issues
- Affordable Health Care
- Cancer
- Access to Affordable Healthy Food

% of Respondents
Select Key Findings of Need

- 7% Someone in Household Not Covered by Health Insurance in Past Year
- 12% Delayed/Did Not Seek Care Due to Cost
- 16% Unmet Dental Care in Household vs 5% HP2020
- 12% Households Not Up-to-Date with Vaccines
- 26% High Blood Pressure in Past 3 Years
- 25% Mental Health Condition in Past 3 Years
- 22% High Blood Cholesterol in Past 3 Years
- 74% At Least Overweight vs. 66% HP2020
- 42% Obese vs. 31% HP2020
- 8% Smokeless Tobacco Use in Past Month vs. 0.2% HP2020
- 28% Binged in Past Month (4+ drinks females; 5+ drinks males)
- 16% Children 5 to 17 Years Old Bullied Overall in Past Year
- 16% Children 5 to 17 Years Old Verbally Bullied in Past Year
- Top County Health Issues (Up to 3 Accepted): 52% Illegal Drug Use, 23% Access to Health Care, 22% Alcohol Use/Abuse
Next Steps