Waukesha County Community Health Survey – 2015

Commissioned by:
Aurora Health Care
Children’s Hospital of Wisconsin
Froedtert Health
ProHealth Care
Wheaton Franciscan Healthcare

In Partnership with:
Center for Urban Population Health
Waukesha County Health Department
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 February 2 through February 23, 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>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>25%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>16%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>48%</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>22%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>23%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>18%</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>17%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>36%</td>
</tr>
<tr>
<td>College graduate</td>
<td>47%</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+) 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%
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.

![Graph showing vaccination rates from 2003 to 2015](image_url)
Health Conditions Past 3 Years (2015)

- High Blood Pressure: 33%
- High Blood Cholesterol: 26%
- Mental Health Condition: 11%
- Diabetes: 9%
- Asthma (Current): 8%
- Heart Disease/Condition: 7%
Health Conditions Past 3 Years

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

Year | High Blood Pressure | High Blood Cholesterol | Heart Disease/Condition | Mental Health Condition | Diabetes | Asthma (Current)
---|---------------------|-------------------------|--------------------------|-------------------------|---------|-------------------
2003 | 17%                 | 6%                      | 4%                       | 6%                      | 9%      | 7%                
2006 | 26%                 | 22%                     | 13%                      | 8%                      | 9%      | 8%                
2009 | 24%                 | 9%                      | 9%                       | 7%                      | 8%      | 9%                
2012 | 26%                 | 7%                      | 8%                       | 6%                      | 7%      | 8%                
2015 | 33%                 | 22%                     | 12%                      | 9%                      | 9%      | 7%                

26%
# 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>96%</td>
<td>98%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>93%</td>
<td>81%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>94%</td>
<td>98%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>97%</td>
<td>94%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>88%</td>
<td>87%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>94%</td>
<td>87%</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 distribution over years, with percentages increasing from 53% in 2003 to 70% in 2015.](chart.png)
Physical Activity

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

• Moderate Activity 2005
  • WI: 42%
  • US: 33%

• Vigorous Activity 2009
  • WI: 31%
  • US: 29%

1Moderate activity: 5 times a week for 30 or more minutes/time
Vigorous activity: 3 times a week for 20 or more minutes/time
Nutrition on an Average Day

- **Fruit (Two or more servings):**
  - 2003: 69%
  - 2006: 68%
  - 2009: 68%
  - 2012: 65%
  - 2015: 65%

- **Vegetable (Three or more servings):**
  - 2003: 28%
  - 2006: 28%
  - 2009: 30%
  - 2012: 29%
  - 2015: 25%
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
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%

![Graph showing percentages of healthcare professional advised to quit and quit smoking for at least 1 day from 2003 to 2015.](chart)
Exposure to Cigarette Smoke

Smoking Prohibited at Home 2003
- WI: 75%

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

- Electronic Cigarettes: 4%
- Cigars, Cigarillos or Little Cigars: 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 2006 and 2009, “5 or more drinks on an occasion” was used for both males and females.*
Household Problems
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: 93%
- 2015: 95%

- 2012: 86%
- 2015: 89%
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]

![Graph showing the percentage of children aged 17 or younger who currently have asthma. The graph shows a slight increase from 3% in 2012 to 7% in 2015.](image_url)
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)
- Vegetables (3 or More Servings)
- Physically Active (60 Min./5x/Week)

2012:
- Fruit: 75%
- Vegetables: 70%
- Physically Active: 30%

2015:
- Fruit: 86%
- Vegetables: 26%
- Physically Active: 57%
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]

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

2012: 18%
2015: 14%

0% 20% 40% 60% 80%
0% 5% 10% 15% 20% 25%
County Health Issues
Top County Health Issues [Part 1]

- Alcohol or Drug Use: 70% in 2012, 75% in 2015
- Chronic Diseases: 68% in 2012, 72% in 2015
- Mental Health or Depression: 36% in 2012, 41% in 2015
Top County Health Issues [Part 2]
Select Key Findings of Need

- 17% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 12% Unmet Dental Care Need (past year) vs. 5% HP2020
- 46% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 73% Pneumonia Vaccination (ever, 65+) vs. 90% HP2020
- 33% High Blood Pressure
- 26% High Blood Cholesterol
- 70% Overweight
- 55% Tried to Quit Smoking (past year) vs. 80% HP2020
- 29% Binge Drink (past mo.; 4+ Female, 5+ Male) vs. 24% HP2020 (5+)
- 6% Household Problem with Alcohol (past year)
- 14% Children 8 to 17 Years Old Bullied (past year)
Report Available at...

- www.aurora.org/commbenefits
- www.chw.org
- www.froedtert.com/community-engagement
- www.prohealthcare.org/about-us-community-benefit.aspx
- www.mywheaton.org
- www.waukeshacounty.gov/publichealthstatistics
Next Steps