Wauwatosa Community Health Survey – 2015

Commissioned by:
Aurora Health Care
Children’s Hospital of Wisconsin
Columbia St. Mary’s Health System
Froedtert Health
Wheaton Franciscan Healthcare

In Partnership with:
Center for Urban Population Health
Wauwatosa 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 March 16 through May 6, 2015
• Two-fold sampling
  • 1) RDD landline sample of listed & unlisted #s (n=313)
    • 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=87)
    • 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%
## 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>28%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>9%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>52%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>11%</td>
</tr>
<tr>
<td>Age</td>
<td>Percent</td>
</tr>
<tr>
<td>----------------</td>
<td>---------</td>
</tr>
<tr>
<td>18 to 34</td>
<td>28%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>17%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>16%</td>
</tr>
<tr>
<td>65 and older</td>
<td>21%</td>
</tr>
</tbody>
</table>
## Respondent Demographics (cont.)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>High school or less</td>
<td>15%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>21%</td>
</tr>
<tr>
<td>College graduate</td>
<td>65%</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>59%</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%
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
- Internet
- Myself/Family Member in Health Field


- Doctor: 35%, 41%, 47%
- Internet: 2%, 9%, 25%
- Myself/Family Member in Health Field: 2%, 9%, 12%
Health Services

- **Have a Primary Care Physician**
  - 86%
  - 90%
  - 83%
  - 78%
  - 86%

- **Doctor/Nurse Practitioner Office as Primary Health Care Service**
  - 32%
  - 39%
  - 41%
  - 42%
  - 43%

- **Advance Care Plan**

*“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.
Health Conditions Past 3 Years (2015)

- High Blood Pressure: 24%
- High Blood Cholesterol: 19%
- Mental Health Condition: 17%
- Heart Disease/Condition: 9%
- Asthma (Current): 8%
- Diabetes: 6%
Health Conditions Past 3 Years

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

<table>
<thead>
<tr>
<th>Year</th>
<th>High Blood Pressure</th>
<th>High Blood Cholesterol</th>
<th>Heart Disease/Condition</th>
<th>Mental Health Condition</th>
<th>Diabetes</th>
<th>Asthma (Current)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>21%</td>
<td>9%</td>
<td>7%</td>
<td>3%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>2006</td>
<td>20%</td>
<td>7%</td>
<td>9%</td>
<td>7%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>2009</td>
<td>27%</td>
<td>12%</td>
<td>12%</td>
<td>12%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>2012</td>
<td>26%</td>
<td>15%</td>
<td>8%</td>
<td>6%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>2015</td>
<td>24%</td>
<td>19%</td>
<td>9%</td>
<td>9%</td>
<td>8%</td>
<td>8%</td>
</tr>
</tbody>
</table>
### 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>98%</td>
<td>98%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>95%</td>
<td>89%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>98%</td>
<td>87%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>100%</td>
<td>89%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>97%</td>
<td>88%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>96%</td>
<td>96%</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\(^1\)

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

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

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

\(^1\)Moderate activity: 5 times a week for 30 or more minutes/time

Vigorous activity: 3 times a week for 20 or more minutes/time
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*
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

Graph showing the percentage of individuals experiencing personal safety issues from 2003 to 2015.

- In 2003: 8% and 2%
- In 2006: 7% and 6%
- In 2009: 7% and 5%
- In 2012: 3% and 1%
- In 2015: 13% and 2%
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%

Healthcare Professional Advised Respondent to Quit
Quit Smoking for at Least 1 Day

- 2003: 38%
- 2006: 39%
- 2009: 46%
- 2012: 82%
- 2015: 64%

- 2003: 46%
- 2006: 58%
- 2009: 73%
- 2012: 87%
- 2015: 55%
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: 6%
- Cigars, Cigarillos or Little Cigars: 3%
- Smokeless Tobacco: <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>24%</td>
<td>21%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>25%</td>
<td>31%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>44%</td>
<td>40%</td>
</tr>
</tbody>
</table>
Mental Health Status
Children In Household
Child’s Unmet Care in Past 12 Months [17 or Younger]

Dental Care Need  Medical Care Need  Specialist Care Need

0% 0% <1%

2012 2015
Child Currently Has Asthma [17 or Younger]

- 2012: 7%
- 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)**
- **Vegetables (3 or More Servings)**
- **Physically Active (60 Min./5x/Week)**

- 2012:
  - Fruit: 84%
  - Vegetables: 25%
  - Physically Active: 75%

- 2015:
  - Fruit: 83%
  - Vegetables: 21%
  - Physically Active: 71%
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: 13% Bullied Overall, 2% Verbally Bullied, 2% Physically Bullied, 0% Cyber Bullied
2015: 15% Bullied Overall, 3% Verbally Bullied, 2% Physically Bullied, 2% Cyber Bullied
Community Health Issues
Top Community Health Issues [Part 2]

- Violence
- Teen Pregnancy
- Infant Mortality
- Lead Poisoning

Graph showing the percentage of community health issues from 2012 to 2015:
- Violence: 55% in 2012, 17% in 2015
- Teen Pregnancy: 34% in 2012, 8% in 2015
- Infant Mortality: 28% in 2012, 2% in 2015
- Lead Poisoning: 2% in 2012, 2% in 2015
Select Key Findings of Need

- 14% Delayed/Did Not Seek Medical Care Due to Cost (past year)
- 16% Unmet Dental Care Need (past year) vs. 5% HP2020
- 11% HH Member Not Taken Prescribed Medication Due to Cost (past year) vs. 3% HP2020
- 54% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 24% High Blood Pressure
- 60% Overweight
- 40% Binge Drinker (past month, 4+ F; 5+ M) vs. 24% HP2020 (past month, 5+ Drinks)
- 13% Afraid for Personal Safety (past year)
- 15% Children 8 to 17 Years Old Bullied (past year, verbal/physical/cyber)
- 12% 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.wauuwatosa.net/healthdata
Next Steps