WEST ALLIS/WEST MILWAUKEE 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
West Allis 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 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>Gender</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>48%</td>
</tr>
<tr>
<td>Female</td>
<td>52%</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Bottom 40 Percent Bracket</td>
<td>40%</td>
</tr>
<tr>
<td>Middle 20 Percent Bracket</td>
<td>21%</td>
</tr>
<tr>
<td>Top 40 Percent Bracket</td>
<td>30%</td>
</tr>
<tr>
<td>Not sure/No answer</td>
<td>9%</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>33%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>16%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>19%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>14%</td>
</tr>
<tr>
<td>65 and older</td>
<td>18%</td>
</tr>
</tbody>
</table>
### Respondent Demographics (cont.)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>29%</td>
</tr>
<tr>
<td>High school or less</td>
<td>29%</td>
</tr>
<tr>
<td>Some post high school</td>
<td>38%</td>
</tr>
<tr>
<td>College graduate</td>
<td>34%</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>41%</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%

![Graph showing health care coverage trends](image)
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**
  - 2012: 49%
  - 2015: 48%

- **Internet**
  - 2012: 23%
  - 2015: 30%
Health Services

- Have a Primary Care Physician
  - 2003: 81%
  - 2006: 81%
  - 2009: 76%
  - 2012: 79%
  - 2015: 85%

- Doctor/Nurse Practitioner Office as Primary Health Care Service
  - 2003: 33%
  - 2006: 35%
  - 2009: 33%
  - 2012: 31%
  - 2015: 37%

- Advance Care Plan*
  - 2003: 33%
  - 2006: 35%
  - 2009: 33%
  - 2012: 31%
  - 2015: 37%

*“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%

[Graph showing the percentage of people rating their health as Excellent/Very Good and Fair/Poor from 2003 to 2015.]
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: 25%
- High Blood Cholesterol: 22%
- Mental Health Condition: 16%
- Asthma (Current): 12%
- Diabetes: 9%
- Heart Disease/Condition: 9%
Health Conditions Past 3 Years

- High Blood Pressure
- High Blood Cholesterol
- Heart Disease/Condition
- Mental Health Condition
- Diabetes
- Asthma (Current)
## 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>95%</td>
<td>99%</td>
</tr>
<tr>
<td>High Blood Cholesterol</td>
<td>96%</td>
<td>92%</td>
</tr>
<tr>
<td>Mental Health Condition</td>
<td>90%</td>
<td>78%</td>
</tr>
<tr>
<td>Asthma (Current)</td>
<td>100%</td>
<td>98%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>97%</td>
</tr>
<tr>
<td>Heart Disease/Condition</td>
<td>98%</td>
<td>68%</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 trends from 2003 to 2015 with percentages increasing from 63% to 74% over time.](image-url)
Physical Activity¹

- **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

- Fruit (Two or more servings/Day)
- Vegetables (Three or more servings/Day)
- Often Read Food Label of New Product
- Restaurant Food Meals (2 or fewer/week)

Yearly percentages from 2003 to 2015:
- 2003: 66%
- 2006: 60%
- 2009: 54%
- 2012: 63%
- 2015: 66%
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 trends from 2003 to 2015:
- 2003: 6% afraid, 2% pushed
- 2006: 8% afraid, 2% pushed
- 2009: 7% afraid, 5% pushed
- 2012: 9% afraid, 4% pushed
- 2015: 5% afraid, 2% pushed

The percentage of people experiencing at least one of these issues has remained relatively stable over the years, with some minor fluctuations.
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%

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<table>
<thead>
<tr>
<th>Year</th>
<th>WI</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>47%</td>
<td>43%</td>
</tr>
<tr>
<td>2006</td>
<td>43%</td>
<td>47%</td>
</tr>
<tr>
<td>2009</td>
<td>47%</td>
<td>47%</td>
</tr>
<tr>
<td>2012</td>
<td>40%</td>
<td>37%</td>
</tr>
<tr>
<td>2015</td>
<td>61%</td>
<td>65%</td>
</tr>
</tbody>
</table>
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- Healthcare Professional Advised Respondent to Quit
  - 2003: 20%
  - 2006: 20%
  - 2009: 65%
  - 2012: 73%
  - 2015: 67%

- Quit Smoking for at Least 1 Day
  - 2003: 0%
  - 2006: 0%
  - 2009: 40%
  - 2012: 40%
  - 2015: 37%
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: 4%
- Smokeless Tobacco: 2%
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

- 2006: Alcohol 4%, Marijuana <1%, Cocaine, Heroin or Other Street Drugs 10%, Misuse of Prescription Drugs or Over-the-Counter Drugs 15%, Gambling 0%
- 2009: Alcohol 3%, Marijuana <1%, Cocaine, Heroin or Other Street Drugs 10%, Misuse of Prescription Drugs or Over-the-Counter Drugs 15%, Gambling 0%
- 2012: Alcohol 3%, Marijuana <1%, Cocaine, Heroin or Other Street Drugs 10%, Misuse of Prescription Drugs or Over-the-Counter Drugs 15%, Gambling 0%
- 2015: Alcohol 4%, Marijuana <1%, Cocaine, Heroin or Other Street Drugs 10%, Misuse of Prescription Drugs or Over-the-Counter Drugs 15%, Gambling 0%
Distracted Driving
## Distracted Driving in Past Month (2015)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Technology Distractions</th>
<th>Non-Technology Distractions</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Least Once a Day</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>Less Than Once a Day/Week</td>
<td>17%</td>
<td>21%</td>
</tr>
<tr>
<td>Less Than Once a Week</td>
<td>9%</td>
<td>14%</td>
</tr>
<tr>
<td>Zero Times</td>
<td>54%</td>
<td>43%</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)
Children In Household
Child’s Unmet Care in Past 12 Months [17 or Younger]

- Dental Care Need: Decreasing from 8% in 2012 to 6% in 2015
- Medical Care Need: Decreasing from 0% in 2012 to 3% in 2015
- Specialist Care Need: Decreasing from 2% in 2012 to 3% in 2015
Child Currently Has Asthma [17 or Younger]

- 2012: 13%
- 2015: 11%
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)**
  - 2012: 19%
  - 2015: 20%

- **Vegetables (3 or More Servings)**
  - 2012: 60%
  - 2015: 80%

- **Physically Active (60 Min./5x/Week)**
  - 2012: 68%
  - 2015: 80%
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: 2% Verbally Bullied, 2% Physically Bullied, 2% Cyber Bullied
2015: 44% Verbally Bullied, 40% Physically Bullied, 5% Cyber Bullied
Community Health Issues
Top Community Health Issues [Part 1]

- Alcohol or Drug Use
- Chronic Diseases
- Mental Health/Depression
- Violence

Year: 2012-2015

- Alcohol or Drug Use: 54% in 2012, 65% in 2015
- Chronic Diseases: 58% in 2012, 60% in 2015
- Mental Health/Depression: 54% in 2012, 36% in 2015
- Violence: 50% in 2012, 32% in 2015
Top Community Health Issues [Part 2]
Select Key Findings of Need

- 20% Delayed/Did Not Seek Medical Care Due to Cost
- 12% HH Member Not Taken Prescribed Medication Due to Cost
- 18% Unmet Dental Need (past year) vs. 5% HP2020
- 11% Unmet Medical Need (past year) vs. 4% HP2020
- 47% Flu Vaccination (past year, 18+) vs. 70% HP2020
- 25% High Blood Pressure
- 74% Overweight
- 22% Current Smokers vs. 12% HP2020
- 37% Smokers Tried to Quit Smoking (past year) vs. 80% HP2020
- 32% Binge Drinker (past month, 4+ F & 5+M) vs. 24% HP2020 (past month, 5+)
- 44% Children 8 to 17 Years Old Bullied (past year, verbal/physical/cyber)
- 40% 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.westalliswi.gov/DocumentCenter
Next Steps