

**Hales Corners  
Community Health Survey Report  
2009**

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Hales Corners Health Department  
Center for Urban Population Health**

Prepared by:  
**JKV Research, LLC**

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## **Purpose**

The purpose of this project is to provide Hales Corners with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Select information will also be collected about the respondent's household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate, health data of residents to previous health studies.
4. Compare, where appropriate and available, health data of residents to state and national measurements.

## **Methodology**

The Hales Corners Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort was to gather information on the health practices and health-related behavioral risks of residents. This report was commissioned by Aurora Health Care in partnership with the Hales Corners Health Department and the Center for Urban Population Health.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=394). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=6). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between October 1, 2009 and February 1, 2010. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Hales Corners. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or [janet.vandehey@jkvresearch.com](mailto:janet.vandehey@jkvresearch.com). For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-7025 or [mark.huber@aurora.org](mailto:mark.huber@aurora.org).

## Demographic Profile of Hales Corners Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	47%
Female	53
Age	
18 to 34	24%
35 to 44	21
45 to 54	19
55 to 64	12
65 and Older	24
Education	
High School Graduate or Less	28%
Some Post High School	31
College Graduate	42
Household Income	
Bottom 40 Percent Bracket	20%
Middle 20 Percent Bracket	17
Top 40 Percent Bracket	42
Not Sure/No Answer	21
Married	64%

## What do the percentages mean?

Results of the Hales Corners Community Health Survey can be generalized to the adult population with telephones. In 2009, the Wisconsin Department of Administration estimated 6,126 adult residents in the area, an increase of 1.26% since 2000.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 60 adults. So, when 14% of respondents reported their health was fair or poor, this roughly equals 840 residents  $\pm$ 300 individuals. Therefore, from 540 to 1,140 residents may have fair or poor health. Because the margin of error is  $\pm$ 5%, events or health risks that are small will include zero.

The 2010 projection of housing units in Hales Corners is 3,319, an increase of 1.81% since 2000. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household estimate, each percentage point for household-level data represents approximately 30 households. For example, 9% of survey respondents reported that someone in their household was not covered by health insurance at least some of the time in the past year. Thus, the estimated number of households with someone not covered by health insurance would be 270.

## Definitions

**Marital status:** Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

**Household income:** It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau identifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In 2003, the bottom 40% income bracket included survey categories less than \$30,001, the middle 20% income bracket was \$30,001 to \$50,000 and the top 40% income bracket was at least \$50,001. In 2006 and 2009, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% income bracket was at least \$60,001.

The recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked at least some days in the past 30 days.

The Centers for Disease Control defines heavy drinking as more than two drinks per day in a month for males (i.e. 61 or more drinks total) or more than one drink per day in a month for females (i.e. 31 or more drinks total).

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Hales Corners Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. All other study years were five or more drinks per occasion, regardless of gender.

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Hales Corners residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

<b>Overall Health</b>				<b>Health Conditions in Past 3 Years</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Excellent	26%	21%	18%	High Blood Pressure	26%	25%	25%
Very Good	37%	41%	46%	High Blood Cholesterol	18%	25%	25%
Fair or Poor	13%	12%	14%	Mental Health Condition	3%	3%	13%
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	Heart Disease/Condition	6%	10%	10%
<i>Fair or Poor</i>		<i>12%</i>	<i>14%</i>	Asthma (Current)	8%	9%	8%
				Diabetes	5%	8%	7%
				Cancer			5%
				Stroke	1%	<1%	2%
<b>Health Care Coverage</b>				<b>Physical Health</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Not Covered				Physical Activity/Week			
Personally (currently)	4%	5%	3%	Moderate Activity (5 times/30 min)	29%	33%	26%
Personally (past 12 months)			7%	Vigorous Activity (3 times/20 min)		27%	19%
Household Member (past 12 months)	10%	18%	9%	Recommended Moderate or Vigorous		47%	38%
Advance Care Plan	40%	45%	44%	Overweight	56%	58%	59%
Primary Source of Health Advice				Fruit Intake (2+ servings/day)	66%	69%	67%
Doctor/nurse practitioner's office		89%	90%	Vegetable Intake (3+ servings/day)	22%	29%	25%
Public hlth clinic/comm. hlth center		2%	1%				
Urgent care center		2%	4%	<i>Other Research:</i>		<i>WI</i>	<i>U.S.</i>
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	<i>Overweight (2008)</i>		<i>64%</i>	<i>64%</i>
<i>Personally Not Covered (currently)</i>		<i>10%</i>	<i>15%</i>	<i>Recommended Mod. or Vig. Activity (2007)</i>		<i>55%</i>	<i>50%</i>
<b>Routine Procedures</b>				<b>Women's Health</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Routine Checkup (2 years or less)	84%	82%	86%	Mammogram (40+; within past 2 years)	82%	71%	75%
Cholesterol Test (4 years or less)	78%	78%	81%	Bone Density Scan (65+)		74%	88%
Dental Checkup (past year)	78%	74%	78%	Pap Smear (18 - 65; within past 3 years)	92%	96%	93%
Eye Exam (past year)	53%	45%	49%				
<i>Other Research:</i>		<i>WI</i>	<i>U.S.</i>	<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
<i>Routine Checkup (≤2 years; 2000)</i>		<i>79%</i>	<i>84%</i>	<i>Mammogram (40+; within past 2 years)</i>		<i>76%</i>	<i>76%</i>
<i>Cholesterol Test (≤5 years; 2007)</i>		<i>77%</i>	<i>75%</i>	<i>Pap Smear (18+, within past 3 years)</i>		<i>83%</i>	<i>83%</i>
<i>Dental Checkup (past year; 2008)</i>		<i>73%</i>	<i>71%</i>				
<b>Vaccinations</b>				<b>Men's Health</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Flu Vaccination (past year—65+)	77%	68%	74%	PSA Test (40+; within past 2 years)		57%	60%
Pneumonia (ever—65 and older)	63%	74%	67%	Digital Rectal Exam (40+; within past year)	42%	33%	41%
<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>	<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
<i>Flu Vaccination (past year—65+)</i>		<i>73%</i>	<i>71%</i>	<i>PSA Test (40+; within past 2 years)</i>		<i>52%</i>	<i>55%</i>
<i>Pneumonia (ever—65 and older)</i>		<i>70%</i>	<i>67%</i>				
<b>Complementary/Alternative Treatments in Past 3 Years</b>				<b>Other Tests</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Massage Therapy	18%	24%	25%	Sigmoidoscopy (50+; within past 5 years)			9%
Chiropractic Care	12%	14%	18%	Colonoscopy (50+; within past 10 years)			65%
Aroma Therapy	3%	5%	5%	Sig./Colonoscopy (50+; lifetime)	63%	60%	70%
Acupuncture	1%	2%	5%	<i>Other Research: (2008)</i>		<i>WI</i>	<i>U.S.</i>
				<i>Sig./Colonoscopy (50+; lifetime)</i>		<i>67%</i>	<i>62%</i>

<b>Safety</b>				<b>Mental Health Status</b>			
Hales Corners	2003	2006	2009	Hales Corners	2003	2006	2009
Seat Belt (always/nearly always)	91%	88%	94%	Felt Sad, Blue or Depressed			
Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always)	35%	38%	40%	Always/Nearly Always	5%	5%	2%
Detectors in Household				Find Meaning and Purpose in Daily Life			
Smoke Detector	99%	94%	98%	Seldom/Never	6%	4%	3%
Carbon Monoxide Detector	44%	50%	56%	Considered Suicide (past year)	1%	5%	2%
Both Detectors	43%	50%	55%	<b>Alcohol Use</b>			
Neither Detector	1%	5%	2%	Hales Corners	2003	2006	2009
<i>Other Research: (2002)</i>		<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...			
Seat Belt (always/nearly always)		82%	88%	Heavy Drinker	5%	4%	7%
<b>Cigarette Use</b>				Binge Drinker	13%	20%	20%
Hales Corners	2003	2006	2009	Driver/Passenger in Vehicle When Driver			
Current Smokers	21%	17%	15%	Perhaps Had Too Much to Drink	3%	<1%	2%
Of Current Smokers...				HH Problem Associated with Alcohol		3%	<1%
Quit Smoking 1 Day or More in Past				<i>Other Research: (2008)</i>		<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit	30%	68%	51%	Heavy Drinker		8%	5%
Saw a Health Care Professional Past Yr.				Binge Drinker		23%	16%
...Advised to Quit Smoking		78%	89%	<b>Personal Safety in Past Year</b>			
<i>Other Research:</i>		<u>WI</u>	<u>U.S.</u>	Hales Corners	2003	2006	2009
Current Smokers (2008)		20%	18%	Afraid for Their Safety	6%	4%	5%
Tried to Quit (2005)		49%	56%	Pushed, Kicked, Slapped, or Hit	2%	4%	5%
<b>Smoking Policies</b>				At Least One of the Safety Issues	7%	7%	7%
Hales Corners			2009	<b>Firearms in Household</b>			
Smoking Policy at Home				Hales Corners	2003	2006	2009
Not allowed anywhere		78%		Of all Households...			
Allowed in some places or at some times		9%		Have a Firearm	28%	24%	27%
Allowed anywhere		2%		Handgun			14%
No rules inside home		11%		Rifle or shotgun			22%
Work's Official Indoor Smoking Policy				Have a Loaded Firearm	4%	4%	1%
Not allowed anywhere		87%		Have a Loaded Firearm Unlocked	2%	2%	<1%
Allowed in some areas		7%		<i>Other Research: (2002)</i>			
Allowed in all areas		3%		Of all Households...		<u>WI</u>	<u>U.S.</u>
No official policy		3%		Have a Firearm		44%	33%
Second-Hand Smoke Exposure in Past				Have a Loaded Firearm		3%	8%
Seven Days of Nonsmokers				Have a Loaded Firearm Unlocked		2%	4%
0 days		78%		<b>Additional Questions</b>			
1 to 3 days		20%		Hales Corners	2003	2006	2009
4 to 7 days		2%		Community Health Issues (major/moderate problem)			
<i>Other Research: (WI: 2003; US: 2006-2007)</i>		<u>WI</u>	<u>U.S.</u>	Lack of Exercise	50%		57%
Smoking Prohibited at Home		75%	79%	Childhood Obesity			45%
Smoke-Free Policy at Indoor Worksite		75%	75%	Alcohol Abuse	31%		36%
				Smoking	30%		28%
				Awareness of/Experience with Health Department			
				Received Limited/Extensive Services	35%	38%	37%
				Aware of/Received No Services	59%	53%	53%
				Not Aware of Health Department	6%	9%	10%

## Overall Health and Health Care Key Findings

In 2009, 64% of respondents reported their health as excellent or very good; 14% reported fair or poor. Respondents who were 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report fair or poor conditions. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 3% of respondents reported they were not currently covered by health care insurance. Seven percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Nine percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Forty-four percent of respondents had an advance care plan; respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report this. *From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2009, 86% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 49% reported an eye exam in the past year. Respondents with a college education, in the top 40 percent household income bracket or who were married were more likely to report a routine checkup two years ago or less. Respondents who were 55 and older were more likely to report a cholesterol test four years ago or less. Respondents with a college education were more likely to report a dental checkup in the past year. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report an eye exam in the past year. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2009, 53% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or with a college education were more likely to report a flu vaccination. Sixty-seven percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

## Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (25% each). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older, in the bottom 40

percent household income bracket or overweight were more likely to report high blood cholesterol. Respondents who were male, 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or overweight were more likely to report heart disease/condition. Respondents who were 18 to 34 years old were more likely to report a mental health condition. Respondents who were 55 and older, unmarried or overweight were more likely to report diabetes. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.*

In 2009, 2% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

### **Behavioral Risk Factors Key Findings**

In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (25%). Respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 18 to 34 years old or 45 to 54 years old were more likely to report aroma therapy. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting aroma therapy.*

In 2009, 26% of respondents did moderate physical activity five times a week for 30 minutes while 19% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents who were 45 to 54 years old or with some post high school education were more likely to report this. Fifty-nine percent of respondents were classified as overweight. Respondents who were male or in the middle 20 percent household income bracket were more likely to be classified as overweight. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who reported meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

In 2009, 67% of respondents reported two or more servings of fruit while 25% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, in the top 40 percent household income bracket or who did an insufficient amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.*

In 2009, 75% of female respondents 40 and older reported a mammogram within the past two years. Eighty-eight percent of female respondents 65 and older had a bone density scan. Ninety-three percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 44 years old were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of*

*respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

*In 2009, 60% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-one percent of male respondents 40 and older had a digital rectal exam in the past year. From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

*In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 65% reported a colonoscopy within the past ten years. Male respondents were more likely to report a sigmoidoscopy within the past five years. Seventy percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

*In 2009, 94% of respondents wore seat belts always or nearly always; respondents who were female or with at least some post high school education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 40% reported they always or nearly always wore a helmet; respondents with a college education were more likely to report this. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt or who reported they always or nearly always wore a helmet.*

*In 2009, 15% of respondents were current smokers. Unmarried respondents were more likely to be a smoker. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 89% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was a statistical increase in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

*In 2009, 78% of respondents reported smoking is not allowed anywhere inside the home while 87% reported smoking is not allowed in any area at work. Respondents who were in the top 40 percent household income bracket, married or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents with a college education or in the top 60 percent household income bracket were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.*

*In 2009, 73% of respondents had an alcoholic drink in the past 30 days. In the past month, 7% were heavy drinkers while 20% were binge drinkers. Respondents who were 18 to 34 years old, with some post high school education or unmarried respondents were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Less than one percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver*

*perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2009, 98% of households had a working smoke detector while 56% had a working carbon monoxide detector. Fifty-five percent of households had both detectors. Married respondents were more likely to report both detectors. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 27% of households had a firearm in or around the home; respondents who were in the middle 20 percent household income bracket or married were more likely to report this. Of all households, 14% had a handgun in their home while 22% had a rifle or shotgun. Respondents who were in the middle 20 percent household income bracket or married were more likely to report a handgun. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.*

In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents with at least some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were male, 35 to 44 years old or with some post high school education were more likely to report this. A total of 7% reported at least one of these two situations; respondents who were male, 18 to 34 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

### **Additional Questions Key Findings**

In 2009, out of four community health issues that communities may face, the most often cited major or moderate problem was lack of exercise (57%) followed by childhood obesity (45%). Respondents 18 to 34 years old, 45 to 54 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report lack of exercise as a major or moderate problem. Respondents with a college education or in the top 40 percent household income bracket were more likely to report childhood obesity as a major/moderate problem. Respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report alcohol abuse as a major or moderate problem. Respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, in the top 40 percent income bracket or who were unmarried were more likely to report smoking as a major/moderate health problem in their community. *From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting lack of exercise, alcohol abuse, or smoking as a major or moderate problem.*

In 2009, 10% of respondents were not aware of the public health department prior to the interview; 37% received services from the health department. Respondents who were female or 65 and older were more likely to have received services from the health department. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.*

## Key Findings

### Rating Their Own Health (Figures 1 & 2; Table 2)

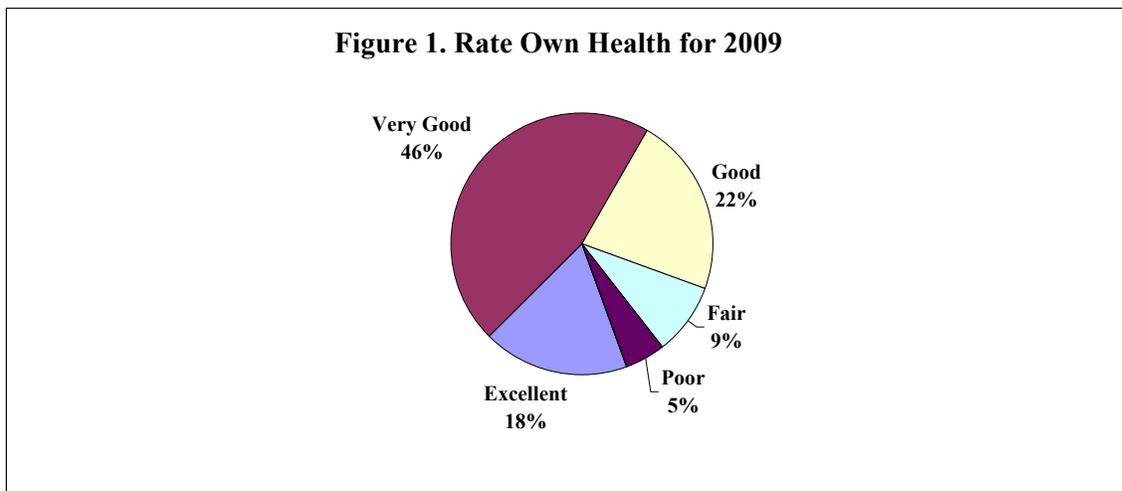
**KEY FINDINGS:** In 2009, 64% of respondents reported their health as excellent or very good; 14% reported fair or poor. Respondents who were 65 and older, in the bottom 40 percent household income bracket, unmarried, overweight or inactive were more likely to report fair or poor conditions.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

*In 2008, 58% of Wisconsin respondents reported their health as excellent or very good while 12% reported fair or poor. Fifty-five percent of U.S. respondents reported their health as excellent or very good while 14% reported fair or poor (2008 Behavioral Risk Factor Surveillance).*

#### 2009 Findings

- Sixty-four percent of respondents said their own health, generally speaking, was either excellent (18%) or very good (46%). A total of 14% reported their health was fair or poor.



- Twenty-six percent of respondents 65 and older reported their health was fair or poor compared to 8% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.
- Twenty-two percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 11% of those in the middle 20 percent income bracket or 8% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report their health was fair or poor compared to married respondents (19% and 11%, respectively).
- Overweight respondents were more likely to report their health was fair or poor compared to respondents who were not overweight (16% and 8%, respectively).

- Thirty-five percent of inactive respondents reported their health was fair or poor compared to 12% of those who met the recommended amount of physical activity or 9% of respondents who did an insufficient amount of physical activity.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 2003 and 2006, male respondents were more likely to report fair or poor health. In 2009, gender was not a significant variable.
- In 2009, respondents 65 and older were more likely to report fair or poor health. In all other study years, age was not a significant variable.
- In 2006, respondents with a high school education or less were more likely to report fair or poor health. In all other study years, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2006, respondents in the middle 20 percent household income bracket were more likely to report fair or poor health.
- In all study years, unmarried respondents were more likely to report fair or poor conditions.
- In 2006 and 2009, respondents who were overweight were more likely to report fair or poor health. In 2003, overweight status was not a significant variable.
- In 2006, respondents who did not meet the recommended amount of physical activity were more likely to report fair or poor health. In 2009, inactive respondents were more likely to report fair or poor health. From 2006 to 2009, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity and a noted increase in the percent of respondents who met the recommended amount of physical activity reporting fair or poor health.
- In 2006, smokers were more likely to report fair or poor health. In all other study years, smoking status was not a significant variable.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	13%	12%	14%
Gender <sup>1,2</sup>			
Male	18	16	14
Female	10	8	13
Age <sup>3</sup>			
18 to 34	12	13	4
35 to 44	14	13	8
45 to 54	14	8	14
55 to 64	6	13	15
65 and Older	16	13	26
Education <sup>2</sup>			
High School or Less	17	22	19
Some Post High School	14	8	14
College Graduate	8	8	9
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	22	18	22
Middle 20 Percent Bracket	18	21	11
Top 40 Percent Bracket	8	3	8
Marital Status <sup>1,2,3</sup>			
Married	8	8	11
Not Married	23	18	19
Overweight Status <sup>2,3</sup>			
Not Overweight	11	6	8
Overweight	16	16	16
Physical Activity <sup>2,3</sup>			
Inactive	--	19	35
Insufficient <sup>b</sup>	--	20	9
Recommended <sup>b</sup>	--	3	12
Smoking Status <sup>2</sup>			
Nonsmoker	12	11	12
Smoker	17	20	20

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

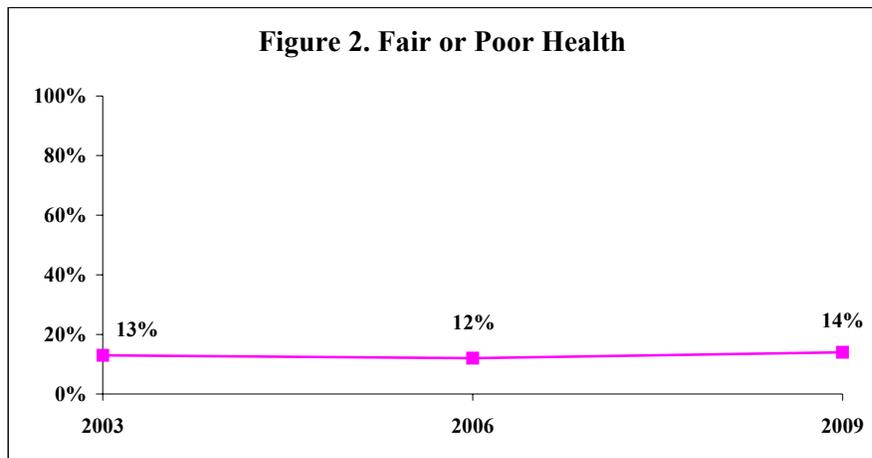
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.



### Health Care Coverage (Figures 3 - 5; Tables 3 - 7)

**KEY FINDINGS:** In 2009, 3% of respondents reported they were not currently covered by health care insurance. Seven percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Nine percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Ninety percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Forty-four percent of respondents had an advance care plan; respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report this.

*From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

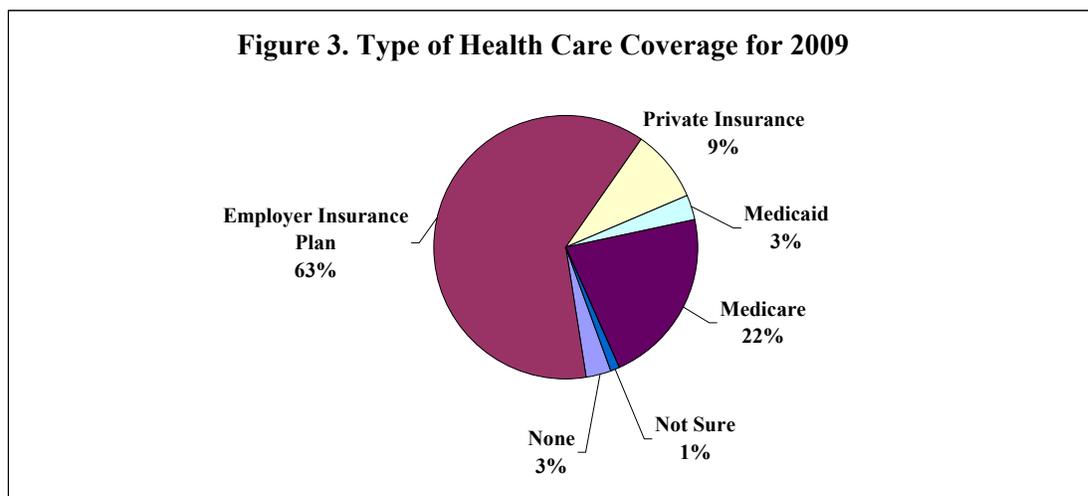
## Personally Not Covered Currently

*The Healthy People 2010 goal for all persons under the age of 65 having some type of health care coverage is 100%. (Objective 01-01)*

*In 2008, 10% of all Wisconsin respondents reported they personally did not have health care coverage. Fifteen percent of U.S. respondents reported this. Twelve percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 17% of U.S. respondents 18 to 64 years old reported this (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Three percent of respondents reported they were not currently covered by any health care insurance. Sixty-three percent reported they were covered by an employer sponsored insurance plan. Nine percent reported private insurance bought directly from an insurance agent/company. Three percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 22% reported Medicare.



- No demographic comparisons were conducted as a result of the low percent of respondents reporting no current personal health care insurance.

### Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.
- In 2003, female respondents were more likely to report no health insurance. In 2006, male respondents were more likely to report no health insurance.
- In 2006, respondents 35 to 44 years old were more likely to report no health insurance. In 2003, age was not a significant variable.
- In 2006, respondents with some post high school education or less were more likely to report no health insurance. In 2003, education was not a significant variable.

- In 2003, respondents in the middle 20 percent household income bracket were more likely to report no health insurance. In 2006, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance.
- In 2006, unmarried respondents were more likely to report no health insurance. In 2003, marital status was not a significant variable.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year<sup>Ⓢ</sup>

	2003	2006	2009 <sup>Ⓢ</sup>
TOTAL			
All Respondents	4%	5%	3%
Respondents 18 to 64 Years Old	5	7	4
Gender <sup>1,2</sup>			
Male	2	10	--
Female	6	<1	--
Age <sup>2</sup>			
18 to 34	4	7	--
35 to 44	6	11	--
45 to 54	4	3	--
55 to 64	4	4	--
65 and Older	1	0	--
Education <sup>2</sup>			
High School or Less	3	10	--
Some Post High School	7	8	--
College Graduate	3	<1	--
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	4	16	--
Middle 20 Percent Bracket	9	0	--
Top 40 Percent Bracket	1	0	--
Marital Status <sup>2</sup>			
Married	4	2	--
Not Married	4	10	--

<sup>Ⓢ</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>Ⓢ</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Personally Not Covered in the Past 12 Months

### 2009 Findings

- Seven percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 18 to 34 years old were more likely to report they were not covered (17%) compared to those 45 to 54 years old (3%) or respondents 65 and older (1%).
- Thirteen percent of respondents with some post high school education reported no coverage compared to 5% of those with a high school education or less or 5% of respondents with a college education.
- Eleven percent of respondents in the bottom 40 percent income bracket reported no coverage compared to 9% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Thirteen percent of unmarried respondents reported no coverage compared to 4% of married respondents.

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	7%
Gender	
Male	7
Female	7
Age <sup>1</sup>	
18 to 34	17
35 to 44	8
45 to 54	3
55 to 64	6
65 and Older	1
Education <sup>1</sup>	
High School or Less	5
Some Post High School	13
College Graduate	5
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	11
Middle 20 Percent Bracket	9
Top 40 Percent Bracket	3
Marital Status <sup>1</sup>	
Married	4
Not Married	13

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## Someone in Household Not Covered in the Past 12 Months

### 2009 Findings

- Nine percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.
- Seventeen percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past 12 months compared to 9% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (14% and 5%, respectively).

### Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months.
- In all study years, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months.

Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	10%	18%	9%
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	13	33	17
Middle 20 Percent Bracket	18	28	9
Top 40 Percent Bracket	5	5	4
Marital Status <sup>1,2,3</sup>			
Married	8	11	5
Not Married	15	31	14

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

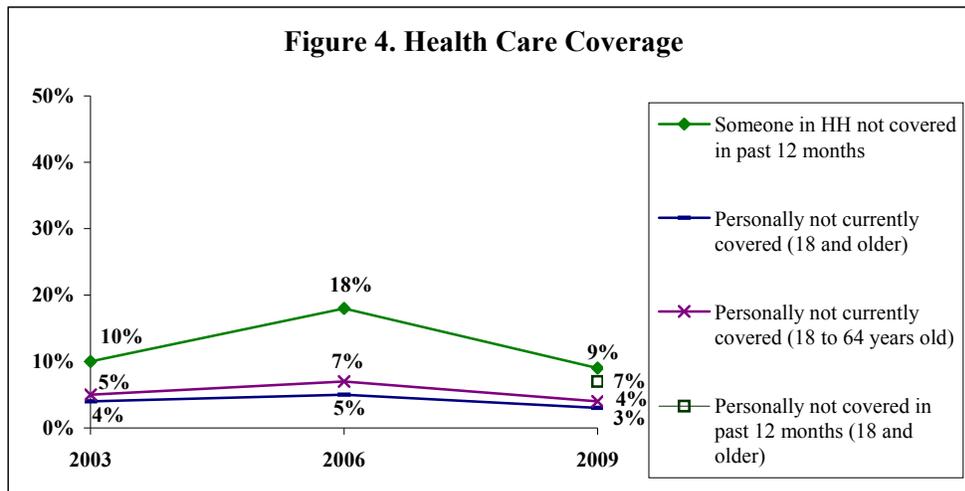
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Health Care Coverage Overall

### Year Comparisons

- From 2003 to 2009, the overall percent statistically remained the same for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.



## Primary Health Care Services

### 2009 Findings

- Ninety percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Four percent reported urgent care while 1% each reported public health clinic/community health center or hospital emergency room.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (93%) compared to male respondents (85%).
- Ninety-four percent of respondents with a college education reported a doctor's or nurse practitioner's office compared to 86% of those with some post high school education or 85% of respondents with a high school education or less.
- Ninety-nine percent of respondents in the middle 20 percent household income bracket reported a doctor's or nurse practitioner's office compared to 92% of those in the top 40 percent income bracket or 82% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (94% and 81%, respectively).

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office.
- In both study years, female respondents were more likely to report a doctor's or nurse practitioner's office.
- In 2006, respondents who were 65 and older were more likely to report a doctor's or nurse practitioner's office. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who were 65 and older reporting a doctor's or nurse practitioner's office.
- In both study years, respondents with a college education were more likely to report a doctor's or nurse practitioner's office.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2009, respondents in the middle 20 percent household income bracket were more likely to report a doctor's or nurse practitioner's office, with a noted increase since 2003.
- In both study years, married respondents were more likely to report a doctor's or nurse practitioner's office.

Table 6. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2006	2009
TOTAL	89%	90%
Gender <sup>1,2</sup>		
Male	85	85
Female	92	93
Age <sup>1</sup>		
18 to 34	79	87
35 to 44	85	92
45 to 54	94	90
55 to 64	92	92
65 and Older <sup>a</sup>	97	88
Education <sup>1,2</sup>		
High School or Less	85	85
Some Post High School	82	86
College Graduate	94	94
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	81	82
Middle 20 Percent Bracket <sup>a</sup>	85	99
Top 40 Percent Bracket	97	92
Marital Status <sup>1,2</sup>		
Married	92	94
Not Married	83	81

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2006

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2006 to 2009

## Advance Care Plan

### 2009 Findings

- Forty-four percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Eighty-one percent of respondents 65 and older reported they had an advance care plan compared to 35% of those 35 to 44 years old or 9% of respondents 18 to 34 years old.
- Fifty-four percent of respondents in the bottom 40 percent household income bracket reported they had an advance care plan compared to 36% of those in the middle 20 percent income bracket or 35% of respondents in the top 40 percent household income bracket.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.
- In 2003, female respondents were more likely to report having an advance care plan. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old or 65 and older and a noted decrease in the percent of respondents 18 to 34 years old reporting an advance care plan.
- In 2006, respondents with a college education were more likely to report having an advance care plan. In all other study years, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In all other study years, household income was not a significant variable.

Table 7. Advance Care Plan by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	40%	45%	44%
Gender <sup>1</sup>			
Male	34	49	43
Female	44	41	44
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	36	26	9
35 to 44	41	32	35
45 to 54 <sup>a</sup>	27	39	44
55 to 64	37	49	53
65 and Older <sup>a</sup>	56	76	81
Education <sup>2</sup>			
High School or Less	39	38	48
Some Post High School	43	39	40
College Graduate	39	52	44
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	46	44	54
Middle 20 Percent Bracket	38	37	36
Top 40 Percent Bracket	38	47	35
Marital Status			
Married	40	47	42
Not Married	40	42	47

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2006, “living will or health care power of attorney” was added.

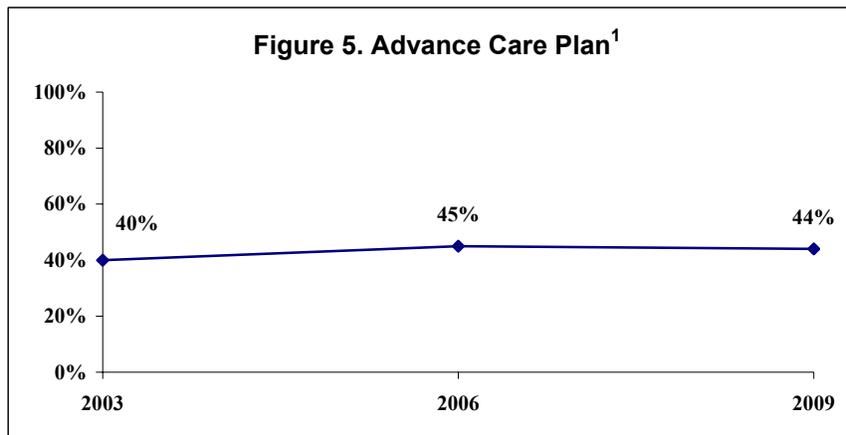
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003;

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.



<sup>1</sup>In 2006, “living will or health care power of attorney” was added.

## Routine Procedures (Figure 6; Tables 8 - 11)

**KEY FINDINGS:** In 2009, 86% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 49% reported an eye exam in the past year. Respondents with a college education, in the top 40 percent household income bracket or who were married were more likely to report a routine checkup two years ago or less. Respondents who were 55 and older were more likely to report a cholesterol test four years ago or less. Respondents with a college education were more likely to report a dental checkup in the past year. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report an eye exam in the past year.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

## Routine Checkup

*In 2000, 65% of Wisconsin respondents reported in the past year they had a routine checkup, 14% reported past two years, 9% past five years and 11% five or more years ago. Nationally, 72% reported past year, 12% past two years, 7% past five years and 8% five or more years ago (2000 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Eighty-six percent of respondents reported they had a routine checkup in the past two years.
- Ninety-three percent of respondents with a college education reported a routine checkup in the past two years compared to 83% of those with a high school education or less or 80% of respondents with some post high school education.

- Ninety-one percent of respondents in the top 40 percent household income bracket reported a routine checkup in the past two years compared to 84% of those in the bottom 40 percent income bracket or 73% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (89% and 82%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2003 and 2006, female respondents were more likely to report a routine checkup two years ago or less. In 2009, gender was not a significant variable.
- In 2003 and 2006, respondents 55 and older were more likely to report a routine checkup two years ago or less. In 2009, age was not a significant variable.
- In 2009, respondents with a college education were more likely to report a routine checkup two years ago or less, with a noted increase since 2003. In 2003 and 2006, education was not a significant variable.
- In 2003, respondents who were in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a routine checkup two years ago or less.
- In 2006 and 2009 married respondents were more likely to report a routine checkup two years ago or less. In 2003, marital status was not a significant variable.

Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	84%	82%	86%
Gender <sup>1,2</sup>			
Male	77	73	83
Female	89	90	89
Age <sup>1,2</sup>			
18 to 34	70	87	79
35 to 44	80	68	88
45 to 54	80	76	84
55 to 64	94	90	88
65 and Older	94	92	91
Education <sup>3</sup>			
High School or Less	83	78	83
Some Post High School	85	81	80
College Graduate <sup>a</sup>	84	86	93
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	94	74	84
Middle 20 Percent Bracket	79	82	73
Top 40 Percent Bracket <sup>a</sup>	83	86	91
Marital Status <sup>2,3</sup>			
Married	85	85	89
Not Married	81	78	82

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Cholesterol Test

*The Healthy People 2010 goal for blood cholesterol screening within the preceding five years is 80%. (Objective 12-15)*

*In 2007, 77% of Wisconsin respondents and 75% of U.S. respondents reported they had their cholesterol checked within the past five years (2007 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Eighty-one percent of respondents reported having their cholesterol tested four years ago or less. Three percent reported five or more years ago while 14% reported never having their cholesterol tested.

- Ninety-five percent of respondents 65 and older and 94% of those 55 to 64 years old reported a cholesterol test four years ago or less compared to 53% of respondents 18 to 34 years old.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2003, female respondents were more likely to report a cholesterol test four years ago or less. In all other study years, gender was not a significant variable.
- In 2003 and 2006, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2009, respondents who were 55 and older were more likely to report a cholesterol test four years ago or less. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting a cholesterol test four years ago or less.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. In 2006, respondents in the middle 20 percent household income bracket were more likely to report a cholesterol test four years ago or less. In 2009, household income was not a significant variable.
- In 2006, married respondents were more likely to report a cholesterol test four years ago or less. In all other study years, marital status was not a significant variable.

Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year<sup>Ⓞ</sup>

	2003	2006	2009
TOTAL	78%	78%	81%
Gender <sup>1</sup>			
Male	73	74	81
Female	82	81	81
Age <sup>1,2,3</sup>			
18 to 34	46	74	53
35 to 44 <sup>a</sup>	72	67	85
45 to 54	85	80	88
55 to 64	92	92	94
65 and Older	89	83	95
Education			
High School or Less	79	74	83
Some Post High School	75	74	78
College Graduate	80	82	82
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	87	68	82
Middle 20 Percent Bracket	71	83	76
Top 40 Percent Bracket	79	79	84
Marital Status <sup>2</sup>			
Married	79	83	83
Not Married	74	69	77

<sup>Ⓞ</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Dental Checkup

*Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.<sup>1</sup>*

*The Healthy People 2010 goal for an annual dental visit is 56%. (Objective 21-10)*

*In 2008, 73% of Wisconsin respondents and 71% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2008 Behavioral Risk Factor Surveillance).*

<sup>1</sup> “Chapter 61: Counseling to Prevent Dental and Periodontal Diseases.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 711.

## 2009 Findings

- Seventy-eight percent of respondents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- Respondents with a college education were more likely to report a dental checkup in the past year (84%) compared to those with some post high school education (77%) or respondents with a high school education or less (71%).

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2006, female respondents were more likely to report a dental checkup. In all other study years, gender was not a significant variable.
- In 2003, respondents who were 55 to 64 years old were more likely to report a dental checkup. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents who were 18 to 34 years old reporting a dental checkup in the past year. From 2003 to 2009, there was a noted decrease in the percent of respondents who were 55 to 64 years old reporting a dental checkup in the past year.
- In all study years, respondents with a college education were more likely to report a dental checkup.
- In 2003 and 2006, respondents who were in the top 40 percent household income bracket were more likely to report a dental checkup. In 2009, household income was not a significant variable.
- In 2003 and 2006, married respondents were more likely to report a dental checkup. In 2009, marital status was not a significant variable.

Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	78%	74%	78%
Gender <sup>2</sup>			
Male	76	70	77
Female	79	78	79
Age <sup>1</sup>			
18 to 34 <sup>a</sup>	67	69	84
35 to 44	89	76	85
45 to 54	74	80	74
55 to 64 <sup>a</sup>	92	85	73
65 and Older	68	70	72
Education <sup>1,2,3</sup>			
High School or Less	69	59	71
Some Post High School	77	66	77
College Graduate	85	87	84
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	61	63	71
Middle 20 Percent Bracket	76	67	76
Top 40 Percent Bracket	84	88	83
Marital Status <sup>1,2</sup>			
Married	83	80	80
Not Married	66	64	74

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Eye Exam

### 2009 Findings

- Forty-nine percent of respondents had an eye exam in the past year while 27% reported one to two years ago. Five percent reported never.
- Female respondents were more likely to report an eye exam in the past year (54%) compared to male respondents (43%).
- Sixty-seven percent of respondents 65 and older reported an eye exam in the past year compared to 44% of those 18 to 34 years old or 36% of respondents 35 to 44 years old.

- Fifty-four percent of respondents who are in the bottom 40 percent household income bracket and 52% of those in the top 40 percent income bracket reported an eye exam in the past year compared to 27% of respondents in the middle 20 percent household income bracket.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2009, female respondents were more likely to report an eye exam less than a year ago. In all other study years, gender was not a significant variable.
- In 2006 and 2009, respondents 65 and older were more likely to report an eye exam less than a year ago. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents who are 35 to 44 years old reporting an eye exam less than a year ago.
- In 2006, respondents with a high school education or less were more likely to report an eye exam less than a year ago. In all other study years, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report an eye exam less than a year ago. In 2009, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report an eye exam less than a year ago. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting an eye exam less than a year ago.
- In 2003, unmarried respondents were more likely to report an eye exam less than a year ago. In all other study years, marital status was not a significant variable.

Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	53%	45%	49%
Gender <sup>3</sup>			
Male	48	44	43
Female	56	45	54
Age <sup>2,3</sup>			
18 to 34	55	31	44
35 to 44 <sup>a</sup>	52	52	36
45 to 54	56	30	46
55 to 64	43	52	50
65 and Older	54	60	67
Education <sup>2</sup>			
High School or Less	59	51	52
Some Post High School	52	31	46
College Graduate	49	47	49
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	60	52	54
Middle 20 Percent Bracket <sup>a</sup>	50	31	27
Top 40 Percent Bracket	51	44	52
Marital Status <sup>1</sup>			
Married	50	41	48
Not Married	61	50	50

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

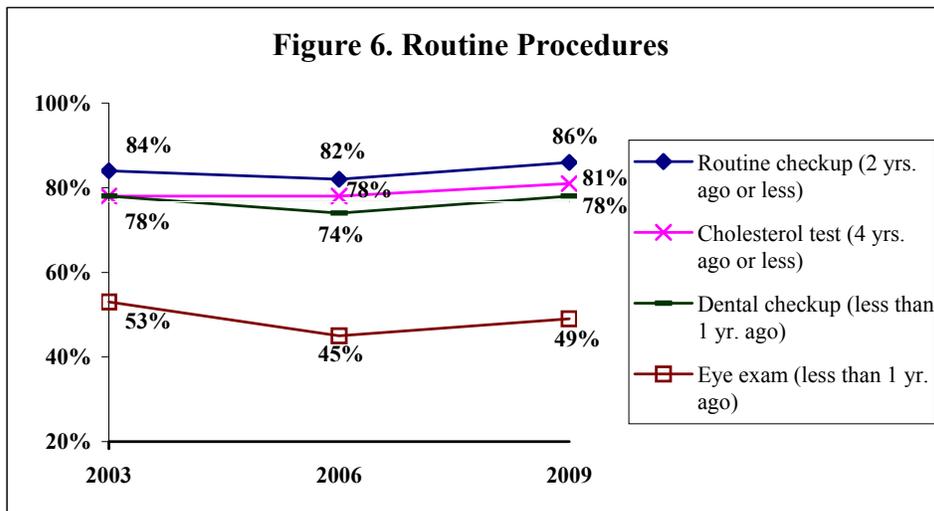
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Routine Procedures Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.



## Vaccinations (Figure 7; Table 12)

**KEY FINDINGS:** In 2009, 53% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were female, 65 and older or with a college education were more likely to report a flu vaccination. Sixty-seven percent of respondents 65 and older had a pneumonia vaccination.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

### Flu Vaccination

*The Healthy People 2010 goal for persons 65 and older having an influenza vaccination within the past 12 months is 90%. (Objective 14-29a)*

*In 2005, 32% of Wisconsin respondents reported a flu vaccination in the past 12 months. Nationally, 27% reported this (2005 Behavioral Risk Factor Surveillance). In 2008, 73% of Wisconsin respondents and 71% of U.S. respondents 65 and older reported a flu vaccination (2008 Behavioral Risk Factor Surveillance).*

## 2009 Findings

- Fifty-three percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Female respondents were more likely to report receiving a flu vaccination (61%) compared to male respondents (44%).
- Seventy-four percent of respondents 65 and older reported receiving a flu vaccination compared to 46% of those 35 to 44 years old or 32% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report receiving a flu vaccination (60%) compared to those with a high school education or less (49%) or respondents with some post high school education (47%).

## Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older reporting a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older reporting a flu vaccination in the past 12 months.
- In 2009, female respondents were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report a flu vaccination. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 54 years old reporting a flu vaccination.
- In 2009, respondents with a college education were more likely to report a flu vaccination, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report a flu vaccination. In all other study years, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent income bracket reporting a flu vaccination.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a flu vaccination.

Table 12. Flu Vaccination by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	40%	39%	53%
Gender <sup>3</sup>			
Male	35	39	44
Female <sup>a</sup>	43	39	61
Age <sup>1,2,3</sup>			
18 to 34	23	24	32
35 to 44 <sup>a</sup>	13	25	46
45 to 54 <sup>a</sup>	33	30	59
55 to 64	45	47	55
65 and Older	77	68	74
Education <sup>3</sup>			
High School or Less	42	35	49
Some Post High School	37	39	47
College Graduate <sup>a</sup>	40	42	60
Household Income <sup>1</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	45	43	61
Middle 20 Percent Bracket	52	39	46
Top 40 Percent Bracket <sup>a</sup>	31	30	48
Marital Status			
Married <sup>a</sup>	36	37	55
Not Married	46	42	51

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2006, “nasal spray” was added.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Pneumonia Vaccination

*The Healthy People 2010 goal for persons 65 and older ever having a pneumococcal vaccine is 90%. (Objective 14-29b)*

*In 2008, 70% of Wisconsin respondents and 67% of U.S. respondents 65 and older reported they received a pneumonia shot (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Sixty-seven percent of respondents 65 and older reported they received a pneumonia vaccination.

- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

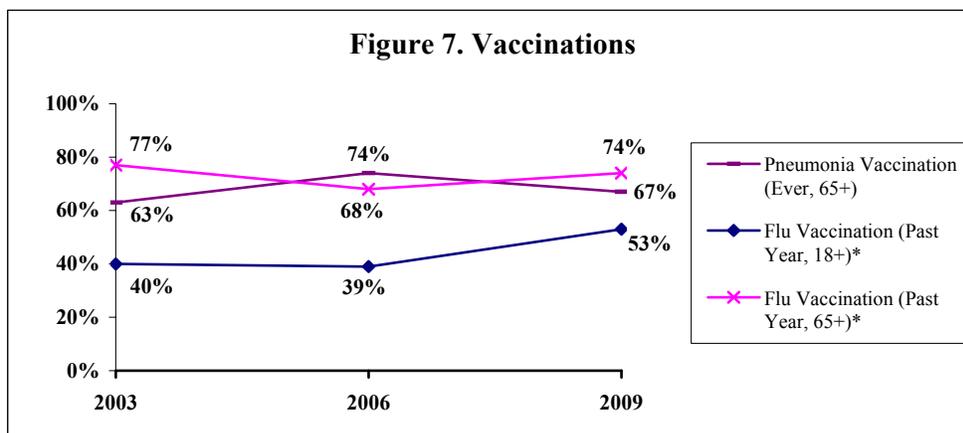
### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who had a pneumonia vaccination.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

## **Vaccinations Overall**

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older reporting a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older reporting a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported who had a pneumonia vaccination.



\*In 2006, “nasal spray” was added.

## Prevalence of Select Health Conditions (Figures 8 & 9; Tables 13 - 18)

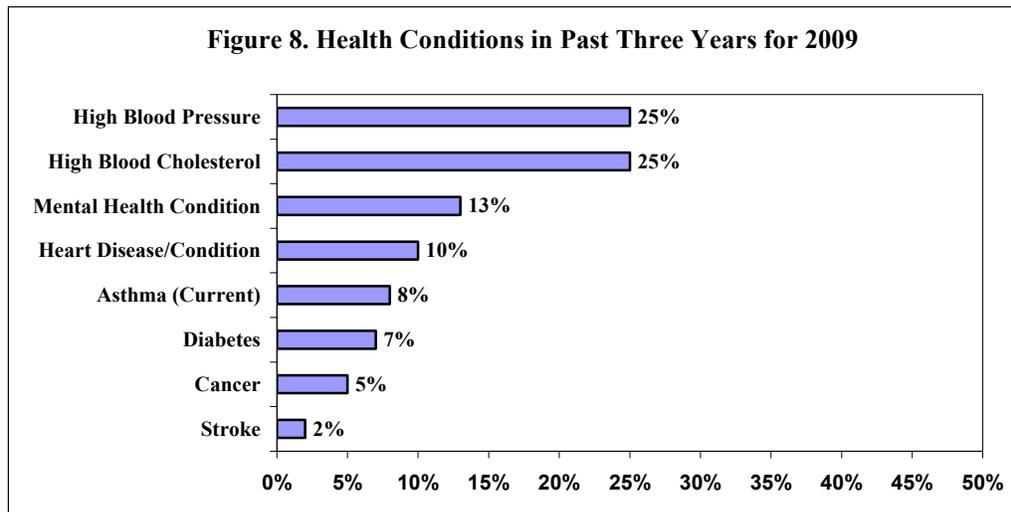
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

**KEY FINDINGS:** In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (25% each). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older, in the bottom 40 percent household income bracket or overweight were more likely to report high blood cholesterol. Respondents who were male, 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket or overweight were more likely to report heart disease/condition. Respondents who were 18 to 34 years old were more likely to report a mental health condition. Respondents who were 55 and older, unmarried or overweight were more likely to report diabetes.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.*

### 2009 Findings

- Respondents were more likely to report high blood pressure or high blood cholesterol (25% each) or a mental health condition (13%) in the past three years.



## High Blood Pressure

*The Healthy People 2010 goal for persons 20 and older having high blood pressure is 16%. (Objective 12-09)*

### 2009 Findings

- Twenty-five percent of respondents reported high blood pressure in the past three years.
- Fifty-seven percent of respondents 65 and older reported high blood pressure in the past three years compared to 12% of those 35 to 44 years old or 3% of respondents 18 to 34 years old.
- Forty-one percent of respondents with a high school education or less reported high blood pressure compared to 21% of those with some post high school education or 17% of respondents with a college education.
- Thirty-eight percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 26% of those in the middle 20 percent income bracket or 11% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (34% and 20%, respectively).
- Overweight respondents were more likely to report high blood pressure (34%) compared to respondents who were not overweight (13%).
- Thirty-nine percent of inactive respondents reported high blood pressure compared to 22% of those who did an insufficient amount of physical activity or 21% of respondents who met the recommended amount of physical activity.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure.
- In 2006 and 2009, respondents with a high school education or less were more likely to report high blood pressure. In 2003, education was not a significant variable.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2003 and 2009, unmarried respondents were more likely to report high blood pressure. In 2006, marital status was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood pressure.
- In 2006 and 2009, inactive respondents were more likely to report high blood pressure.
- In 2003, nonsmoking respondents were more likely to report high blood pressure. In all other study years, smoking status was not a significant variable.

Table 13. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	26%	25%	25%
Gender			
Male	24	27	23
Female	27	24	26
Age <sup>1,2,3</sup>			
18 to 34	5	5	3
35 to 44	10	15	12
45 to 54	21	19	20
55 to 64	33	46	36
65 and Older	54	49	57
Education <sup>2,3</sup>			
High School or Less	31	36	41
Some Post High School	25	25	21
College Graduate	23	19	17
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	39	31	38
Middle 20 Percent Bracket	35	27	26
Top 40 Percent Bracket	16	13	11
Marital Status <sup>1,3</sup>			
Married	22	23	20
Not Married	34	28	34
Overweight Status <sup>1,2,3</sup>			
Not Overweight	17	12	13
Overweight	32	34	34
Physical Activity <sup>2,3</sup>			
Inactive	--	52	39
Insufficient	--	27	22
Recommended	--	18	21
Smoking Status <sup>1</sup>			
Nonsmoker	28	27	26
Smoker	17	20	22

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## High Blood Cholesterol

*The Healthy People 2010 goal for high blood cholesterol levels is 17% for persons 20 and older. (Objective 12-14)*

### 2009 Findings

- Twenty-five percent of respondents reported high blood cholesterol in the past three years.
- Forty-seven percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 16% of those 35 to 44 years old or 11% of respondents 18 to 34 years old.
- Thirty-three percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 23% of those in the middle 20 percent income bracket or 19% of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood cholesterol (31%) compared to respondents who were not overweight (16%).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting high blood cholesterol.
- In 2003 and 2009, respondents 65 and older were more likely to report high blood cholesterol. In 2006, respondents 55 to 64 years old were more likely to report high blood cholesterol. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old or 65 and older reporting high blood cholesterol.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with a high school education or less reporting high blood cholesterol.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report high blood cholesterol. In 2009, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol, with a noted increase since 2003. In 2003, household income was not a significant variable.
- In 2006, married respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable.
- In all study years, overweight respondents were more likely to report high blood cholesterol.
- In 2006, inactive respondents were more likely to report high blood cholesterol. In 2009, physical activity was not a significant variable.
- Smoking status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of smokers reporting high blood cholesterol.

Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	18%	25%	25%
Gender			
Male	20	29	23
Female <sup>a</sup>	16	22	26
Age <sup>1,2,3</sup>			
18 to 34	3	12	11
35 to 44 <sup>a</sup>	6	20	16
45 to 54	24	30	22
55 to 64	25	43	27
65 and Older <sup>a</sup>	28	33	47
Education			
High School or Less <sup>a</sup>	17	27	31
Some Post High School	18	28	21
College Graduate	18	24	23
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	18	17	33
Middle 20 Percent Bracket	18	32	23
Top 40 Percent Bracket	16	25	19
Marital Status <sup>2</sup>			
Married	17	30	23
Not Married	19	18	27
Overweight Status <sup>1,2,3</sup>			
Not Overweight	10	15	16
Overweight	25	33	31
Physical Activity <sup>2</sup>			
Inactive	--	45	35
Insufficient	--	24	21
Recommended	--	24	24
Smoking Status			
Nonsmoker	19	26	25
Smoker <sup>a</sup>	12	23	26

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

<sup>b</sup>year difference at p≤0.05 from 2006 to 2009

## Heart Disease/Condition

### 2009 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Male respondents were more likely to report heart disease/condition compared to female respondents (13% and 7%, respectively).
- Respondents 65 and older were more likely to report heart disease/condition (26%) compared to those who were 35 to 44 years old (1%) or respondents 18 to 34 years old (0%).
- Respondents with a high school education or less were more likely to report heart disease/condition (16%) compared to respondents with at least some post high school education (7%).
- Respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition (16%) compared to those in the middle 20 percent income bracket (9%) or respondents in the top 40 percent household income bracket (5%).
- Overweight respondents were more likely to report heart disease/condition compared to respondents who were not overweight (13% and 4%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2009, male respondents were more likely to report heart disease/condition, with a noted increase since 2003. In all other study years, gender was not a significant variable.
- In all study years, respondents 65 and older were more likely to report heart disease/condition. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 64 years old and a noted decrease in the percent of respondents 18 to 34 years old reporting heart disease/condition.
- In 2003 and 2009, respondents with a high school education or less were more likely to report heart disease/condition. In 2006, education was not a significant variable.
- In 2003 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2006, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting heart disease/condition.
- In 2003, unmarried respondents were more likely to report heart disease/condition. In all other study years, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting heart disease/condition.
- In 2009, overweight respondents were more likely to report heart disease/condition, with a noted increase since 2003. In all other study years, overweight status was not a significant variable.

- In 2006, inactive respondents were more likely to report heart disease/condition. In 2009, physical activity was not a significant variable.

Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	6%	10%	10%
Gender <sup>3</sup>			
Male <sup>a</sup>	6	9	13
Female	7	10	7
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	6	0	0
35 to 44	0	13	1
45 to 54 <sup>a</sup>	0	4	9
55 to 64 <sup>a</sup>	2	15	13
65 and Older	18	18	26
Education <sup>1,3</sup>			
High School or Less	14	14	16
Some Post High School	3	7	7
College Graduate	3	9	7
Household Income <sup>1,3</sup>			
Bottom 40 Percent Bracket	12	11	16
Middle 20 Percent Bracket	9	6	9
Top 40 Percent Bracket <sup>a</sup>	1	9	5
Marital Status <sup>1</sup>			
Married <sup>a</sup>	3	11	9
Not Married	10	8	12
Overweight Status <sup>3</sup>			
Not Overweight	4	7	4
Overweight <sup>a</sup>	7	12	13
Physical Activity <sup>2</sup>			
Inactive	--	22	15
Insufficient	--	6	7
Recommended	--	10	11
Smoking Status			
Nonsmoker	6	10	10
Smoker	7	8	8

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009; <sup>b</sup>year difference at p≤0.05 from 2006 to 2009

## **Mental Health Condition**

### 2009 Findings

- Thirteen percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Respondents 18 to 34 years old were more likely to report a mental health condition (27%) compared to those 35 to 64 years old (11%) or respondents 65 and older (5%).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2009, respondents 18 to 34 years old were more likely to report a mental health condition.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a mental health condition in 2003 and 2006.

Table 16. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003 <sup>③</sup>	2006 <sup>③</sup>	2009
TOTAL <sup>a</sup>	3%	3%	13%
Gender			
Male	--	--	10
Female	--	--	16
Age <sup>3</sup>			
18 to 34	--	--	27
35 to 44	--	--	11
45 to 54	--	--	11
55 to 64	--	--	11
65 and Older	--	--	5
Education			
High School or Less	--	--	13
Some Post High School	--	--	15
College Graduate	--	--	12
Household Income			
Bottom 40 Percent Bracket	--	--	21
Middle 20 Percent Bracket	--	--	20
Top 40 Percent Bracket	--	--	11
Marital Status			
Married	--	--	13
Not Married	--	--	14

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2009, “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added.

<sup>③</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Diabetes

### 2009 Findings

- Seven percent of respondents reported diabetes in the past three years.
- Fifteen percent of respondents 55 to 64 years old and 13% of those 65 and older reported diabetes in the past three years compared to 1% of respondents 18 to 44 years old.
- Unmarried respondents were more likely to report diabetes compared to married respondents (10% and 5%, respectively).

- Ten percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2006, male respondents were more likely to report diabetes. In all other study years, gender was not a significant variable.
- In 2009, respondents 55 and older were more likely to report diabetes. In all other study years, age was not a significant variable.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In 2006, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. In 2009, household income was not a significant variable.
- In all study years, unmarried respondents were more likely to report diabetes.
- In 2006 and 2009, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.
- In 2006, respondents who were inactive were more likely to report diabetes. In 2009, physical activity was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity and a noted increase in the percent of respondents who met the recommended amount of physical activity reporting diabetes.

Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	5%	8%	7%
Gender <sup>2</sup>			
Male	6	11	9
Female	5	6	5
Age <sup>3</sup>			
18 to 34	4	6	1
35 to 44	4	10	1
45 to 54	5	3	7
55 to 64	4	15	15
65 and Older	10	11	13
Education			
High School or Less	7	12	9
Some Post High School	6	8	4
College Graduate	3	6	7
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	11	14	9
Middle 20 Percent Bracket	7	12	6
Top 40 Percent Bracket	3	1	4
Marital Status <sup>1,2,3</sup>			
Married	3	2	5
Not Married	10	18	10
Overweigh Status <sup>2,3</sup>			
Not Overweight	3	2	2
Overweight	7	13	10
Physical Activity <sup>2</sup>			
Inactive	--	18	10
Insufficient <sup>b</sup>	--	12	5
Recommended <sup>b</sup>	--	3	8
Smoking Status			
Nonsmoker	5	8	7
Smoker	6	11	8

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## **A1C Test**

*The Healthy People 2010 goal for an A1C test at least two times a year is 50%. (Objective 05-12)*

### 2009 Findings

- Seventy-eight percent of the 27 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Fifteen percent reported one time while 4% reported zero times in the past year.
- Thirty-eight percent of the 26 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Thirty-six percent reported a level of seven or higher while 24% were not sure.
- Thirty-six percent of the 25 respondents who had an A1C test in the past year had an LDL level of less than 100 at their last appointment. Four percent reported a level of 100 or higher while 60% were not sure.
- No demographic comparisons were conducted as a result of the low number of respondents answering the questions.

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting an A1C test two or more times in the past 12 months (82% and 78%, respectively). From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting their A1C test was a level of less than seven at their last appointment (13% and 38%, respectively). From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (10% and 36%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

## **Current Asthma**

*In 2008, 9% of Wisconsin respondents and 9% of U.S. respondents reported they were told they currently have asthma (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Eight percent of respondents reported they currently have asthma.
- There were no statistically significant differences between demographic variables and responses of current asthma.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported current asthma.

- In 2006, female respondents were more likely to report current asthma. In all other study years, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old or 55 to 64 years old were more likely to report current asthma. In all other study years, age was not a significant variable.

Table 18. Current Asthma by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	8%	9%	8%
Gender <sup>2</sup>			
Male	7	5	7
Female	8	11	9
Age <sup>2</sup>			
18 to 34	9	13	11
35 to 44	6	11	7
45 to 54	10	4	8
55 to 64	4	15	2
65 and Older	6	3	10
Education			
High School or Less	9	12	5
Some Post High School	5	5	6
College Graduate	7	8	12
Household Income			
Bottom 40 Percent Bracket	2	9	7
Middle 20 Percent Bracket	10	4	4
Top 40 Percent Bracket	7	12	7
Marital Status			
Married	7	8	7
Not Married	8	10	10

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Written Asthma Action Plan

### 2009 Findings

- Of the 33 respondents who currently had asthma, 58% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the low number of respondents answering this question.

### Year Comparisons

- From 2006 to 2009, there was a statistical increase in the overall percent of respondents who reported a written asthma action plan (31% and 58%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering this question in both study years.

## **Cancer**

### 2009 Findings

- Five percent of respondents reported they had cancer in the past three years.
  - Breast cancer, cervical cancer, melanoma or prostate cancer was most often mentioned (3 responses each) followed by liver, lung, or throat cancer (2 responses each).

## **Stroke**

### 2009 Findings

- Two percent of respondents reported a stroke in the past three years.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a stroke in the past three years.

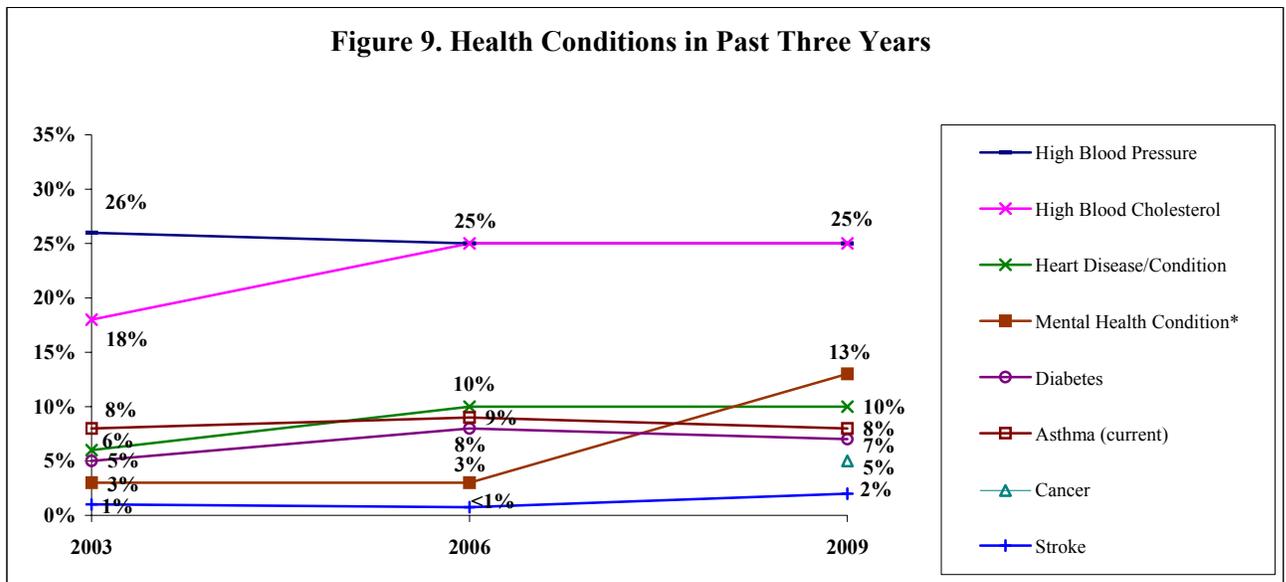
### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting a stroke.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a stroke in all study years.

## Health Conditions Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported high blood pressure, heart disease/condition, diabetes, current asthma or stroke. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes.



\*In 2009, the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added to mental health condition.

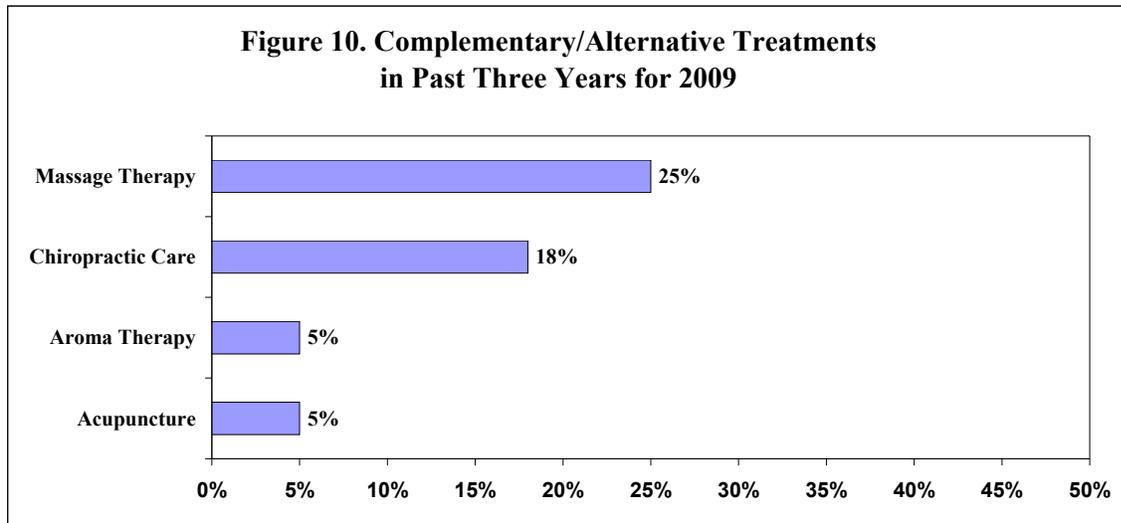
## Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 22)

**KEY FINDINGS:** In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (25%). Respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 18 to 34 years old or 45 to 54 years old were more likely to report aroma therapy.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting aroma therapy.*

## 2009 Findings

- Respondents were more likely to have used massage therapy (25%) or chiropractic care (18%) in the past three years.



## **Chiropractic Care**

### 2009 Findings

- Eighteen percent of respondents reported chiropractic care in the past three years.
- There were no statistically significant differences between demographic variables and responses of chiropractic care.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting chiropractic care.
- Education was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting chiropractic care.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting chiropractic care.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting chiropractic care.

Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	12%	14%	18%
Gender			
Male	12	16	18
Female	13	11	18
Age			
18 to 34	19	11	22
35 to 44	12	13	22
45 to 54	12	19	16
55 to 64	16	11	19
65 and Older	7	14	12
Education			
High School or Less	15	16	17
Some Post High School <sup>a</sup>	9	11	23
College Graduate	13	13	15
Household Income			
Bottom 40 Percent Bracket	11	15	12
Middle 20 Percent Bracket	17	13	14
Top 40 Percent Bracket <sup>a</sup>	11	10	22
Marital Status			
Married <sup>a</sup>	12	12	20
Not Married	12	16	14

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Massage Therapy

### 2009 Findings

- Twenty-five percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years (33%) compared to male respondents (17%).
- Thirty-two percent of respondents with a college education reported massage therapy compared to 26% of those with some post high school education or 14% of respondents with a high school education or less.

- Respondents in the top 40 percent household income bracket were more likely to report massage therapy (29%) compared to those in the bottom 40 percent income bracket (23%) or respondents in the middle 20 percent household income bracket (9%).

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In 2003 and 2009, female respondents were more likely to report massage therapy. In 2006, male respondents were more likely to report massage therapy. From 2003 to 2009, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2006, respondents 18 to 44 years old were more likely to report massage therapy. In all other study years, age was not a significant variable.
- In 2009, respondents with a college education were more likely to report massage therapy, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2006 and 2009, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In 2003, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting massage therapy.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	18%	24%	25%
Gender <sup>1,2,3</sup>			
Male	13	28	17
Female <sup>a</sup>	21	19	33
Age <sup>2</sup>			
18 to 34	28	33	29
35 to 44	20	33	32
45 to 54	15	17	18
55 to 64	16	25	27
65 and Older	11	11	19
Education <sup>3</sup>			
High School or Less	15	16	14
Some Post High School	18	29	26
College Graduate <sup>a</sup>	19	26	32
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	16	21	23
Middle 20 Percent Bracket	17	15	9
Top 40 Percent Bracket	20	33	29
Marital Status			
Married <sup>a</sup>	18	27	28
Not Married	17	18	20

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Aroma Therapy

### 2009 Findings

- Five percent of respondents reported aroma therapy in the past three years.
- Nine percent of female respondents reported aroma therapy in the past three years compared to less than one percent of male respondents.
- Nine percent of respondents 18 to 34 years old and 8% of those 45 to 54 years old reported aroma therapy in the past three years compared to 1% of respondents 35 to 44 years old or 65 and older.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported aroma therapy.
- In 2009, female respondents were more likely to report aroma therapy. In 2006, gender was not a significant variable.
- In 2006, respondents 35 to 44 years old were more likely to report aroma therapy. In 2009, respondents 18 to 34 years old or 45 to 54 years old were more likely to report aroma therapy.
- In 2006, respondents with a high school education or less were more likely to report aroma therapy. In 2009, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report aroma therapy. In 2009, household income was not a significant variable.
- In 2006, unmarried respondents were more likely to report aroma therapy. In 2009, marital status was not a significant variable.

Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003 <sup>③</sup>	2006	2009
TOTAL	3%	5%	5%
Gender <sup>3</sup>			
Male	--	4	<1
Female	--	5	9
Age <sup>2,3</sup>			
18 to 34	--	1	9
35 to 44	--	11	1
45 to 54	--	1	8
55 to 64	--	6	6
65 and Older	--	3	1
Education <sup>2</sup>			
High School or Less	--	9	2
Some Post High School	--	5	6
College Graduate	--	2	7
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	--	9	2
Middle 20 Percent Bracket	--	1	4
Top 40 Percent Bracket	--	4	4
Marital Status <sup>2</sup>			
Married	--	3	5
Not Married	--	7	6

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2009, “using essential oils” was added.

<sup>③</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Acupuncture

### 2009 Findings

- Five percent of respondents reported they used acupuncture in the past three years.
- There were no statistically significant differences between demographic variables and responses of acupuncture.

## Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported acupuncture.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting acupuncture in 2003 and 2006.

Table 22. Acupuncture in Past Three Years by Demographic Variables for Each Survey Year<sup>①</sup>

	2003 <sup>②</sup>	2006 <sup>③</sup>	2009
TOTAL <sup>a</sup>	1%	2%	5%
Gender			
Male	--	--	5
Female	--	--	5
Age			
18 to 34	--	--	4
35 to 44	--	--	8
45 to 54	--	--	4
55 to 64	--	--	6
65 and Older	--	--	2
Education			
High School or Less	--	--	6
Some Post High School	--	--	5
College Graduate	--	--	4
Household Income			
Bottom 40 Percent Bracket	--	--	6
Middle 20 Percent Bracket	--	--	8
Top 40 Percent Bracket	--	--	4
Marital Status			
Married	--	--	5
Not Married	--	--	5

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

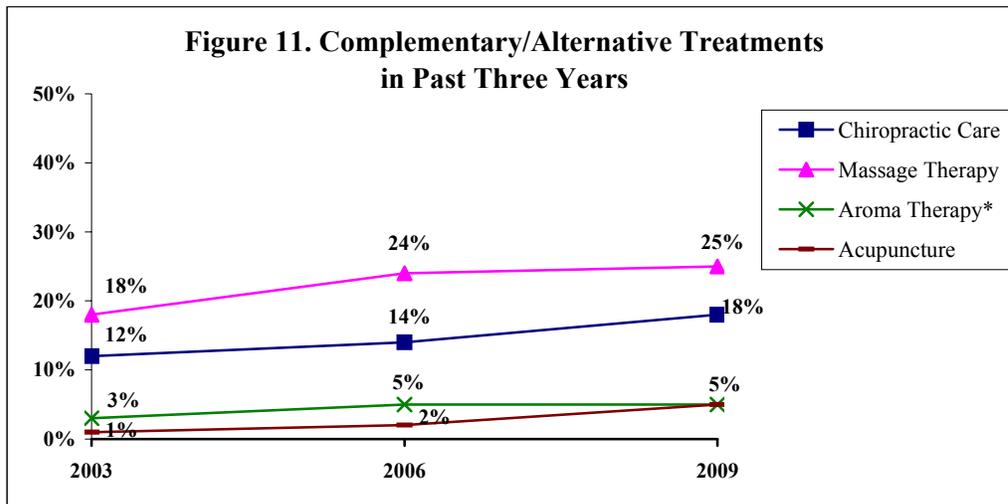
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Complementary/Alternative Treatments Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting aroma therapy.



\*In 2009, “using essential oils” was added.

## Physical Well Being and Body Weight (Figures 12 & 13; Tables 23 - 26)

**KEY FINDINGS:** In 2009, 26% of respondents did moderate physical activity five times a week for 30 minutes while 19% did vigorous activity three times a week for 20 minutes. Combined, 38% met the recommended amount of physical activity; respondents who were 45 to 54 years old or with some post high school education were more likely to report this. Fifty-nine percent of respondents were classified as overweight. Respondents who were male or in the middle 20 percent household income bracket were more likely to be classified as overweight.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who reported meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.*

## Moderate Physical Activity in Usual Week

*Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate.*

*The Healthy People 2010 goal for moderate, regular physical activity five times a week for at least 30 minutes per occasion is 50%. (Objective 22-02)*

*In 2005, 42% of Wisconsin respondents and 33% of U.S. respondents did moderate physical activity at least five times a week for 30 or more minutes (2005 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Twenty-six percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-eight percent did some activity, but not to the extent of the recommendation, while 14% were classified as inactive.
- Female respondents were more likely to meet the recommended amount of moderate physical activity (32%) compared to male respondents (20%).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- In 2009, female respondents were more likely to meet the recommended amount of moderate physical activity. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of male respondents meeting the recommended amount of moderate physical activity.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old and a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of moderate physical activity.
- In 2003, respondents in the bottom 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2006, respondents in the bottom 40 percent household income bracket or the top 40 percent income bracket were more likely to meet the recommended amount of moderate physical activity. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2003, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In all other study years, overweight status was not a significant variable.

Table 23. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	29%	33%	26%
Gender <sup>3</sup>			
Male <sup>a</sup>	31	31	20
Female	27	34	32
Age			
18 to 34	30	27	20
35 to 44 <sup>a</sup>	38	36	20
45 to 54 <sup>a</sup>	21	38	37
55 to 64	25	34	29
65 and Older	26	30	29
Education			
High School or Less	26	32	26
Some Post High School	31	40	27
College Graduate	30	29	25
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	41	36	26
Middle 20 Percent Bracket	13	21	21
Top 40 Percent Bracket	29	38	30
Marital Status			
Married	27	32	27
Not Married	32	34	25
Overweight Status <sup>1</sup>			
Not Overweight	35	34	29
Overweight	24	32	25

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Recommended moderate physical activity is 5 times/30+ minutes in a week.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Vigorous Physical Activity in Usual Week

*Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.*

*The Healthy People 2010 goal for promoting the development and maintenance of cardio-respiratory fitness through vigorous physical activity three times a week for at least 20 minutes per occasion is 30%. (Objective 22-03)*

*In 2007, 32% of Wisconsin respondents and 28% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2007 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Nineteen percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty percent did some vigorous physical activity while 60% did not do any vigorous physical activity.
- Twenty-seven percent of respondents 45 to 54 years old and 25% of those 18 to 34 years old reported vigorous physical activity compared to 8% of respondents 65 and older.
- Twenty-six percent of respondents with some post high school education reported vigorous physical activity compared to 22% of those with a college education or 5% of respondents with a high school education or less.

### Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- In 2006, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, gender was not a significant variable. From 2006 to 2009 there was a noted decrease in the percent of male respondents meeting the recommended amount of vigorous physical activity.
- In 2006, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents with some post high school education were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents with a high school education or less or those with a college education meeting the recommended amount of vigorous physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of vigorous physical activity.

- Marital status was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of vigorous physical activity.
- In 2006, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2009, overweight status was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of vigorous physical activity.

Table 24. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2006	2009
TOTAL <sup>a</sup>	27%	19%
Gender <sup>1</sup>		
Male <sup>a</sup>	35	22
Female	20	15
Age <sup>1,2</sup>		
18 to 34	37	25
35 to 44	29	16
45 to 54	28	27
55 to 64	23	17
65 and Older	16	8
Education <sup>1,2</sup>		
High School or Less <sup>a</sup>	12	5
Some Post High School	30	26
College Graduate <sup>a</sup>	35	22
Household Income <sup>1</sup>		
Bottom 40 Percent Bracket	21	22
Middle 20 Percent Bracket	24	12
Top 40 Percent Bracket <sup>a</sup>	38	21
Marital Status		
Married <sup>a</sup>	29	16
Not Married	24	23
Overweight Status <sup>1</sup>		
Not Overweight <sup>a</sup>	33	21
Overweight	23	19

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Recommended vigorous physical activity is 3 times/20+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2006

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤05 from 2006 to 2009

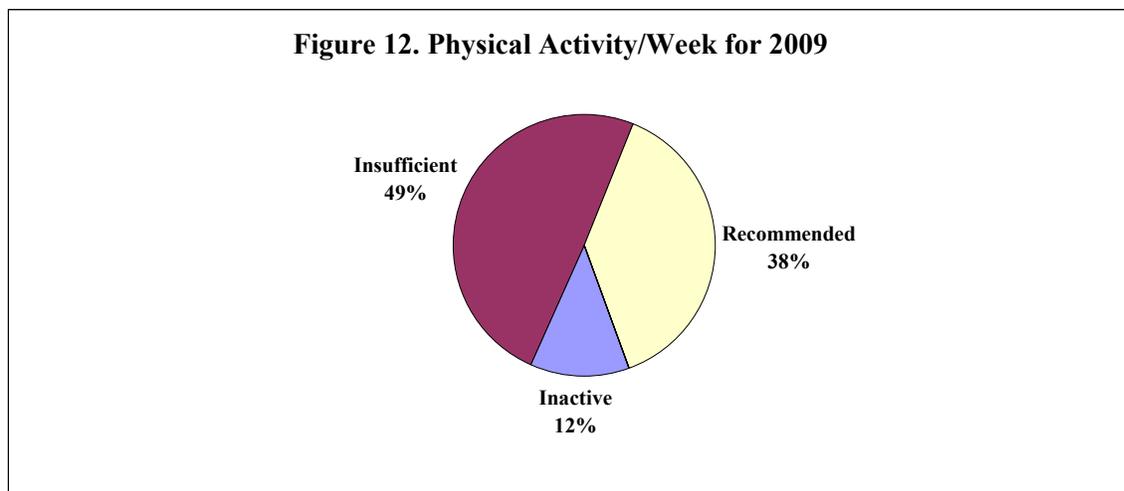
## Combined Recommended Amount of Physical Activity in Typical Week

The recommended amount of physical activity by the Centers for Disease Control is moderate physical activity for at least 30 minutes on five or more days of the week or vigorous physical activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

In 2007, 55% of Wisconsin respondents and 50% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2007 Behavioral Risk Factor Surveillance).

### 2009 Findings

- Thirty-eight percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty-nine percent did an insufficient amount of physical activity while 12% did no physical activity in a typical week.



- Forty-nine percent of respondents 45 to 54 years old met the recommended amount of physical activity compared to 39% of those 18 to 34 years old or 25% of respondents 35 to 44 years old.
- Forty-eight percent of respondents with some post high school education met the recommended amount of physical activity compared to 36% of those with a college education or 32% of respondents with a high school education or less.

### Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity in a week.
- Gender was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of male respondents meeting the recommended amount of physical activity.

- In 2009, respondents 45 to 54 years old were more likely to meet the recommended amount of physical activity. In 2006, age was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of physical activity.
- In both study years, respondents with some post high school education were more likely to meet the recommended amount of physical activity. From 2006 to 2009, there was a noted decrease in the percent of respondents with a college education meeting the recommended amount of physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2009, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of physical activity.
- Marital status was not a significant variable in any study year. From 2006 to 2009, there was a noted decrease in the percent of married respondents meeting the recommended amount of physical activity.

Table 25. Recommended Physical Activity by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2006	2009
TOTAL <sup>a</sup>	47%	38%
Gender		
Male <sup>a</sup>	51	37
Female	44	40
Age <sup>2</sup>		
18 to 34	48	39
35 to 44 <sup>a</sup>	47	25
45 to 54	52	49
55 to 64	47	41
65 and Older	43	40
Education <sup>1,2</sup>		
High School or Less	37	32
Some Post High School	55	48
College Graduate <sup>a</sup>	51	36
Household Income <sup>1</sup>		
Bottom 40 Percent Bracket	46	47
Middle 20 Percent Bracket	39	30
Top 40 Percent Bracket <sup>a</sup>	55	40
Marital Status		
Married <sup>a</sup>	48	36
Not Married	47	43
Overweight Status		
Not Overweight	52	44
Overweight	44	36

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Recommended physical activity includes moderate (5 times/30+ minutes) or vigorous (3 times/20+ minutes) activity in a week.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## Body Weight

*Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC is when a person's body mass index (BMI) is greater than or equal to 25.0. A BMI of 30.0 or more is considered obese. Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. Throughout the report, the category "overweight" includes both overweight and obese respondents.*

*The Healthy People 2010 goal for obesity is 15% for persons 20 and older. (Objective 19-02)*

*The Healthy People 2010 goal for an unhealthy weight is 40% for persons 20 and older. (Objective 19-01)*

*In 2008, 64% of Wisconsin respondents were classified as at least overweight (38% overweight, 26% obese). In the U.S., 64% were classified as at least overweight (37% overweight and 27% obese) (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- According to the definition, 59% of respondents were overweight (37% overweight and 22% obese).
- Male respondents were more likely to be overweight (72%) compared to female respondents (46%).
- Respondents in the middle 20 percent household income bracket were more likely to be overweight (73%) compared to those in the top 40 percent household income bracket (58%) or respondents in the bottom 40 percent household income bracket (51%).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight.
- In 2003, respondents 55 to 64 years old were more likely to be overweight. In 2006, respondents 45 to 64 years old were more likely to be overweight. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old being overweight.
- In 2009, respondents in the middle 20 percent household income bracket were more likely to be overweight. In all other study years, household income was not a significant variable.

Table 26. Overweight by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	56%	58%	59%
Gender <sup>1,2,3</sup>			
Male	74	71	72
Female	42	47	46
Age <sup>1,2</sup>			
18 to 34	48	48	52
35 to 44 <sup>a</sup>	47	61	62
45 to 54	62	69	55
55 to 64	72	68	64
65 and Older	60	53	64
Education			
High School or Less	60	63	68
Some Post High School	58	61	58
College Graduate	52	55	54
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	49	62	51
Middle 20 Percent Bracket	61	61	73
Top 40 Percent Bracket	59	56	58
Marital Status			
Married	56	60	60
Not Married	58	56	59
Physical Activity			
Inactive	--	68	70
Insufficient	--	61	61
Recommended	--	54	54

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

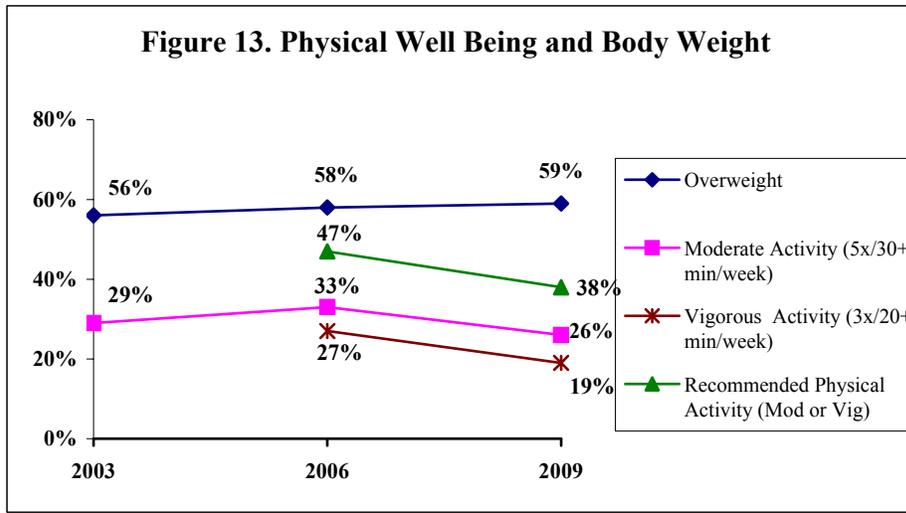
<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

<sup>b</sup>year difference at  $p \leq 0.05$  from 2006 to 2009

## Physical Well Being and Body Weight Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was a noted decrease in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or who reported meeting the recommended amount of physical activity. From 2003 to 2009, there was no statistical change in the overall percent of respondents being overweight.



## Nutrition and Diet (Figure 14; Tables 27 & 28)

**KEY FINDINGS:** In 2009, 67% of respondents reported two or more servings of fruit while 25% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, in the top 40 percent household income bracket or who did an insufficient amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.*

### **Fruit Intake**

*The Healthy People 2010 goal for at least two daily servings of fruit is 75%. (Objective 19-05)*

*Based on the USDA dietary guidelines, at a minimum, adults should have two servings of fruit each day. Age, gender and activity level may increase the recommended number of servings.*

## 2009 Findings

- Sixty-seven percent of respondents reported two or more servings of fruit on an average day.
- Female respondents were more likely to report two or more servings of fruit a day (72%) compared to male respondents (61%).
- Seventy-four percent of respondents with a college education reported two or more servings of fruit a day compared to 64% of those with a high school education or less or 60% of respondents with some post high school education.
- Seventy-three percent of respondents in the top 40 percent household income bracket reported two or more servings of fruit a day compared to 64% of those in the middle 20 percent income bracket or 56% of respondents in the bottom 40 percent income bracket.
- Respondents who did an insufficient amount of physical activity were more likely to report two or more servings of fruit a day (75%) compared to those who met the recommended amount of physical activity (64%) or inactive respondents (46%).

## Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In all study years, female respondents were more likely to report two or more servings of fruit per day.
- In 2006, respondents 18 to 34 years old were more likely to report eating fruit. In all other study years, age was not a significant variable.
- In 2003, respondents with some post high school education were more likely to report eating fruit. In 2009, respondents with a college education were more likely to report eating fruit. In 2006, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with some post high school education reporting two or more servings of fruit.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report two or more servings of fruit. In 2009, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day. In 2003, household income was not a significant variable.
- In 2006, respondents who were not overweight were more likely to report two or more servings of fruit per day. In all other study years, overweight status was not a significant variable.
- In 2006, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. In 2009, respondents who did an insufficient amount of physical activity were more likely to report two or more servings of fruit. From 2006 to 2009, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting two or more servings of fruit.

Table 27. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	66%	69%	67%
Gender <sup>1,2,3</sup>			
Male	56	61	61
Female	74	76	72
Age <sup>2</sup>			
18 to 34	67	83	69
35 to 44	67	76	65
45 to 54	59	59	70
55 to 64	63	47	75
65 and Older	73	66	61
Education <sup>1,3</sup>			
High School or Less	57	65	64
Some Post High School <sup>a</sup>	74	66	60
College Graduate	68	73	74
Household Income <sup>2,3</sup>			
Bottom 40 Percent Bracket	66	70	56
Middle 20 Percent Bracket	67	82	64
Top 40 Percent Bracket	68	64	73
Marital Status			
Married	66	66	70
Not Married	66	73	62
Overweight Status <sup>2</sup>			
Not Overweight	69	78	67
Overweight	63	63	69
Physical Activity <sup>2,3</sup>			
Inactive	--	41	46
Insufficient	--	68	75
Recommended <sup>b</sup>	--	75	64

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

<sup>b</sup>year difference at p≤0.05 from 2006 to 2009

## Vegetable Intake

*The Healthy People 2010 goal for at least three daily servings of vegetables (at least 1/3 being dark green or deep yellow) is 50%. (Objective 19-06)*

*Based on the USDA dietary guidelines, at a minimum, adults should have three servings of vegetables each day. Age, gender and activity level may increase the recommended number of servings.*

### 2009 Findings

- Twenty-five percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report three or more servings of vegetables a day (31%) compared to male respondents (18%).
- Respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day (33%) compared to those who were inactive (21%) or respondents who did an insufficient amount of physical activity (20%).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2006 and 2009, female respondents were more likely to report three or more vegetable servings per day. In 2003, gender was not a significant variable.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting three or more servings of vegetables a day.
- In 2006, respondents who did at least some physical activity were more likely to report three or more servings of vegetables a day. In 2009, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day.

Table 28. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	22%	29%	25%
Gender <sup>2,3</sup>			
Male	19	19	18
Female	25	37	31
Age			
18 to 34	26	33	16
35 to 44 <sup>a</sup>	13	29	26
45 to 54	19	28	32
55 to 64	29	27	33
65 and Older	23	23	21
Education			
High School or Less	21	22	19
Some Post High School	22	29	26
College Graduate	24	31	27
Household Income			
Bottom 40 Percent Bracket	22	25	18
Middle 20 Percent Bracket	20	35	27
Top 40 Percent Bracket	26	29	29
Marital Status			
Married	22	26	26
Not Married	22	33	22
Overweight Status			
Not Overweight	21	26	26
Overweight	21	30	24
Physical Activity <sup>2,3</sup>			
Inactive	--	9	21
Insufficient <sup>b</sup>	--	31	20
Recommended	--	30	33

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Physical activity was defined differently in 2003.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

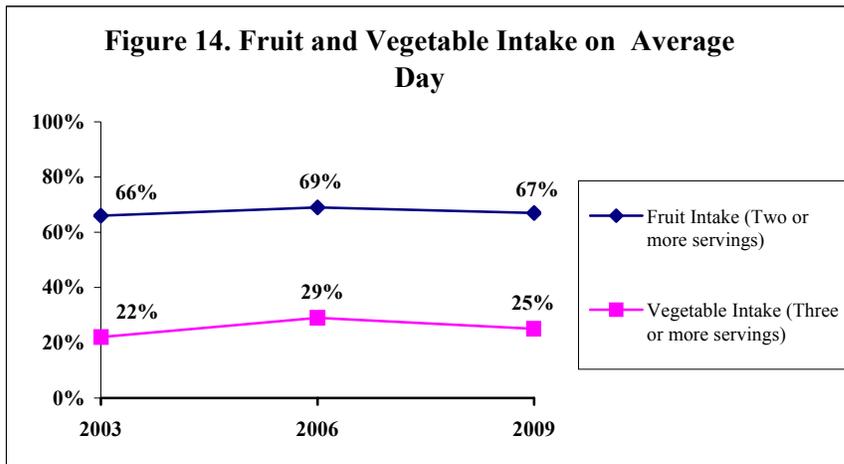
<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

<sup>b</sup>year difference at p≤0.05 from 2006 to 2009

## Fruit and Vegetable Intake Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.



## Women's Health (Figure 15; Table 29)

**KEY FINDINGS:** In 2009, 75% of female respondents 40 and older reported a mammogram within the past two years. Eighty-eight percent of female respondents 65 and older had a bone density scan. Ninety-three percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 44 years old were more likely to report this.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

### Mammogram

*Routine screening for breast cancer every one to two years with mammography is recommended for women 40 and older.<sup>2</sup>*

*The Healthy People 2010 goal for women 40 and older having a mammogram within the past two years is 70%. (Objective 03-13)*

<sup>2</sup>“Screening for Breast Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 23 - 25.

*In 2008, 76% of Wisconsin women and 76% of U.S. women 40 and older reported a mammogram within the past two years (2008 Behavioral Risk Factor Surveillance).*

#### 2009 Findings

- Seventy-five percent of female respondents 40 and older had a mammogram within the past two years. Six percent reported never.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

### **Bone Density Scan**

#### 2009 Findings

- Eighty-eight percent of the 58 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

#### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported having a bone density scan.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

### **Pap Smear**

*Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity or at age 21 and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.<sup>3</sup>*

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<sup>3</sup>“Screening for Cervical Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 26 - 31.

*The Healthy People 2010 goal for women 18 and older having a pap test within the past three years is 90%. (Objective 03-11b)*

*In 2008, 83% of Wisconsin women and 83% of U.S. women 18 and older reported a pap smear within the past three years (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- A total of 93% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-eight percent of respondents 18 to 44 years old reported a pap smear within the past three years compared to 86% of respondents 45 and older.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2003 and 2009, respondents 18 to 44 years old were more likely to report a pap smear within the past three years. In 2006, age was not a significant variable.
- In 2003, respondents with a college education were more likely to report a pap smear within the past three years. In all other study years, education was not a significant variable.

Table 29. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)<sup>⓪</sup>

	2003	2006	2009
TOTAL	92%	96%	93%
Age <sup>1,3</sup>			
18 to 34	95	98	98
35 to 44	98	98	98
45 and Older	85	93	86
Education <sup>1</sup>			
Some Post High School or Less	88	95	92
College Graduate	97	98	94
Household Income			
Bottom 60 Percent Bracket	87	94	91
Top 40 Percent Bracket	94	97	94
Marital Status			
Married	92	98	96
Not Married	89	92	86

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

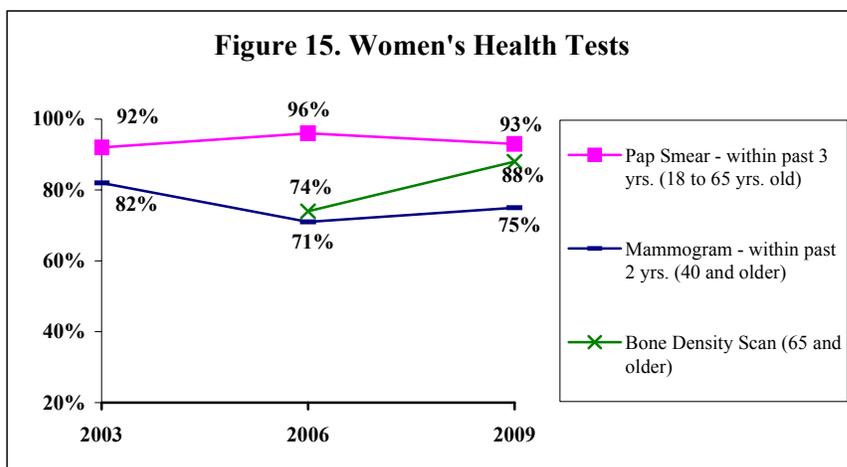
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Women's Health Tests Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2009, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.



## Men's Health (Figure 16)

**KEY FINDINGS:** In 2009, 60% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-one percent of male respondents 40 and older had a digital rectal exam in the past year.

*From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

### Prostate-Specific Antigen Test

*The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).<sup>4</sup>*

*In 2008, 52% of Wisconsin men and 55% of U.S. men 40 and older reported a PSA test within the past two years (2008 Behavioral Risk Factor Surveillance).*

<sup>4</sup>“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

### 2009 Findings

- Forty-seven percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 13% reported within the past two years (one year but less than two years). Twenty-six percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

### **Digital Rectal Exam**

*The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).<sup>5</sup>*

### 2009 Findings

- Forty-one percent of male respondents 40 and older had a digital rectal exam in the past year while 12% reported within the past two years (one year but less than two years). Thirty percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

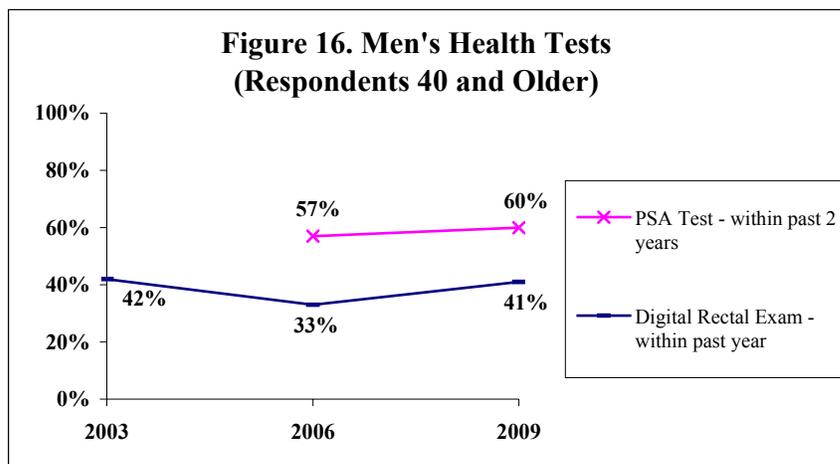
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<sup>5</sup>“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

## Men's Health Tests Overall

### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.



### **Other Tests (Figure 17; Tables 30 - 32)**

**KEY FINDINGS:** In 2009, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 65% reported a colonoscopy within the past ten years. Male respondents were more likely to report a sigmoidoscopy within the past five years. Seventy percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

### **Sigmoidoscopy**

*A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.<sup>6</sup>*

*The Healthy People 2010 goal for adults 50 and older having a sigmoidoscopy in their lifetime is 50%. (Objective 03-12b)*

<sup>6</sup>“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

## 2009 Findings

- Nine percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty-two percent reported never.
- Male respondents were more likely to report their last sigmoidoscopy was within the past five years (16%) compared to female respondents (4%).

Table 30. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older)<sup>⓪</sup>

	2009
TOTAL	9%
Gender <sup>1</sup>	
Male	16
Female	4
Education	
Some Post High School or Less	8
College Graduate	10
Household Income	
Bottom 60 Percent Bracket	10
Top 40 Percent Bracket	7
Marital Status	
Married	10
Not Married	8

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## **Colonoscopy**

*A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.*<sup>7</sup>

## 2009 Findings

- Sixty-five percent of respondents 50 and older had a colonoscopy within the past ten years. Thirty-four percent reported never.
- There were no statistically significant differences between demographic variables and responses of a colonoscopy within the past ten years.

<sup>7</sup>“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

Table 31. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)<sup>⓪</sup>

	2009
TOTAL	65%
Gender	
Male	69
Female	63
Education	
Some Post High School or Less	65
College Graduate	65
Household Income	
Bottom 60 Percent Bracket	65
Top 40 Percent Bracket	63
Marital Status	
Married	69
Not Married	61

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### Sigmoidoscopy or Colonoscopy Exam in Lifetime

*In 2008, 67% of Wisconsin respondents and 62% of U.S. respondents 50 and older reported a sigmoidoscopy or colonoscopy test in their lifetime (2008 Behavioral Risk Factor Surveillance).*

#### 2009 Findings

- Seventy percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Thirty percent of respondents never had a sigmoidoscopy or colonoscopy exam.
- There were no statistically significant differences between demographic variables and responses of a sigmoidoscopy or colonoscopy within their lifetime.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime.
- In 2006, respondents in the top 40 percent household income bracket were more likely to report a sigmoidoscopy or colonoscopy in their lifetime. In all other study years, household income was not a significant variable.

Table 32. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)<sup>①,②</sup>

	2003	2006	2009
TOTAL	63%	60%	70%
Gender			
Male	67	64	72
Female	61	57	68
Education			
Some Post High School or Less	62	55	71
College Graduate	66	69	68
Household Income <sup>2</sup>			
Bottom 60 Percent Bracket	63	52	71
Top 40 Percent Bracket	64	70	68
Marital Status			
Married	64	63	74
Not Married	62	56	65

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2009, sigmoidoscopy and colonoscopy separated into two survey questions.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

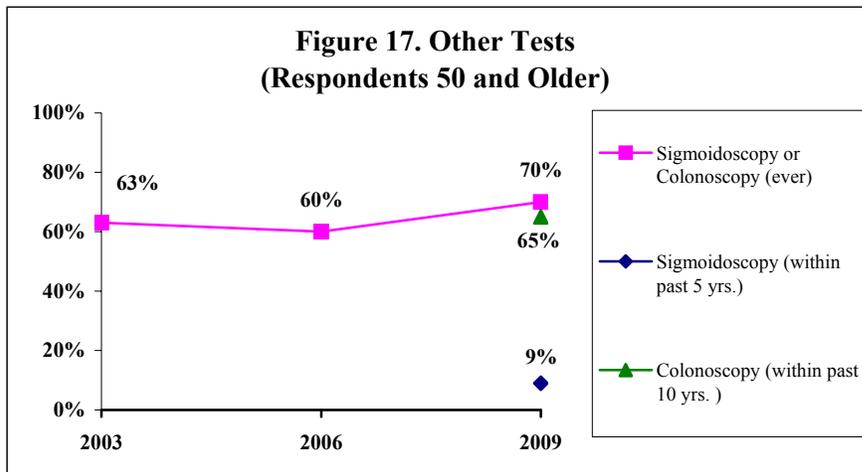
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Other Tests Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.



## **Safety: Seat Belt and Helmet Use (Figure 18; Tables 33 & 34)**

**KEY FINDINGS:** In 2009, 94% of respondents wore seat belts always or nearly always; respondents who were female or with at least some post high school education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 40% reported they always or nearly always wore a helmet; respondents with a college education were more likely to report this.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt or who reported they always or nearly always wore a helmet.*

### **Seat Belt Usage**

*The Healthy People 2010 goal for seat belt use is 92%. This is based on observations at intersections, highway ramps and parking lots. (Objective 15-19)*

*In 2002, 66% of Wisconsin respondents reported they always wore a seat belt when they drove or rode in a car while 16% reported nearly always. Seventy-seven percent of U.S. respondents reported they always and 11% reported they nearly always wore a seat belt (2002 Behavioral Risk Factor Surveillance).*

*In 2007, 75% of Wisconsin residents were observed wearing seat belts by the National Highway Traffic Safety Administration. Eighty-two percent of U.S. residents were observed wearing seat belts through NHTSA's National Occupant Protection Use Survey (NHTSA Traffic Safety Facts, May 2008).*

### 2009 Findings

- Ninety-four percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (98%) compared to male respondents (89%).
- Ninety-six percent of respondents with a college education and 95% of those with some post high school education reported always or nearly always compared to 87% of respondents with a high school education or less.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2006 and 2009, female respondents were more likely to report always or nearly always. In 2003, gender was not a significant variable. From 2003 to 2009 there was a noted increase in the percent of female respondents reporting they always or nearly always wore a seat belt.
- In 2006, respondents 65 and older were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting they always or nearly always wore a seat belt.
- In 2009, respondents with at least some post high school education were more likely to report always or nearly always. In all other study years, education was not a significant variable.

- In 2006, married respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, marital status was not a significant variable.

Table 33. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	91%	88%	94%
Gender <sup>2,3</sup>			
Male	89	82	89
Female <sup>a</sup>	93	94	98
Age <sup>2</sup>			
18 to 34 <sup>a</sup>	83	83	94
35 to 44	93	82	90
45 to 54	92	89	96
55 to 64	94	88	92
65 and Older	94	99	95
Education <sup>3</sup>			
High School or Less	89	89	87
Some Post High School	89	92	95
College Graduate	94	86	96
Household Income			
Bottom 40 Percent Bracket	93	86	95
Middle 20 Percent Bracket	86	88	90
Top 40 Percent Bracket	92	88	94
Marital Status <sup>2</sup>			
Married	93	92	95
Not Married	88	82	92

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Helmet Usage

### 2009 Findings

- Forty-three percent of respondents rode a bike, used in-line roller skates or rode a scooter.

*Of respondents who rode a bike, used in-line roller skates or rode a scooter...*

- Forty percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Forty-seven percent reported never.

- Fifty-one percent of respondents with a college education reported always or nearly always compared to 28% of respondents with some post high school education or less.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2003, female respondents were more likely to report they always/nearly always wore a helmet. In all other study years, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting always or nearly always.
- Age was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting always or nearly always.
- In all study years, respondents with a college education were more likely to report they always/nearly always wore a helmet.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable.
- In 2003, married respondents were more likely to report they always or nearly always wore a helmet. In all other study years, marital status was not a significant variable.

Table 34. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)<sup>①</sup>

	2003	2006	2009
TOTAL	35%	38%	40%
Gender <sup>1</sup>			
Male <sup>a</sup>	27	33	42
Female	42	43	37
Age			
18 to 34 <sup>a</sup>	24	35	47
35 to 44	41	50	36
45 and Older	35	30	35
Education <sup>1,2,3</sup>			
Some Post High School or Less	20	19	28
College Graduate	52	48	51
Household Income <sup>1</sup>			
Bottom 60 Percent Bracket	26	44	38
Top 40 Percent Bracket	42	33	38
Marital Status <sup>1</sup>			
Married	39	35	41
Not Married	17	45	35

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

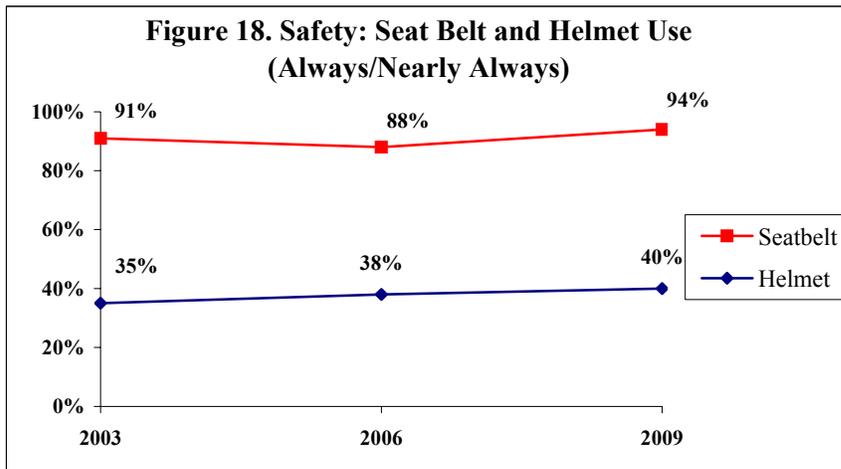
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Safety: Seat Belt and Helmet Use Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt or who reported they always or nearly always wore a helmet.



## Cigarette Use (Figures 19 & 20; Table 35)

**KEY FINDINGS:** In 2009, 15% of respondents were current smokers. Unmarried respondents were more likely to be a smoker. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 89% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2009, there was a statistical increase in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

### Current Smokers

*The Healthy People 2010 goal for adult smoking is 12%. (Objective 27-01a)*

*In 2008, 20% of Wisconsin respondents were current smokers while 18% of U.S. respondents were current smokers (2008 Behavioral Risk Factor Surveillance).*

### 2009 Findings

- Fifteen percent of respondents were current smokers (11% every day and 4% some days).

- Unmarried respondents were more likely to report they were a current smoker compared to married respondents (24% and 10%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2003, male respondents were more likely to report they were a current smoker. In all other study years, gender was not a significant variable.
- In 2003 and 2006, respondents who were 18 to 34 years old were more likely to report they were a current smoker. In 2009, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old being a current smoker.
- In 2003 and 2006, respondents with a high school education or less were more likely to report they were a current smoker. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less being a current smoker.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report they were a current smoker. In all other study years, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report being a current smoker. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of married respondents being a current smoker.

Table 35. Current Smokers by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	21%	17%	15%
Gender <sup>1</sup>			
Male	25	19	18
Female	17	15	13
Age <sup>1,2</sup>			
18 to 34 <sup>a</sup>	39	31	22
35 to 44	12	4	17
45 to 54	19	21	11
55 to 64	24	15	17
65 and Older	14	12	11
Education <sup>1,2</sup>			
High School or Less <sup>a</sup>	32	30	17
Some Post High School	16	24	19
College Graduate	15	5	11
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	22	29	20
Middle 20 Percent Bracket	26	17	18
Top 40 Percent Bracket	20	8	15
Marital Status <sup>2,3</sup>			
Married <sup>a</sup>	19	13	10
Not Married	23	23	24

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

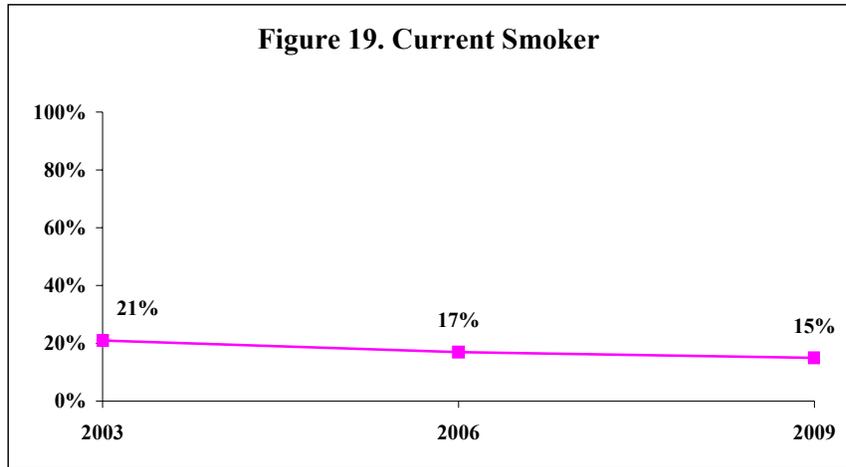
<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.



### **Quit Smoking for at Least One Day in Past 12 Months as a Result of Trying to Quit**

*The Healthy People 2010 goal for current smokers to have tried quitting for at least one day is 75%. (Objective 27-05)*

*In 2005, 49% of Wisconsin respondents reported they quit smoking for at least one day because they were trying to quit while 56% of U.S. respondents reported a cessation attempt for at least one day (2005 Behavioral Risk Factor Surveillance).*

### 2009 Findings

*Of current smokers...*

- Fifty-one percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.
- No demographic comparisons between years were conducted as a result of the low percent of respondents who were asked this question.

## Doctor, Nurse or Other Health Professional Advised Respondent to Quit

### 2009 Findings

*Of current smokers who have seen a health professional in the past 12 months...*

- Eighty-nine percent of the 57 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

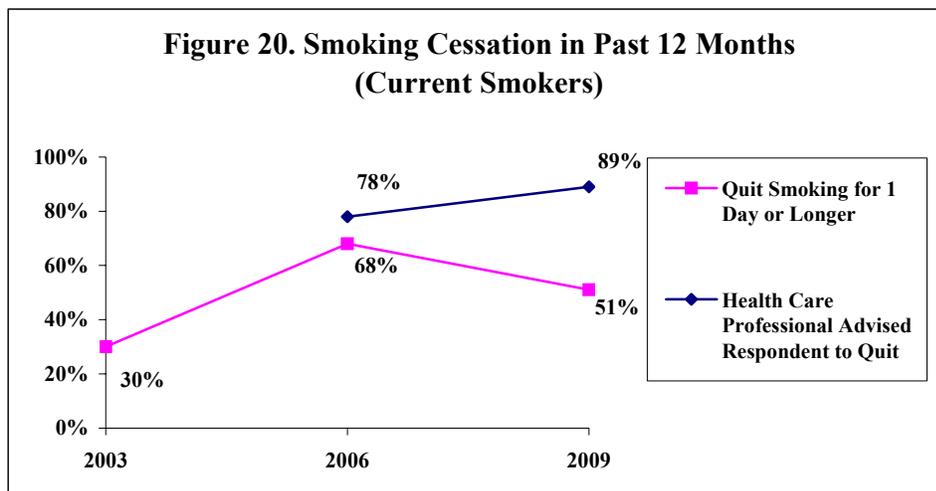
### Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.

## Smoking Cessation Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.



## Smoking Policies (Figures 21 & 22; Tables 36 & 37)

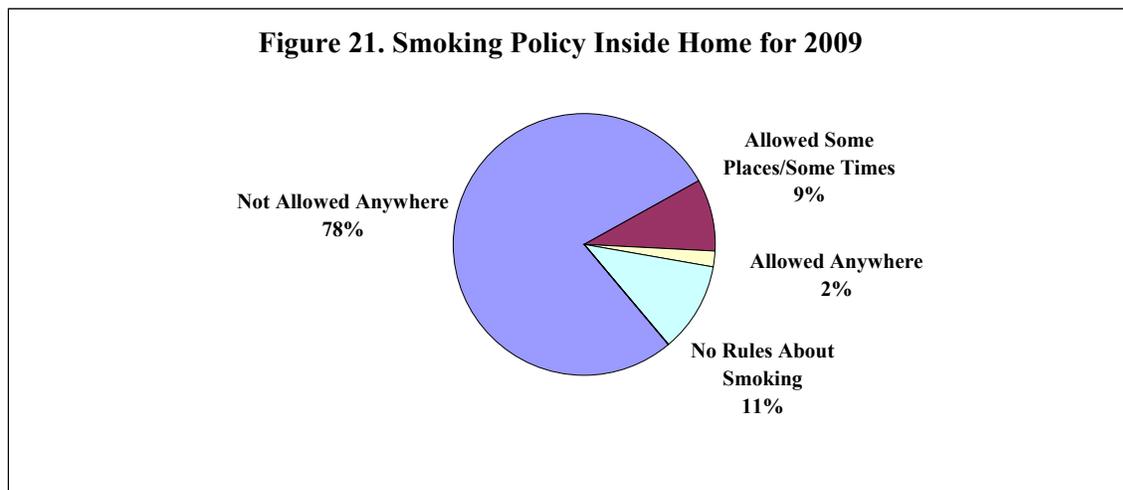
**KEY FINDINGS:** In 2009, 78% of respondents reported smoking is not allowed anywhere inside the home while 87% reported smoking is not allowed in any area at work. Respondents who were in the top 40 percent household income bracket, married or nonsmokers were more likely to report smoking is not allowed anywhere inside the home. Respondents with a college education or in the top 60 percent household income bracket were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

### Smoking Policy Inside Home

*In 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 79% of U.S. respondents reported smoking is prohibited in their home (2006-2007 Tobacco Use Supplement to the Current Population Survey).*

#### 2009 Findings

- Seventy-eight percent of respondents reported smoking is not allowed anywhere inside the home while 9% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Eleven percent of respondents reported there are no rules about smoking inside the home.



- Eighty-six percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 70% of those in the middle 20 percent income bracket or 68% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (83% and 71%, respectively).
- Eighty-five percent of nonsmokers reported smoking is not allowed in the home compared to 42% of smokers.

Table 36. Smoking Not Allowed in Home by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	78%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	68
Middle 20 Percent Bracket	70
Top 40 Percent Bracket	86
Marital Status <sup>1</sup>	
Married	83
Not Married	71
Smoking Status <sup>1</sup>	
Nonsmoker	85
Smoker	42
Children in Household	
Yes	82
No	76

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### Smoking Policy at Work

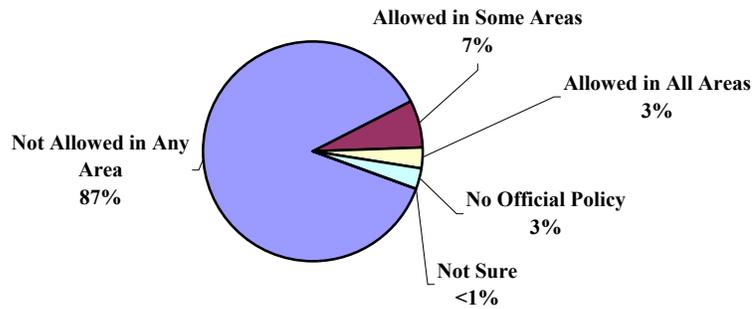
*The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)*

*In 2003, 75% of Wisconsin respondents reported their indoor worksite had a smoke-free policy (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 75% of U.S. respondents reported their indoor worksite had a smoke-free policy (2006-2007 Tobacco Use Supplement to the Current Population Survey).*

#### 2009 Findings

- Eighty-seven percent of respondents reported smoking is not allowed in any area at work while 7% reported smoking is allowed in some areas. Three percent reported smoking is allowed in all areas at work. Three percent of respondents reported there is no official policy about smoking at work.

**Figure 22. Smoking Policy at Work for 2009**



- Ninety-eight percent of respondents with a college education reported smoking is not allowed in any area at work compared to 83% of those with a high school education or less or 75% of respondents with some post high school education.
- Ninety-four percent of respondents in the middle 20 percent household income bracket and 91% of those in the top 40 percent income bracket reported smoking is not allowed in any area at work compared to 61% of respondents in the bottom 40 percent household income bracket.

Table 37. Smoking Not Allowed at Work by Demographic Variables for 2009<sup>⓪</sup>

	2009
TOTAL	87%
Gender	
Male	86
Female	88
Age	
18 to 34	81
35 to 44	90
45 to 54	92
55 and Older	82
Education <sup>1</sup>	
High School or Less	83
Some Post High School	75
College Graduate	98
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	61
Middle 20 Percent Bracket	94
Top 40 Percent Bracket	91
Marital Status	
Married	89
Not Married	81
Smoking Status	
Nonsmoker	86
Smoker	91

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

### Exposure to Second-Hand Smoke in Past Seven Days (Nonsmokers)

#### 2009 Findings

- Seventy-eight percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty percent of respondents reported they were exposed to second-hand smoke one to three days while 2% reported at least four days.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their exposure to second-hand smoke on four or more days.

## Alcohol Use (Figures 23 & 24; Tables 38 & 39)

**KEY FINDINGS:** In 2009, 73% of respondents had an alcoholic drink in the past 30 days. In the past month, 7% were heavy drinkers while 20% were binge drinkers. Respondents who were 18 to 34 years old, with some post high school education or unmarried respondents were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. Less than one percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking. From 2003 to 2009, there was a statistical increase in the overall percent of respondents reporting binge drinking in the past month. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

### Heavy Drinking in the Past Month

*According to the Centers for Disease Control, heavy drinking is defined as more than 2 drinks per day in the past month for males (i.e. at least 61 drinks) and more than one drink per day for females (i.e. 31 drinks).*

*In 2008, 8% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2008 Behavioral Risk Factor Surveillance).*

#### 2009 Findings

- Seventy-three percent of respondents had a drink in the past 30 days. Forty-two percent reported they drank on at least five days, while 11% reported three to four days and 20% reported drinking on one or two days in the past 30 days.
- Fourteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 9% reported three, 22% reported two and 28% reported one drink on average on the days they drank. Twenty-seven percent reported having no drinks in the past month.
- Combined, 7% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Nineteen percent of respondents 18 to 34 years old reported heavy drinking in the past month compared to 2% of those 65 and older or 1% of respondents 45 to 54 years old.
- Sixteen percent of respondents with some post high school education reported heavy drinking in the past month compared to 4% of those with a college education or 2% of respondents with a high school education or less.

- Unmarried respondents were more likely to report heavy drinking in the past month compared to married respondents (13% and 4%, respectively).

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- In 2009, respondents who were 18 to 34 years old were more likely to report heavy drinking, with a noted increase since 2003. In all other study years, age was not a significant variable.
- In 2006, respondents with a high school education or less were more likely to report heavy drinking. In 2009, respondents with some post high school education were more likely to report heavy drinking, with a noted increase since 2003. In 2003, education was not a significant variable.
- Household income was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting heavy drinking in the past month.
- In 2009, unmarried respondents were more likely to report heavy drinking, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

Table 38. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL	5%	4%	7%
Gender			
Male	6	2	9
Female	4	5	6
Age <sup>3</sup>			
18 to 34 <sup>a</sup>	4	5	19
35 to 44	4	3	7
45 to 54	7	4	1
55 to 64	4	2	6
65 and Older	5	2	2
Education <sup>2,3</sup>			
High School or Less	6	8	2
Some Post High School <sup>a</sup>	5	3	16
College Graduate	5	1	4
Household Income			
Bottom 40 Percent Bracket	6	6	9
Middle 20 Percent Bracket <sup>a</sup>	3	1	15
Top 40 Percent Bracket	6	3	6
Marital Status <sup>3</sup>			
Married	5	3	4
Not Married <sup>a</sup>	5	5	13

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females in the past month.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

### Binge Drinking in Past Month

*Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2009, Hales Corners defined binge drinking as five or more drinks, regardless of gender.*

*The Healthy People 2010 goal for adult binge drinking (5 or more drinks) is 6%. (Objective 26-11c)*

*In 2008, 23% of Wisconsin respondents reported binge drinking in the past month (males having five or more drinks on one occasion, females having four or more drinks on one occasion). Sixteen percent of U.S. respondents reported binge drinking in the past month (2008 Behavioral Risk Factor Surveillance).*

## 2009 Findings

- Twenty percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (29%) compared to female respondents (13%).
- Forty-seven percent of respondents 18 to 34 years old binged in the past month compared to 12% of those 45 to 54 years old or 6% of respondents 55 and older.
- Thirty-four percent of respondents with some post high school education reported binge drinking in the past month compared to 15% of those with a college education or 14% of respondents with a high school education or less.
- Thirty-three percent of respondents in the middle 20 percent household income bracket reported binge drinking in the past month compared to 21% of those in the top 40 percent household income bracket or 12% of respondents in the bottom 40 percent income bracket.

## Year Comparisons

*In 2003, the Hales Corners Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males. In all other study years the definition was five or more drinks, regardless of gender.*

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting binge drinking.
- In all study years, respondents 18 to 34 years old were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of respondents 35 to 44 years old reporting binge drinking.
- In 2009, respondents with some post high school education were more likely to have binged, with a noted increase since 2003. In all other study years, education was not a significant variable.
- In 2003, respondents in the top 60 percent household income bracket were more likely to have binged. In 2006 and 2009, respondents in the middle 20 percent household income bracket were more likely to have binged. From 2003 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting binge drinking.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of unmarried respondents reporting binge drinking.

Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year<sup>①,②</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	13%	20%	20%
Gender <sup>1,2,3</sup>			
Male <sup>a</sup>	17	34	29
Female	9	8	13
Age <sup>1,2,3</sup>			
18 to 34	33	36	47
35 to 44 <sup>a</sup>	10	22	23
45 to 54	12	20	12
55 to 64	10	17	6
65 and Older	5	4	6
Education <sup>3</sup>			
High School or Less	13	22	14
Some Post High School <sup>a</sup>	14	15	34
College Graduate	10	21	15
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	5	16	12
Middle 20 Percent Bracket <sup>a</sup>	18	33	33
Top 40 Percent Bracket	16	20	21
Marital Status			
Married	12	19	18
Not Married <sup>a</sup>	15	21	26

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>In 2003, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” was used for both males and females.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

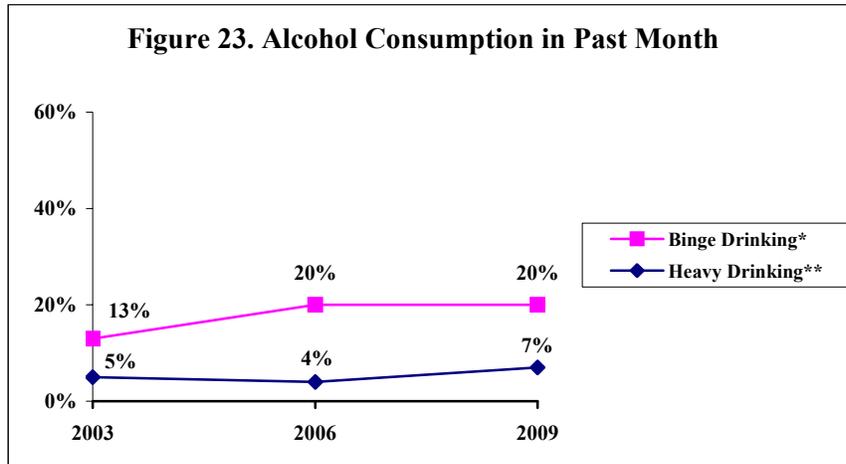
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Alcohol Consumption Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting heavy drinking. From 2003 to 2009 there was a statistical increase in the overall percent of respondents reporting binge drinking in the past month.



\*In 2003, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” was used for both males and females.

\*\*Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females in a month.

## Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink in Past Month

### 2009 Findings

- Two percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink in the past month.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were a driver or passenger when the driver perhaps had too much to drink in all study years.

## Household Problem Associated with Alcohol in Past Year

### 2009 Findings

- Less than one percent of respondents reported they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they, or someone in their household, experienced some kind of problem in connection with drinking in the past year.

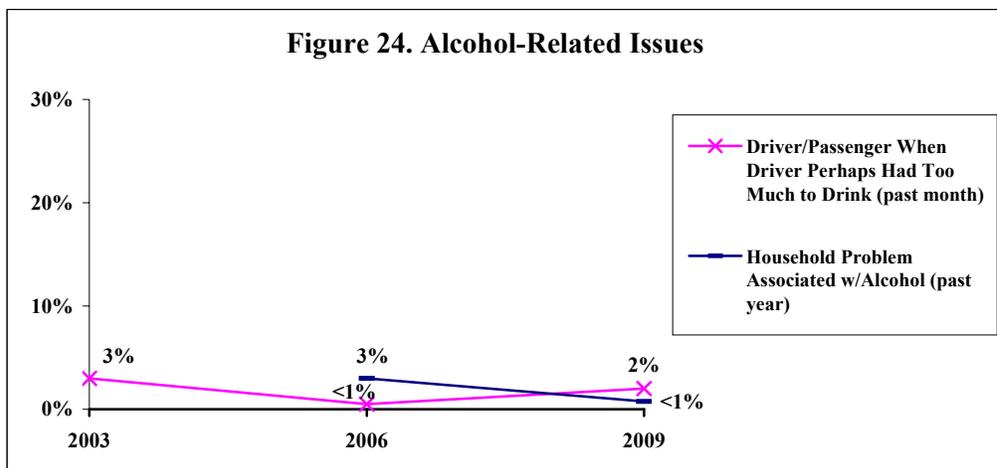
### Year Comparisons

- From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in the past year in both study years.

## Alcohol-Related Issues Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month. From 2006 to 2009, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



## Mental Health Status (Figures 25 & 26; Tables 40 – 42)

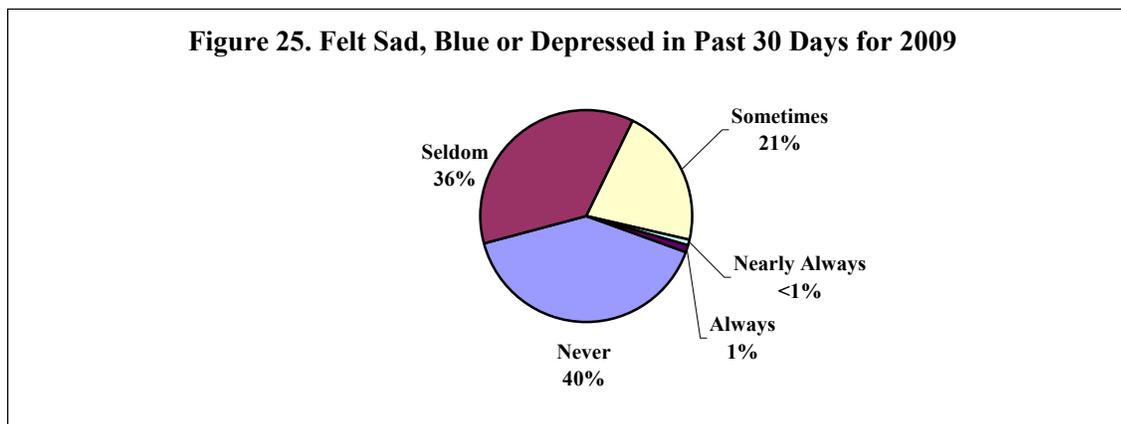
**KEY FINDINGS:** In 2009, 2% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Three percent of respondents reported they seldom or never find meaning and purpose in daily life.

*From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

### Felt Sad, Blue or Depressed

#### 2009 Findings

- Two percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This represents up to 420 residents. Twenty-one percent reported sometimes and the remaining 76% reported seldom or never.



- No demographic comparisons were conducted as a result of the low percent of respondents who reported they always or nearly always felt sad, blue or depressed.

#### Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2003, male respondents were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, gender was not a significant variable.
- In 2003, respondents who were 18 to 34 years old were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, age was not a significant variable.

- In 2003 and 2006, respondents with a high school education or less were more likely to report they always or nearly always felt sad, blue or depressed.
- In 2003, respondents in the bottom 60 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed.
- In 2003, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed. In 2006, marital status was not a significant variable.

Table 40. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009 <sup>②</sup>
TOTAL <sup>a</sup>	5%	5%	2%
Gender <sup>1</sup>			
Male	8	6	--
Female	3	3	--
Age <sup>1</sup>			
18 to 34	9	5	--
35 to 44	0	1	--
45 to 54	7	8	--
55 to 64	2	4	--
65 and Older	7	5	--
Education <sup>1,2</sup>			
High School or Less	12	10	--
Some Post High School	3	2	--
College Graduate	<1	3	--
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	9	9	--
Middle 20 Percent Bracket	10	2	--
Top 40 Percent Bracket	1	3	--
Marital Status <sup>1</sup>			
Married	2	3	--
Not Married	10	7	--

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## **Considered Suicide**

*All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The survey did not ask how seriously, how often or how recent suicide was considered.*

### 2009 Findings

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it represents up to 420 residents who may have considered suicide in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they considered suicide in the past year.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2006, respondents who were 18 to 44 years old, with a high school education or less, with a college education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report they considered suicide in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they considered suicide in the past year in 2003 and 2009.

Table 41. Considered Suicide in Past Year by Demographic Variables for Each Survey Year<sup>①</sup>

	2003 <sup>②</sup>	2006	2009 <sup>②</sup>
TOTAL	1%	5%	2%
Gender			
Male	--	6	--
Female	--	4	--
Age <sup>2</sup>			
18 to 34	--	8	--
35 to 44	--	11	--
45 to 54	--	1	--
55 to 64	--	0	--
65 and Older	--	1	--
Education <sup>2</sup>			
High School or Less	--	7	--
Some Post High School	--	0	--
College Graduate	--	6	--
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	--	13	--
Middle 20 Percent Bracket	--	1	--
Top 40 Percent Bracket	--	1	--
Marital Status <sup>2</sup>			
Married	--	2	--
Not Married	--	11	--

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Find Meaning and Purpose in Daily Life

### 2009 Findings

- A total of 3% of respondents reported they seldom or never find meaning and purpose in daily life. Forty-three percent of respondents reported they always find meaning and purpose while an additional 40% reported nearly always.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they seldom or never find meaning and purpose in daily life.

## Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2006, respondents with a high school education or less were more likely to report they seldom or never find meaning and purpose in daily life. In 2003, education was not a significant variable.
- In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report they seldom or never find meaning and purpose in daily life.
- In 2006, unmarried respondents were more likely to report they seldom or never find meaning and purpose in daily life. In 2003, marital status was not a significant variable.

Table 42. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009 <sup>②</sup>
TOTAL <sup>a</sup>	6%	4%	3%
Gender			
Male	5	5	--
Female	7	2	--
Age			
18 to 34	4	0	--
35 to 44	10	4	--
45 to 54	6	8	--
55 to 64	2	6	--
65 and Older	7	3	--
Education <sup>2</sup>			
High School or Less	9	7	--
Some Post High School	7	3	--
College Graduate	3	1	--
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	17	6	--
Middle 20 Percent Bracket	6	0	--
Top 40 Percent Bracket	2	2	--
Marital Status <sup>2</sup>			
Married	5	2	--
Not Married	8	6	--

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

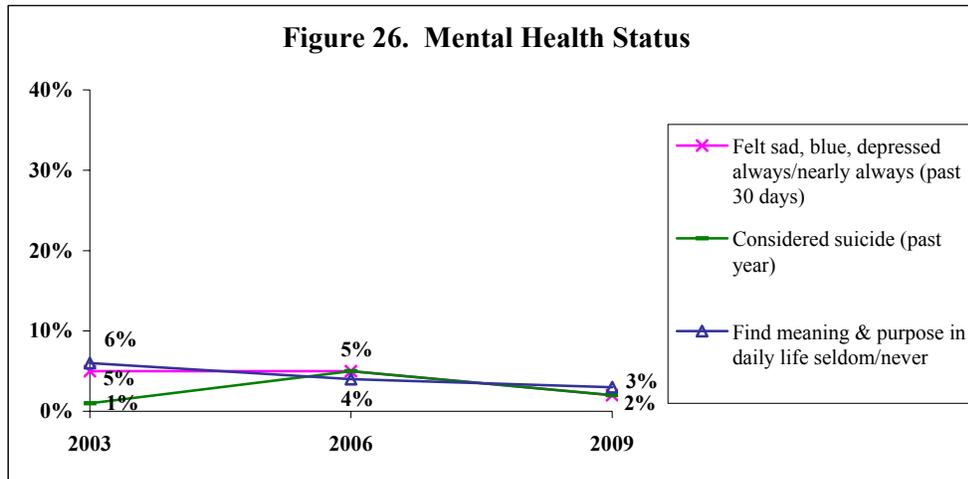
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Mental Health Status Overall

### Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or who reported they seldom/never find meaning and purpose in daily life. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide.



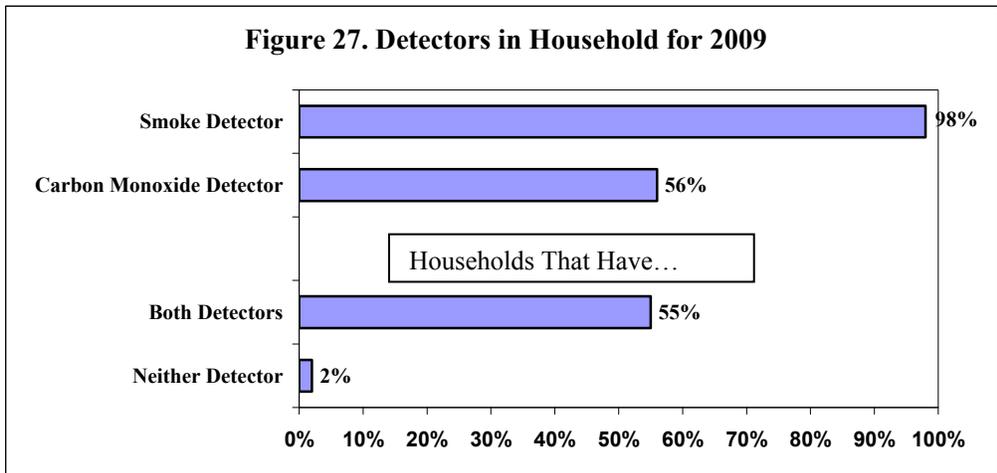
## Detectors in Household (Figures 27 & 28; Table 43)

**KEY FINDINGS:** In 2009, 98% of households had a working smoke detector while 56% had a working carbon monoxide detector. Fifty-five percent of households had both detectors. Married respondents were more likely to report both detectors.

*From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

### 2009 Findings

- Ninety-eight percent of respondents reported a working smoke detector while 56% reported a working carbon monoxide detector in their home. Fifty-five percent had both detectors. Two percent had neither.



- Married respondents were more likely to report both detectors compared to unmarried respondents (63% and 42%, respectively).

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2003, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2006, respondents in the top 60 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2009, household income was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting both a working smoke detector and carbon monoxide detector.
- In all study years, married respondents were more likely to report both a working smoke detector and carbon monoxide detector. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status reporting both a working smoke detector and carbon monoxide detector.

Table 43. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	43%	50%	55%
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	23	34	43
Middle 20 Percent Bracket <sup>a</sup>	32	56	56
Top 40 Percent Bracket	57	58	57
Marital Status <sup>1,2,3</sup>			
Married <sup>a</sup>	51	60	63
Not Married <sup>a</sup>	25	33	42

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

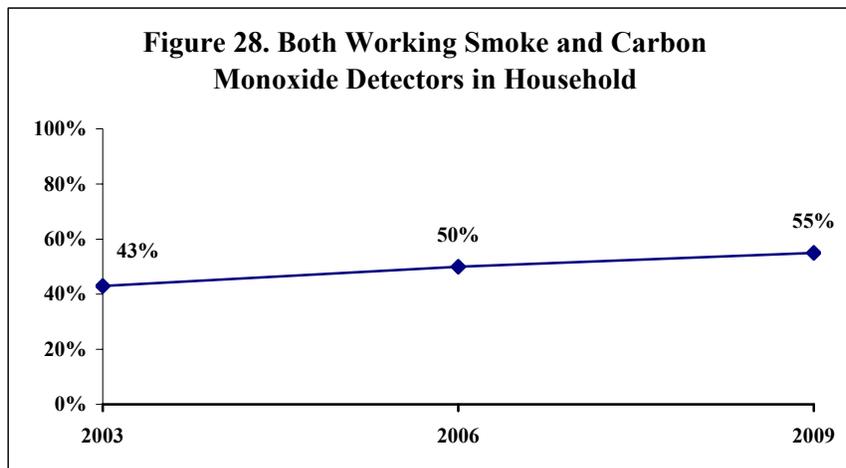
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



## Presence of Firearms in Household (Figure 29; Tables 44 - 47)

**KEY FINDINGS:** In 2009, 27% of households had a firearm in or around the home; respondents who were in the middle 20 percent household income bracket or married were more likely to report this. Of all households, 14% had a handgun in their home while 22% had a rifle or shotgun. Respondents who were in the middle 20 percent household income bracket or married were more likely to report a handgun. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.*

### Firearm in Household

*In 2002, 44% of Wisconsin respondents and 33% of U.S. respondents reported any firearm in the household. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).)*

#### 2009 Findings

- At the time of the survey administration, 27% of households had at least one firearm.
- Thirty-eight percent of respondents in the middle 20 percent household income bracket reported a firearm compared to 28% of those in the top 40 percent income bracket or 18% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a firearm compared to unmarried respondents (31% and 20%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2009, respondents in the middle 20 percent household income bracket were more likely to report having a firearm.
- In all study years, married respondents were more likely to report having a firearm.

Table 44. Firearm in Household by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	28%	24%	27%
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	11	7	18
Middle 20 Percent Bracket	29	27	38
Top 40 Percent Bracket	33	31	28
Marital Status <sup>1,2,3</sup>			
Married	32	32	31
Not Married	20	9	20
Children in Household			
Yes	30	26	28
No	27	22	26

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Handgun in Household

### 2009 Findings

- At the time of the survey administration, 14% of respondents reported handguns in their home.
- Twenty-four percent of respondents in the middle 20 percent household income bracket reported a handgun in their home compared to 11% of those in the top 40 percent income bracket or 10% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report handguns in their home compared to unmarried respondents (17% and 8%, respectively).

Table 45. Handgun in Household by Demographic Variables for 2009<sup>Ⓞ</sup>

	2009
TOTAL	14%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	10
Middle 20 Percent Bracket	24
Top 40 Percent Bracket	11
Marital Status <sup>1</sup>	
Married	17
Not Married	8
Children in Household	
Yes	16
No	12

<sup>Ⓞ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2009

### Rifle or Shotgun in Household

#### 2009 Findings

- At the time of the survey administration, 22% of respondents reported a rifle or shotgun in their home.
- There were no statistically significant differences between demographic variables and responses of reporting a rifle or shotgun in their home.

Table 46. Rifle or Shotgun in Household by Demographic Variables for 2009<sup>Ⓞ</sup>

	2009
TOTAL	22%
Household Income	
Bottom 40 Percent Bracket	13
Middle 20 Percent Bracket	29
Top 40 Percent Bracket	24
Marital Status	
Married	24
Not Married	18
Children in Household	
Yes	23
No	22

<sup>Ⓞ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2009

## Loaded Firearm

*In 2002, 3% of Wisconsin households and 8% of U.S. households had any loaded firearm in or around their home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).)*

### 2009 Findings

- One percent of all households had a loaded firearm.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded firearm in the household.

### Year Comparisons

- From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm.
- In 2003, respondents in households without children were more likely to report a loaded firearm. In 2006, presence of children in the household was not a significant variable.

Table 47. Loaded Firearm in Household by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL <sup>a</sup>	4%	4%	1%
Household Income			
Bottom 40 Percent Bracket	2	2	--
Middle 20 Percent Bracket	2	5	--
Top 40 Percent Bracket	4	7	--
Marital Status			
Married	4	5	--
Not Married	5	3	--
Children in Household <sup>1</sup>			
Yes	<1	4	--
No	6	4	--

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Loaded Firearm Also Unlocked

*Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.*

The Healthy People 2010 goal for persons in homes with a firearm having a loaded and unlocked firearm is 16%. (Objective 15-04)

In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.

### 2009 Findings

- Less than one percent of all households had a loaded firearm also unlocked. This relates to 3% of households with a firearm having at least one loaded firearm which is also unlocked.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household.

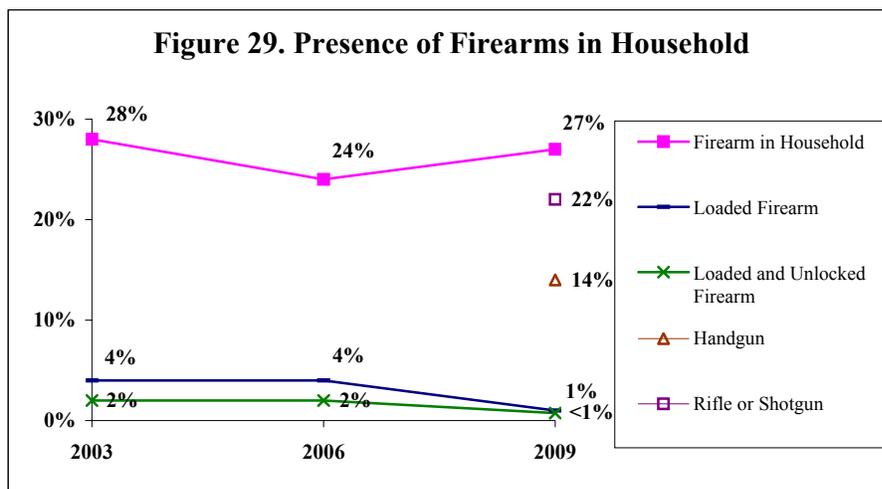
### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household in all study years.

### **Presence of Firearms in Household Overall**

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a firearm in or around their home. From 2003 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm which was also unlocked.



## Personal Safety Issues (Figure 30; Tables 48 – 50)

**KEY FINDINGS:** In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents with at least some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were male, 35 to 44 years old or with some post high school education were more likely to report this. A total of 7% reported at least one of these two situations; respondents who were male, 18 to 34 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

### Afraid for Personal Safety

#### 2009 Findings

- Five percent of respondents reported someone made them afraid for their personal safety in the past year.
- Ten percent of respondents with some post high school education reported feeling afraid for their safety in the past year compared to 5% of those with a high school education or less or 2% of respondents with a college education.
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported feeling afraid for their safety in the past year compared to 8% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
  - Twelve respondents reported an acquaintance made them afraid for their safety followed by five respondents who reported a stranger and four who reported boyfriend/girlfriend.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006 and 2009, respondents with at least some post high school education were more likely to report being afraid for their personal safety. In 2003, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report being afraid for their personal safety.

Table 48. Afraid for Personal Safety by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2006	2009
TOTAL	6%	4%	5%
Gender			
Male	5	4	6
Female	7	4	4
Age			
18 to 34	9	8	9
35 to 44	9	1	6
45 to 54	5	3	5
55 to 64	8	4	4
65 and Older	2	3	1
Education <sup>2,3</sup>			
High School or Less	5	0	5
Some Post High School	7	13	10
College Graduate	6	1	2
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	9	6	14
Middle 20 Percent Bracket	7	2	8
Top 40 Percent Bracket	3	3	2
Marital Status			
Married	6	4	5
Not Married	6	5	6

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Pushed, Kicked, Slapped or Hit

### 2009 Findings

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Nine percent of male respondents were more likely to report they were pushed, kicked, slapped or hit in the past year compared to less than one percent of female respondents.
- Ten percent of respondents 35 to 44 years old reported they were pushed, kicked, slapped or hit compared to 1% of those 45 to 54 years old or 0% of respondents 55 and older.
  - Six respondents reported a friend followed by five respondents who reported an acquaintance and three who reported a stranger.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 2006 and 2009, male respondents were more likely to report being pushed, kicked, slapped or hit.
- In 2006 and 2009, respondents 35 to 44 years old were more likely to report being pushed, kicked, slapped or hit.
- In 2009, respondents with some post high school education were more likely to report being pushed, kicked, slapped or hit. In 2006, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report being pushed, kicked, slapped or hit. In 2009, household income was not a significant variable.
- In 2006, unmarried respondents were more likely to report being pushed, kicked, slapped or hit. In 2009, marital status was not a significant variable.

Table 49. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year<sup>①</sup>

	2003 <sup>②</sup>	2006	2009
TOTAL	2%	4%	5%
Gender <sup>2,3</sup>			
Male	--	7	9
Female	--	1	<1
Age <sup>2,3</sup>			
18 to 34	--	4	8
35 to 44	--	10	10
45 to 54	--	3	1
55 to 64	--	4	0
65 and Older	--	0	0
Education <sup>3</sup>			
High School or Less	--	2	5
Some Post High School	--	3	10
College Graduate	--	5	1
Household Income <sup>2</sup>			
Bottom 40 Percent Bracket	--	9	9
Middle 20 Percent Bracket	--	2	7
Top 40 Percent Bracket	--	1	4
Marital Status <sup>2</sup>			
Married	--	<1	4
Not Married	--	10	5

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>②</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Combined Personal Safety Issues

### 2009 Findings

- A total of 7% of all respondents reported at least one of the two issues.
- Male respondents were more likely to report at least one of the two issues (10%) compared to female respondents (4%).
- Thirteen percent of respondents 18 to 34 years old reported at least one of the two issues compared to 4% of those 55 to 64 years old or 1% of respondents 65 and older.

- Fifteen percent of respondents with some post high school education reported at least one of the two issues compared to 5% of those with a high school education or less or 3% of respondents with a college education.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported at least one of the two issues compared to 8% of those in the middle 20 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2009, male respondents were more likely to report at least one of the personal safety issues. In all other study years, gender was not significant variable.
- In 2003 and 2009, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2006, age was not a significant variable.
- In 2006 and 2009, respondents with some post high school education were more likely to report at least one of the personal safety issues. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents with some post high school education reporting at least one of the personal safety issues.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report at least one of the personal safety issues. In 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the personal safety issues.
- In 2006, unmarried respondents were more likely to report at least one of the personal safety issues. In all other study years, marital status was not a significant variable.

Table 50. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	7%	7%	7%
Gender <sup>3</sup>			
Male	9	10	10
Female	7	5	4
Age <sup>1,3</sup>			
18 to 34	14	9	13
35 to 44	11	12	10
45 to 54	5	4	7
55 to 64	8	6	4
65 and Older	2	3	1
Education <sup>2,3</sup>			
High School or Less	8	2	5
Some Post High School <sup>a</sup>	7	14	15
College Graduate	7	6	3
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	9	14	16
Middle 20 Percent Bracket	13	4	8
Top 40 Percent Bracket	3	3	6
Marital Status <sup>2</sup>			
Married	6	4	7
Not Married	10	12	7

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2006

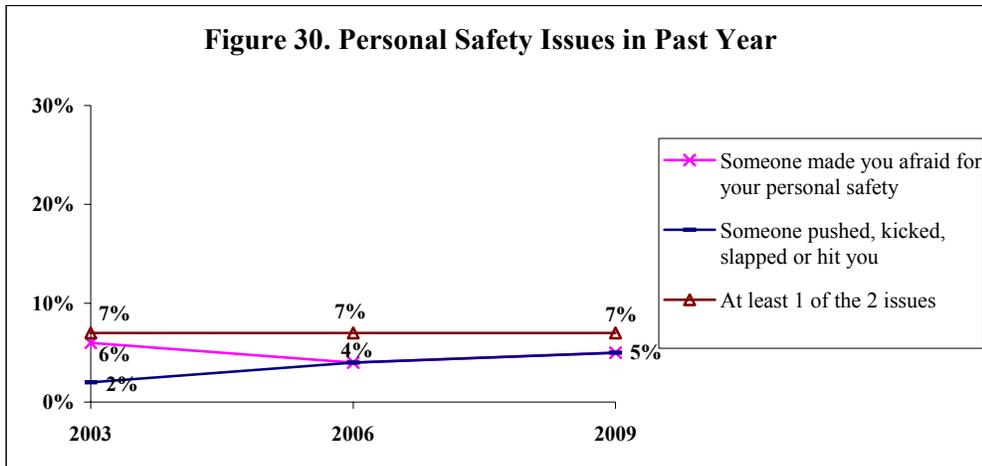
<sup>3</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Personal Safety Issues Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.



## **APPENDIX A: ADDITIONAL QUESTIONS**

## Community Health Issues (Figure 31; Tables 51 - 54)

**KEY FINDINGS:** In 2009, out of four community health issues that communities may face, the most often cited major or moderate problem was lack of exercise (57%) followed by childhood obesity (45%). Respondents 18 to 34 years old, 45 to 54 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report lack of exercise as a major or moderate problem. Respondents with a college education or in the top 40 percent household income bracket were more likely to report childhood obesity as a major/moderate problem. Respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report alcohol abuse as a major or moderate problem. Respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, in the top 40 percent income bracket or who were unmarried were more likely to report smoking as a major/moderate health problem in their community.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting lack of exercise, alcohol abuse, or smoking as a major or moderate problem.*

### Lack of Exercise

#### 2009 Findings

- Fifty-seven percent of respondents reported lack of exercise as a major or moderate problem while 17% reported a minor problem and 20% reported not a problem.
- Sixty-five percent of respondents 18 to 34 years old and 45 to 54 years old reported lack of exercise as a major or moderate problem compared to 55% of those 55 to 64 years old or 40% of respondents 65 and older.
- Sixty-seven percent of respondents with a college education reported lack of exercise as a major or moderate problem compared to 54% of those with some post high school education or 45% of respondents with a high school education or less.
- Seventy-one percent of respondents in the top 40 percent household income bracket reported lack of exercise as a major or moderate problem compared to 44% of those in the middle 20 percent income bracket or 42% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report lack of exercise as a major or moderate problem compared to unmarried respondents (61% and 49%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported lack of exercise as a major or moderate problem.
- In 2003, respondents 55 to 64 years old were more likely to report lack of exercise as a major or moderate problem. In 2009, respondents 18 to 34 years old or 45 to 54 years old were more likely to report lack of exercise as a major or moderate problem. From 2003 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting lack of exercise as a major or moderate problem.

- In 2003 and 2009, respondents with a college education were more likely to report lack of exercise as a major or moderate problem.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report lack of exercise as a major or moderate problem, with a noted increase since 2003. In 2003, household income was not a significant variable.
- In 2009, married respondents were more likely to report lack of exercise as a major or moderate problem. In 2003, marital status was not a significant variable.

Table 51. Lack of Exercise as a Major/Moderate Problem in Community by Demographic Variables for Each Survey Year<sup>ⓐ</sup>

	2003	2009
TOTAL	50%	57%
Gender		
Male	53	60
Female	48	54
Age <sup>1,2</sup>		
18 to 34	58	65
35 to 44	60	59
45 to 54 <sup>a</sup>	47	65
55 to 64	63	55
65 and older	34	40
Education <sup>1,2</sup>		
High School or Less	36	45
Some Post High School	48	54
College Graduate	64	67
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket	39	42
Middle 20 Percent Bracket	52	44
Top 40 Percent Bracket <sup>a</sup>	55	71
Marital Status <sup>2</sup>		
Married	53	61
Not Married	44	49

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at p≤0.05 in 2003

<sup>2</sup>demographic difference at p≤0.05 in 2009

<sup>a</sup>year difference at p≤0.05 from 2003 to 2009

## Childhood Obesity

### 2009 Findings

- Forty-five percent of respondents reported childhood obesity as a major or moderate problem while 22% reported a minor problem and 25% reported not a problem.
- Fifty-six percent of respondents with a college education reported childhood obesity as a major or moderate problem compared to 39% of those with a high school education or less or 36% of respondents with some post high school education.
- Fifty-six percent of respondents in the top 40 percent household income bracket reported childhood obesity as a major or moderate problem compared to 39% of those in the bottom 40 percent income bracket or 38% of respondents in the middle 20 percent household income bracket.

Table 52. Childhood Obesity as a Major/Moderate Problem in Community by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2009
TOTAL	45%
Gender	
Male	45
Female	45
Age	
18 to 34	45
35 to 44	51
45 to 54	51
55 to 64	42
65 and older	37
Education <sup>1</sup>	
High School or Less	39
Some Post High School	36
College Graduate	56
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	39
Middle 20 Percent Bracket	38
Top 40 Percent Bracket	56
Marital Status	
Married	49
Not Married	40

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2009

## **Alcohol Abuse**

### 2009 Findings

- Thirty-six percent of respondents reported alcohol abuse as a major or moderate problem while 24% reported a minor problem and 30% reported not a problem.
- Forty-eight percent of respondents 18 to 34 years old reported alcohol abuse as a major or moderate problem compared to 29% of those 65 and older or 28% of respondents 35 to 44 years old.
- Forty-two percent of respondents with a college education reported alcohol abuse as a major or moderate problem compared to 37% of those with a high school education or less or 28% of respondents with some post high school education.
- Forty-six percent of respondents in the top 40 percent household income bracket reported alcohol abuse as a major or moderate problem compared to 33% of those in the bottom 40 percent income bracket or 25% of respondents in the middle 20 percent household income bracket.

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported alcohol abuse as a major or moderate problem.
- In 2003, respondents 55 to 64 years old were more likely to report alcohol abuse as a major or moderate problem. In 2009, respondents 18 to 34 years old were more likely to report alcohol abuse as a major or moderate problem, with a noted increase since 2003.
- In 2009, respondents with a college education were more likely to report alcohol abuse as a major or moderate problem. In 2003, education was not a significant variable.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report alcohol abuse as a major or moderate problem, with a noted increase since 2003. In 2003, household income was not a significant variable.

Table 53. Alcohol Abuse as a Major/Moderate Problem in Community by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2009
TOTAL	31%	36%
Gender		
Male	31	38
Female	30	35
Age <sup>1,2</sup>		
18 to 34 <sup>a</sup>	31	48
35 to 44	27	28
45 to 54	35	39
55 to 64	47	36
65 and older	23	29
Education <sup>2</sup>		
High School or Less	26	37
Some Post High School	30	28
College Graduate	35	42
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket	24	33
Middle 20 Percent Bracket	34	25
Top 40 Percent Bracket <sup>a</sup>	31	46
Marital Status		
Married	30	36
Not Married	31	38

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Smoking

### 2009 Findings

- Twenty-eight percent of respondents reported smoking as a major or moderate problem while 28% reported a minor problem and 37% reported not a problem.
- Forty-seven percent of respondents 18 to 34 years old reported smoking as a major or moderate problem compared to 21% of those 65 and older or 12% of respondents 35 to 44 years old.
- Thirty-seven percent of respondents with some post high school education reported smoking as a major or moderate problem compared to 25% of those with a college education or 22% of respondents with a high school education or less.

- Thirty-two percent of respondents in the top 40 percent household income bracket and 30% of those in the bottom 40 percent income bracket reported smoking as a major or moderate problem compared to 13% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report smoking as a major or moderate problem compared to married respondents (36% and 24%, respectively).

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported smoking as a major or moderate problem.
- In 2009, respondents 18 to 34 years old were more likely to report smoking as a major or moderate problem, with a noted increase since 2003. In 2003, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 35 to 44 years old reporting smoking as a major or moderate problem.
- In 2009, respondents with some post high school education were more likely to report smoking as a major or moderate problem. In 2003, education was not a significant variable.
- In 2009, respondents in the bottom 40 percent household income bracket or in the top 40 percent income bracket were more likely to report smoking as a major or moderate problem. In 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting smoking as a major or moderate problem.
- In 2009, unmarried respondents were more likely to report smoking as a major or moderate problem. In 2003, marital status was not a significant variable.

Table 54. Smoking as a Major/Moderate Problem in Community by Demographic Variables for Each Survey Year<sup>①</sup>

	2003	2009
TOTAL	30%	28%
Gender		
Male	31	27
Female	29	29
Age <sup>2</sup>		
18 to 34 <sup>a</sup>	28	47
35 to 44 <sup>a</sup>	34	12
45 to 54	32	30
55 to 64	33	32
65 and older	24	21
Education <sup>2</sup>		
High School or Less	24	22
Some Post High School	27	37
College Graduate	37	25
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket	28	30
Middle 20 Percent Bracket <sup>a</sup>	33	13
Top 40 Percent Bracket	32	32
Marital Status <sup>2</sup>		
Married	30	24
Not Married	30	36

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

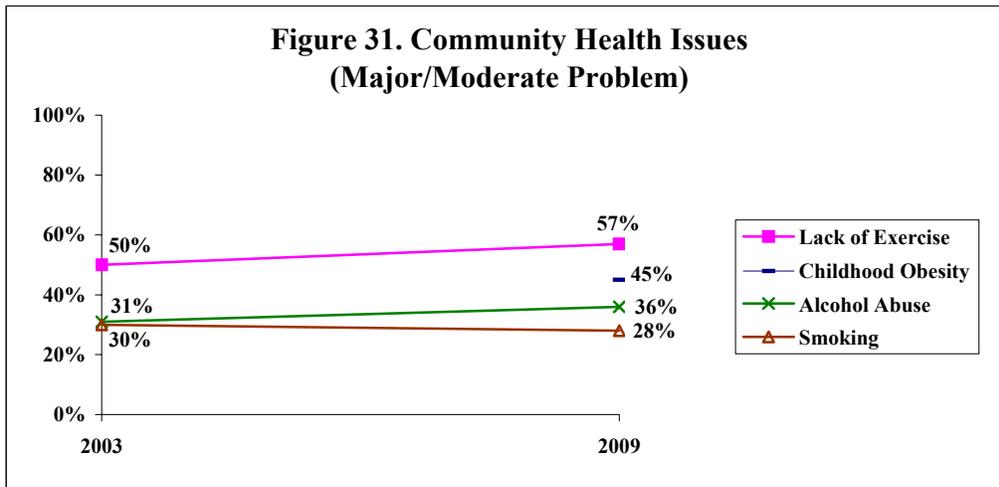
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

## Community Health Issues Overall

### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported lack of exercise, alcohol abuse, or smoking as a major or moderate problem in their community.



## Public Health Department (Figure 32; Table 55)

**KEY FINDINGS:** In 2009, 10% of respondents were not aware of the public health department prior to the interview; 37% received services from the health department. Respondents who were female or 65 and older were more likely to have received services from the health department.

*From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.*

### Awareness of and Experience with Public Health Department

#### 2009 Findings

- Ten percent of respondents were not aware of the public health department prior to the interview. Fifty-three percent were aware of the department but had no experience with it. Thirty-seven percent received limited or extensive services.
- Female respondents were more likely to report they received limited or extensive services from the health department (42%) compared to male respondents (30%).
- Fifty-three percent of respondents 65 and older reported they received limited or extensive services compared to 30% of those 18 to 34 years old or 19% of respondents 35 to 44 years old.

#### Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.
- In all study years, female respondents were more likely to report they received limited or extensive services from the health department.
- In 2009, respondents 65 and older were more likely to report they received limited/extensive services from the health department. In all other study years, age was not a significant variable.
- In 2006, respondents with some post high school education were more likely to report they received limited/extensive services from the health department. In all other study years, education was not a significant variable.
- In 2006, married respondents were more likely to report they received limited or extensive services from the health department. In all other study years, marital status was not a significant variable.

Table 55. Experience with Public Health Department by Demographic Variables for Each Survey Year<sup>⓪</sup>

	2003	2006	2009
TOTAL	35%	38%	37%
Gender <sup>1,2,3</sup>			
Male	24	31	30
Female	43	44	42
Age <sup>3</sup>			
18 to 34	25	34	30
35 to 44	30	33	19
45 to 54	43	42	42
55 to 64	29	33	35
65 and older	43	46	53
Education <sup>2</sup>			
High School or Less	38	31	34
Some Post High School	37	55	37
College Graduate	31	33	38
Household Income			
Bottom 40 Percent Bracket	37	36	43
Middle 20 Percent Bracket	34	38	34
Top 40 Percent Bracket	34	38	29
Marital Status <sup>2</sup>			
Married	37	45	35
Not Married	30	26	39

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2003

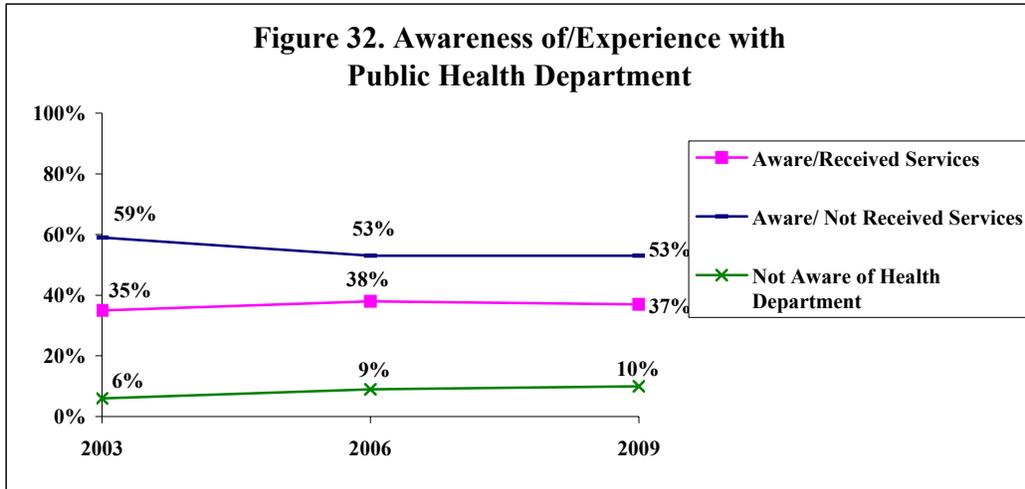
<sup>2</sup>demographic difference at  $p \leq 0.05$  in 2006

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2009

<sup>a</sup>year difference at  $p \leq 0.05$  from 2003 to 2009

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they received limited or extensive services from the public health department.



## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

HALES CORNERS  
COMMUNITY HEALTH SURVEY

Conducted: October 1, 2009 through February 1, 2010

[Some totals may be more or less than 100% due to rounding and response category distribution. Percentages in the report and in the Appendix may differ by one or two percentage points as a result of combining several response categories for report analysis.]

1. Generally speaking, would you say that your own health is...?

Poor.....	5%
Fair.....	9
Good.....	22
Very good.....	46
Excellent.....	18
Not sure.....	0

2. Currently, what is your primary type of health care coverage?

No health care coverage.....	3%
An employer sponsored insurance plan.....	63
Private insurance bought directly from an insurance agent or insurance company.....	9
Medicaid including medical assistance, Title 19 or Badger Care.....	3
Medicare.....	22
Or something else.....	0
Not sure.....	1

3. Did you have health insurance during all, part or none of the past 12 months?

All.....	93%
Part.....	5
None.....	2
Not sure.....	<1

4. Did everyone in your household have health insurance during all, part or none of the past 12 months?

All.....	91%
Part.....	6
None.....	3
Not sure.....	<1

5. When you are sick or need advice about your health, to which one of the following places do you usually go?

- Doctor’s or nurse practitioner’s office ..... 90%
- Public health clinic or community health center ..... 1
- Hospital outpatient department ..... <1
- Hospital emergency room ..... 1
- Urgent care center ..... 4
- Some other kind of place..... 1
- No usual place..... 2
- Not sure ..... <1

6. Do you have an advance care plan, living will or health care power of attorney stating your end of life health care wishes?

- Yes ..... 44%
- No..... 56
- Not sure ..... <1

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received a routine checkup?

	Less than a Year Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never	Not Sure
7. A routine checkup .....	60%	26%	4%	7%	2%	2%
8. Cholesterol testing .....	54	22	6	3	14	1
9. Visit to a dentist or dental clinic .	78	12	4	5	2	<1
10. Eye exam.....	49	27	8	9	5	3

11. During the past 12 months, have you had a flu shot or a flu vaccine that was sprayed in your nose?

- Yes ..... 53%
- No..... 46
- Not sure ..... <1

12. Could you please tell me in what year you born? [CALCULATE AGE]

- 18 to 34 years old ..... 24%
- 35 to 44 years old ..... 21
- 45 to 54 years old ..... 19
- 55 to 64 years old ..... 12
- 65 and older..... 24

13. Have you ever had a pneumonia or pneumococcal shot? [93 Respondents 65 and Older]

- Yes ..... 67%
- No..... 28
- Not sure ..... 5

In the past three years, have you been told by a doctor, nurse or other health care provider that:

	Yes	No	Not Sure
14. You have high blood pressure? .....	25%	75%	<1%
15. Your blood cholesterol is high? .....	25	73	2
16. You had a stroke?.....	2	99	0
17. You have heart disease or a heart condition?...	10	90	<1
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression? .....	13	87	0
19. You have cancer?.....	5	95	0
20. ...(if yes) [20 Respondents]: What type of cancer? .....	Breast.....		3 respondents
	Cervical .....		3 respondents
	Melanoma/skin .....		3 respondents
	Prostate .....		3 respondents
	Liver .....		2 respondents
	Lung .....		2 respondents
	Throat .....		2 respondents
	All others (1 response each) .....		3 respondents
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	7	93	0

22. [IF DIABETES] A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C?” [27 Respondents]

Zero .....	4%	→GO TO Q25
1 time.....	15	→CONTINUE WITH Q23
2 to 3 times.....	56	→CONTINUE WITH Q23
4 or more .....	22	→CONTINUE WITH Q23
Not sure .....	4	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [26 Respondents]

Less than 7 .....	38%
7 or higher .....	36
Not sure .....	24

24. At your last appointment, what was your LDL level? [25 Respondents]

Less than 100 .....	36%
100 or higher .....	4
Not sure .....	60

	Yes	No	Not Sure
25. Do you currently have asthma? .....	8%	92%	<1%
26. ...(if yes), do you have a written asthma action plan? [33 Respondents].....	58	42	0

27. On an average day, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings ..... 33%  
 Two servings ..... 41  
 Three or more servings..... 27  
 Not sure ..... 0

28. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings ..... 40%  
 Two servings ..... 36  
 Three or more servings..... 25  
 Not sure ..... 0

29. Now thinking about the moderate physical exercise you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate?

Yes ..... 86%  
 No..... 14  
 Not sure ..... <1

30. How many days per week do you do these moderate activities for at least 10 minutes at a time?

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No moderate activity .....14%  
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....58  
 5 times/week for 30 minutes or more.....26  
 Not sure ..... 2

32. Now thinking about the vigorous physical exercise you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

Yes ..... 39%  
 No..... 60  
 Not sure ..... <1

33. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
34. On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No vigorous activity .....	60%
Less than 3 times/week for 20 minutes or less than 20 minutes each time .....	20
3 times/week for 20 minutes or more.....	19
Not sure .....	2

**Q35 THROUGH Q37 FEMALES ONLY**

Now I have some questions about women’s health.

35. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [149 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	61%
Within the past 2 years (1 year, but less than 2 years ago) .....	14
Within the past 3 years (2 years, but less than 3 years ago) .....	5
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago .....	10
Never.....	6
Not sure .....	<1

36. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [58 Respondents 65 and Older]

Yes .....	88%
No.....	12
Not sure .....	0

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [148 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	70%
Within the past 2 years (1 year, but less than 2 years ago) .....	18
Within the past 3 years (2 years, but less than 3 years ago) .....	6
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago .....	3
Never.....	<1
Not sure .....	0

### Q38 and Q39 MALES 40 AND OLDER ONLY

38. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test? [122 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	47%
Within the past 2 years (1 year, but less than 2 years ago) .....	13
Within the past 3 years (2 years, but less than 3 years ago) .....	2
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago .....	3
Never.....	26
Not sure.....	6

39. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [120 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	41%
Within the past 2 years (1 year, but less than 2 years ago) .....	12
Within the past 3 years (2 years, but less than 3 years ago) .....	6
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago .....	5
Never.....	30
Not sure.....	0

### MALE & FEMALE RESPONDENTS 50 AND OLDER

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [175 Respondents 50 and Older]

Sigmoidoscopy.....	3%
Colonoscopy .....	51
Both.....	15
Or neither .....	30
Not sure.....	0

41. How long has it been since you had your last sigmoidoscopy? [175 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	3%
Within the past 2 years (1 year, but less than 2 years ago) .....	3
Within the past 5 years (2 years, but less than 5 years ago).....	3
Within the past 10 years (5 years but less than 10 years ago)...	5
10 years ago or more .....	3
Never.....	82
Not sure.....	1

42. How long has it been since you had your last colonoscopy? [173 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	16%
Within the past 2 years (1 year, but less than 2 years ago) .....	19
Within the past 5 years (2 years, but less than 5 years ago).....	22
Within the past 10 years (5 years but less than 10 years ago)...	9
10 years ago or more.....	1
Never.....	34
Not sure.....	0

43. How often do you wear a helmet when you bicycle, use in-line roller skates or scooters?

Do not ride bike, use in-line skates or use scooters.....57%

Frequency of those who bicycle, use in-line roller skates or use scooters [171 Respondents]

Never.....	47%
Seldom .....	4
Sometimes.....	8
Nearly always.....	6
Always .....	34
Not sure.....	1

44. How often do you use seat belts when you drive or ride in a motor vehicle?

Never.....	1%
Seldom .....	2
Sometimes.....	4
Nearly always.....	9
Always .....	85
Not sure.....	0

45. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never.....	40%
Seldom .....	36
Sometimes.....	21
Nearly always.....	<1
Always .....	1
Not sure.....	<1

46. How often would you say you find meaning and purpose in your daily life?

Never.....	0%
Seldom .....	3
Sometimes.....	13
Nearly always.....	40
Always .....	43
Not sure.....	2

47. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes .....	2%
No.....	99
Not sure .....	0

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.

48. During the past 30 days, on how many days did you drink any alcoholic beverages?

None .....	27%
One to two days.....	20
Three to four days .....	11
Five or more days.....	42
Not sure .....	<1

49. On the days when you drank, about how many drinks did you drink on the average?

None .....	27%
One drink.....	28
Two drinks .....	22
Three drinks .....	9
Four or more drinks.....	14
Not sure .....	0

50. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

None .....	79%
One time .....	7
Two or more times .....	13
Not sure .....	<1

51. In the past 30 days, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes .....	2%
No.....	99
Not sure .....	0

52. During the past year, has ANYONE IN YOUR HOUSEHOLD, INCLUDING YOURSELF, experienced any kind of problem such as legal, social, personal, physical or medical in connection with drinking?

Yes .....	<1%
No.....	99
Not sure .....	0

Now I'd like to talk to you about cigarettes and tobacco....

53. Do you now smoke cigarettes every day, some days or not at all?

Every day .....	11%	
Some days .....	4	
Not at all.....	85	→GO TO Q57
Not sure.....	0	→GO TO Q57

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [61 Respondents]

Yes .....	51%
No.....	49
Not sure.....	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [60 Respondents]

Yes .....	95%	→CONTINUE WITH Q56
No.....	5	→GO TO Q57
Not sure.....	0	→GO TO Q57

56. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [57 Respondents]

Yes .....	89%
No.....	11
Not sure.....	0

57. Which statement best describes the rules about smoking inside your home...

Smoking is not allowed anywhere inside your home..	78%
Smoking is allowed in some places or at some times .	9
Smoking is allowed anywhere inside your home or ...	2
There are no rules about smoking inside your home ..	11
Not sure.....	0

58. Which of the following best describes your place of work's official indoor smoking policy? [279 Respondents Who Work]

Not allowed in any area.....	87%
Allowed in some areas .....	7
Allowed in all areas.....	3
No official policy .....	3
Not sure .....	<1

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [339 Nonsmokers]

0 days ..... 78%  
 1 to 3 days ..... 20  
 4 to 6 days ..... <1  
 All 7 days ..... 1  
 Not sure ..... 0

Another issue being discussed these days deals with firearms. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols or guns that cannot fire.

60. Are any firearms kept in or around your home?

Yes ..... 27%  
 No ..... 73  
 Not sure ..... <1

Are any of these firearms... [All Respondents]

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns .....	14%	13%	0%	74%
62. Rifles or shotguns.....	22	4	0	74

63. Are any of these firearms now loaded? [All Respondents]

Yes ..... 1%  
 No ..... 25  
 Not sure ..... 0  
 No firearms in the household/no answer ..... 74

64. Are any of these loaded firearms also unlocked? By unlocked I mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock. [All Respondents]

Yes ..... <1%  
 No ..... 0  
 Not sure ..... 0  
 No firearms in the household/not loaded/no answer ..... 99

The next questions deal with complementary and alternative therapy treatments. In the past three years, have you received complementary or alternative therapies such as . .

	Yes	No	Not Sure
65. Going to a chiropractor .....	18%	81%	1%
66. Having acupuncture .....	5	95	0
67. Massage therapy.....	25	75	0
68. Aroma therapy using essential oils .....	5	95	0

Now, I have a few questions to ask about you and your household.

69. Gender [DERIVED, NOT ASKED]

Male .....	47%
Female.....	53

70. About how much do you weigh, without shoes?

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	41%
Overweight.....	37
Obese.....	22

72. Are you Hispanic or Latino?

Yes .....	2%
No.....	98
Not sure .....	0

73. Which of the following would you say is your race?

White.....	96%
Black, African American .....	0
Asian .....	1
Native Hawaiian or other Pacific Islander .....	2
American Indian or Alaska Native.....	0
Another race.....	<1
Multiple race .....	0
Not sure .....	0

74. What is your current marital status?

Single and never married .....	16%
A member of an unmarried couple.....	2
Married.....	62
Separated.....	<1
Divorced.....	7
Widowed .....	13
Not sure .....	0

75. What is the highest grade level of education you have completed?

8th grade or less .....	0%
Some high school .....	3
High school graduate or GED .....	25
Some college .....	23
Technical school graduate.....	8
College graduate .....	30
Advanced or professional degree .....	12
Not sure .....	0

76. Do you have any children under 18 years old who currently live in your household?

Yes .....	42%
No.....	58
Not sure.....	0

77. What county do you live in? [FILTER]

Milwaukee.....	100%
----------------	------

78. What city, town or village do you legally reside in? [FILTER]

Hales Corners.....	100%
--------------------	------

79. What is the zip code of your primary residence?

53130.....	100%
No answer .....	0

80. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

Yes .....	6%
No.....	94
Not sure.....	0

81. How many of these telephone numbers are residential numbers? [All Respondents]

One .....	97%
Two or more.....	3
Not sure.....	<1

82. Do you have a cell phone that you use mainly for personal use?

Yes .....	80%
No.....	20
Not sure.....	0

83. What is your annual household income before taxes?

Less than \$10,000 .....	<1%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	6
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	9
\$50,001 to \$60,000.....	7
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	17
\$90,001 to \$105,000.....	8
\$105,001 to \$120,000.....	2
\$120,001 to \$135,000.....	1
Over \$135,000.....	4
Not sure .....	6
No answer .....	14

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	96%
Gay or lesbian where you are attracted to people of the same sex.....	0
Or bisexual where you are attracted to people of both sexes .....	1
Not sure .....	<1
No answer .....	3

The next series of questions deal with personal safety issues.

85. During the past year has anyone made you afraid for your personal safety?

Yes .....	5%	→CONTINUE WITH Q86
No.....	95	→GO TO Q87
Not sure .....	0	→GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [21 Respondents; More than 1 response accepted]

Acquaintance.....	12 responses
Stranger .....	5 responses
Boyfriend or girlfriend .....	4 responses

87. During the past year has anyone pushed, kicked, slapped, hit or otherwise hurt you?

Yes .....	5%	→CONTINUE WITH Q88
No.....	96	→GO TO Q89
Not sure .....	0	→GO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else?  
[18 Respondents; More than 1 response accepted]

Friend .....	6 responses
Acquaintance.....	5 responses
Stranger .....	3 responses
Not sure .....	4 responses

89. Finally, do you have working smoke detectors, carbon monoxide detectors, both or neither in your home or apartment?

Smoke detector.....	98%
Carbon monoxide detector .....	56
Neither.....	2
Not sure .....	0

Households that have both detectors.....	55%
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## ADDITIONAL QUESTIONS FOR HALES CORNERS

[Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.]

Some communities face a variety of health issues. For each of the following, please indicate if it is a major, moderate, minor or not a problem within your community....

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Smoking .....	37%	28%	21%	7%	7%
A2. Alcohol abuse.....	30	24	26	10	9
A3. Lack of exercise .....	20	17	44	12	6
A4. Childhood obesity .....	25	22	35	10	9

A5. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now ..... 10%  
 Aware of the health department, but have had no  
 experience with programs or services ..... 53  
 Aware of the health department and have received  
 limited service like a flu shot or other  
 immunization ..... 32  
 Aware of the health department and have received  
 more extensive services..... 4  
 Not sure ..... <1

## **APPENDIX C: SURVEY METHODOLOGY**

## SURVEY METHODOLOGY

### 2009 Community Health Survey

The 2009 Hales Corners Community Health Survey was conducted from October 1, 2009 through February 1, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household (n=394). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=6). A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is  $\pm 5\%$ . The margin of error for smaller subgroups is larger.

### 2006 Community Health Survey

The 2006 Hales Corners Community Health Survey was conducted from March 14 through August 1, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is  $\pm 5\%$ . The margin of error for smaller subgroups is larger.

### 2003 Community Health Survey

The 2003 Hales Corners Community Health Survey was conducted from February 21 through March 31, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is  $\pm 5\%$ . The margin of error for smaller subgroups is larger.