

**Waukesha County
Community Health Survey Report
2009**

Commissioned by:
Aurora Health Care

In Partnership with:
**Waukesha County Health Department
Center for Urban Population Health**

Prepared by:
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Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose.....	1
Methodology.....	1
Summary.....	5
Key Findings.....	12
Rating Their Own Health.....	12
Health Care Coverage.....	15
Routine Procedures.....	25
Vaccinations.....	34
Prevalence of Select Health Conditions.....	38
Prevalence of Select Complementary/Alternative Treatments.....	53
Physical Well Being and Body Weight.....	61
Nutrition and Diet.....	70
Women’s Health.....	75
Men’s Health.....	79
Other Tests.....	81
Safety: Seat Belt and Helmet Use.....	85
Cigarette Use.....	90
Smoking Policies.....	95
Alcohol Use.....	99
Mental Health Status.....	107
Detectors in Household.....	112
Presence of Firearms in Household.....	115
Personal Safety Issues.....	120
Appendix A: Additional Questions.....	127
Environmental Issues in Their Community.....	128
Exercise.....	130
Appendix B: Questionnaire Frequencies.....	136
Appendix C: Survey Methodology.....	152
<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents for 2009.....	2
Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year.....	14
Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year.....	18
Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009.....	19
Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year.....	20
Table 6. Doctor’s or Nurse Practitioner’s Office as Primary Health Care Service by Demographic Variables for Each Survey Year.....	22
Table 7. Advance Care Plan by Demographic Variables for Each Survey Year.....	24
Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year....	27
Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year.....	29
Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year...	31

<u>Table Title</u>	<u>Page Number</u>
Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year	33
Table 12. Flu Vaccination by Demographic Variables for Each Survey Year	36
Table 13. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year ...	40
Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year	43
Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year	45
Table 16. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year	47
Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year.....	49
Table 18. Current Asthma by Demographic Variables for Each Survey Year	51
Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year	55
Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year	57
Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year	59
Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year	63
Table 23. Recommended Vigorous Physical Activity by Demographic Variables for 2009.....	65
Table 24. Recommended Physical Activity by Demographic Variables for 2009	67
Table 25. Overweight by Demographic Variables for Each Survey Year	69
Table 26. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year	72
Table 27. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year	74
Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix).....	78
Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older).....	82
Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older).....	83
Table 31. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)	84
Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year	87
Table 33. 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)	89
Table 34. Current Smokers by Demographic Variables for Each Survey Year.....	92
Table 35. Smoking Not Allowed in Home by Demographic Variables for 2009	96
Table 36. Smoking Not Allowed at Work by Demographic Variables for 2009	98
Table 37. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year.....	101
Table 38. Binge Drinking in Past Month by Demographic Variables for Each Survey Year.....	103
Table 39. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink by Demographic Variables for Each Survey Year.....	105
Table 40. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year.....	108
Table 41. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year	110
Table 42. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year	111
Table 43. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year	114

<u>Table Title</u>	<u>Page Number</u>
Table 44. Firearm in Household by Demographic Variables for Each Survey Year.....	116
Table 45. Handgun in Household by Demographic Variables for Each Survey Year.....	117
Table 46. Rifle or Shotgun in Household by Demographic Variables for Each Survey Year.....	118
Table 47. Afraid for Personal Safety by Demographic Variables for Each Survey Year.....	121
Table 48. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year.....	123
Table 49. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year.....	125
Table 50. Major/Moderate Environmental Issues in Their Community by Demographic Variables for 2009.....	129
Table 51. Main Factor for Not Exercising by Demographic Variables for 2009.....	132
Table 52. Exercise with Continuous Movement Three or More Days for at Least 20 Minutes/Week by Demographic Variables for 2009.....	134

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health for 2009.....	12
Figure 2. Fair or Poor Health.....	15
Figure 3. Type of Health Care Coverage for 2009.....	16
Figure 4. Health Care Coverage.....	21
Figure 5. Advance Care Plan.....	25
Figure 6. Routine Procedures.....	34
Figure 7. Vaccinations.....	37
Figure 8. Health Conditions in Past Three Years for 2009.....	38
Figure 9. Health Conditions in Past Three Years.....	53
Figure 10. Complementary/Alternative Treatments in Past Three Years for 2009.....	54
Figure 11. Complementary/Alternative Treatments in Past Three Years.....	60
Figure 12. Physical Activity/Week for 2009.....	66
Figure 13. Physical Well Being and Body Weight.....	70
Figure 14. Fruit and Vegetable Intake on Average Day.....	75
Figure 15. Women's Health Tests.....	79
Figure 16. Men's Health Tests (Respondents 40 and Older).....	81
Figure 17. Other Tests (Respondents 50 and Older).....	85
Figure 18. Safety: Seat Belt and Helmet Use (Always/Nearly Always).....	90
Figure 19. Current Smoker.....	93
Figure 20. Smoking Cessation in Past 12 Months (Current Smokers).....	94
Figure 21. Smoking Policy Inside Home for 2009.....	95
Figure 22. Smoking Policy at Work for 2009.....	97
Figure 23. Alcohol Consumption in Past Month.....	104
Figure 24. Alcohol-Related Issues.....	106
Figure 25. Felt Sad, Blue or Depressed in Past 30 Days for 2009.....	107
Figure 26. Mental Health Status.....	112
Figure 27. Detectors in Household for 2009.....	113
Figure 28. Both Working Smoke and Carbon Monoxide Detectors in Household.....	114
Figure 29. Presence of Firearms in Household.....	119
Figure 30. Personal Safety Issues in Past Year.....	126
Figure 31. Environmental Issues in Their Community (Major/Moderate Problem).....	130
Figure 32. Main Factor for Not Exercising.....	133
Figure 33. Exercise with Continuous Movement at Least Three Times a Week.....	135

Purpose

The purpose of this project is to provide Waukesha County 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 Waukesha County 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 Waukesha County 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 both listed and unlisted numbers where the respondent within each household was randomly selected by computer based on the number of adults in the household. 2) A cell phone-only sample where the person answering the phone was selected as the respondent. 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 May 20 and June 17, 2009. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Waukesha County. 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. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-7025 or mark.huber@aurora.org.

Demographic Profile of Waukesha County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2009

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	52
Age	
18 to 34	25%
35 to 44	25
45 to 54	21
55 to 64	13
65 and Older	16
Education	
High School Graduate or Less	19%
Some Post High School	30
College Graduate	50
Household Income	
Bottom 40 Percent Bracket	23%
Middle 20 Percent Bracket	14
Top 40 Percent Bracket	52
Not Sure/No Answer	11
Married	58%

What do the percentages mean?

Results of the Waukesha County Community Health Survey can be generalized to the adult population with telephones. In 2008, the Wisconsin Department of Administration estimated 288,979 adult residents in the area, an increase of 8.69% 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 2,890 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 26,010 residents \pm 14,450 individuals. Therefore, from 11,560 to 40,460 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 Waukesha County is 156,492, an increase of 11.53% 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 1,560 households. For example, 12% 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 18,720.

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 1997, 2000 and 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% 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% 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/meter². 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 for females and five or more drinks 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 Waukesha County 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, regardless of gender.

Summary

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

Overall Health						Health Conditions in Past 3 Years					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Excellent	26%	27%	29%	22%	23%	High Blood Cholesterol	16%	13%	17%	26%	24%
Very Good	41%	41%	37%	42%	45%	High Blood Pressure	14%	17%	17%	26%	22%
Fair or Poor	7%	8%	8%	9%	9%	Mental Health Condition			1%	5%	13%
<i>Other Research: (2008)</i>						<i>Asthma (Current)</i>					
<i>Fair or Poor</i>						<i>Heart Disease/Condition</i>					
						<i>Diabetes</i>					
						<i>Cancer</i>					
						<i>Stroke</i>					
Health Care Coverage						Physical Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Not Covered						Physical Activity/Week					
Personally (currently)	3%	4%	3%	3%	8%	Moderate Activity (5 times/30 min)			28%	35%	41%
Personally (past 12 months)					11%	Vigorous Activity (3 times/20 min)				29%	33%
Household Member (past 12 months)			12%	12%	12%	Recommended Moderate or Vigorous				48%	53%
Advance Care Plan			36%	44%	40%	Overweight	53%	58%	53%	59%	63%
Primary Source of Health Advice						Fruit Intake (2+ servings/day)			69%	68%	68%
Doctor/nurse practitioner's office				87%	86%	Vegetable Intake (3+ servings/day)			28%	28%	30%
Urgent care center				5%	4%	<i>Other Research:</i>					
Public hlth clinic/comm. hlth center				3%	3%	<i>Overweight (2008)</i>					
<i>Other Research: (2008)</i>						<i>Recommended Mod or Vig. Activity (2007)</i>					
<i>Personally Not Covered (currently)</i>											
Routine Procedures						Women's Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County			2003	2006	2009
Routine Checkup (2 years or less)	86%	86%	84%	86%	84%	Mammogram (40+; within past 2 years)			83%	83%	80%
Cholesterol Test (4 years or less)			78%	83%	82%	Bone Density Scan (65+)				68%	76%
Dental Checkup (past year)	75%	74%	80%	77%	74%	Pap Smear (18 - 65; within past 3 years)			93%	94%	89%
Eye Exam (past year)	45%	46%	55%	47%	41%	<i>Other Research: (2008)</i>					
<i>Other Research:</i>						<i>Mammogram (40+; within past 2 years)</i>					
<i>Routine Checkup (≤2 years; 2000)</i>						<i>Pap Smear (18+, within past 3 years)</i>					
<i>Cholesterol Test (≤5 years; 2007)</i>											
<i>Dental Checkup (past year; 2008)</i>											
Vaccinations						Men's Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County			2003	2006	2009
Flu Vaccination (past year—65+)			82%	74%	75%	PSA Test (40+; within past 2 years)				56%	48%
Pneumonia (ever—65 and older)	55%	66%	65%	66%	74%	Digital Rectal Exam (40+; within past year)			36%	51%	39%
<i>Other Research: (2008)</i>						<i>Other Research: (2008)</i>					
<i>Flu Vaccination (past year—65+)</i>						<i>PSA Test (40+; within past 2 years)</i>					
<i>Pneumonia (ever—65 and older)</i>											
Complementary/Alternative Treatments in Past 3 Years						Other Tests					
Waukesha County		2000	2003	2006	2009	Waukesha County			2003	2006	2009
Massage Therapy		11%	19%	25%	28%	Sigmoidoscopy (50+; within past 5 years)					10%
Chiropractic Care		22%	18%	22%	25%	Colonoscopy (50+; within past 10 years)					62%
Aroma Therapy		2%	6%	6%	6%	Sig./Colonoscopy (50+; lifetime)			59%	67%	70%
Acupuncture		<1%	2%	2%	3%	<i>Other Research: (2008)</i>					
						<i>Sig./Colonoscopy (50+; lifetime)</i>					

Safety						Mental Health Status					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Seat Belt (always/nearly always)	82%	82%	89%	90%	91%	Felt Sad, Blue or Depressed					
Helmet Use of Those Who Ride Bike/ In-Line Skate(always/nearly always)	24%	25%	31%	37%	39%	Always/Nearly Always	2%	5%	3%	3%	5%
Detectors in Household						Find Meaning and Purpose in Daily Life					
Smoke Detector			98%	98%	96%	Seldom/Never			5%	5%	3%
Carbon Monoxide Detector			45%	51%	59%	Considered Suicide (past year)	2%	3%	2%	3%	4%
Both Detectors			45%	51%	59%	Alcohol Use					
Neither Detector			2%	2%	2%	Waukesha County	1997	2000	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%	--	5%	6%	10%
Cigarette Use						Binge Drinker	27%	18%	16%	16%	27%
Waukesha County	1997	2000	2003	2006	2009	Driver/Passenger in Vehicle When Driver					
Current Smokers	20%	22%	21%	16%	17%	Perhaps Had Too Much to Drink	6%	1%	2%	2%	2%
Of Current Smokers...						HH Problem Associated with Alcohol				2%	3%
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	57%	40%	37%	32%	58%	Heavy Drinker				8%	5%
Saw a Health Care Professional Past Yr.						Binge Drinker				23%	16%
...Advised to Quit Smoking				64%	72%	Personal Safety in Past Year					
<i>Other Research:</i>				<u>WI</u>	<u>U.S.</u>	Waukesha County	1997	2000	2003	2006	2009
Current Smokers (2008)				20%	18%	Afraid for Their Safety	11%	5%	6%	5%	5%
Tried to Quit (2005)				49%	56%	Pushed, Kicked, Slapped, or Hit	4%	2%	2%	2%	4%
						At Least One of the Safety Issues	12%	6%	6%	6%	8%
Smoking Policies						Firearms in Household					
Waukesha County				2009		Waukesha County	1997	2000	2003	2006	2009
Smoking Policy at Home						Of all Households...					
Not allowed anywhere				85%		Have a Firearm	40%	42%	32%	39%	32%
Allowed in some places or at some times				7%		Handgun	17%	18%	--	--	12%
Allowed anywhere				2%		Rifle or shotgun	37%	35%	--	--	29%
No rules inside home				6%		Have a Loaded Firearm			2%	2%	2%
Work's Official Indoor Smoking Policy						Have a Loaded Firearm Unlocked			1%	2%	1%
Not allowed anywhere				84%		<i>Other Research: (2002)</i>					
Allowed in some areas				12%		Of all Households...				<u>WI</u>	<u>U.S.</u>
Allowed in all areas				0%		Have a Firearm				44%	33%
No official policy				4%		Have a Loaded Firearm				3%	8%
Second-Hand Smoke Exposure in Past						Have a Loaded Firearm Unlocked				2%	4%
Seven Days (Of Nonsmokers)						Additional Questions					
0 days				74%		Waukesha County	1997	2000	2003	2006	2009
1 to 3 days				23%		Community Environmental Issues					
4 to 6 days				2%		Major or Moderate Problem					
All 7 days				<1%		Mosquito Control				26%	35%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>				<u>WI</u>	<u>U.S.</u>	Safe Drinking Water			23%	21%	19%
Smoking Prohibited at Home				75%	79%	West Nile Virus				6%	4%
Smoke-Free Policy at Indoor Worksite				75%	75%	Main Factor for Not Exercising					
						Time				43%	38%
						Motivation				20%	22%
						Health Problems				17%	14%
						20+ Minutes Exercise with Heart					
						Beating Faster/Breathing Rate Increasing					
						Three or More Times/Week	45%	47%	55%	52%	65%

Overall Health and Health Care Key Findings

In 2009, 68% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were inactive or smokers were more likely to report fair or poor conditions. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 8% of respondents reported they were not currently covered by health care insurance; respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eleven 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 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve 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. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents in the top 40 percent household income bracket were more likely to report this. Forty percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 1997 to 2009, the overall percent statistically increased 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, 84% of respondents reported a routine medical checkup two years ago or less while 82% reported a cholesterol test four years ago or less. Seventy-four percent of respondents reported a visit to the dentist in the past year while 41% reported an eye exam in the past year. Respondents who were in the top 40 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, in the top 40 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a dental checkup in the past year or an eye exam in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less.*

In 2009, 45% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. Seventy-four 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 1997 to 2009, there was a statistical increase 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 cholesterol or high blood pressure (24% and 22%, respectively). Respondents who were 65 and older or

in the bottom 40 percent household income bracket were more likely to report high blood pressure. Respondents who were 65 and older or did an insufficient amount of physical activity were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 60 percent household income bracket, unmarried or inactive were more likely to report heart disease/condition. Respondents with some post high school education or less or in the bottom 60 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, overweight, inactive or did an insufficient amount of physical activity were more likely to report diabetes. Respondents 35 to 44 years old were more likely to report current asthma. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure, high blood cholesterol or stroke. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting heart disease/condition or diabetes. 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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.*

In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were 35 to 54 years old or in the bottom 60 percent household income bracket were more likely to report this. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change 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 (28%). Respondents who were 18 to 34 years old were more likely to report chiropractic care. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old or married were more likely to report aroma therapy. *From 2000 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care. From 2000 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy, aroma therapy or acupuncture.*

In 2009, 41% of respondents did moderate physical activity five times a week for 30 minutes while 33% did vigorous activity three times a week for 20 minutes. Combined, 53% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-three percent of respondents were classified as overweight. Respondents who were male or inactive were more likely to be classified as overweight. *From 2003 to 2009, there was a statistical increase 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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 1997 to 2009, there was a statistical increase in the overall percent of respondents being overweight.*

In 2009, 68% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, in the top 40 percent household income bracket, married or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket, who were married or who 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 two or more servings of fruit or three or more servings of vegetables on an average day.*

In 2009, 80% of female respondents 40 and older reported a mammogram within the past two years. Seventy-six percent of female respondents 65 and older had a bone density scan. Eighty-nine percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with some post high school education or in the top 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 who reported having a mammogram within the past two years or a pap smear within the past three 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.*

In 2009, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-nine 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, 10% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% reported a colonoscopy within the past ten years. Unmarried 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 a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2009, 91% of respondents wore seat belts always or nearly always; respondents who were female, 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 39% reported they always or nearly always wore a helmet; respondents who were in the top 40 percent household income bracket or married were more likely to report this. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt or they always or nearly always wore a helmet.*

In 2009, 17% of respondents were current smokers. Respondents who were 45 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. Fifty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 72% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 1997 to 2009, there was no statistical change 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, 85% of respondents reported smoking is not allowed anywhere inside the home while 84% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 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, 82% of respondents had an alcoholic drink in the past 30 days. In the past month, 10% were heavy drinkers while 27% were binge drinkers. Respondents in the bottom 60 percent household income bracket were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old or unmarried 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. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 1997 to 2009, there was a statistical decrease 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. From 2006 to 2009, there was no statistical change 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, 96% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-nine percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or were married 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, 32% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 12% had a handgun in their home while 29% had a rifle or shotgun. Married respondents were more likely to report a handgun or a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked. *From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a firearm in or around their home. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a handgun or rifle/shotgun in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or 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; female respondents were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old were more likely to report this. A total of 8% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. *From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, out of three environmental health issues that communities may face, the most often cited major or moderate problem in the community was mosquito control (35%) followed by safe drinking water (19%). Four percent reported West Nile Virus as a major or moderate problem. Respondents who were female or 45 to 54 years old were more likely to report mosquito control. Respondents in the middle 20 percent household income bracket were more likely to report safe drinking water as a major or moderate problem. *From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting mosquito control as a major/moderate problem in their community. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting safe drinking water as a major or moderate problem in their community. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting West Nile Virus as a major/moderate problem.*

In 2009, 38% of respondents reported time as the main factor for not exercising followed by 22% who reported motivation and 14% who reported health problems. Respondents who were 18 to 34 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report time as a main factor for not exercising. Respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report motivation as a main factor. Respondents who were 65 and older, in the bottom 40 percent household income bracket or inactive were more likely to report health problems as a main factor. Sixty-five percent of respondents reported they exercised at least three times a week for at least 20 minutes with continuous movement that resulted in their heart beating faster and their breathing rate increasing. Respondents who were male, with a college education, in the top 40 percent household income bracket or who were not overweight were more likely to report this. *From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting time, health problems or motivation as the main factor that keeps them from exercising. From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting they exercised at least three times a week.*

Key Findings

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

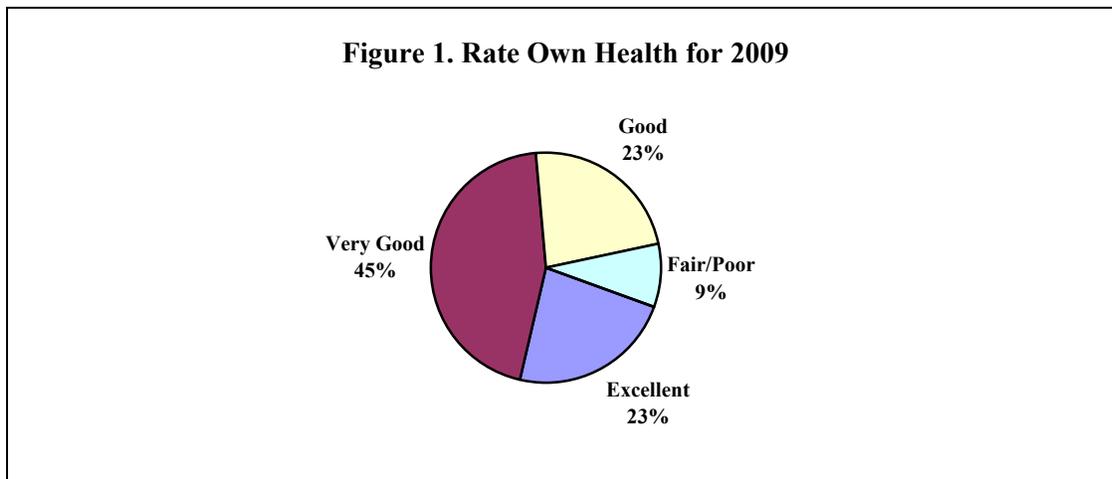
KEY FINDINGS: In 2009, 68% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were inactive or smokers were more likely to report fair or poor conditions.

From 1997 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-eight percent of respondents said their own health, generally speaking, was either excellent (23%) or very good (45%). A total of 9% reported their health was fair or poor.



- Nineteen percent of respondents 65 and older reported their health was fair or poor compared to 7% of those 18 to 34 years old or 4% of respondents 35 to 44 years old.
- Fourteen percent of respondents with a high school education or less reported fair or poor health compared to 11% of those with some post high school education or 5% of respondents with a college education.
- Sixteen percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 10% of those in the middle 20 percent income bracket or 7% of respondents in the top 40 percent household income bracket.

- Twenty-six percent of inactive respondents reported their health was fair or poor compared to 10% of those who did an insufficient amount of physical activity or 6% of respondents who met the recommended amount of physical activity.
- Smokers were more likely to report fair or poor health compared to nonsmokers (18% and 7%, respectively).

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- In 1997, 2000, 2003 and 2009, respondents 65 and older were more likely to report fair or poor conditions. In 2006, age was not a significant variable.
- In 1997, 2000, 2006 and 2009, respondents with a high school education or less were more likely to report fair or poor health. In 2003, education was not a significant variable.
- In 1997, 2003, 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2000, household income was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting fair or poor health.
- In 2003 and 2006, unmarried respondents were more likely to report fair or poor conditions. In 1997, 2000 and 2009, marital status was not a significant variable.
- In 2006, overweight respondents were more likely to report fair or poor health. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report fair or poor health.
- In 2000, 2006 and 2009, smokers were more likely to report fair or poor health. In 1997 and 2003, smoking status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of smokers reporting fair or poor health.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL	7%	8%	8%	9%	9%
Gender					
Male	6	6	8	12	10
Female	8	11	8	7	8
Age ^{1,2,3,5}					
18 to 34	6	6	<1	4	7
35 to 44	6	5	3	8	4
45 to 54	4	7	9	7	9
55 to 64	6	8	15	17	10
65 and Older	20	20	22	14	19
Education ^{1,2,4,5}					
High School or Less	12	14	12	18	14
Some Post High School	8	6	7	11	11
College Graduate	3	5	6	3	5
Household Income ^{1,3,4,5}					
Bottom 40 Percent Bracket	14	13	16	19	16
Middle 20 Percent Bracket	10	7	7	13	10
Top 40 Percent Bracket ^a	2	5	6	2	7
Marital Status ^{3,4}					
Married	6	7	7	6	7
Not Married	8	11	11	14	12
Overweight ⁴					
Not Overweight	6	8	7	4	6
Overweight	8	8	9	13	10
Physical Activity ^{4,5}					
Inactive	--	--	--	18	26
Insufficient	--	--	--	12	10
Recommended	--	--	--	6	6
Smoking Status ^{2,4,5}					
Nonsmoker	6	7	7	8	7
Smoker ^a	9	14	10	16	18

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

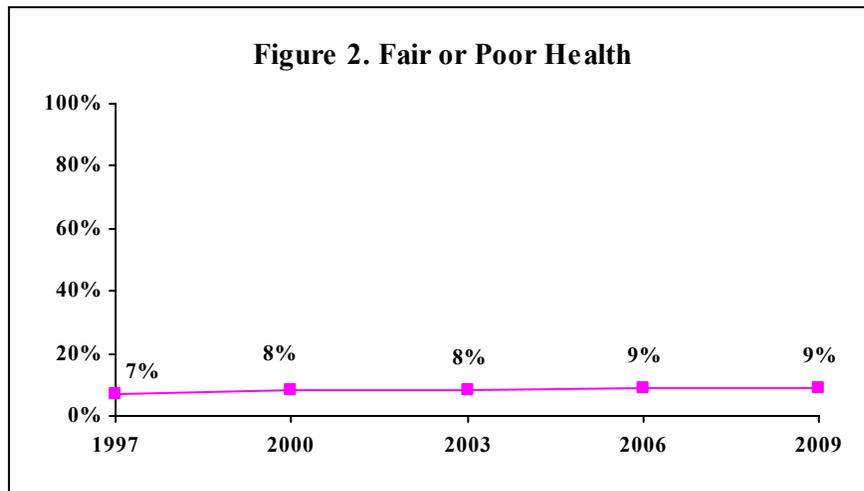
⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

^byear difference at p≤0.05 from 2006 to 2009

- From 1997 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, 8% of respondents reported they were not currently covered by health care insurance; respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eleven 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 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve 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. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents in the top 40 percent household income bracket were more likely to report this. Forty percent of respondents had an advance care plan; respondents 65 and older were more likely to report this.

From 1997 to 2009, the overall percent statistically increased 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.

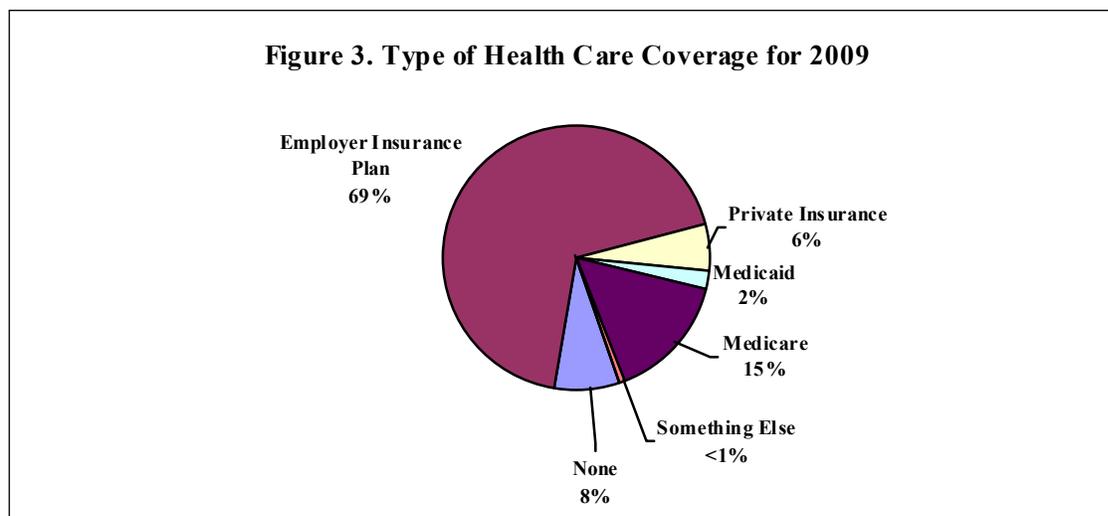
Personally Not Covered Currently

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

- Eight percent of respondents reported they were not currently covered by any health care insurance. Sixty-nine percent reported they were covered by an employer sponsored insurance plan. Six percent reported private insurance bought directly from an insurance agent/company. Two percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 15% reported Medicare, including medical assistance, Title 19 or Badger Care, while 15% reported Medicare.



- Fourteen percent of respondents 55 to 64 years old reported no health insurance compared to 6% of those 35 to 44 years old or 0% of respondents 65 and older.
- Respondents in the bottom 40 percent household income bracket were more likely to report no health coverage (15%) compared to those in the middle 20 percent income bracket (9%) or respondents in the top 40 percent household income bracket (3%).
- Unmarried respondents were more likely to report no health insurance compared to married respondents (13% and 5%, respectively).

Year Comparisons

- From 1997 to 2009, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance.

- Gender was not a significant variable in any study year. From 1997 to 2009, there was a noted increase in the percent of respondents across gender reporting no personal health care coverage.
- In 1997, respondents 18 to 34 years old were more likely to report no health insurance. In 2003, respondents 45 to 54 years old were more likely to report no personal health care coverage. In 2009, respondents 55 to 64 years old were more likely to report this. In 2000 and 2006, age was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents 35 to 64 years old reporting no personal health insurance.
- In 1997, respondents with a high school education or less were more likely to report no health insurance. In 2000, respondents with some post high school education were more likely to report no health insurance. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across education reporting no personal health care coverage.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report no health insurance. From 1997 to 2009, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting no health insurance.
- In all study years, unmarried respondents were more likely to report no health insurance. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status reporting no personal health care coverage.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year^①

	1997	2000	2003	2006	2009
TOTAL					
All Respondents ^a	3%	4%	3%	3%	8%
Respondents 18 to 64 Years Old ^a	3	4	3	3	10
Gender					
Male ^a	3	5	3	2	7
Female ^a	2	3	2	3	9
Age ^{1,3,5}					
18 to 34	6	7	2	4	11
35 to 44 ^a	<1	3	1	3	6
45 to 54 ^a	1	2	5	4	9
55 to 64 ^a	2	4	3	2	14
65 and Older	0	0	0	0	0
Education ^{1,2}					
High School or Less ^a	5	2	3	5	13
Some Post High School ^a	1	7	1	4	6
College Graduate ^a	2	1	3	<1	7
Household Income ^{1,2,3,4,5}					
Bottom 40 Percent Bracket ^a	6	15	4	7	15
Middle 20 Percent Bracket ^a	<1	2	2	1	9
Top 40 Percent Bracket	2	<1	<1	1	3
Marital Status ^{1,2,3,4,5}					
Married ^a	<1	<1	<1	<1	5
Not Married ^a	6	11	5	6	13

^①Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Personally Not Covered in the Past 12 Months

2009 Findings

- Eleven percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 55 to 64 years old were more likely to report they were not covered (18%) compared to those 35 to 44 years old (10%) or respondents 65 and older (0%).

- Eighteen percent of respondents in the bottom 40 percent household income bracket reported no coverage compared to 14% of those in the middle 20 percent income bracket or 6% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no coverage compared to married respondents (16% and 8%, respectively).

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2009^⓪

	2009
TOTAL	11%
Gender	
Male	10
Female	12
Age ¹	
18 to 34	14
35 to 44	10
45 to 54	14
55 to 64	18
65 and Older	0
Education	
High School or Less	13
Some Post High School	11
College Graduate	11
Household Income ¹	
Bottom 40 Percent Bracket	18
Middle 20 Percent Bracket	14
Top 40 Percent Bracket	6
Marital Status ¹	
Married	8
Not Married	16

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

¹demographic difference at $p \leq 0.05$ in 2009

Someone in Household Not Covered in the Past 12 Months

2009 Findings

- Twelve 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.
- Twenty-two 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 16% of those in the middle 20 percent income bracket or 6% 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 (17% and 9%, 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 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 2003, household income was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent income bracket reporting 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^①

	2003	2006	2009
TOTAL	12%	12%	12%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	14	20	22
Middle 20 Percent Bracket	10	16	16
Top 40 Percent Bracket ^a	11	7	6
Marital Status ^{1,2,3}			
Married	9	9	9
Not Married	17	15	17

^①Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

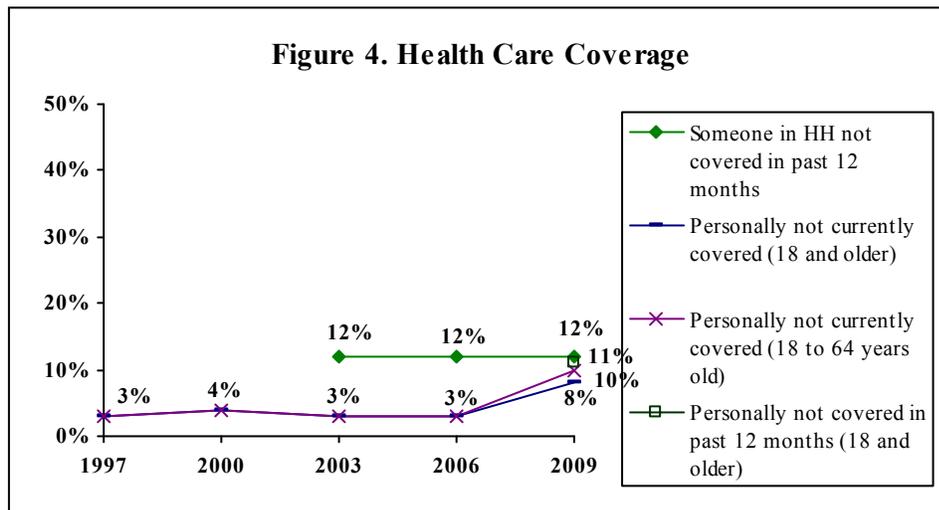
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Health Care Coverage Overall

Year Comparisons

- From 1997 to 2009, the overall percent statistically increased 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

- Eighty-six 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 center while 3% reported public health clinic or community health center. Two percent of respondents reported hospital emergency room followed by 1% reporting hospital outpatient department.
- Ninety-three percent of respondents in the top 40 percent household income bracket reported a doctor's or nurse practitioner's office compared to 85% of those in the bottom 40 percent income bracket or 67% of respondents in the middle 20 percent household income bracket.

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 2006, respondents 55 to 64 years old 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 55 to 64 years old reporting a doctor's or nurse practitioner's office.

- In 2009, respondents in the top 40 percent household income bracket were more likely to report a doctor’s or nurse practitioner’s office. In 2006, household income was not a significant variable. From 2006 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a doctor’s or nurse practitioner’s office.
- In 2006, married respondents were more likely to report a doctor’s or nurse practitioner’s office. In 2009, marital status was not a significant variable.

Table 6. Doctor’s or Nurse Practitioner’s Office as Primary Health Care Service by Demographic Variables for Each Survey Year^⓪

	2006	2009
TOTAL	87%	86%
Gender		
Male	85	84
Female	88	88
Age ¹		
18 to 34	81	85
35 to 44	91	87
45 to 54	80	87
55 to 64 ^a	98	82
65 and Older	87	88
Education		
High School or Less	84	79
Some Post High School	85	85
College Graduate	90	89
Household Income ²		
Bottom 40 Percent Bracket	82	85
Middle 20 Percent Bracket ^a	88	67
Top 40 Percent Bracket	90	93
Marital Status ¹		
Married	90	89
Not Married	82	82

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2006 to 2009

Advance Care Plan

2009 Findings

- Forty 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-two percent of respondents 65 and older reported they had an advance care plan compared to 29% of those 35 to 44 years old or 19% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.
- 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 65 and older reporting an advance care plan.
- In 2006, respondents with a high school education or less were more likely to report having an advance care plan. In all other study years, education was not a significant variable.
- In 2006, unmarried respondents were more likely to report having an advance care plan. In all other study years, marital status was not a significant variable.

Table 7. Advance Care Plan by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	36%	44%	40%
Gender			
Male	35	40	40
Female	37	47	40
Age ^{1,2,3}			
18 to 34	21	11	19
35 to 44	35	45	29
45 to 54	33	32	42
55 to 64	42	51	49
65 and Older ^a	56	78	82
Education ²			
High School or Less	35	54	38
Some Post High School	36	41	46
College Graduate	36	40	38
Household Income			
Bottom 40 Percent Bracket	35	42	44
Middle 20 Percent Bracket	38	44	40
Top 40 Percent Bracket	36	41	39
Marital Status ²			
Married	37	39	41
Not Married	33	50	40

^①Percentages 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.

^②In 2006, “living will or health care power of attorney” was added.

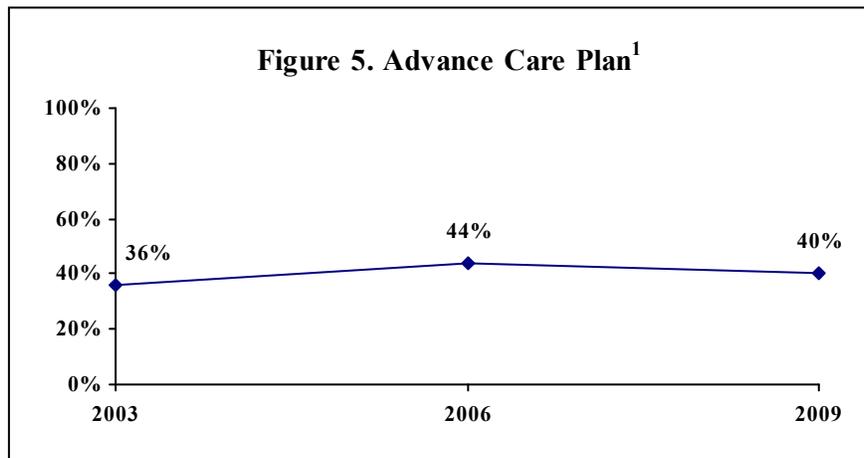
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear 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.



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

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2009, 84% of respondents reported a routine medical checkup two years ago or less while 82% reported a cholesterol test four years ago or less. Seventy-four percent of respondents reported a visit to the dentist in the past year while 41% reported an eye exam in the past year. Respondents who were in the top 40 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, in the top 40 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year.

From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a dental checkup in the past year or an eye exam in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less.

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-four percent of respondents reported they had a routine checkup in the past two years.

- Eighty-seven percent of respondents in the top 40 percent household income bracket reported a routine checkup in the past two years compared to 82% of those in the bottom 40 percent income bracket or 70% 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 (87% and 79%, respectively).

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 1997, 2000, 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. From 1997 to 2009, there was a noted decrease in the percent of female respondents reporting a routine checkup two years ago or less.
- In 1997 and 2003, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2006, respondents 55 and older were more likely to report a routine checkup two years ago or less. In all other study years, age was not a significant variable.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In all other study years, household income was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a routine checkup two years ago or less.
- In 2003 and 2009, married respondents were more likely to report a routine checkup two years ago or less. In all other study years, marital status was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting a routine checkup two years ago or less.

Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year^⓪

	1997	2000	2003	2006	2009
TOTAL	86%	86%	84%	86%	84%
Gender ^{1,2,3,4}					
Male	80	77	76	81	81
Female ^a	92	95	91	90	86
Age ^{1,3,4}					
18 to 34	89	79	81	77	88
35 to 44	76	88	81	84	77
45 to 54	85	88	82	84	85
55 to 64	91	85	84	92	80
65 and Older	97	93	95	92	89
Education					
High School or Less	89	88	86	89	81
Some Post High School	86	89	82	85	86
College Graduate	85	83	83	85	84
Household Income ⁵					
Bottom 40 Percent Bracket	89	87	89	78	82
Middle 20 Percent Bracket ^a	86	80	83	85	70
Top 40 Percent Bracket	85	89	83	88	87
Marital Status ^{3,5}					
Married	86	88	87	86	87
Not Married ^a	87	81	78	85	79

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 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-two percent of respondents reported having their cholesterol tested four years ago or less. Three percent reported five or more years ago while 13% reported never having their cholesterol tested.

- Ninety-four percent of respondents 65 and older reported a cholesterol test four years ago or less compared to 83% of those 35 to 44 years old or 66% of respondents 18 to 34 years old.
- Respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less (88%) compared to those in the bottom 40 percent income bracket (78%) or respondents in the middle 20 percent household income bracket (74%).
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (90% and 71%, respectively).

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.
- 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 a cholesterol test four years ago or less.
- In 2003 and 2009, respondents 65 and older were more likely to report a cholesterol test four years ago or less. In 2006, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less.
- In 2003, respondents with a college education were more likely to report a cholesterol test four years ago or less. 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 a cholesterol test four years ago or less. In 2003, 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 a cholesterol test four years ago or less.
- In 2003 and 2009, married respondents were more likely to report a cholesterol test four years ago or less. In 2006, marital status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of married respondents reporting a cholesterol test four years ago or less.

Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year^⓪

	2003	2006	2009
TOTAL	78%	83%	82%
Gender			
Male	79	82	80
Female ^a	76	83	84
Age ^{1,2,3}			
18 to 34	55	56	66
35 to 44	76	86	83
45 to 54	84	86	89
55 to 64	88	96	84
65 and Older	94	91	94
Education ¹			
High School or Less	74	85	81
Some Post High School	75	79	77
College Graduate	82	83	86
Household Income ^{2,3}			
Bottom 40 Percent Bracket	77	83	78
Middle 20 Percent Bracket	80	72	74
Top 40 Percent Bracket ^a	77	89	88
Marital Status ^{1,3}			
Married ^a	82	86	90
Not Married	69	78	71

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear 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.¹

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).

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

2009 Findings

- Seventy-four percent of respondents reported a dental visit in the past year. An additional 15% 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 (80%) compared to those with some post high school education (71%) or respondents with a high school education or less (62%).
- Eighty-five percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 64% of those in the middle 20 percent income bracket or 49% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (83% and 61%, respectively).

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2003, respondents who were 35 to 44 years old or 55 to 64 years old were more likely to report a dental checkup. In 2006, respondents 45 to 54 years old were more likely to report a dental checkup. In all other study years, age was not a significant variable.
- In 2003, 2006 and 2009, respondents with a college education were more likely to report a dental checkup. In 1997 and 2000, education was not a significant variable.
- In all study years, respondents in the top 40 percent household income bracket were more likely to report a dental checkup. From 1997 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a dental checkup in the past year.
- In 2000, 2006 and 2009, married respondents were more likely to report a dental checkup. In 1997 and 2003, marital status was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting a dental checkup in the past year.

Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year^⓪

	1997	2000	2003	2006	2009
TOTAL	75%	74%	80%	77%	74%
Gender					
Male	72	72	78	76	72
Female	78	77	81	77	76
Age ^{3,4}					
18 to 34	73	75	70	78	70
35 to 44	76	80	88	77	74
45 to 54	76	73	82	86	74
55 to 64	78	79	87	81	75
65 and Older	71	67	71	64	77
Education ^{3,4,5}					
High School or Less	74	70	68	69	62
Some Post High School	75	73	78	72	71
College Graduate	76	80	89	85	80
Household Income ^{1,2,3,4,5}					
Bottom 40 Percent Bracket ^a	66	60	64	63	49
Middle 20 Percent Bracket	73	75	76	68	64
Top 40 Percent Bracket	79	80	86	89	85
Marital Status ^{2,4,5}					
Married	76	80	82	83	83
Not Married ^a	72	62	76	68	61

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Eye Exam

2009 Findings

- Forty-one percent of respondents had an eye exam in the past year while 30% reported one to two years ago. Six percent reported never.
- Female respondents were more likely to report an eye exam in the past year (48%) compared to male respondents (34%).
- Sixty-five percent of respondents 65 and older reported an eye exam in the past year compared to 36% of those 35 to 44 years old or 33% of respondents 18 to 34 years old.

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.
- In 1997 and 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 2003, 2006 and 2009, respondents 65 and older were more likely to report an eye exam less than a year ago. In 1997 and 2000, age was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting an eye exam less than a year ago.
- Household income was not a significant variable in any study year. From 1997 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 2006, 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. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting an eye exam less than a year ago.

Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year^①

	1997	2000	2003	2006	2009
TOTAL	45%	46%	55%	47%	41%
Gender ^{1,5}					
Male	42	43	52	42	34
Female	50	49	58	52	48
Age ^{3,4,5}					
18 to 34 ^a	45	44	54	51	33
35 to 44	42	46	47	34	36
45 to 54	42	44	55	44	38
55 to 64	48	43	52	55	45
65 and Older	59	59	66	62	65
Education					
High School or Less	47	56	57	44	35
Some Post High School	42	41	50	49	45
College Graduate	47	44	57	49	41
Household Income					
Bottom 40 Percent Bracket	41	55	56	45	43
Middle 20 Percent Bracket ^a	51	46	53	46	29
Top 40 Percent Bracket	44	43	55	49	45
Marital Status ⁴					
Married	43	46	56	43	45
Not Married ^a	50	46	53	54	36

^①Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

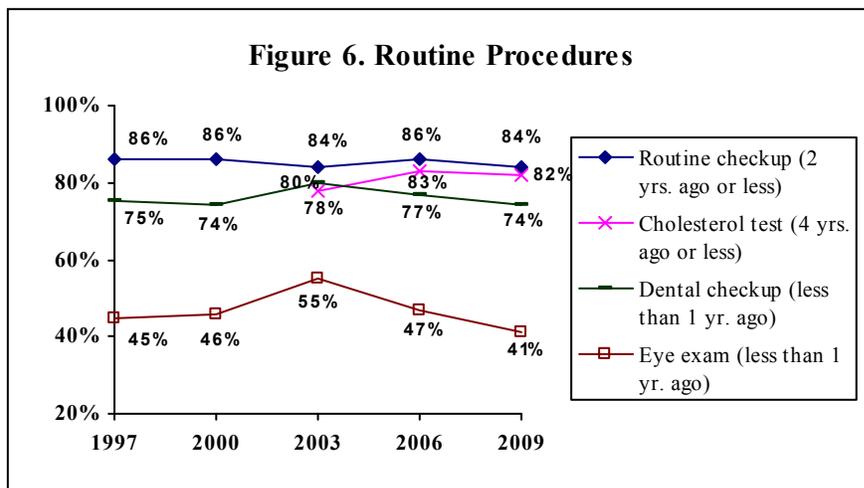
⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Routine Procedures Overall

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a dental checkup in the past year or an eye exam in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2009, 45% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. Seventy-four 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 1997 to 2009, there was a statistical increase 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

- Forty-five percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Seventy-five percent of respondents 65 and older reported receiving a flu vaccination compared to 36% of those 18 to 34 years old or 29% of respondents 45 to 54 years old.
- Married respondents were more likely to report receiving a flu vaccination compared to unmarried respondents (50% and 38%, respectively).

Year Comparisons

- 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.
- In 2003 and 2006, female respondents were more likely to report a flu vaccination. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting a flu vaccination.
- 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 18 to 44 years old reporting a flu vaccination.
- 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 at least some post high school education reporting a flu vaccination.
- In 2006, respondents in the bottom 40 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 top 40 percent household income bracket reporting a flu vaccination.
- In 2006, unmarried respondents were more likely to report a flu vaccination. In 2009, married respondents were more likely to report a flu vaccination. In 2003, marital status was not a significant variable. 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^{①,②}

	2003	2006	2009
TOTAL ^a	34%	37%	45%
Gender ^{1,2}			
Male ^a	30	28	45
Female	38	44	46
Age ^{1,2,3}			
18 to 34 ^a	16	22	36
35 to 44 ^a	20	28	48
45 to 54	29	17	29
55 to 64	48	48	45
65 and Older	82	74	75
Education			
High School or Less	38	46	36
Some Post High School ^a	32	33	43
College Graduate ^a	34	33	50
Household Income ²			
Bottom 40 Percent Bracket	36	49	41
Middle 20 Percent Bracket	34	36	33
Top 40 Percent Bracket ^a	33	28	50
Marital Status ^{2,3}			
Married ^a	36	32	50
Not Married	31	42	38

^①Percentages 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.

^②In 2006, “nasal spray” was added.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear 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

- Seventy-four 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.

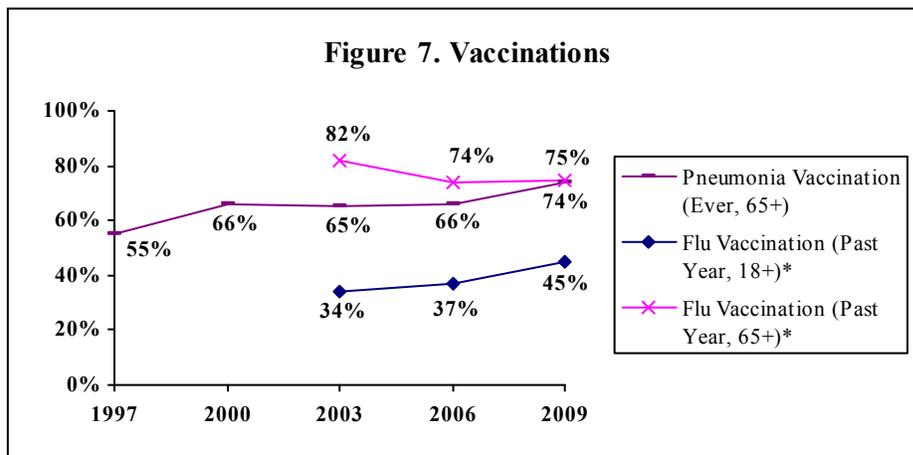
Year Comparisons

- From 1997 to 2009, there was a statistical increase 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 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 1997 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*In 2006, "nasal spray" was added.

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

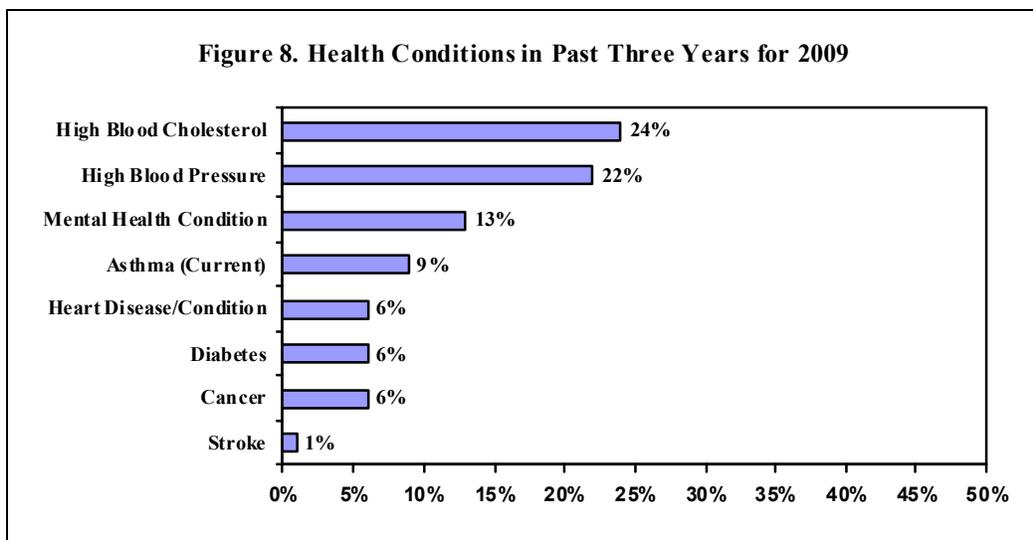
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (24% and 22%, respectively). Respondents who were 65 and older or in the bottom 40 percent household income bracket were more likely to report high blood pressure. Respondents who were 65 and older or did an insufficient amount of physical activity were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 60 percent household income bracket, unmarried or inactive were more likely to report heart disease/condition. Respondents with some post high school education or less or in the bottom 60 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, overweight, inactive or did an insufficient amount of physical activity were more likely to report diabetes. Respondents 35 to 44 years old were more likely to report current asthma.

From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure, high blood cholesterol or stroke. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting heart disease/condition or diabetes. 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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.

2009 Findings

- Respondents were more likely to report high blood cholesterol (24%), high blood pressure (22%) 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-two percent of respondents reported high blood pressure in the past three years.
- Fifty-two percent of respondents 65 and older reported high blood pressure in the past three years compared to 13% of those 35 to 44 years old or 2% of respondents 18 to 34 years old.
- Thirty-two 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 16% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure.
- In 2006, male respondents were more likely to report high blood pressure. In all other study years, gender was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across gender reporting high blood pressure.
- In all study years, respondents 65 and older were more likely to report high blood pressure.
- In 1997, 2000, 2003 and 2006, respondents with a high school education or less were more likely to report high blood pressure. In 2009, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with a college education reporting high blood pressure.
- In all study years, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. From 1997 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting high blood pressure.
- In 2006, unmarried respondents were more likely to report high blood pressure. In all other study years, marital status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status reporting high blood pressure.
- In 1997, 2000, 2003 and 2006, overweight respondents were more likely to report high blood pressure. In 2009, overweight status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents who were not overweight reporting high blood pressure.
- In 2006, inactive respondents were more likely to report high blood pressure. In 2009, physical activity was not a significant variable.
- In 1997 and 2003, nonsmokers were more likely to report high blood pressure. In 2000, 2006 and 2009, smoking status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of nonsmokers reporting high blood pressure.

Table 13. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL ^a	14%	17%	17%	26%	22%
Gender ⁴					
Male ^a	14	13	16	31	22
Female ^a	14	20	19	22	22
Age ^{1,2,3,4,5}					
18 to 34	4	6	6	5	2
35 to 44	9	6	6	14	13
45 to 54	15	19	12	21	20
55 to 64	31	17	28	37	43
65 and Older	39	48	52	58	52
Education ^{1,2,3,4}					
High School or Less	20	29	25	40	26
Some Post High School	14	14	15	36	21
College Graduate ^a	11	9	14	11	21
Household Income ^{1,2,3,4,5}					
Bottom 40 Percent Bracket	26	25	26	46	32
Middle 20 Percent Bracket ^a	11	20	21	18	26
Top 40 Percent Bracket	11	9	12	13	16
Marital Status ⁴					
Married ^a	14	15	17	21	20
Not Married ^a	15	19	19	32	25
Overweight ^{1,2,3,4}					
Not Overweight ^a	7	9	11	15	18
Overweight	20	21	23	33	24
Physical Activity ⁴					
Inactive	--	--	--	40	30
Insufficient	--	--	--	30	23
Recommended	--	--	--	19	20
Smoking Status ^{1,3}					
Nonsmoker ^a	16	17	19	27	24
Smoker	6	16	12	23	14

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

^byear difference at p≤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-four percent of respondents reported high blood cholesterol in the past three years.
- Forty-five percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 20% of those 35 to 44 years old or 2% of respondents 18 to 34 years old.
- Respondents who did an insufficient amount of physical activity were more likely to report high blood cholesterol (32%) compared to those who were inactive (26%) or respondents who met the recommended amount of physical activity (18%).

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol.
- In 2006, male respondents were more likely to report high blood cholesterol. In all other study years, gender was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across gender reporting high blood cholesterol.
- In 1997, respondents 55 and older were more likely to report high blood cholesterol. In 2000, respondents 55 to 64 years old were more likely to report high blood cholesterol. In all other study years, respondents 65 and older were more likely to report high blood cholesterol. From 1997 to 2009, there was a noted increase in the percent of respondents 45 to 54 years old reporting high blood cholesterol.
- In 2000 and 2006, respondents with a high school education or less were more likely to report high blood cholesterol. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with a high school education or less or a college education reporting high blood cholesterol.
- Household income was not a significant variable in any study year. From 1997 to 2009, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting high blood cholesterol.
- In 2003, married respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status reporting high blood cholesterol.
- In 1997, 2000, 2003 and 2006, overweight respondents were more likely to report high blood cholesterol. In 2009, overweight status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents who were not overweight reporting high blood cholesterol.
- In 2006, inactive respondents were more likely to report high blood cholesterol. In 2009, respondents who did an insufficient amount of physical activity were more likely to report this.

- In 2003, nonsmokers were more likely to report high blood cholesterol. In all other study years, smoking status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of nonsmokers reporting high blood cholesterol.

Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL ^a	16%	13%	17%	26%	24%
Gender ⁴					
Male ^a	17	11	20	31	25
Female ^a	14	15	15	22	23
Age ^{1,2,3,4,5}					
18 to 34	4	1	2	10	2
35 to 44	12	8	12	17	20
45 to 54 ^a	19	19	23	31	32
55 to 64	34	23	24	38	35
65 and Older	35	19	32	41	45
Education ^{2,4}					
High School or Less ^a	18	22	19	36	32
Some Post High School	17	11	19	28	18
College Graduate ^a	14	8	15	19	24
Household Income					
Bottom 40 Percent Bracket	21	19	20	33	28
Middle 20 Percent Bracket ^a	12	12	21	20	28
Top 40 Percent Bracket	16	7	14	25	22
Marital Status ³					
Married ^a	17	14	19	26	26
Not Married ^a	12	8	13	27	21
Overweight ^{1,2,3,4}					
Not Overweight ^a	11	7	10	17	20
Overweight	20	16	23	32	26
Physical Activity ^{4,5}					
Inactive	--	--	--	44	26
Insufficient	--	--	--	28	32
Recommended	--	--	--	21	18
Smoking Status ³					
Nonsmoker ^a	16	13	20	28	25
Smoker	13	11	8	18	17

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Heart Disease/Condition

2009 Findings

- Six percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (25%) compared to those 35 to 54 years old (2%) or respondents 18 to 34 years old (0%).
- Eleven percent of respondents in the bottom 40 percent household income bracket and 10% of those in the middle 20 percent income bracket reported heart disease/condition compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report heart/disease condition compared to married respondents (9% and 4%, respectively).
- Twenty-five percent of inactive respondents reported heart disease/condition compared to 6% of those who met the recommended amount of physical activity or 4% of respondents who did an insufficient amount of physical activity.

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2003, male respondents were more likely to report heart disease/condition. 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.
- In 1997, respondents with some post high school education or less were more likely to report heart disease/condition. In 2003 and 2006, respondents with a high school education or less were more likely to report heart disease/condition. In 2000 and 2009, education was not a significant variable.
- In 1997, respondents in the middle 20 percent household income bracket were more likely to report heart disease/condition. In 2003 and 2006, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report this. In 2000, household income was not a significant variable.
- In 2006 and 2009, unmarried respondents were more likely to report heart disease/condition. In all other study years, marital status was not a significant variable.
- In 1997 and 2003, overweight respondents were more likely to report heart disease/condition. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, inactive respondents were more likely to report heart disease/condition.

Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL	6%	3%	6%	7%	6%
Gender ³					
Male	6	2	8	10	6
Female	5	4	5	5	6
Age ^{1,2,3,4,5}					
18 to 34	<1	0	2	4	0
35 to 44	3	2	1	0	2
45 to 54	5	2	5	1	2
55 to 64	9	2	8	11	8
65 and Older	24	11	22	24	25
Education ^{1,3,4}					
High School or Less	8	6	10	15	10
Some Post High School	8	3	4	9	7
College Graduate	3	<1	6	2	4
Household Income ^{1,3,4,5}					
Bottom 40 Percent Bracket	7	6	12	14	11
Middle 20 Percent Bracket	9	1	7	8	10
Top 40 Percent Bracket	3	3	4	1	2
Marital Status ^{4,5}					
Married	6	3	5	4	4
Not Married	5	3	8	12	9
Overweight ^{1,3}					
Not Overweight	3	2	4	7	5
Overweight	7	4	8	8	7
Physical Activity ^{4,5}					
Inactive	--	--	--	18	25
Insufficient	--	--	--	8	4
Recommended	--	--	--	4	6
Smoking Status					
Nonsmoker	6	3	6	8	6
Smoker	2	1	6	6	6

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

^byear 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.
- Twenty-one percent of respondents with some post high school education and 18% of those with a high school education or less reported a mental health condition compared to 7% of respondents with a college education.
- Twenty-two percent of respondents in the middle 20 percent household income bracket and 20% of those in the bottom 40 percent income bracket reported a mental health condition compared to 10% of respondents in the top 40 percent household income bracket.

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 with some post high school education or less were more likely to report a mental health condition. In 2006, education was not a significant variable.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2009, respondents in the bottom 60 percent household income bracket were more likely to report a mental health condition.
- In 2006, unmarried respondents were more likely to report a mental health condition. In 2009, marital status was not a significant variable.

Table 16. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003 ^③	2006	2009
TOTAL ^a	1%	5%	13%
Gender			
Male	--	6	10
Female	--	4	16
Age			
18 to 34	--	3	20
35 to 44	--	9	8
45 to 54	--	6	13
55 to 64	--	2	12
65 and Older	--	3	14
Education ³			
High School or Less	--	4	18
Some Post High School	--	9	21
College Graduate	--	4	7
Household Income ^{2,3}			
Bottom 40 Percent Bracket	--	17	20
Middle 20 Percent Bracket	--	1	22
Top 40 Percent Bracket	--	1	10
Marital Status ²			
Married	--	2	13
Not Married	--	9	14

^①Percentages 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.

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Diabetes

2009 Findings

- Six percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (20%) compared to those 35 to 44 years old (1%) or respondents 18 to 34 years old (0%).
- Eight percent of overweight respondents reported diabetes compared to 3% of respondents who were not overweight.

- Respondents who were inactive or did an insufficient amount of physical activity were more likely to report diabetes in the past three years (9% each) compared to respondents who met the recommended amount of physical activity (3%).

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 1997 and 2009, respondents 65 and older were more likely to report diabetes. In 2003 and 2006, respondents 55 and older were more likely to report diabetes. In 2000, age was not a significant variable.
- In 2006, respondents with a high school education or less were more likely to report diabetes. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with a college education reporting diabetes.
- In 1997, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In 2003, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. In all other study years, household income was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting diabetes.
- Since 2000, overweight respondents were more likely to report diabetes. In 1997, overweight status was not a significant variable.
- In 2009, respondents who were inactive or did an insufficient amount of physical activity were more likely to report diabetes. In 2006, physical activity was not a significant variable.

Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL	4%	4%	4%	6%	6%
Gender					
Male	3	5	5	8	7
Female	4	3	4	4	5
Age ^{1,3,4,5}					
18 to 34	1	0	1	0	0
35 to 44	2	2	1	0	1
45 to 54	3	6	1	4	5
55 to 64	6	6	11	15	14
65 and Older	11	6	13	15	20
Education ⁴					
High School or Less	4	6	6	10	5
Some Post High School	5	2	5	7	7
College Graduate ^a	2	4	3	2	6
Household Income ^{1,3}					
Bottom 40 Percent Bracket	7	2	8	11	8
Middle 20 Percent Bracket	5	5	8	5	11
Top 40 Percent Bracket ^a	1	3	2	4	4
Marital Status					
Married	3	5	5	5	5
Not Married	4	3	4	8	7
Overweight ^{2,3,4,5}					
Not Overweight	3	1	<1	<1	3
Overweight	4	6	7	10	8
Physical Activity ⁵					
Inactive	--	--	--	8	9
Insufficient	--	--	--	8	9
Recommended	--	--	--	4	3
Smoking Status					
Nonsmoker	4	5	5	7	6
Smoker	4	1	2	2	5

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

^byear difference at p≤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-nine percent of the 24 respondents who reported being diagnosed with diabetes had an A1C test two or more times in the past year. Ten percent reported one time while 6% reported zero times in the past year.
- Thirty-six percent of the 22 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Thirty percent reported a level of seven or higher while 34% were not sure.
- Thirty-two percent of the 22 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Twenty-seven percent reported a level of 100 or higher while 41% 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 (70% and 79%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their A1C test was a level of less than seven at their last appointment (23% and 36%, respectively). From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (18% and 32%, 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

- Nine percent of respondents reported they currently have asthma.
- Eighteen percent of respondents 35 to 44 years old reported current asthma compared to 5% of those 65 and older or 2% of respondents 45 to 54 years old.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.

- In 2006 and 2009, respondents 35 to 44 years old were more likely to report current asthma. In 2003, 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 reporting current asthma.
- In 2006, unmarried respondents were more likely to report current asthma. In all other study years, marital status was not a significant variable.

Table 18. Current Asthma by Demographic Variables for Each Survey Year^①

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

^①Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2003 to 2009

Written Asthma Action Plan

2009 Findings

- Of the 36 respondents who currently had asthma, 8% 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 decrease in the overall percent of respondents who reported a written asthma action plan (33% and 8%, 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

- Six percent of respondents reported they had cancer in the past three years.
 - Breast cancer was most often mentioned (6 responses) followed by stomach cancer (5 responses). Three respondents each reported melanoma/skin or prostate cancer. Two respondents each reported rectal or pituitary gland cancer.

Stroke

2009 Findings

- One 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.

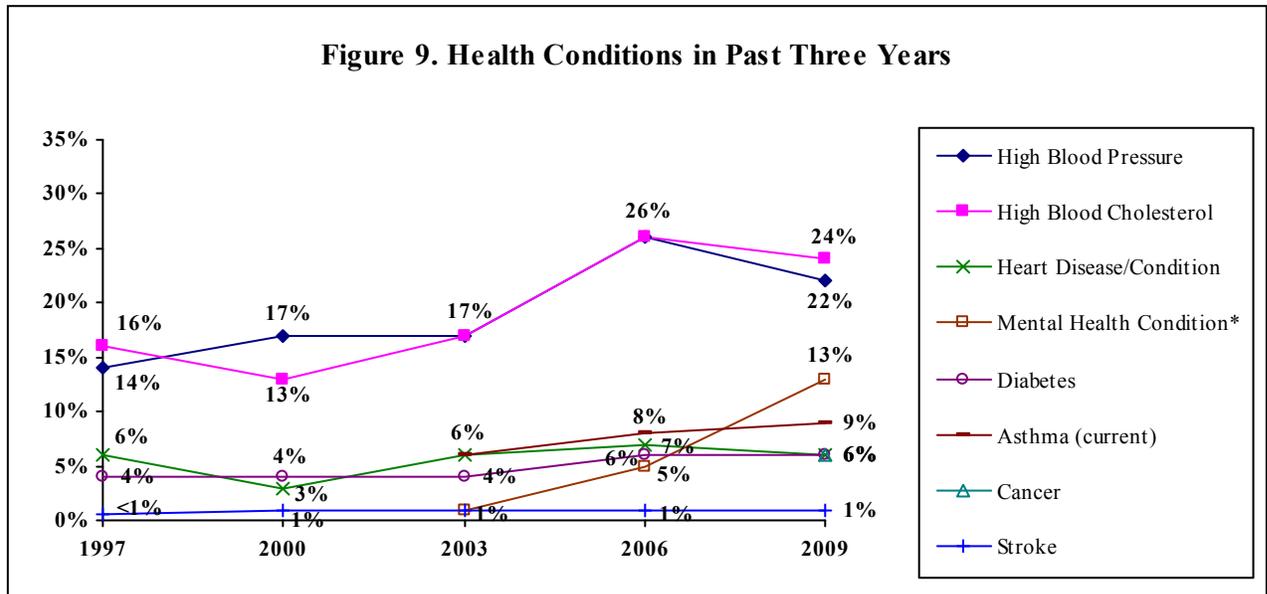
Year Comparisons

- From 1997 to 2009, there was a statistical increase 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 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure, high blood cholesterol or stroke. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting heart disease/condition or diabetes. 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. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.



*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.

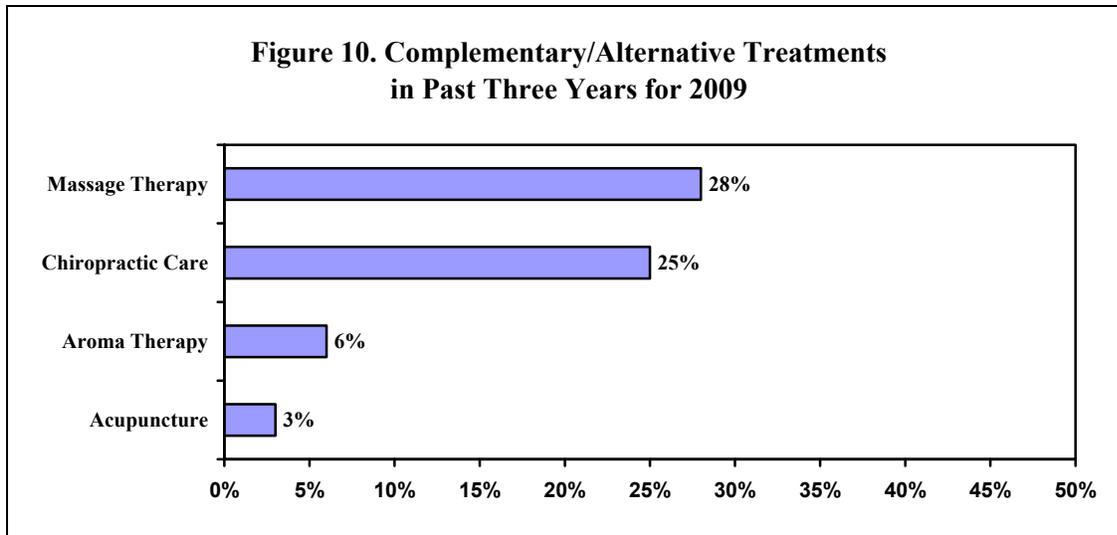
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (28%). Respondents who were 18 to 34 years old were more likely to report chiropractic care. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old or married were more likely to report aroma therapy.

From 2000 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care. From 2000 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy, aroma therapy or acupuncture.

2009 Findings

- Respondents were more likely to have used massage therapy (28%) or chiropractic care (25%) in the past three years.



Chiropractic Care

2009 Findings

- Twenty-five percent of respondents reported chiropractic care in the past three years.
- Thirty-seven percent of respondents 18 to 34 years old reported chiropractic care in the past three years compared to 18% of those 45 to 54 years old or 17% of respondents 65 and older.

Year Comparisons

- From 2000 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2006, female respondents were more likely to report chiropractic care in the past three years. In all other study years, gender was not a significant variable.
- In 2000, respondents 55 to 64 years old were more likely to report chiropractic care. In 2003, respondents 45 to 54 years old were more likely to report chiropractic care. In 2009, respondents 18 to 34 years old were more likely to report this. In 2006, age was not a significant variable. From 2000 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old reporting chiropractic care.
- In 2003, respondents in the middle 20 percent household income bracket were more likely to report chiropractic care in the past three years. In all other study years, household income was not a significant variable.

- In 2000, married respondents were more likely to report chiropractic care. In all other study years, marital status was not a significant variable. From 2000 to 2009, there was a noted increase in the percent of unmarried respondents reporting chiropractic care.

Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2000	2003	2006	2009
TOTAL	22%	18%	22%	25%
Gender ³				
Male	22	20	13	27
Female	21	17	30	22
Age ^{1,2,4}				
18 to 34 ^a	24	15	24	37
35 to 44	21	22	18	26
45 to 54	23	25	17	18
55 to 64	33	19	33	20
65 and Older	7	10	24	17
Education				
High School or Less	19	16	21	19
Some Post High School	21	19	23	25
College Graduate	23	19	23	27
Household Income ²				
Bottom 40 Percent Bracket	23	11	21	18
Middle 20 Percent Bracket	20	22	30	33
Top 40 Percent Bracket	25	18	21	27
Marital Status ¹				
Married	25	20	21	25
Not Married ^a	14	14	24	24

^⓪Percentages 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.

¹demographic difference at $p \leq 0.05$ in 2000

²demographic difference at $p \leq 0.05$ in 2003

³demographic difference at $p \leq 0.05$ in 2006

⁴demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2000 to 2009

Massage Therapy

2009 Findings

- Twenty-eight 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 (32%) compared to male respondents (23%).

- Forty percent of respondents 35 to 44 years old reported massage therapy compared to 25% of those 45 to 54 years old or 9% of respondents 65 and older.
- Thirty-six percent of respondents with a college education reported massage therapy compared to 23% of those with some post high school education or 13% 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 (35%) compared to those in the middle 20 percent income bracket (21%) or respondents in the bottom 40 percent household income bracket (14%).

Year Comparisons

- From 2000 to 2009, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- In all study years, female respondents were more likely to report massage therapy. From 2000 to 2009, there was a noted increase in the percent of respondents across gender reporting massage therapy.
- In 2003, respondents 18 to 44 years old were more likely to report massage therapy. In 2009, respondents 35 to 44 years old were more likely to report massage therapy. In 2000 and 2006, age was not a significant variable. From 2000 to 2009, there was a noted increase in the percent of respondents 18 to 64 years old reporting massage therapy.
- In 2009, respondents with a college education were more likely to report massage therapy, with a noted increase since 2000. 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 2000 and 2003, household income was not a significant variable. From 2000 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting massage therapy.
- In 2000, unmarried respondents were more likely to report massage therapy. In 2006, married respondents were more likely to report massage therapy. In 2003 and 2009, marital status was not a significant variable. From 2000 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^⓪

	2000	2003	2006	2009
TOTAL ^a	11%	19%	25%	28%
Gender ^{1,2,3,4}				
Male ^a	8	14	19	23
Female ^a	15	24	29	32
Age ^{2,4}				
18 to 34 ^a	11	23	29	31
35 to 44 ^a	14	24	31	40
45 to 54 ^a	12	19	23	25
55 to 64 ^a	10	18	25	26
65 and Older	6	9	13	9
Education ⁴				
High School or Less	8	15	23	13
Some Post High School	14	19	21	23
College Graduate ^a	10	22	28	36
Household Income ^{3,4}				
Bottom 40 Percent Bracket	13	14	14	14
Middle 20 Percent Bracket	11	22	23	21
Top 40 Percent Bracket ^a	13	19	31	35
Marital Status ^{1,3}				
Married ^a	8	18	29	28
Not Married	19	22	18	27

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2000 to 2009

Aroma Therapy

2009 Findings

- Six percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years compared to male respondents (8% and 3%, respectively).
- Respondents 45 to 54 years old were more likely to report aroma therapy (13%) compared to those 18 to 34 years old (3%) or respondents 65 and older (2%).

- Married respondents were more likely to report aroma therapy compared to unmarried respondents (7% and 2%, respectively).

Year Comparisons

- From 2000 to 2009, there was a statistical increase in the overall percent of respondents who used aroma therapy.
- In 2009, female respondents were more likely to report aroma therapy. In 2003 and 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 45 to 54 years old were more likely to report aroma therapy. In 2003, age was not a significant variable.
- In 2009, married respondents were more likely to report aroma therapy. In 2003 and 2006, marital status was not a significant variable.

Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2000 ^③	2003	2006	2009
TOTAL ^a	2%	6%	6%	6%
Gender ⁴				
Male	--	6	6	3
Female	--	5	6	8
Age ^{3,4}				
18 to 34	--	7	9	3
35 to 44	--	7	12	6
45 to 54	--	6	4	13
55 to 64	--	5	2	4
65 and Older	--	3	0	2
Education				
High School or Less	--	5	8	8
Some Post High School	--	5	3	4
College Graduate	--	7	7	5
Household Income				
Bottom 40 Percent Bracket	--	5	8	8
Middle 20 Percent Bracket	--	7	1	0
Top 40 Percent Bracket	--	6	8	6
Marital Status ⁴				
Married	--	5	4	7
Not Married	--	8	8	2

^①Percentages 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.

^②In 2009, “using essential oils” was added.

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 2000 to 2009

Acupuncture

2009 Findings

- Three percent of respondents reported they used acupuncture in the past three years.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they used acupuncture in the past three years.

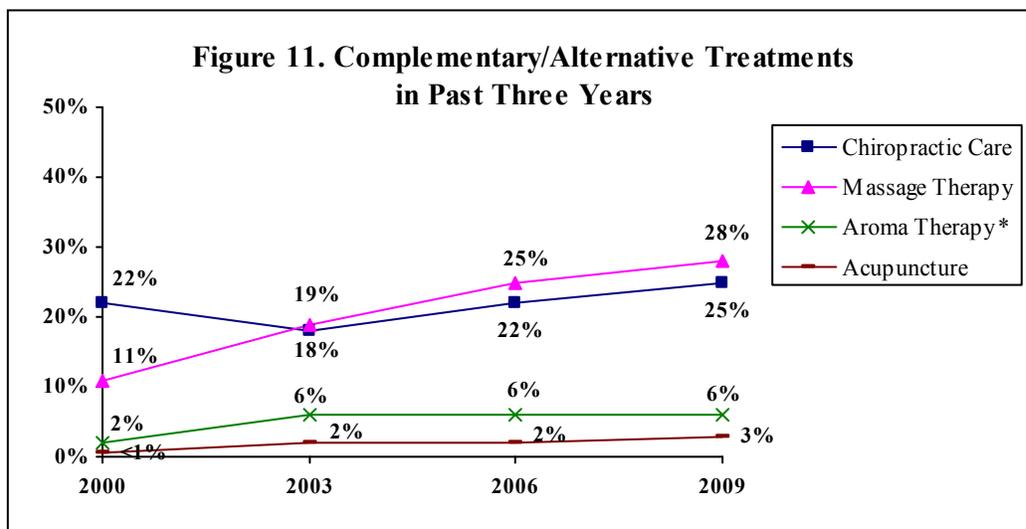
Year Comparisons

- From 2000 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 they used acupuncture in all study years.

Complementary/Alternative Treatments Overall

Year Comparisons

- From 2000 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care. From 2000 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy, aroma therapy or acupuncture.



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

Physical Well Being and Body Weight (Figures 12 & 13; Tables 22 - 25)

KEY FINDINGS: In 2009, 41% of respondents did moderate physical activity five times a week for 30 minutes while 33% did vigorous activity three times a week for 20 minutes. Combined, 53% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-three percent of respondents were classified as overweight. Respondents who were male or inactive were more likely to be classified as overweight.

From 2003 to 2009, there was a statistical increase 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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 1997 to 2009, there was a statistical increase 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

- Forty-one percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Fifty-one percent did some activity, but not to the extent of the recommendation, while 8% were classified as inactive.
- Fifty-two percent of respondents who were not overweight met the recommended amount of moderate physical activity compared to 36% of overweight respondents.

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- Gender was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across gender meeting the recommended amount of moderate physical activity.
- In 2006, respondents 18 to 44 years old were more likely to meet the recommended amount of moderate physical activity. 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 44 years old or 65 and older meeting the recommended amount of moderate physical activity.

- In 2003, respondents with a college education were more likely to meet the recommended amount of moderate physical activity. In 2006, respondents with some post high school education were more likely to meet the recommended amount of moderate physical activity. In 2009, education was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across education meeting the recommended amount of moderate physical activity.
- In 2003, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. 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 household income bracket meeting the recommended amount of moderate physical activity.
- Marital status was not a significant variable in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents across marital status meeting the recommended amount of moderate physical activity.
- In 2003 and 2009, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2006, overweight status was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of respondents across overweight status meeting the recommended amount of moderate physical activity.

Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL ^a	28%	35%	41%
Gender			
Male ^a	27	39	41
Female ^a	28	32	41
Age ²			
18 to 34 ^a	25	42	37
35 to 44 ^a	31	45	48
45 to 54	25	38	33
55 to 64	34	25	41
65 and Older ^a	28	19	46
Education ^{1,2}			
High School or Less ^a	20	23	38
Some Post High School ^a	29	43	40
College Graduate ^a	32	37	43
Household Income ¹			
Bottom 40 Percent Bracket ^a	20	36	37
Middle 20 Percent Bracket	28	31	33
Top 40 Percent Bracket ^a	31	39	44
Marital Status			
Married ^a	28	32	40
Not Married ^a	28	39	43
Overweight Status ^{1,3}			
Not Overweight ^a	33	40	52
Overweight ^a	25	31	36

^①Percentages 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.

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤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 vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness 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

- Thirty-three percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-three percent did some vigorous physical activity while 44% did not do any vigorous physical activity.
- Forty-five percent of respondents 18 to 34 years old and 43% of those 35 to 44 years old reported vigorous physical activity compared to 14% of respondents 65 and older.
- Forty percent of respondents in the top 40 percent household income bracket reported vigorous physical activity compared to 26% of those in the middle 20 percent income bracket or 22% of respondents in the bottom 40 percent household income bracket.
- Respondents who were not overweight were more likely to report vigorous physical activity compared to overweight respondents (44% and 27%, respectively).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who did the recommended amount of vigorous physical activity in a week.
- In 2006, respondents 45 to 54 years old were more likely to meet the recommended amount of vigorous physical activity. In 2009, respondents 18 to 44 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, education was not a significant variable.
- In both study years, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of vigorous physical activity. In 2009, marital status was not a significant variable.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

Table 23. Recommended Vigorous Physical Activity by Demographic Variables for 2009^{①,②}

	2006	2009
TOTAL	29%	33%
Gender		
Male	32	37
Female	27	29
Age ^{1,2}		
18 to 34	36	45
35 to 44	32	43
45 to 54	39	25
55 to 64	21	27
65 and Older	13	14
Education ¹		
High School or Less	18	27
Some Post High School	27	34
College Graduate	36	34
Household Income ^{1,2}		
Bottom 40 Percent Bracket	22	22
Middle 20 Percent Bracket	24	26
Top 40 Percent Bracket	39	40
Marital Status ¹		
Married	34	34
Not Married	22	31
Overweight Status ^{1,2}		
Not Overweight	40	44
Overweight	22	27

^①Percentages 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.

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤05 from 2006 to 2009

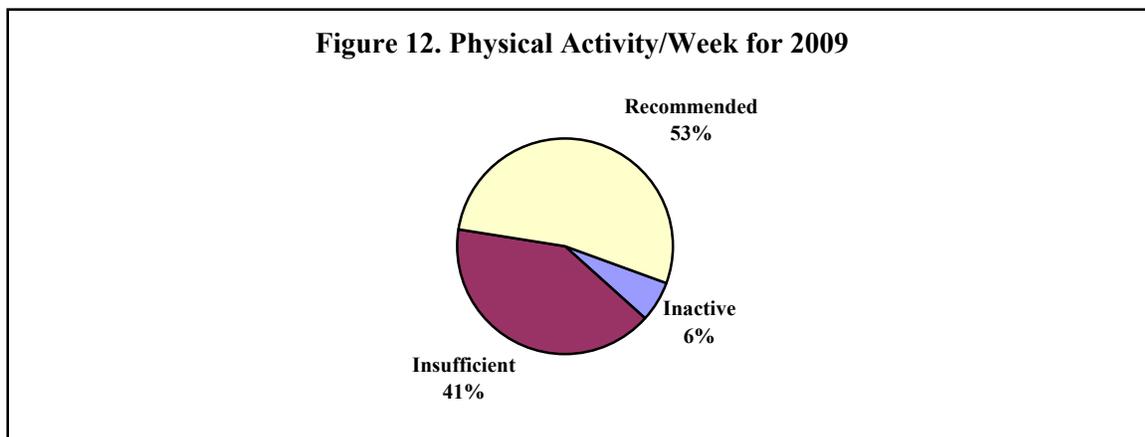
Combined Recommended Amount of Physical Activity in Typical Week

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

- Fifty-three 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-one percent did an insufficient amount of physical activity while 6% did no physical activity in a typical week.



- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (70%) compared to overweight respondents (44%).

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2006, male respondents were more likely to meet the recommended amount of physical activity. In 2009, gender was not a significant variable.
- In 2006, respondents 35 to 54 years old were more likely to meet the recommended amount of physical activity. In 2009, age was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents 55 and older meeting the recommended amount of physical activity.

- In 2006, respondents with some post high school education were more likely to meet the recommended amount of physical activity. In 2009, education was not a significant variable. From 2006 to 2009, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of physical activity.
- In both study years, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

Table 24. Recommended Physical Activity by Demographic Variables for 2009^{①,②}

	2006	2009
TOTAL	48%	53%
Gender ¹		
Male	54	54
Female	43	51
Age ¹		
18 to 34	51	53
35 to 44	59	56
45 to 54	56	48
55 to 64 ^a	35	56
65 and Older ^a	32	51
Education ¹		
High School or Less ^a	30	51
Some Post High School	61	54
College Graduate	51	53
Household Income		
Bottom 40 Percent Bracket	46	47
Middle 20 Percent Bracket	43	48
Top 40 Percent Bracket	56	54
Marital Status		
Married	48	52
Not Married	49	54
Overweight Status ^{1,2}		
Not Overweight	59	70
Overweight	41	44

^①Percentages 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.

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

¹demographic difference at p≤0.05 in 2006

²demographic difference at p≤0.05 in 2009

^ayear difference at p≤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/meter². 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, 63% of respondents were overweight.
- Male respondents were more likely to be overweight (74%) compared to female respondents (52%).
- Eighty percent of inactive respondents were overweight compared to 75% of those who did an insufficient amount of physical activity or 52% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents being overweight.
- In all study years, male respondents were more likely to be classified as overweight. From 1997 to 2009, there was a noted increase in the percent of respondents across gender being overweight.
- In 1997, respondents 65 and older were more likely to be overweight. In 2000, 2003 and 2006, respondents 55 to 64 years old were more likely to be overweight. In 2009, age was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents 18 to 34 years old being overweight.
- In 2000, respondents with a high school education or less were more likely to be overweight. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with a high school education or less or with a college education being overweight.
- In 2006, 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. From 1997 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 household income bracket being overweight.
- In 2003, married respondents were more likely to be overweight. In all other study years, marital status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status being overweight.
- In 2006, respondents who were inactive or who did an insufficient amount of physical activity were more likely to be overweight. In 2009, respondents who were inactive were more likely to be overweight.

Table 25. Overweight by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL ^a	53%	58%	53%	59%	63%
Gender ^{1,2,3,4,5}					
Male ^a	65	70	64	68	74
Female ^a	39	45	43	50	52
Age ^{1,2,3,4}					
18 to 34 ^a	41	44	37	62	66
35 to 44	59	57	47	52	64
45 to 54	56	63	62	49	56
55 to 64	60	72	69	80	70
65 and Older	65	60	59	61	63
Education ²					
High School or Less ^a	53	69	55	63	67
Some Post High School	55	56	52	60	59
College Graduate ^a	51	51	52	56	64
Household Income ⁴					
Bottom 40 Percent Bracket ^a	49	69	57	66	67
Middle 20 Percent Bracket	49	59	51	72	63
Top 40 Percent Bracket ^a	55	62	52	52	65
Marital Status ³					
Married ^a	55	60	58	58	66
Not Married ^a	49	52	41	59	60
Physical Activity ^{4,5}					
Inactive	--	--	--	68	80
Insufficient	--	--	--	67	75
Recommended	--	--	--	50	52

^①Percentages 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.

^②Physical activity was defined differently from 1997 to 2003.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

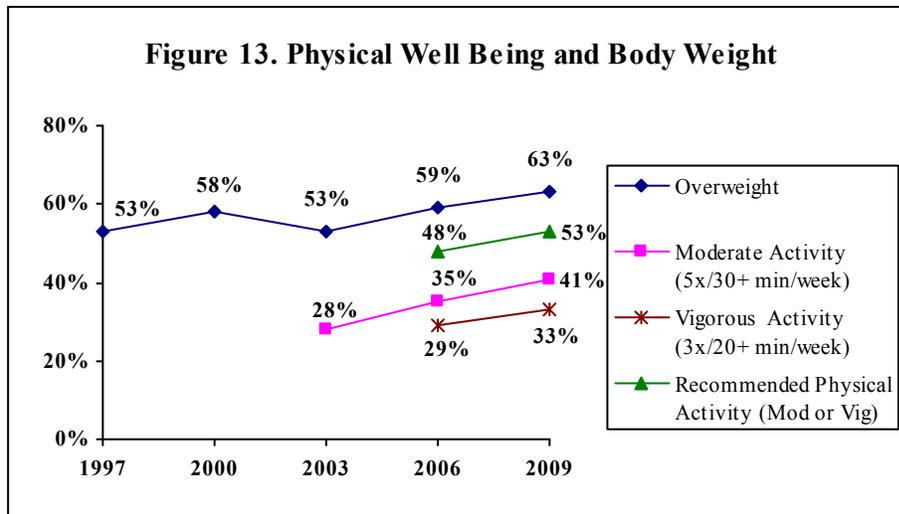
^ayear difference at p≤0.05 from 1997 to 2009

^byear difference at p≤0.05 from 2006 to 2009

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase 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 no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 1997 to 2009, there was a statistical increase in the overall percent of respondents being overweight.



Nutrition and Diet (Figure 14; Tables 26 & 27)

KEY FINDINGS: In 2009, 68% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, in the top 40 percent household income bracket, married or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket, who were married or who 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 two or more servings of fruit or three or more 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-eight 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 (78%) compared to male respondents (57%).
- Eighty-two percent of respondents 18 to 34 years old reported two or more servings of fruit a day compared to 60% of those 35 to 44 years old or 51% of respondents 55 to 64 years old.
- Seventy-five percent of respondents in the top 40 percent household income bracket reported two or more servings of fruit a day compared to 70% of those in the middle 20 percent income bracket or 46% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report two or more servings of fruit a day compared to unmarried respondents (74% and 59%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit a day (75%) compared to those who did an insufficient amount of physical activity (59%) or inactive respondents (58%).

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 2009, respondents 18 to 34 years old were more likely to report two or more servings of fruit, with a noted increase since 2003. In all other study years, age was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of respondents 55 to 64 years old reporting two or more servings of fruit.
- In 2003 and 2006, respondents with a college education were more likely to report eating fruit. In 2009, education was not a significant variable.
- 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 all other study years, 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 reporting two or more servings of fruit.
- In 2006 and 2009, married respondents were more likely to report two or more servings of fruit. In 2003, marital status was not a significant variable. From 2003 to 2009, there was a noted decrease in the percent of unmarried respondents reporting two or more servings of fruit.
- In 2003, 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 2009, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. In 2006, physical activity was not a significant variable.

Table 26. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	69%	68%	68%
Gender ^{1,2,3}			
Male	56	55	57
Female	81	79	78
Age ³			
18 to 34 ^a	68	60	82
35 to 44	65	73	60
45 to 54	65	63	66
55 to 64 ^a	77	63	51
65 and Older	76	73	74
Education ^{1,2}			
High School or Less	64	64	60
Some Post High School	67	60	74
College Graduate	74	74	67
Household Income ³			
Bottom 40 Percent Bracket ^a	64	64	46
Middle 20 Percent Bracket	70	70	70
Top 40 Percent Bracket	71	72	75
Marital Status ^{2,3}			
Married	69	73	74
Not Married ^a	71	60	59
Overweight ¹			
Not Overweight	76	72	74
Overweight	63	64	64
Physical Activity ³			
Inactive	--	64	58
Insufficient	--	63	59
Recommended	--	72	75

^①Percentages 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.

^②Physical activity was defined differently in 2003.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

^byear difference at $p \leq 0.05$ from 2006 to 2009

Vegetable Intake

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.

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)

2009 Findings

- Thirty percent of respondents reported three or more servings of vegetables on an average day.
- Forty-four percent of respondents 18 to 34 years old reported three or more servings of vegetables a day compared to 20% of those 65 and older or 16% of respondents 55 to 64 years old.
- Respondents with at least some post high school education were more likely to report three or more servings of vegetables a day (33%) compared to respondents with a high school education or less (18%).
- Thirty-eight percent of respondents in the top 40 percent household income bracket reported three or more servings of vegetables a day compared to 20% of those in the bottom 40 percent income bracket or 18% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report three or more servings of vegetables a day compared to unmarried respondents (35% and 23%, respectively).
- Respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day (36%) compared to those who did an insufficient amount of physical activity (25%) or inactive respondents (13%).

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 2003 and 2006, female respondents were more likely to report three or more vegetable servings per day. In 2009, gender was not a significant variable. From 2003 to 2009, there was a noted increase in the percent of male respondents reporting three or more servings of vegetables a day.
- In 2003, respondents who were 35 to 44 years old or 65 and older were more likely to report three or more vegetable servings per day. In 2009, respondents 18 to 34 years old were more likely to report three or more servings of vegetables. In 2006, 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 and a noted decrease in the percent of respondents 65 and older reporting three or more servings of vegetables a day.
- In 2003 and 2006, respondents with a college education were more likely to report three or more servings of vegetables. In 2009, respondents with at least some post high school education were more likely to report three or more servings of vegetables per day.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report three or more servings of vegetables, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2009, married respondents were more likely to report three or more servings of vegetables a day. In all other study years, marital status was not a significant variable.

- In 2006, respondents who were not overweight were more likely to report three or more servings of vegetables a day. In all other study years, overweight status was not a significant variable.
- In 2006 and 2009, respondents who met the recommended amount of physical activity were more likely to report three or more servings of vegetables a day.

Table 27. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006	2009
TOTAL	28%	28%	30%
Gender ^{1,2}			
Male ^a	17	19	26
Female	37	36	34
Age ^{1,3}			
18 to 34 ^a	16	24	44
35 to 44	32	37	36
45 to 54	27	30	25
55 to 64	27	17	16
65 and Older ^a	34	24	20
Education ^{1,2,3}			
High School or Less	25	14	18
Some Post High School	23	30	33
College Graduate	33	34	33
Household Income ³			
Bottom 40 Percent Bracket	25	23	20
Middle 20 Percent Bracket	29	24	18
Top 40 Percent Bracket ^a	27	34	38
Marital Status ³			
Married	29	25	35
Not Married	26	32	23
Overweight ²			
Not Overweight	29	36	32
Overweight	25	22	29
Physical Activity ^{2,3}			
Inactive	--	23	13
Insufficient	--	21	25
Recommended	--	36	36

^①Percentages 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.

^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³demographic difference at p≤0.05 in 2009

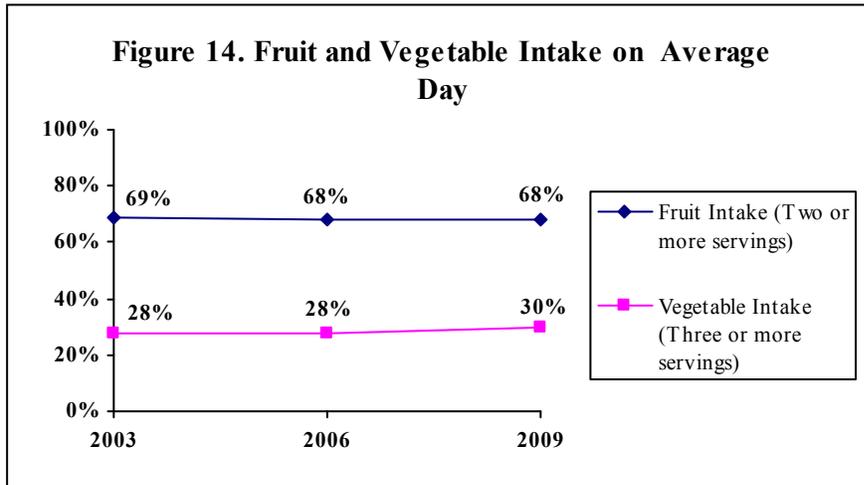
^ayear difference at p≤0.05 from 2003 to 2009

^byear 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 two or more servings of fruit or three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2009, 80% of female respondents 40 and older reported a mammogram within the past two years. Seventy-six percent of female respondents 65 and older had a bone density scan. Eighty-nine percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with some post high school education or in the top 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 who reported having a mammogram within the past two years or a pap smear within the past three 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.

Mammogram

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

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

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

- Eighty 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

- Seventy-six percent of the 38 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.

²“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.

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.³

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 89% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Respondents with some post high school education were more likely to report a pap smear within the past three years (98%) compared to those with a college education (93%) or respondents with a high school education or less (71%).
- Ninety-six percent of respondents in the top 40 percent household income bracket reported a pap smear within the past three years compared to 81% of those in the middle 20 percent income bracket or 76% of respondents in the bottom 40 percent household income bracket.

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 2009, respondents with some post high school 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. From 2003 to 2009, there was a noted decrease in the percent of respondents with a high school education or less reporting a pap smear within the past three years.
- In 2009, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years. In all other study years, household income was not a significant variable.
- In 2003, married respondents were more likely to report a pap smear within the past three years. In all other study years, marital status was not a significant variable.

³“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.

Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^⓪

	2003	2006	2009
TOTAL	93%	94%	89%
Age			
18 to 34	95	97	92
35 to 44	96	93	94
45 and Older	90	93	84
Education ³			
High School or Less ^a	90	91	71
Some Post High School	91	95	98
College Graduate	96	95	93
Household Income ³			
Bottom 40 Percent Bracket	86	84	76
Middle 20 Percent Bracket	93	94	81
Top 40 Percent Bracket	94	95	96
Marital Status ¹			
Married	95	92	92
Not Married	88	95	84

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

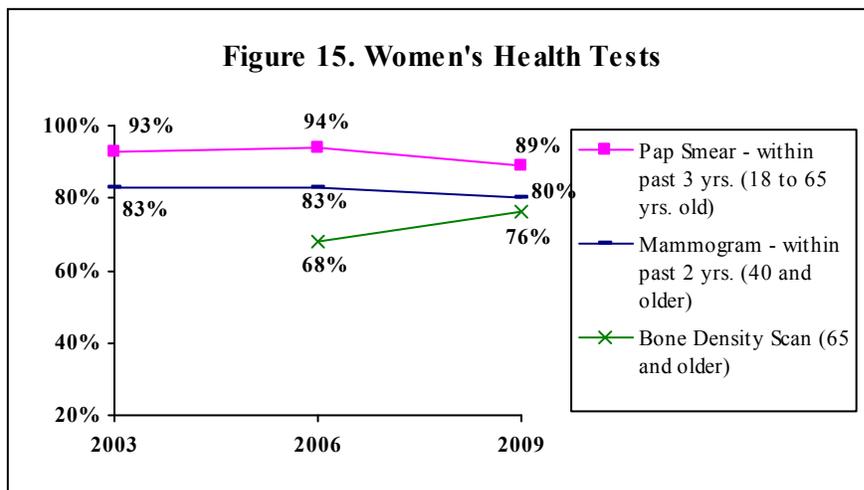
³demographic difference at p≤0.05 in 2009

^ayear difference at p≤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 who reported having a mammogram within the past two years or a pap smear within the past three years. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported a bone density scan.



Men's Health (Figure 16)

KEY FINDINGS: In 2009, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-nine 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).⁴

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).

⁴“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

- Thirty-seven percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 11% reported within the past two years (one year but less than two years). Thirty-three 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 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).⁵

2009 Findings

- Thirty-nine 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). Nineteen 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

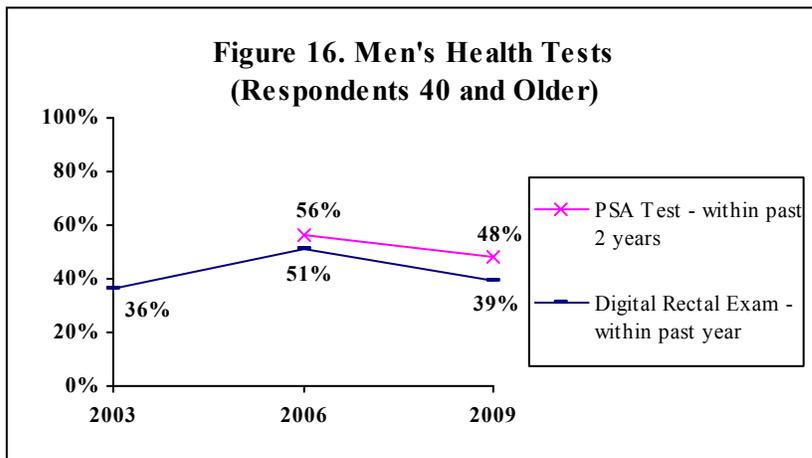
- From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

⁵“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 29 - 31)

KEY FINDINGS: In 2009, 10% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% reported a colonoscopy within the past ten years. Unmarried 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 a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.

Sigmoidoscopy

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

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

⁶“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

- Ten percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Eighty percent reported never.
- Unmarried respondents were more likely to report a sigmoidoscopy within the past five years compared to married respondents (15% and 5%, respectively).

Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	10%
Gender	
Male	9
Female	11
Education	
High School or Less	10
Some Post High School	11
College Graduate	9
Household Income	
Bottom 40 Percent Bracket	14
Middle 20 Percent Bracket	10
Top 40 Percent Bracket	4
Marital Status ¹	
Married	5
Not Married	15

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

¹demographic 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.*⁷

2009 Findings

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

⁷“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 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2009 (Respondents 50 and Older)^⓪

	2009
TOTAL	62%
Gender	
Male	67
Female	57
Education	
High School or Less	62
Some Post High School	56
College Graduate	66
Household Income	
Bottom 40 Percent Bracket	65
Middle 20 Percent Bracket	50
Top 40 Percent Bracket	67
Marital Status	
Married	65
Not Married	58

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

[Ⓛ]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 a statistical increase in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime, possibly the result of changing the survey question from a combined question to separate exam questions.
- Gender or marital status was not significant in any study year. From 2003 to 2009, there was a noted increase in the percent of respondents who were female or married reporting a sigmoidoscopy or colonoscopy in their lifetime.

Table 31. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)^{①,②}

	2003	2006	2009
TOTAL ^a	59%	67%	70%
Gender			
Male	60	69	67
Female ^a	57	66	71
Education			
High School or Less	57	74	71
Some Post High School	54	65	66
College Graduate	64	65	70
Household Income			
Bottom 40 Percent Bracket	64	65	70
Middle 20 Percent Bracket	52	71	61
Top 40 Percent Bracket	59	67	69
Marital Status			
Married ^a	59	67	74
Not Married	56	67	63

^①Percentages 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.

^②In 2009, sigmoidoscopy and colonoscopy separated into two survey questions.

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

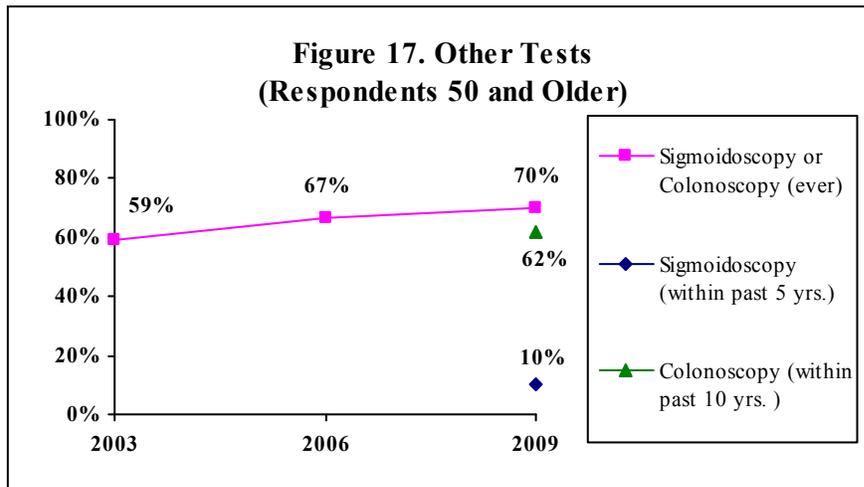
³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Other Tests Overall

Year Comparisons

- From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.



Safety: Seat Belt and Helmet Use (Figure 18; Tables 32 & 33)

KEY FINDINGS: In 2009, 91% of respondents wore seat belts always or nearly always; respondents who were female, 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 39% reported they always or nearly always wore a helmet; respondents who were in the top 40 percent household income bracket or married were more likely to report this.

From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt or 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-one percent of respondents reported they wore seat belts always or nearly always.
- Female respondents were more likely to report always or nearly always (96%) compared to male respondents (86%).
- Respondents 35 to 44 years old were more likely to report always or nearly always (99%) compared to those 18 to 34 years old (88%) or respondents 45 to 54 years old (86%).
- Ninety-four percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 91% of those in the middle 20 percent income bracket or 82% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 1997, 2000, 2003 and 2009, female respondents were more likely to report always or nearly always. In 2006, gender was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across gender reporting always or nearly always.
- In 1997, respondents 65 and older were more likely to report always or nearly always. In 2009, respondents 35 to 44 years old were more likely to report they always or nearly always wore a seat belt. In all other study years, age was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting always or nearly always.
- In 2003, respondents with at least some post high school education were more likely to report always or nearly always. In 2006, respondents with a high school education or less or with a college education were more likely to report always or nearly always. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents across education reporting always or nearly always.
- In 1997, 2006 and 2009, 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. From 1997 to 2009, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting always or nearly always.
- In 1997, 2003 and 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. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status reporting always or nearly always.

Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^⓪

	1997	2000	2003	2006	2009
TOTAL ^a	82%	82%	89%	90%	91%
Gender ^{1,2,3,5}					
Male ^a	76	74	85	88	86
Female ^a	89	89	92	93	96
Age ^{1,5}					
18 to 34 ^a	74	81	84	92	88
35 to 44 ^a	85	80	87	86	99
45 to 54	85	85	91	89	86
55 to 64	84	74	90	98	90
65 and Older	92	91	93	91	94
Education ^{3,4}					
High School or Less ^a	77	85	82	92	88
Some Post High School ^a	82	76	90	83	92
College Graduate ^a	85	86	92	94	92
Household Income ^{1,4,5}					
Bottom 40 Percent Bracket	81	88	87	80	82
Middle 20 Percent Bracket ^a	74	78	85	90	91
Top 40 Percent Bracket ^a	86	83	90	96	94
Marital Status ^{1,3,4}					
Married ^a	87	82	92	94	93
Not Married ^a	73	82	81	85	89

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Helmet Usage

2009 Findings

- Fifty-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...

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

- Respondents in the top 40 percent household income bracket were more likely to report always or nearly always (47%) compared to respondents in the bottom 60 percent household income bracket (18%).
- Married respondents were more likely to report always or nearly always wearing a helmet compared to unmarried respondents (48% and 23%, respectively).

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 1997, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of male respondents reporting always or nearly always.
- In 1997, respondents 45 and older were more likely to report always or nearly always. In 2000 and 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents 18 to 44 years old reporting always or nearly always.
- In 1997, 2000, 2003 and 2006, respondents with a college education were more likely to report they always/nearly always wore a helmet. In 2009, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with at least some post high school education reporting always or nearly always.
- In 2000, 2003 and 2009, 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. From 1997 to 2009, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting always or nearly always.
- In 2003 and 2009, 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. From 1997 to 2009, there was a noted increase in the percent of married respondents reporting always or nearly always.

Table 33. 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)^⓪

	1997	2000	2003	2006	2009
TOTAL ^a	24%	25%	31%	37%	39%
Gender ¹					
Male ^a	20	20	30	32	38
Female	29	28	32	42	39
Age ^{1,2,3}					
18 to 34 ^a	17	11	16	41	38
35 to 44 ^a	28	38	44	40	45
45 and Older	31	22	31	32	34
Education ^{1,2,3,4}					
High School or Less	13	3	17	18	24
Some Post High School ^a	22	20	25	33	36
College Graduate ^a	29	36	41	45	45
Household Income ^{2,3,5}					
Bottom 60 Percent Bracket	21	13	24	31	18
Top 40 Percent Bracket ^a	27	32	34	42	47
Marital Status ^{3,5}					
Married ^a	26	28	36	42	48
Not Married	19	15	20	29	23

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

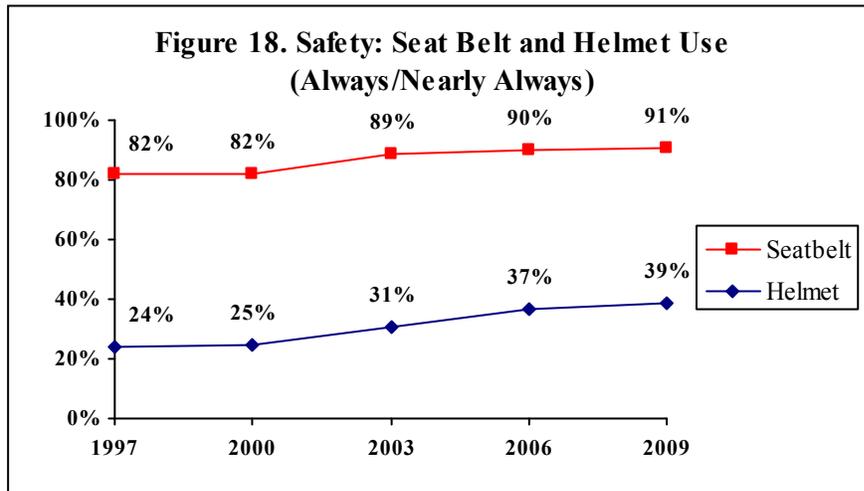
⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt or they always or nearly always wore a helmet.



Cigarette Use (Figures 19 & 20; Table 34)

KEY FINDINGS: In 2009, 17% of respondents were current smokers. Respondents who were 45 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. Fifty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 72% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 1997 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 1997 to 2009, there was no statistical change 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

- Seventeen percent of respondents were current smokers.
- Twenty-seven percent of respondents 45 to 54 years old were current smokers compared to 13% of those 35 to 44 years old or 3% of respondents 65 and older.
- Thirty-two percent of respondents with a high school education or less were current smokers compared to 13% of those with a college education or 12% of respondents with some post high school education.
- Thirty percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 19% of those in the middle 20 percent income bracket or 11% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who were current smokers.
- In 1997 and 2003, respondents 18 to 34 years old were more likely to report they were a current smoker. In 2000, respondents 35 to 44 years old were more likely to report they were a current smoker. In 2009, respondents 45 to 54 years old were more likely to report this. In 2006, age was not a significant variable.
- In 1997, 2000 and 2006, respondents with some post high school education or less were more likely to report they were a current smoker. In 2003 and 2009, respondents with a high school education or less were more likely to be a current smoker. From 1997 to 2009, there was a noted decrease in the percent of respondents with some post high school education being a current smoker.
- In 1997, 2003, 2006 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report being a current smoker. In 2000, household income was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket being a current smoker.
- In 1997, 2000, 2003 and 2006, unmarried respondents were more likely to report being a current smoker. In 2009, marital status was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents being a current smoker.

Table 34. Current Smokers by Demographic Variables for Each Survey Year^⓪

	1997	2000	2003	2006	2009
TOTAL	20%	22%	21%	16%	17%
Gender					
Male	20	24	23	17	19
Female	21	21	20	14	15
Age ^{1,2,3,5}					
18 to 34	27	24	37	23	19
35 to 44	21	31	20	20	13
45 to 54	18	19	19	13	27
55 to 64	16	4	16	10	16
65 and Older	7	22	10	9	3
Education ^{1,2,3,4,5}					
High School or Less	27	27	30	21	32
Some Post High School ^a	26	27	22	23	12
College Graduate	13	14	15	8	13
Household Income ^{1,3,4,5}					
Bottom 40 Percent Bracket	28	33	37	25	30
Middle 20 Percent Bracket	20	24	21	19	19
Top 40 Percent Bracket ^a	17	20	17	9	11
Marital Status ^{1,2,3,4}					
Married	15	17	16	11	14
Not Married ^a	29	34	32	21	20

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

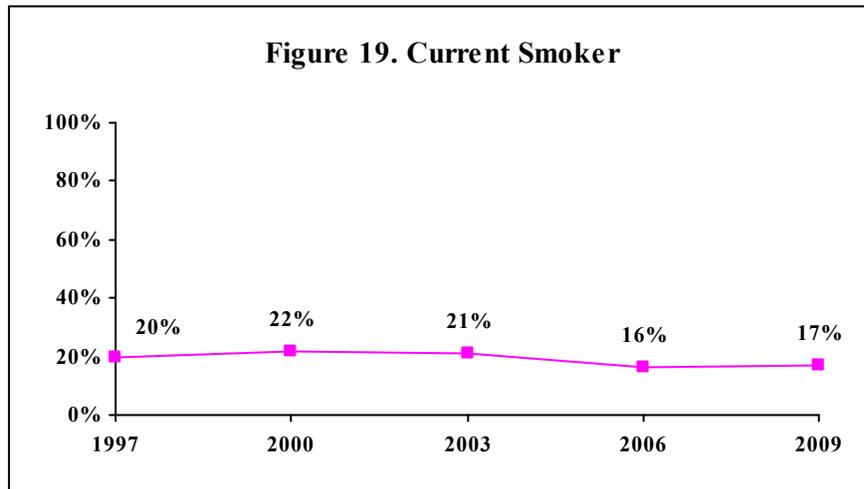
⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Year Comparisons

- From 1997 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-eight 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 1997 to 2009, there was no statistical change 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...

- Seventy-two percent of the 47 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.

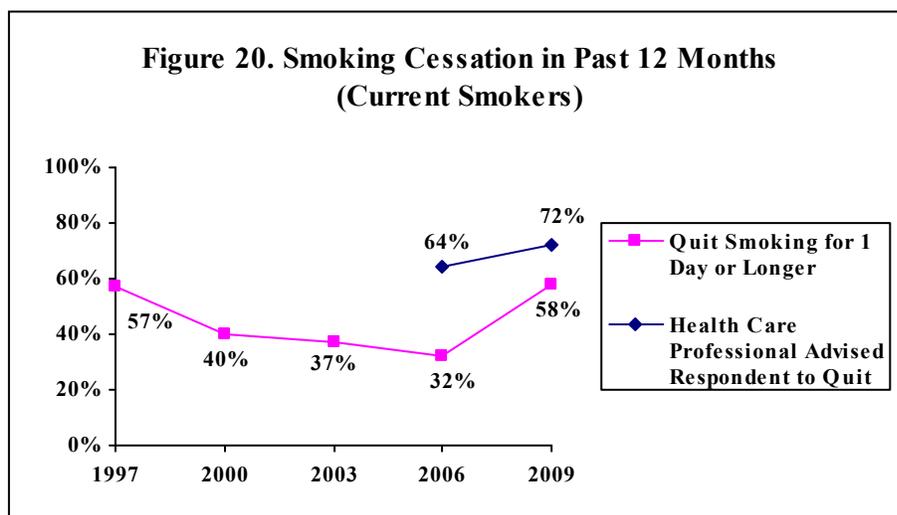
Year Comparisons

- 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 1997 to 2009, there was no statistical change 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 35 & 36)

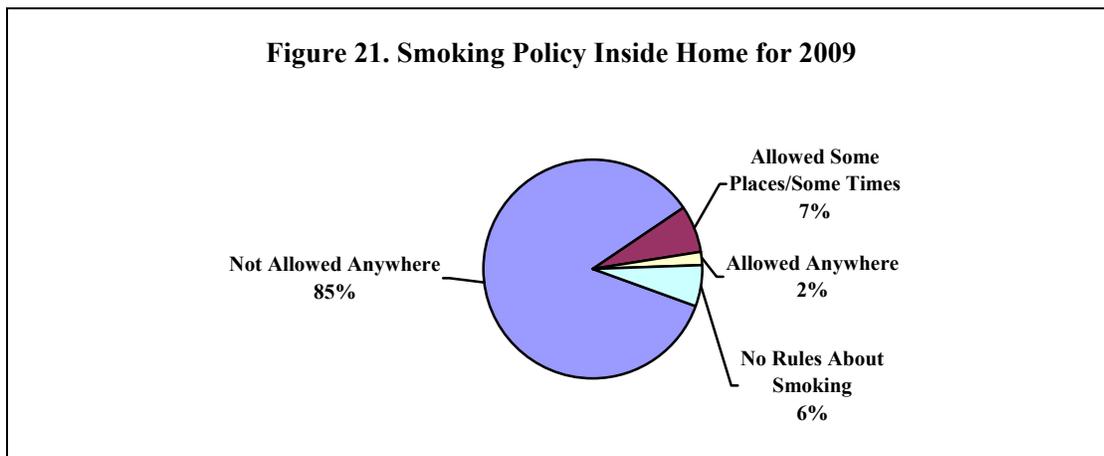
KEY FINDINGS: In 2009, 85% of respondents reported smoking is not allowed anywhere inside the home while 84% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 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 2006-2007, 79% of U.S. respondents reported smoking is prohibited in their home (2006-2007 Tobacco Use Supplement to the Current Population Survey). In 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey).

2009 Findings

- Eighty-five percent of respondents reported smoking is not allowed anywhere inside the home while 7% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Six percent of respondents reported there are no rules about smoking inside the home.



- Ninety-four percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 83% of those in the middle 20 percent income bracket or 62% 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 (90% and 77%, respectively).
- Ninety-two percent of nonsmokers reported smoking is not allowed in the home compared to 50% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (93%) compared to respondents in households without children (79%).

Table 35. Smoking Not Allowed in Home by Demographic Variables for 2009^⓪

	2009
TOTAL	85%
Household Income ¹	
Bottom 40 Percent Bracket	62
Middle 20 Percent Bracket	83
Top 40 Percent Bracket	94
Marital Status ¹	
Married	90
Not Married	77
Smoking Status ¹	
Nonsmoker	92
Smoker	50
Children in Household ¹	
Yes	93
No	79

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

¹demographic difference at $p \leq 0.05$ in 2009

Smoking Policy at Work

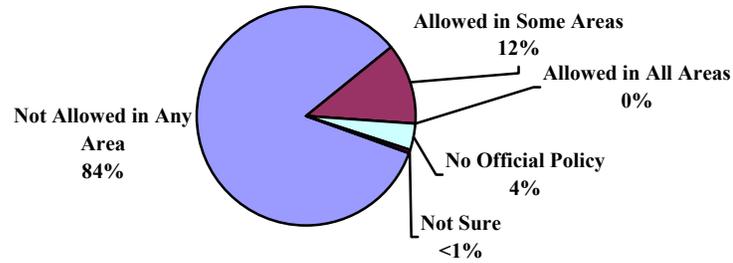
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

2009 Findings

- Eighty-four percent of respondents reported smoking is not allowed in any area at work while 12% reported smoking is allowed in some areas. Zero percent reported smoking is allowed in all areas at work. Four percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2009



- Female respondents were more likely to report smoking is not allowed in any area at work (90%) compared to male respondents (78%).
- Respondents 35 to 44 years old were more likely to report smoking is not allowed in any area at work (94%) compared to those 65 and older (78%) or respondents 18 to 34 years old (74%).
- Ninety-one percent of respondents with a college education reported smoking is not allowed in any area at work compared to 76% of those with some post high school education or 73% of respondents with a high school education or less.
- Eighty-eight percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in any area at work compared to 78% of those in the middle 20 percent income bracket or 74% of respondents in the bottom 40 percent household income bracket.

Table 36. Smoking Not Allowed at Work by Demographic Variables for 2009^⓪

	2009
TOTAL	84%
Gender ¹	
Male	78
Female	90
Age ¹	
18 to 34	74
35 to 44	94
45 to 54	84
55 to 64	83
65 and older	78
Education ¹	
High School or Less	73
Some Post High School	76
College Graduate	91
Household Income ¹	
Bottom 40 Percent Bracket	74
Middle 20 Percent Bracket	78
Top 40 Percent Bracket	88
Marital Status	
Married	84
Not Married	82
Smoking Status	
Nonsmoker	85
Smoker	76

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

¹demographic difference at $p \leq 0.05$ in 2009

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

2009 Findings

- Seventy-four 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-three percent of respondents reported they were exposed to second-hand smoke one to three days while 2% reported four to six days. Less than one percent of nonsmoking respondents reported they were in the same room or rode in a car with someone who was smoking cigarettes all seven 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 37 - 39)

KEY FINDINGS: In 2009, 82% of respondents had an alcoholic drink in the past 30 days. In the past month, 10% were heavy drinkers while 27% were binge drinkers. Respondents in the bottom 60 percent household income bracket were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old or unmarried 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. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 1997 to 2009, there was a statistical decrease 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. From 2006 to 2009, there was no statistical change 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 (2007 Behavioral Risk Factor Surveillance).

2009 Findings

- Eighty-two percent of respondents had a drink in the past 30 days. Forty-seven percent reported they drank on at least five days, while 15% reported three to four days and 20% reported drinking on one or two days in the past 30 days.
- Sixteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 10% reported three, 24% reported two and 32% reported one drink on average on the days they drank. Nineteen percent reported having no drinks in the past month.
- Combined, 10% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Sixteen percent of respondents in the middle 20 percent household income bracket and 14% of those in the bottom 40 percent income bracket reported heavy drinking in the past month compared to 5% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who were heavy drinkers.

- In 1997, female respondents were more likely to report heavy drinking. In all other study years, gender was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of male respondents reporting heavy drinking in the past month.
- Age was not a significant variable in any study year. From 1997 to 2009, there was a noted increase in the percent of respondents 45 to 64 years old reporting heavy drinking in the past month.
- In 2006, respondents with a high school education or less were more likely to report heavy drinking. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of respondents with a college education reporting heavy drinking in the past month.
- In 1997 and 2009, respondents in the bottom 60 percent household income bracket were more likely to report heavy drinking. In 2006, respondents in the bottom 40 percent household income bracket were more likely to report heavy drinking. In 2003, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 1997 to 2009, there was a noted increase in the percent of respondents across marital status reporting heavy drinking in the past month.

Table 37. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	1997	2003	2006	2009
TOTAL ^a	5%	5%	6%	10%
Gender ¹				
Male ^a	3	3	5	9
Female	7	6	6	11
Age				
18 to 34	7	3	9	12
35 to 44	4	8	6	4
45 to 54 ^a	2	4	4	12
55 to 64 ^a	3	3	2	16
65 and Older	3	4	6	6
Education ³				
High School or Less	7	3	12	14
Some Post High School	5	5	4	9
College Graduate ^a	3	6	3	8
Household Income ^{1,3,4}				
Bottom 40 Percent Bracket	8	3	11	14
Middle 20 Percent Bracket	8	4	5	16
Top 40 Percent Bracket	3	6	4	5
Marital Status				
Married ^a	4	5	4	7
Not Married ^a	6	3	8	13

^①Percentages 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.

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

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2006

⁴demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 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 for females and five or more drinks 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 2008, Waukesha County 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-seven percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (40%) compared to female respondents (15%).
- Forty-nine percent of respondents 18 to 34 years old binged in the past month compared to 20% of those 55 to 64 years old or 8% of respondents 65 and older.
- Unmarried respondents were more likely to have binged in the past month compared to married respondents (32% and 23%, respectively).

Year Comparisons

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

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who binged.
- In all study years, male respondents were more likely to have binged.
- In all study years, respondents 18 to 34 years old were more likely to have binged.
- In 1997, 2003 and 2009, unmarried respondents were more likely to have binged. In all other study years, marital status was not a significant variable.

Table 38. Binge Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	1997	2000	2003	2006	2009
TOTAL	27%	18%	16%	16%	27%
Gender ^{1,2,3,4,5}					
Male	39	25	21	24	40
Female	15	10	11	10	15
Age ^{1,2,3,4,5}					
18 to 34	39	29	31	31	49
35 to 44	32	23	23	25	23
45 to 54	19	10	6	11	24
55 to 64	11	6	8	6	20
65 and Older	8	11	4	5	8
Education					
High School or Less	32	15	16	19	29
Some Post High School	28	21	19	15	24
College Graduate	24	16	14	16	28
Household Income					
Bottom 40 Percent Bracket	28	17	17	15	23
Middle 20 Percent Bracket	23	21	19	18	21
Top 40 Percent Bracket	30	21	14	20	30
Marital Status ^{1,3,5}					
Married	24	19	14	15	23
Not Married	33	16	20	18	32

^①Percentages 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.

^②In 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

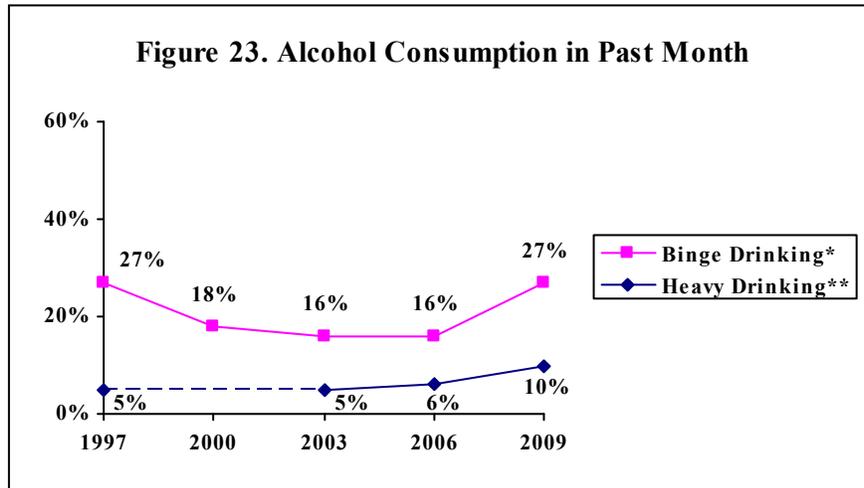
⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Alcohol Consumption Overall

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. Please note: in 2003 the definition of binge drinking was four or more drinks for females and five or more for males on an occasion. All other data years used the definition of five or more drinks regardless of gender.



*In 2003, “4 or more drinks on an occasion” for females and “5 or more drink on an occasion” for males was used; in all other 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.
- 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 1997 to 2009, there was a statistical decrease 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 1997, male respondents were more likely to report they were a driver or passenger when the driver perhaps had too much to drink.

Table 39. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink by Demographic Variables for Each Survey Year^①

	1997	2000 ^②	2003 ^③	2006 ^④	2009 ^⑤
TOTAL ^a	6%	1%	2%	2%	2%
Gender ¹					
Male	8	--	--	--	--
Female	4	--	--	--	--
Age					
18 to 34	9	--	--	--	--
35 to 44	5	--	--	--	--
45 to 54	5	--	--	--	--
55 to 64	2	--	--	--	--
65 and Older	3	--	--	--	--
Education					
High School or Less	5	--	--	--	--
Some Post High School	4	--	--	--	--
College Graduate	7	--	--	--	--
Household Income					
Bottom 40 Percent Bracket	9	--	--	--	--
Middle 20 Percent Bracket	7	--	--	--	--
Top 40 Percent Bracket	5	--	--	--	--
Marital Status					
Married	5	--	--	--	--
Not Married	8	--	--	--	--

^①Percentages 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.

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

¹demographic difference at $p \leq 0.05$ in 1997

²demographic difference at $p \leq 0.05$ in 2000

³demographic difference at $p \leq 0.05$ in 2003

⁴demographic difference at $p \leq 0.05$ in 2006

⁵demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 1997 to 2009

Household Problem Associated with Alcohol in Past Year

2009 Findings

- Three 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.

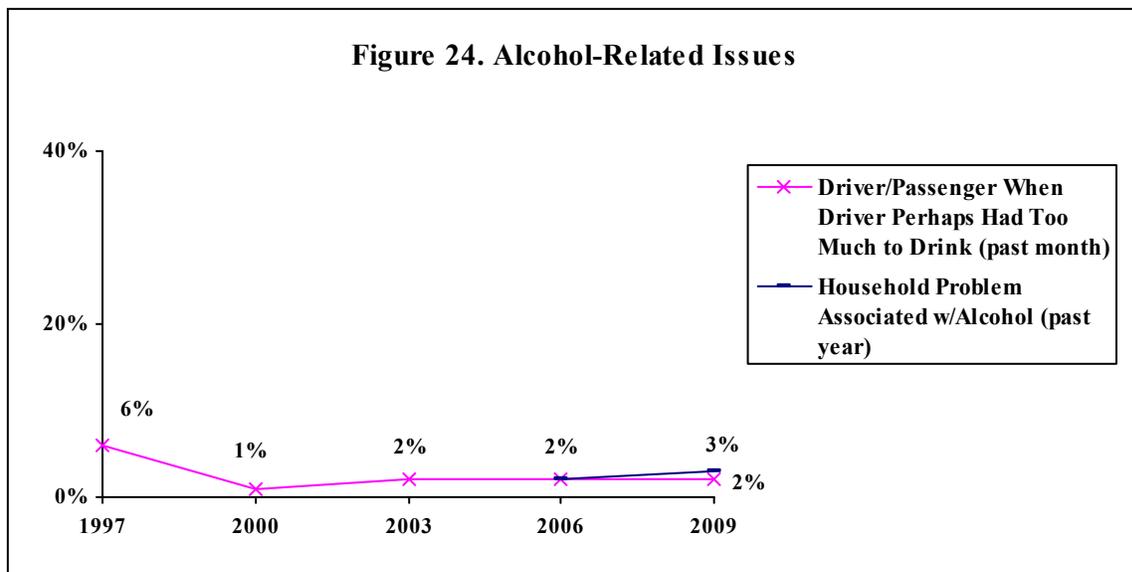
Year Comparisons

- From 2006 to 2009, there was no statistical change 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 1997 to 2009, there was a statistical decrease 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. From 2006 to 2009, there was no statistical change 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)

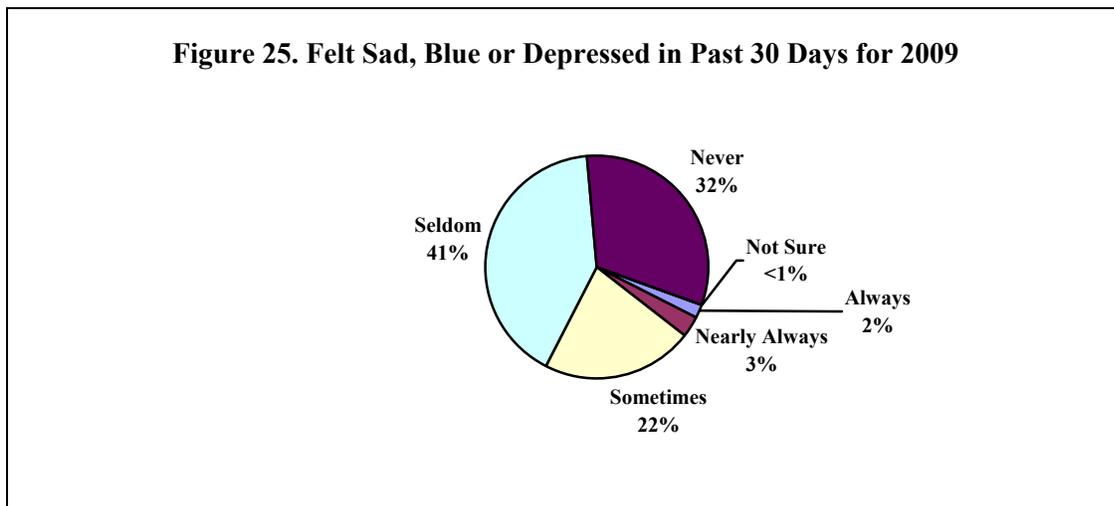
KEY FINDINGS: In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were 35 to 54 years old or in the bottom 60 percent household income bracket were more likely to report this. Three percent of respondents reported they seldom or never find meaning and purpose in daily life.

From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change 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

- Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 28,900 residents. Twenty-two percent reported sometimes and the remaining 73% reported seldom (41%) or never (32%).



- Eight percent of respondents with a high school education or less and 7% of those with some post high school education reported they always or nearly always felt sad, blue or depressed in the past 30 days compared to 2% of respondents with a college education.
- Eleven percent of respondents in the bottom 40 percent household income bracket reported always or nearly always compared to 4% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2009, respondents with some post high school education or less were more likely to report they always or nearly always felt sad, blue or depressed. In 2000, education was not a significant variable.
- In 2000 and 2009, respondents in the bottom 40 percent household income bracket were more likely to report they always/nearly always felt sad, blue or depressed.

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

	1997 ^②	2000	2003 ^③	2006 ^④	2009
TOTAL ^a	2%	5%	3%	3%	5%
Gender					
Male	--	3	--	--	6
Female	--	6	--	--	4
Age					
18 to 34	--	6	--	--	7
35 to 44	--	5	--	--	8
45 to 54	--	6	--	--	2
55 to 64	--	2	--	--	4
65 and Older	--	4	--	--	2
Education ⁵					
High School or Less	--	7	--	--	8
Some Post High School	--	6	--	--	7
College Graduate	--	2	--	--	2
Household Income ^{2,5}					
Bottom 40 Percent Bracket	--	13	--	--	11
Middle 20 Percent Bracket	--	5	--	--	0
Top 40 Percent Bracket	--	3	--	--	4
Marital Status					
Married	--	5	--	--	4
Not Married	--	5	--	--	7

^①Percentages 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.

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

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 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

- Four 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 26,010 residents may have considered suicide in the past year.
- Seven percent of respondents 35 to 54 years old reported they considered suicide in the past year compared to 2% of those 65 and older or 0% of respondents 18 to 34 years old.
- Nine percent of respondents in the bottom 40 percent household income bracket and 7% of those in the middle 20 percent income bracket reported they considered suicide in the past year compared to 1% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2009, respondents 35 to 54 years old were more likely to report they considered suicide in the past year.
- In 2009, respondents in the bottom 60 percent household income bracket were more likely to report they considered suicide in the past year.

Table 41. Considered Suicide in the Past Year by Demographic Variables for Each Survey Year^①

	1997 ^②	2000 ^②	2003 ^②	2006 ^②	2009
TOTAL	2%	3%	2%	3%	4%
Gender					
Male	--	--	--	--	2
Female	--	--	--	--	5
Age ^⑤					
18 to 34	--	--	--	--	0
35 to 44	--	--	--	--	7
45 to 54	--	--	--	--	7
55 to 64	--	--	--	--	4
65 and Older	--	--	--	--	2
Education					
High School or Less	--	--	--	--	7
Some Post High School	--	--	--	--	6
College Graduate	--	--	--	--	2
Household Income ^⑤					
Bottom 40 Percent Bracket	--	--	--	--	9
Middle 20 Percent Bracket	--	--	--	--	7
Top 40 Percent Bracket	--	--	--	--	1
Marital Status					
Married	--	--	--	--	3
Not Married	--	--	--	--	6

^①Percentages 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.

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

¹demographic difference at $p \leq 0.05$ in 1997

²demographic difference at $p \leq 0.05$ in 2000

³demographic difference at $p \leq 0.05$ in 2003

⁴demographic difference at $p \leq 0.05$ in 2006

⁵demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 1997 to 2009

Find Meaning and Purpose in Daily Life

2009 Findings

- A total of 3% reported they seldom or never find meaning and purpose in daily life. Thirty-nine percent of respondents reported they always find meaning and purpose while an additional 39% reported nearly always.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they seldom or never find meaning and purpose in daily life.

Year Comparisons

- From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2003 and 2006, respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life.
- In 2003 and 2006, respondents in the bottom 60 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life.

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

	2003	2006	2009 ^②
TOTAL	5%	5%	3%
Gender			
Male	4	6	--
Female	5	4	--
Age			
18 to 34	3	3	--
35 to 44	5	5	--
45 to 54	4	7	--
55 to 64	5	2	--
65 and Older	6	8	--
Education ^{1,2}			
High School or Less	8	11	--
Some Post High School	3	2	--
College Graduate	3	3	--
Household Income ^{1,2}			
Bottom 40 Percent Bracket	7	8	--
Middle 20 Percent Bracket	8	10	--
Top 40 Percent Bracket	2	2	--
Marital Status			
Married	4	5	--
Not Married	6	5	--

^①Percentages 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.

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

¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

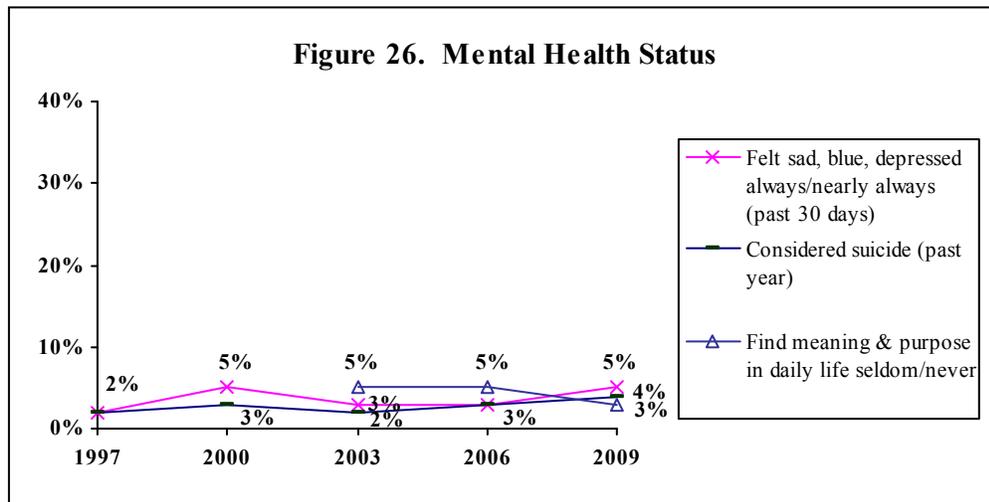
³demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 2003 to 2009

Mental Health Status Overall

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.



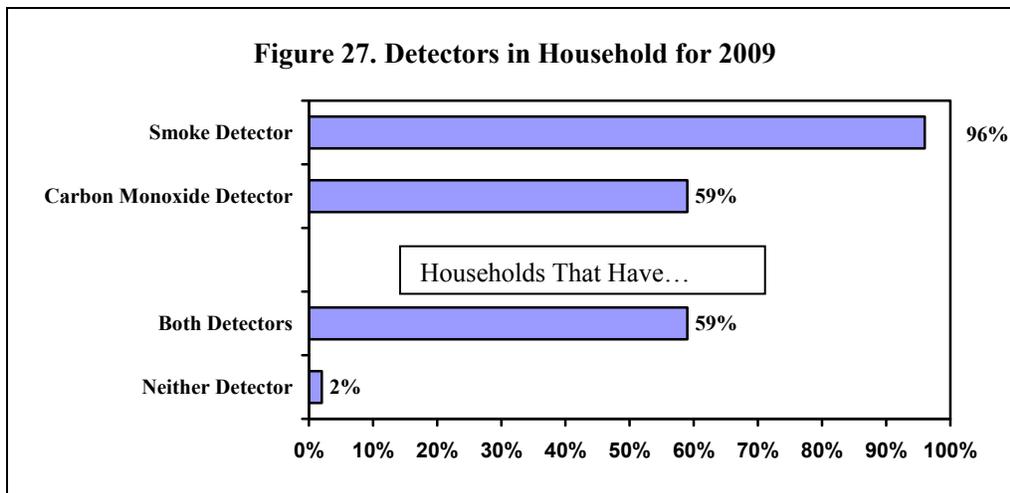
Detectors in Household (Figures 27 & 28; Table 43)

KEY FINDINGS: In 2009, 96% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-nine percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or were married 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-six percent of respondents reported a working smoke detector while 59% reported a working carbon monoxide detector in their home. Fifty-nine percent had both detectors. Two percent had neither.



- Seventy-one percent of respondents in the top 40 percent household income bracket reported both detectors compared to 46% of those in the middle 20 percent income bracket or 41% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report both detectors compared to unmarried respondents (66% and 49%, 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 60 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2006 and 2009, respondents in the top 40 percent household income bracket 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 in the top 40 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^①

	2003	2006	2009
TOTAL ^a	45%	51%	59%
Household Income ^{1,2,3}			
Bottom 40 Percent Bracket	32	38	41
Middle 20 Percent Bracket	47	43	46
Top 40 Percent Bracket ^a	48	61	71
Marital Status ^{1,2,3}			
Married ^a	51	59	66
Not Married ^a	32	40	49

^①Percentages 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.

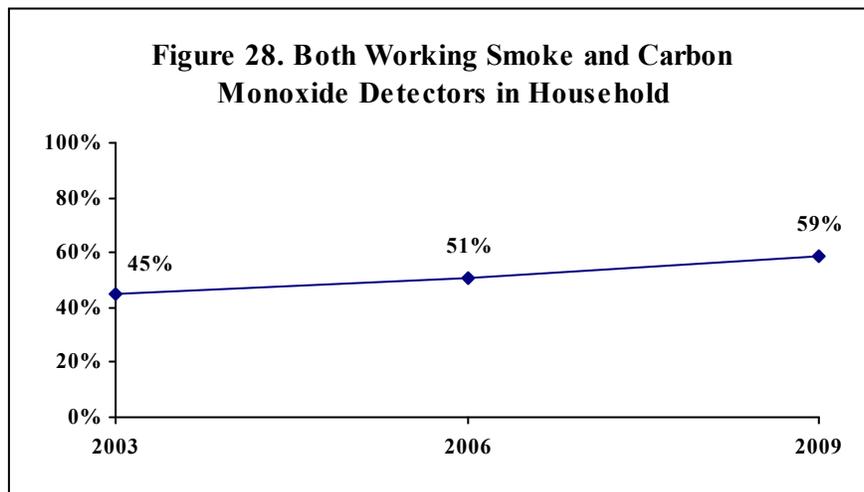
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2006

³demographic difference at $p \leq 0.05$ in 2009

^ayear 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 - 46)

KEY FINDINGS: In 2009, 32% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 12% had a handgun in their home while 29% had a rifle or shotgun. Married respondents were more likely to report a handgun or a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a firearm in or around their home. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a handgun or rifle/shotgun in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or 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.)

2009 Findings

- At the time of the survey administration, 32% of households had at least one firearm.
- Married respondents were more likely to report a firearm (37%) compared to unmarried respondents (25%).

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home.
- In 1997, 2003 and 2006, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In all other study years, household income was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a firearm in or around their home.
- In all study years, married respondents were more likely to report having a firearm. From 1997 to 2009, there was a noted decrease in the percent of married respondents reporting a firearm.
- In 2006, respondents in households with children were more likely to report having a firearm. In all other study years, the presence of children in households was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in households without children reporting a firearm in or around their home.

Table 44. Firearm in Household by Demographic Variables for Each Survey Year^①

	1997	2000	2003	2006	2009
TOTAL ^a	40%	42%	32%	39%	32%
Household Income ^{1,3,4}					
Bottom 40 Percent Bracket	26	33	22	26	27
Middle 20 Percent Bracket	40	46	33	38	32
Top 40 Percent Bracket ^a	44	44	36	47	35
Marital Status ^{1,2,3,4,5}					
Married ^a	46	49	37	46	37
Not Married	28	26	21	28	25
Children in Household ⁴					
Yes	40	41	35	46	35
No ^a	39	43	30	34	30

^①Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2003

⁴demographic difference at p≤0.05 in 2006

⁵demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Handgun in Household

2009 Findings

- At the time of the survey administration, 12% of respondents reported handguns in their home.
- Married respondents were more likely to report a handgun in their home compared to unmarried respondents (16% and 6%, respectively).

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having handguns in or around their home.
- In 2000 and 2009, married respondents were more likely to report having a handgun. In 1997, marital status was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting handguns in or around their home.
- The presence of children in households was not a significant variable in any study year. From 1997 to 2009, there was a noted decrease in the percent of respondents in households without children reporting handguns in or around their home.

Table 45. Handgun in Household by Demographic Variables for Each Survey Year^①

	1997	2000	2009
TOTAL ^a	17%	18%	12%
Household Income			
Bottom 40 Percent Bracket	11	17	12
Middle 20 Percent Bracket	16	22	9
Top 40 Percent Bracket	19	21	13
Marital Status ^{2,3}			
Married	17	21	16
Not Married ^a	18	12	6
Children in Household			
Yes	14	16	10
No ^a	19	20	13

^①Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 2009

Rifle or Shotgun in Household

2009 Findings

- At the time of the survey administration, 29% of respondents reported a rifle or shotgun in their home.
- Married respondents were more likely to report a rifle or shotgun in their home compared to unmarried respondents (34% and 22%, respectively).

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a rifle or shotgun in or around their home.
- In 1997, respondents in the top 40 percent household income bracket were more likely to report having a rifle or shotgun. In all other study years, household income was not a significant variable.
- In all study years, married respondents were more likely to report having a rifle or shotgun. From 1997 to 2009, there was a noted decrease in the percent of married respondents reporting a rifle or shotgun in or around their home.
- The presence of children in households was not a significant variable in any study year. From 1997 to 2009, there was a noted decrease in the percent of respondents in households without children reporting handguns in or around their home.

Table 46. Rifle or Shotgun in Household by Demographic Variables for Each Survey Year^⓪

	1997	2000	2009
TOTAL ^a	37%	35%	29%
Household Income ¹			
Bottom 40 Percent Bracket	23	27	23
Middle 20 Percent Bracket	38	43	28
Top 40 Percent Bracket	41	38	33
Marital Status ^{1,2,3}			
Married ^a	43	40	34
Not Married	25	24	22
Children in Household			
Yes	38	32	33
No ^a	36	38	26

^⓪Percentages 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.

¹demographic difference at p≤0.05 in 1997

²demographic difference at p≤0.05 in 2000

³demographic difference at p≤0.05 in 2009

^ayear difference at p≤0.05 from 1997 to 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.)

2009 Findings

- Two 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 no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a loaded firearm in the household in all study years.

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.) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.

2009 Findings

- One percent of all households had a loaded firearm also unlocked. This relates to 4% 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.

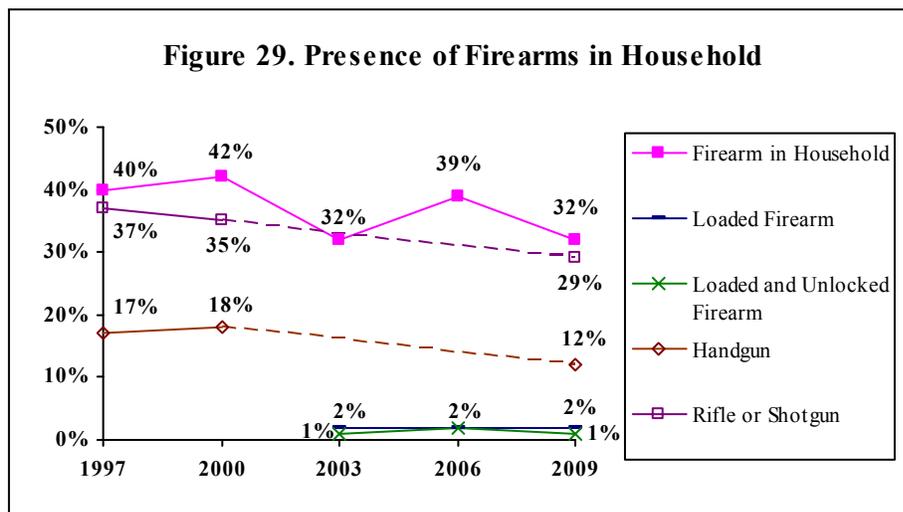
Year Comparisons

- 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 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a firearm in or around their home. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a handgun or rifle/shotgun in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.



Personal Safety Issues (Figure 30; Tables 47 - 49)

KEY FINDINGS: In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old were more likely to report this. A total of 8% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this.

From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 1997 to 2009, there was a statistical decrease 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.
- Female respondents were more likely to report feeling afraid for their safety in the past year (8%) compared to male respondents (2%).
 - An acquaintance was most often mentioned as the perpetrator (8 responses) followed by a stranger (4 responses). Three respondents each reported spouse or friend while two respondents reported ex-spouse.

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were afraid for their personal safety.
- In 1997, 2006 and 2009, female respondents were more likely to report being afraid for their personal safety. In all other study years, gender was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents across gender reporting they were afraid for their personal safety.
- In 1997 and 2006, respondents 18 to 34 years old were more likely to report being afraid for their personal safety. In 2003, respondents 35 to 44 years old were more likely to report being afraid for their personal safety. In all other study years, age was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents 18 to 34 years old reporting they were afraid for their personal safety.
- In 2003, respondents with some post high school education were more likely to report being afraid for their personal safety. In all other study years, education was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents with at least some post high school education reporting they were afraid for their personal safety.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report being afraid for their personal safety. In all other study years, household income was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they were afraid for their personal safety.

- In 1997, 2000 and 2003, unmarried respondents were more likely to report being afraid for their personal safety. In all other study years, marital status was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting they were afraid for their personal safety.

Table 47. Afraid for Personal Safety by Demographic Variables for Each Survey Year^⓪

	1997	2000	2003	2006	2009
TOTAL ^a	11%	5%	6%	5%	5%
Gender ^{1,4,5}					
Male ^a	7	3	5	3	2
Female ^a	15	7	6	7	8
Age ^{1,3,4}					
18 to 34 ^a	16	7	7	15	7
35 to 44	11	8	10	3	8
45 to 54	9	3	4	6	4
55 to 64	6	2	4	0	2
65 and Older	0	2	0	3	2
Education ³					
High School or Less	8	5	4	3	9
Some Post High School ^a	14	5	9	6	4
College Graduate ^a	10	5	4	6	4
Household Income ⁴					
Bottom 40 Percent Bracket	17	10	8	6	8
Middle 20 Percent Bracket	11	2	7	10	5
Top 40 Percent Bracket ^a	9	7	5	2	4
Marital Status ^{1,2,3}					
Married	8	4	4	4	5
Not Married ^a	15	9	9	6	5

^⓪ 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.

¹ demographic difference at p≤0.05 in 1997

² demographic difference at p≤0.05 in 2000

³ demographic difference at p≤0.05 in 2003

⁴ demographic difference at p≤0.05 in 2006

⁵ demographic difference at p≤0.05 in 2009

^a year difference at p≤0.05 from 1997 to 2009

Pushed, Kicked, Slapped or Hit

2009 Findings

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit in the past year (11%) compared to respondents 45 to 54 years old or 65 and older (0% each).
 - Five respondents reported an acquaintance followed by four respondents reporting a stranger. Two respondents each reported a spouse, brother/sister or friend. One respondent reported ex-spouse while four respondents reported someone else.

Year Comparisons

- From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- In 1997 and 2009, respondents 18 to 34 years old were more likely to report they were pushed, kicked, slapped or hit.
- In 1997, unmarried respondents were more likely to report they were pushed, kicked, slapped or hit. In 2009, marital status was not a significant variable. From 1997 to 2009, there was a noted increase in the percent of married respondents reporting they were pushed, kicked, slapped or hit.

Table 48. Pushed, Kicked, Slapped or Hit by Demographic Variables for Each Survey Year^①

	1997	2000 ^②	2003 ^③	2006 ^④	2009
TOTAL	4%	2%	2%	2%	4%
Gender					
Male	3	--	--	--	6
Female	4	--	--	--	3
Age ^{1,5}					
18 to 34	8	--	--	--	11
35 to 44	2	--	--	--	5
45 to 54	2	--	--	--	0
55 to 64	0	--	--	--	2
65 and Older	1	--	--	--	0
Education					
High School or Less	6	--	--	--	4
Some Post High School	4	--	--	--	6
College Graduate	2	--	--	--	4
Household Income					
Bottom 40 Percent Bracket	7	--	--	--	6
Middle 20 Percent Bracket	2	--	--	--	0
Top 40 Percent Bracket	3	--	--	--	4
Marital Status ¹					
Married ^a	<1	--	--	--	4
Not Married	8	--	--	--	5

^①Percentages 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.

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

¹demographic difference at $p \leq 0.05$ in 1997

²demographic difference at $p \leq 0.05$ in 2000

³demographic difference at $p \leq 0.05$ in 2003

⁴demographic difference at $p \leq 0.05$ in 2006

⁵demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 1997 to 2009

Combined Personal Safety Issues

2009 Findings

- A total of 8% of all respondents reported at least one of the two issues.
- Respondents 18 to 34 years old were more likely to report at least one of the two issues (16%) compared to those 45 to 64 years old (4%) or respondents 65 and older (2%).

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported at least one of the personal safety issues.
- In 1997, female respondents were more likely to report at least one of the personal safety issues. In all other study years, gender was not a significant variable.
- In 1997, 2006 and 2009, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2003, respondents 35 to 44 years old were more likely to report at least one of the personal safety issues. In 2000, age was not a significant variable.
- In 2003, respondents with some post high school education were more likely to report at least one of the personal safety issues. In all other study years, education was not a significant variable.
- In 2006, respondents in the bottom 60 percent household income bracket were more likely to report at least one of the personal safety issues. In all other study years, household income was not a significant variable. From 1997 to 2009, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting at least one of the two issues.
- In 1997 and 2003, 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. From 1997 to 2009, there was a noted decrease in the percent of unmarried respondents reporting at least one of the two issues.

Table 49. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year[Ⓞ]

	1997	2000	2003	2006	2009
TOTAL ^a	12%	6%	6%	6%	8%
Gender ¹					
Male	9	5	7	4	6
Female	16	7	6	8	10
Age ^{1,3,4,5}					
18 to 34	19	10	8	19	16
35 to 44	12	8	12	3	9
45 to 54	9	3	5	6	4
55 to 64	6	4	4	0	4
65 and Older	1	2	0	3	2
Education ³					
High School or Less	12	5	5	6	10
Some Post High School	14	5	10	6	7
College Graduate	11	7	5	6	7
Household Income ⁴					
Bottom 40 Percent Bracket ^a	18	10	9	9	9
Middle 20 Percent Bracket	12	2	8	10	5
Top 40 Percent Bracket	10	7	5	2	8
Marital Status ^{1,3}					
Married	8	5	4	4	7
Not Married ^a	18	9	11	8	9

[Ⓞ]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.

¹demographic difference at $p \leq 0.05$ in 1997

²demographic difference at $p \leq 0.05$ in 2000

³demographic difference at $p \leq 0.05$ in 2003

⁴demographic difference at $p \leq 0.05$ in 2006

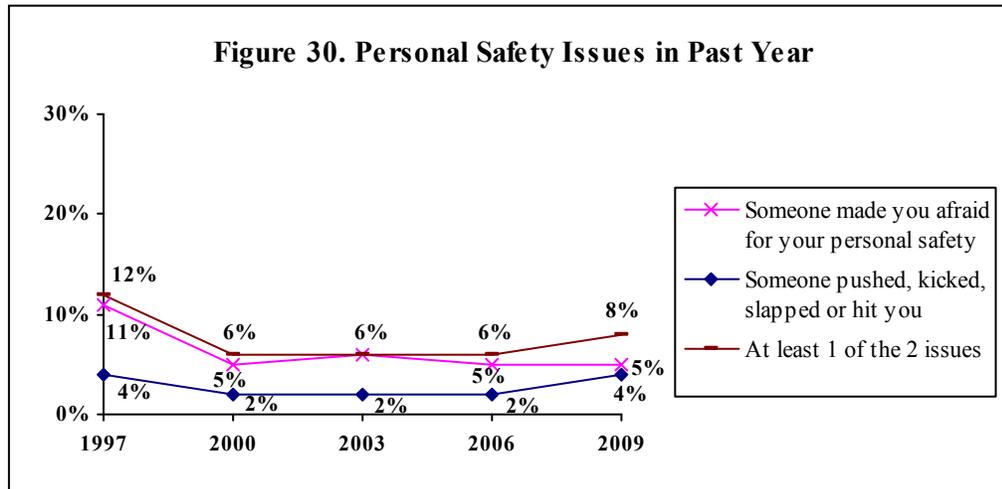
⁵demographic difference at $p \leq 0.05$ in 2009

^ayear difference at $p \leq 0.05$ from 1997 to 2009

Personal Safety Issues Overall

Year Comparisons

- From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting at least one of the two personal safety issues.



APPENDIX A: ADDITIONAL QUESTIONS

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.

Environmental Issues in Their Community (Figure 31; Table 50)

KEY FINDINGS: In 2009, out of three environmental health issues that communities may face, the most often cited major or moderate problem in the community was mosquito control (35%) followed by safe drinking water (19%). Four percent reported West Nile Virus as a major or moderate problem. Respondents who were female or 45 to 54 years old were more likely to report mosquito control. Respondents in the middle 20 percent household income bracket were more likely to report safe drinking water as a major or moderate problem.

From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting mosquito control as a major/moderate problem in their community. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting safe drinking water as a major or moderate problem in their community. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting West Nile Virus as a major/moderate problem.

2009 Findings

- Thirty-five percent of respondents reported mosquito control as a major or moderate problem in their community. Nineteen percent reported safe drinking water while 4% reported West Nile Virus as a major or moderate problem.
- Female respondents were more likely to report mosquito control (42%) compared to male respondents (27%).
- Forty-three percent of respondents 45 to 54 years old reported mosquito control compared to 29% of those 55 to 64 years old or 17% of respondents 65 and older.
- Thirty-six percent of respondents in the middle 20 percent household income bracket reported safe drinking water compared to 20% of those in the bottom 40 percent income bracket or 16% of respondents in the top 40 percent household income bracket.

Table 50. Major/Moderate Environmental Issues in Their Community by Demographic Variables for 2009^⓪

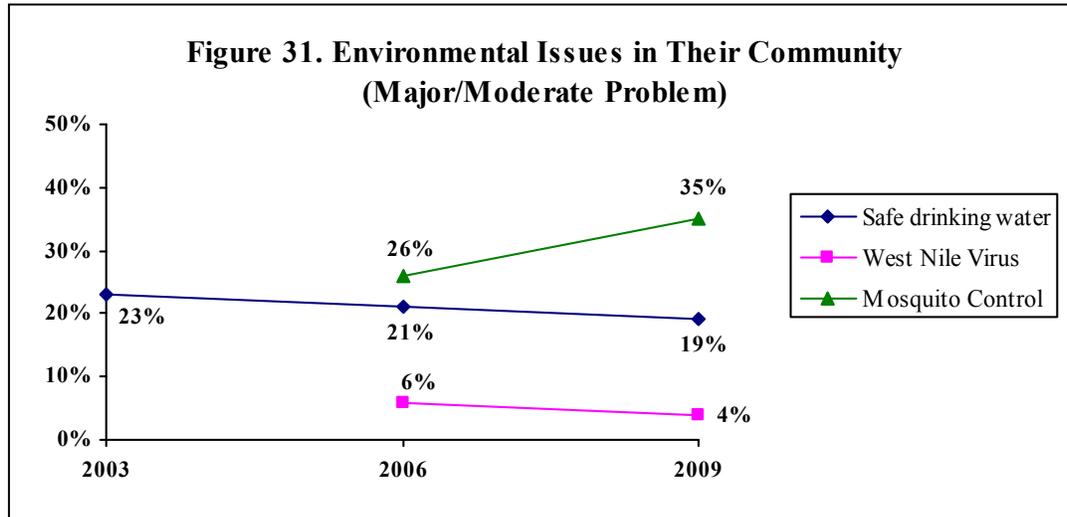
	Mosquito Control	Safe Drinking Water	West Nile Virus
TOTAL	35%	19%	4%
Gender			
Male	27 ¹	18	3
Female	42 ¹	20	5
Age			
18 to 34	39 ¹	19	2
35 to 44	39 ¹	15	3
45 to 54	43 ¹	21	4
55 to 64	29 ¹	20	12
65 and older	17 ¹	22	3
Education			
High School or Less	39	27	4
Some Post High School	34	16	2
College Graduate	34	17	4
Household Income			
Bottom 40 Percent Bracket	33	20 ¹	4
Middle 20 Percent Bracket	29	36 ¹	5
Top 40 Percent Bracket	38	16 ¹	4
Marital Status			
Married	36	17	5
Not Married	34	22	3

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

¹demographic difference at $p \leq 0.05$ in 2009

Year Comparisons

- From 2006 to 2009, there was a noted increase in the overall percent of respondents reporting mosquito control as a major/moderate problem in their community. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting safe drinking water as a major or moderate problem in their community. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting West Nile Virus.



Exercise (Figures 32 & 33; Tables 51 & 52)

KEY FINDINGS: In 2009, 38% of respondents reported time as the main factor for not exercising followed by 22% who reported motivation and 14% who reported health problems. Respondents who were 18 to 34 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report time as a main factor for not exercising. Respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report motivation as a main factor. Respondents who were 65 and older, in the bottom 40 percent household income bracket or inactive were more likely to report health problems as a main factor. Sixty-five percent of respondents reported they exercised at least three times a week for at least 20 minutes with continuous movement that resulted in their heart beating faster and their breathing rate increasing. Respondents who were male, with a college education, in the top 40 percent household income bracket or who were not overweight were more likely to report this.

From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting time, health problems or motivation as the main factor that keeps them from exercising. From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting they exercised at least three times a week.

Main Factor that Keeps Respondent From Exercising

2009 Findings

- Thirty-eight percent of respondents reported that time is the main factor that keeps them from exercising. Twenty-two percent reported motivation while 14% reported health problems and 21% reported nothing.
- Respondents 18 to 34 years old were more likely to report time as a main factor while respondents 65 and older were more likely to report health problems.
- Forty-nine percent of respondents with a college education reported time as a main factor compared to 32% of those with some post high school education or 19% of respondents with a high school education or less.
- Respondents in the top 40 percent household income bracket were more likely to report time as a main factor while respondents in the bottom 60 percent household income bracket were more likely to report motivation. Respondents in the bottom 40 percent household income bracket were more likely to report health problems as a main factor.
- Married respondents were more likely to report time as a main factor. Unmarried respondents were more likely to report motivation as a main factor.
- Inactive respondents were more likely to report health problems as a main factor (46%) compared to those who did an insufficient amount of physical activity (14%) or respondents who did the recommended amount of physical activity (10%).

Table 51. Main Factor for Not Exercising by Demographic Variables for 2009^⓪

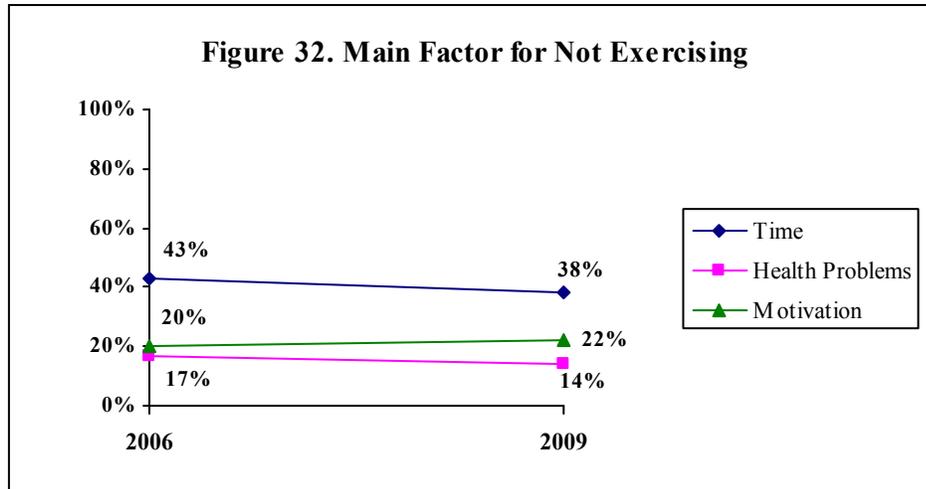
	Time	Motivation	Health Problems
TOTAL	38%	22%	14%
Gender			
Male	38	23	12
Female	39	21	15
Age			
18 to 34	55 ¹	17	5 ¹
35 to 44	43 ¹	19	11 ¹
45 to 54	39 ¹	28	12 ¹
55 to 64	25 ¹	33	14 ¹
65 and older	13 ¹	19	33 ¹
Education			
High School or Less	19 ¹	29	18
Some Post High School	32 ¹	21	16
College Graduate	49 ¹	20	11
Household Income			
Bottom 40 Percent Bracket	22 ¹	32 ¹	25 ¹
Middle 20 Percent Bracket	30 ¹	32 ¹	14 ¹
Top 40 Percent Bracket	47 ¹	17 ¹	10 ¹
Marital Status			
Married	43 ¹	18 ¹	13
Not Married	32 ¹	28 ¹	14
Overweight			
Not Overweight	36	21	11
Overweight	40	23	14
Physical Activity			
Inactive	26	26	46 ¹
Insufficient	45	24	14 ¹
Recommended	34	20	10 ¹

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

¹demographic difference at $p \leq 0.05$ in 2009

Year Comparisons

- From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting time, health problems or motivation as the main factor that keeps them from exercising.



Continuous Movement Exercise in a Typical Week

2009 Findings

- Sixty-five percent of respondents reported they exercised at least three times a week for at least 20 minutes with continuous movement that resulted in their heart beating faster and their breathing rate increasing. Eighteen percent reported two or fewer times and 17% reported not at all.
- Male respondents were more likely to report exercising at least three times a week for at least 20 minutes (71%) compared to female respondents (59%).
- Seventy-two percent of college respondents reported exercising three or more times a week for at least 20 minutes compared to 59% of those with some post high school education or 55% of respondents with a high school education or less.
- Seventy-one percent of respondents in the top 40 percent household income bracket reported exercising at least three times a week for at least 20 minutes compared to 57% of those in the bottom 40 percent income bracket or 48% of respondents in the middle 20 percent household income bracket.
- Respondents who were not overweight were more likely to report exercising three or more times a week for at least 20 minutes compared to overweight respondents (73% and 61%, respectively).

Table 52. Exercise with Continuous Movement Three or More Days for at Least 20 Minutes/Week by Demographic Variables for 2009^⓪

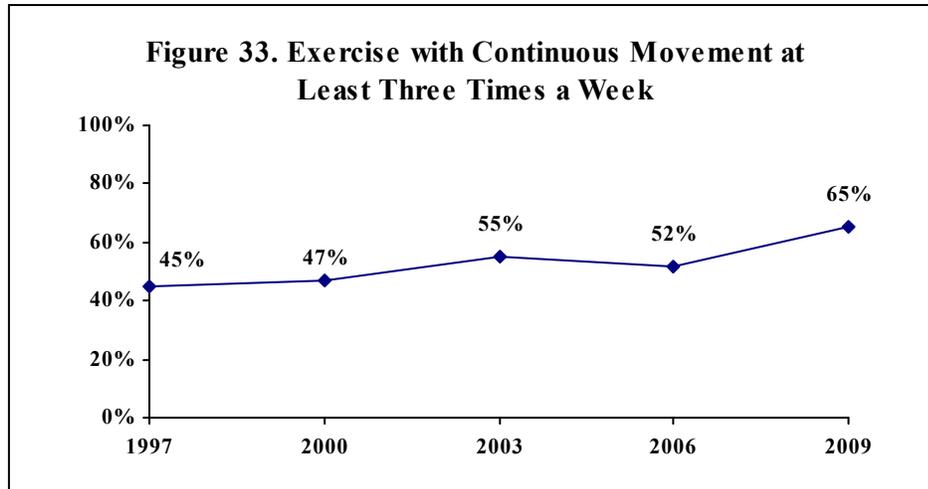
	Three or More
TOTAL	65%
Gender ¹	
Male	71
Female	59
Age	
18 to 34	69
35 to 44	66
45 to 54	61
55 to 64	71
65 and older	54
Education ¹	
High School or Less	55
Some Post High School	59
College Graduate	72
Household Income ¹	
Bottom 40 Percent Bracket	57
Middle 20 Percent Bracket	48
Top 40 Percent Bracket	71
Marital Status	
Married	66
Not Married	63
Overweight ¹	
Not Overweight	73
Overweight	61

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

¹demographic difference at $p \leq 0.05$ in 2009

Year Comparisons

- From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting they exercised with continuous movement at least three times a week.



APPENDIX B: QUESTIONNAIRE FREQUENCIES

WAUKESHA COUNTY
COMMUNITY HEALTH SURVEY

Conducted: May 20 through June 17, 2009

[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	2%
Fair	8
Good.....	23
Very good.....	45
Excellent.....	23
Not sure	0

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

No health care coverage	8%
An employer sponsored insurance plan	69
Private insurance bought directly from an insurance agent or insurance company.....	6
Medicaid including medical assistance, Title 19 or Badger Care.....	2
Medicare.....	15
Or something else.....	<1
Not sure	0

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

All.....	89%
Part	7
None	4
Not sure	0

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

All.....	88%
Part	9
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	86%
Public health clinic or community health center	3
Hospital outpatient department	1
Hospital emergency room	2
Urgent care center	4
Some other kind of place.....	1
No usual place.....	4
Not sure	0

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	40%
No.....	58
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	61%	22%	7%	8%	1%	<1%
8. Cholesterol testing	53	21	8	3	13	2
9. Visit to a dentist or dental clinic .	74	15	6	5	<1	0
10. Eye exam.....	41	30	11	12	6	<1

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

Yes	45%
No.....	55
Not sure	<1

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

18 to 34 years old	25%
35 to 44 years old	25
45 to 54 years old	21
55 to 64 years old	13
65 and older.....	16

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

Yes	74%
No.....	22
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?	22%	77%	<1%
15. Your blood cholesterol is high?	24	74	3
16. You had a stroke?.....	1	98	<1
17. You have heart disease or a heart condition?...	6	94	0
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?.....	6	94	0
20. ...(if yes) [24 Respondents]: What type of cancer?	Breast.....	6 respondents	
	Stomach.....	5 respondents	
	Melanoma/skin.....	3 respondents	
	Prostate.....	3 respondents	
	Rectal.....	2 respondents	
	Pituitary gland.....	2 respondents	
	All others (1 response each)	1 respondent	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	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?” [24 Respondents]

Zero	6%	→GO TO Q25
1 time.....	10	→CONTINUE WITH Q23
2 to 3 times.....	66	→CONTINUE WITH Q23
4 or more	14	→CONTINUE WITH Q23
Not sure	3	→GO TO Q25

23. At your last appointment, what was your “A one C” level? [22 Respondents]

Less than 7	36%
7 or higher	30
Not sure	34

24. At your last appointment, what was your LDL level? [22 Respondents]

Less than 100	32%
100 or higher	27
Not sure	41

	Yes	No	Not Sure
25. Do you currently have asthma?	9%	90%	<1%
26. ...(if yes), do you have a written asthma action plan? [36 Respondents].....	8	89	3

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 32%
 Two servings 27
 Three or more servings..... 41
 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 37%
 Two servings 33
 Three or more servings..... 30
 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 93%
 No..... 8
 Not sure 0

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 8%
 Less than 5 times/week for 30 minutes or less than 30 minutes each time.....51
 5 times/week for 30 minutes or more.....41
 Not sure<1

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 57%
 No..... 44
 Not sure 0

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	44%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	23
3 times/week for 20 minutes or more.....	33
Not sure	<1

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? [133 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	64%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 3 years (2 years, but less than 3 years ago)	4
Within the past 5 years (3 years, but less than 5 years ago).....	5
5 or more years ago	5
Never.....	6
Not sure	0

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? [38 Respondents 65 and Older]

Yes	76%
No.....	24
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? [161 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	66%
Within the past 2 years (1 year, but less than 2 years ago)	17
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).....	6
5 or more years ago	3
Never.....	2
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? [123 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	37%
Within the past 2 years (1 year, but less than 2 years ago)	11
Within the past 3 years (2 years, but less than 3 years ago)	4
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago	4
Never.....	33
Not sure.....	8

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? [125 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	39%
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)	10
Within the past 5 years (3 years, but less than 5 years ago).....	7
5 or more years ago	11
Never.....	19
Not sure.....	<1

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... [150 Respondents 50 and Older]

Sigmoidoscopy.....	6%
Colonoscopy	51
Both.....	13
Or neither	30
Not sure.....	<1

41. How long has it been since you had your last sigmoidoscopy? [151 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	1%
Within the past 2 years (1 year, but less than 2 years ago)	2
Within the past 5 years (2 years, but less than 5 years ago).....	7
Within the past 10 years (5 years but less than 10 years ago)...	5
10 years ago or more	4
Never.....	80
Not sure.....	1

42. How long has it been since you had your last colonoscopy? [151 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	19%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 5 years (2 years, but less than 5 years ago).....	17
Within the past 10 years (5 years but less than 10 years ago)...	9
10 years ago or more	1
Never.....	36
Not sure	1

43. How often do you wear a helmet when you bicycle, use in-line roller skates or scooters?

Do not ride/skate/scoot.....47%

Frequency of those who bicycle, use in-line roller skates or scooters [211 Respondents]

Never	55%
Seldom	3
Sometimes.....	4
Nearly always.....	6
Always	32
Not sure	0

44. How often do you use seat belts when you drive or ride in a motor vehicle?

Never	1%
Seldom	3
Sometimes.....	4
Nearly always.....	8
Always	84
Not sure	0

45. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never.....	32%
Seldom	41
Sometimes.....	22
Nearly always.....	3
Always	2
Not sure	0

46. How often would you say you find meaning and purpose in your daily life?

Never.....	1%
Seldom	2
Sometimes.....	19
Nearly always.....	39
Always	39
Not sure	<1

47. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes	4%
No.....	95
Not sure	<1

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	19%
One to two days.....	20
Three to four days	15
Five or more days.....	47
Not sure	0

49. On the days when you drank, about how many drinks did you drink on the average?

None	19%
One drink.....	32
Two drinks	24
Three drinks	10
Four or more drinks.....	16
Not sure	<1

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	73%
One time	9
Two or more times	18
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.....	98
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	3%
No.....	97
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	13%	
Some days	4	
Not at all.....	84	→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? [66 Respondents]

Yes	58%
No.....	42
Not sure	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [65 Respondents]

Yes	71%	→CONTINUE WITH Q56
No.....	29	→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? [47 Respondents]

Yes	72%
No.....	28
Not sure	0

57. Which statement best describes the rules about smoking inside your home...

Smoking is not allowed anywhere inside your home..	85%
Smoking is allowed in some places or at some times .	7
Smoking is allowed anywhere inside your home or ...	2
There are no rules about smoking inside your home ..	6
Not sure	0

58. Which of the following best describes your place of work's official indoor smoking policy? [308 Respondents Who Work]

Not allowed in any area.....	84%
Allowed in some areas	12
Allowed in all areas.....	0
No official policy	4
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? [334 Nonsmokers]

0 days 74%
 1 to 3 days 23
 4 to 6 days 2
 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 32%
 No 68
 Not sure 0

Are any of these firearms... [All Respondents]

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	12%	19%	<1%	69%
62. Rifles or shotguns.....	29	2	<1	69

63. Are any of these firearms now loaded? [All Respondents]

Yes 2%
 No 29
 Not sure <1
 No firearms in the household/no answer 69

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 <1
 Not sure 0
 No firearms in the household/not loaded/no answer 98

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	25%	75%	0%
66. Having acupuncture	3	97	0
67. Massage therapy.....	28	72	0
68. Aroma therapy using essential oils	6	95	0

Now, I have a few questions to ask about you and your household.

69. Gender [DERIVED, NOT ASKED]

Male	49%
Female.....	52

70. About how much do you weigh, without shoes?

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	37%
Overweight.....	42
Obese.....	21

72. Are you Hispanic or Latino?

Yes	2%
No.....	99
Not sure	0

73. Which of the following would you say is your race?

White.....	96%
Black, African American	<1
Asian	2
Native Hawaiian or other Pacific Islander	<1
American Indian or Alaska Native.....	0
Another race.....	<1
Multiple race	<1
Not sure.....	0

74. What is your current marital status?

Single and never married	20%
A member of an unmarried couple.....	3
Married.....	54
Separated.....	2
Divorced.....	13
Widowed	8
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	17
Some college	24
Technical school graduate.....	7
College graduate	32
Advanced or professional degree	18
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]

Waukesha	100%
----------------	------

78. What city, town or village do you legally reside in? [FILTER]

Waukesha city	17%
Menomonee Falls village	10
New Berlin city	10
Brookfield city	7
Sussex village.....	6
Muskego city.....	5
Oconomowoc city	5
Pewaukee city	5
Oconomowoc town	4
All others (3% or less).....	31

79. What is the zip code of your primary residence?

53188.....	11%
53051.....	10
53066.....	10
53151.....	8
53186.....	8
53089.....	7
53029.....	6
53072.....	6
53045.....	5
53150.....	4
53189.....	4
All others (3% or less).....	21
No answer	0

Q80 THROUGH Q82 LANDLINE SAMPLE ONLY

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	3%
No.....	97
Not sure.....	0

81. How many of these telephone numbers are residential numbers? [All Respondents]

One	99%
Two or more.....	1

82. Do you have a cell phone that you use mainly for personal use?

Yes	80%
No.....	21
Not sure	0

83. What is your annual household income before taxes?

Less than \$10,000	2%
\$10,000 to \$20,000.....	7
\$20,001 to \$30,000.....	6
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	6
\$50,001 to \$60,000.....	9
\$60,001 to \$75,000.....	14
\$75,001 to \$90,000.....	9
\$90,001 to \$105,000.....	7
\$105,001 to \$120,000.....	7
\$120,001 to \$135,000.....	4
Over \$135,000.....	11
Not sure	4
No answer	6

84. Which of the following best describes you?

Heterosexual where you are attracted to people of the opposite sex...	99%
Gay or lesbian where you are attracted to people of the same sex.....	<1
Or bisexual where you are attracted to people of both sexes	0
Not sure	0
No answer	1

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. [20 Respondents; More than 1 response accepted]

Acquaintance.....	8 responses
Stranger	4 responses
Spouse	3 responses
Friend	3 responses
Ex-spouse	2 responses

87. During the past year has anyone pushed, kicked, slapped, hit or otherwise hurt you?

Yes	4%	→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? [17 Respondents; More than 1 response accepted]

Acquaintance.....	5 responses
Stranger	4 responses
Spouse	2 responses
Brother or sister.....	2 responses
Friend	2 responses
Ex-spouse	1 response
Someone else.....	4 responses

89. Finally, do you have working smoke detectors, carbon monoxide detectors, both or neither in your home or apartment?

Smoke detector.....	96%
Carbon monoxide detector	59
Neither.....	2
Not sure	2
Households that have both detectors.....	59%

ADDITIONAL QUESTIONS FOR WAUKESHA COUNTY

[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 environmental 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. Safe drinking water	64%	16%	14%	6%	1%
A2. West Nile Virus.....	74	17	3	1	4
A3. Mosquito control.....	37	27	25	10	1

A4. What is the main factor that keeps you from exercising? [OPEN-ENDED]

Time	38%
Motivation.....	22
Health Problems	14
Concerns about safety	<1
Other.....	4
Nothing.....	21
Not sure	<1

A5. Outside of your work activity, how many times in a typical week do you exercise for at least 20 minutes with continuous movement that results in your heart beating faster and your breathing rate increasing?

Not at all.....	17%
Two times or less	18
Three to four times	33
Five or more times	31
Not sure	<1

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2009 Community Health Survey

The 2009 Waukesha County Community Health Survey was conducted from May 20 through June 17, 2009. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 years old or older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included both listed and unlisted numbers where the respondent within each household was randomly selected by computer based on the number of adults in the household. 2) A cell-phone only sample where the person answering the phone was selected as the respondent. 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 Waukesha County Community Health Survey was conducted from February 20 through March 10, 2006. 400 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted 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 Waukesha County Community Health Survey was conducted from February 24 through May 13, 2003. 800 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted 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 800, the margin of error is $\pm 4\%$. The margin of error for smaller subgroups is larger.

2000 Community Health Survey

The 2000 Waukesha County Community Health Survey was conducted from November 9 through December 2, 2000. A total of 400 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 1999 census estimate 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.

1997 Community Health Survey

The 1997 Waukesha County Community Health Survey was conducted from October 9 through December 17, 1997. A total of 686 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and 5-year age groups to reflect census proportions of these characteristics in the area. With a sample size of 686, the margin of error is $\pm 4\%$. The margin of error for smaller subgroups is larger.