

Wauwatosa
Community Health Survey
2006

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Aurora Health Care

In Partnership with:
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Center for Urban Population Health Research

Prepared by:
JKV Research, LLC

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Purpose

The purpose of this project is to provide Wauwatosa 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 respondent 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 Wauwatosa 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 Wauwatosa Health Department and the Center for Urban Population Health Research.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between March 14 and June 28, 2006. 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 Wauwatosa. The margin of error for smaller subgroups will be larger. Weighting was done 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 service 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@jkrresearch.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 Wauwatosa Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2006

	Survey Results
TOTAL	100%
Gender	
Male	45%
Female	55
Age	
18 to 34	26%
35 to 44	22
45 to 54	19
55 to 64	10
65 and Older	24
Education	
High School Graduate or Less	14%
Some Post High School	23
College Graduate	64
Household Income	
\$30,000 or Less	14%
\$30,001 to \$60,000	30
\$60,001 or More	41
Not Sure/No Answer	16
Married	58%

What do the percentages mean?

Results of the Wauwatosa Community Health Survey can be generalized to the adult population with telephones. In 2005, the Wisconsin Department of Administration estimated 36,085 adult residents in the area, a decrease of 0.47% 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 360 adults. So, when 11% of respondents reported their health was fair or poor, this roughly equates to 3,960 residents \pm 1800 individuals. Therefore, 2,160 to 5,760 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 2005 estimate of occupied housing units in Wauwatosa was 20,749, an increase of 1.77% 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 210 households. For example, 9% of survey respondents reported that someone in their household was not currently covered by health insurance. Thus, the estimated number of households with someone not currently covered by some form of health insurance would be 1,890.

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.

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 status was calculated using the Centers for Disease Control's Body Mass Index (BMI). BMI is calculated by using kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more is obese. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked at least one day 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 Centers for Disease Control defines binge drinking as five or more drinks at one time, regardless of gender. In 2006, it was decided to follow the standard CDC definition of five or more drinks at one time, regardless of gender, to allow for national, state and local comparisons. In 2003, the Wauwatosa Community Health Survey Report defined binge drinking as four or more drinks at one time for females and five or more drinks at one time for males to account for weight and metabolism differences.

Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Wauwatosa 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		
Wauwatosa	<u>2003</u>	<u>2006</u>	Wauwatosa	<u>2003</u>	<u>2006</u>
Excellent	26%	25%	High Blood Pressure	20%	20%
Very Good	47%	42%	High Blood Cholesterol	21%	19%
Fair or Poor	6%	11%	Heart Disease/Condition	7%	7%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Asthma (Current)	9%	6%
<i>Fair/Poor</i>	12%	15%	Diabetes	3%	6%
			Mental Health Problem	2%	4%
			Cancer (Not Skin)	3%	4%
			Stroke	<1%	1%
Health Care Coverage			Physical Health		
Wauwatosa			Wauwatosa		
Not Covered	<u>2003</u>	<u>2006</u>	Physical Activity/Week	<u>2003</u>	<u>2006</u>
Personally	4%	4%	Moderate Activity (5 times/30 min)	31%	37%
Household Member (currently)	8%	9%	Vigorous Activity (3 times/20 min)		32%
Household Member (past year)	12%	17%	Recommended Moderate or Vigorous		55%
Advance Care Plan	32%	39%	Overweight	47%	51%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Fruit Intake (2 or more servings/day)	77%	75%
<i>Personally Not Covered</i>	11%	15%	Vegetable Intake (3 or more servings/day)	35%	33%
			<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>
			<i>Overweight</i>	61%	61%
			<i>Rec. Moderate or Vigorous Activity</i>	57%	49%
Routine Procedures			Women's Health		
Wauwatosa	<u>2003</u>	<u>2006</u>	Wauwatosa	<u>2003</u>	<u>2006</u>
Routine Checkup (2 years or less)	87%	81%	Mammogram (40 and older; within past 2 years)	84%	80%
Cholesterol Test (4 years or less)	76%	77%	Bone Density Scan (65 and older)		84%
Dental Checkup (past year)	83%	83%	Pap Smear (18 - 65; within past 3 years)	95%	92%
Eye Exam (past year)	50%	51%	<i>Other Research: (2004)</i>	<u>WI</u>	<u>U.S.</u>
<i>Other Research:</i>	<u>WI</u>	<u>U.S.</u>	<i>Mammogram (40 and older; within past 2 years)</i>	75%	75%
<i>Routine Checkup (≤2 years; 2000)</i>	79%	84%	<i>Pap Smear (18 and older; within past 3 years)</i>	86%	86%
<i>Cholesterol Test (≤4 years; 2005)</i>	73%	73%			
<i>Dental Checkup (past year; 2004)</i>	78%	70%	Men's Health		
			Wauwatosa	<u>2003</u>	<u>2006</u>
			Digital Rectal Exam (40 and older; within past year)	34%	36%
			PSA Test (40 and older; within past 2 years)		57%
			<i>Other Research: (2004)</i>	<u>WI</u>	<u>U.S.</u>
			<i>PSA Test (40 and older; within past 2 years)</i>	46%	52%
Vaccinations			Sunburn in Past 12 Months		
Wauwatosa	<u>2003</u>	<u>2006</u>	Wauwatosa		<u>2006</u>
Flu Vaccination (past year)	40%	39%	Once		23%
Pneumonia (ever—65 and older)	52%	73%	Twice		14%
<i>Other Research: (2005)</i>	<u>WI</u>	<u>U.S.</u>	Three or More		7%
<i>Flu Vaccination (past year)</i>	32%	27%			
<i>Pneumonia (ever—65 and older)</i>	66%	66%			
Alternative Treatments in Past 3 Years					
Wauwatosa	<u>2003</u>	<u>2006</u>			
Massage Therapy	19%	20%			
Chiropractic Care	13%	12%			
Movement Therapy	10%	12%			
Meditation	8%	9%			
Aroma Therapy	6%	6%			
Acupuncture	2%	3%			

Safety			Other Tests		
Wauwatosa			Wauwatosa	2003	2006
Wear Seat Belt (Always/Nearly Always)	2003	2006	Blood Stool Test (50+; within past 2 years)	51%	36%
Adult	93%	95%	Sigmoidoscopy/Colonoscopy (50+; lifetime)	56%	61%
Children	99%	94%			
Wear Helmet (Always/Nearly Always)			<i>Other Research: (2004)</i>	<i>WI</i>	<i>U.S.</i>
(Of Those Who Ride Bike or In-Line Skate)			<i>Blood Stool Test (50+; within past 2 years)</i>	27%	26%
Adult	44%	48%	<i>Sigmoidoscopy/Colonoscopy (50+; lifetime)</i>	59%	53%
Children	76%	77%			
Detectors in Household			Alcohol Use		
Smoke Detector	97%	95%	Wauwatosa		
Carbon Monoxide Detector	47%	48%	Of all Respondents in Past Month...	2003	2006
Both Detectors	46%	48%	Heavy Drinker	5%	3%
Neither Detector	3%	5%	Binge Drinker	15%	17%
			Drive or Ride When Driver Perhaps Had		
<i>Other Research: (2002)</i>	<i>WI</i>	<i>U.S.</i>	Too Much to Drink	3%	3%
<i>Adult Seat Belt (Always/Nearly Always)</i>	82%	88%			
			<i>Other Research: (2005)</i>	<i>WI</i>	<i>U.S.</i>
Cigarette Use			<i>Heavy Drinker</i>	8%	5%
Wauwatosa	2003	2006	<i>Binge Drinker</i>	22%	14%
Current Smokers	12%	10%			
Of Current Smokers...			Personal Safety in Past Year		
Quit Smoking 1 Day or More in Past			Wauwatosa	2003	2006
Year Because Trying to Quit	38%	39%	Afraid for Their Safety	7%	6%
Saw a Health Care Professional Past Year			Pushed, Kicked, Slapped, or Hit	2%	1%
... Advised to Quit Smoking		73%	At Least One of the Safety Issues	8%	7%
... Advised to Quit at Most Recent Visit		64%			
HH Smoker Smokes Indoors/In Vehicle	9%	7%	Firearms in Household		
			Wauwatosa		
<i>Other Research: (2005)</i>	<i>WI</i>	<i>U.S.</i>	Of all Households...	2003	2006
<i>Current Smokers</i>	22%	21%	Have a Firearm	17%	19%
<i>Tried to Quit</i>	49%	56%	Have a Loaded Firearm	2%	<1%
			Have a Loaded Firearm Unlocked	<1%	<1%
Smoking Policies in Eating Establishments					
Wauwatosa			<i>Other Research: (2002)</i>		
Smoking Preference in Restaurants	2003	2006	<i>Of all Households...</i>	<i>WI</i>	<i>U.S.</i>
Smoke-free	72%	73%	<i>Have a Firearm</i>	44%	33%
Allow Smoking	7%	7%	<i>Have a Loaded Firearm</i>	3%	8%
No Preference	22%	20%	<i>Have a Loaded Firearm Unlocked</i>	2%	4%
Ordinance Prohibiting Smoking in					
Eating Establishments			Additional Questions		
Moderately Favor/Strongly Favor	73%	67%	Wauwatosa		
Moderately Oppose/Strongly Oppose	24%	29%	Did Not Have Access to Adequate &	2003	2006
State Law Prohibiting Smoking in All			Appropriate Food (past 30 days)	3%	2%
Workplaces with 75% or Less in Alcohol Sales			Health Information Source		
Moderately Favor/Strongly Favor		71%	Doctor		35%
Moderately Oppose/Strongly Oppose		26%	Internet		15%
Mental Health Status			Main Factor Preventing Exercise		
Wauwatosa			Time		43%
Felt Sad, Blue or Depressed	2003	2006	Motivation		16%
Always/Nearly Always	3%	4%	Health Problems		13%
Find Meaning and Purpose in Daily Life			English Preferred Language in Household	98%	99%
Seldom/Never	4%	4%	Frequency of Eating Fast Food		
Considered Suicide (past year)	2%	3%	At Least a Few Times/Week	40%	27%
			Few Times/Month	34%	53%

Overall Health and Health Care Key Findings

In 2006, 67% of respondents reported their health as excellent or very good; 11% reported fair or poor. Respondents who were 65 and older, inactive or smokers were more likely to report fair or poor health. *From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported their health fair or poor, with demographic findings varied.*

In 2006, 4% of respondents reported they personally did not have health care coverage; respondents who were 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this. Nine percent reported someone in their household was not currently covered; 17% reported in the past 12 months someone was not covered. Respondents who were unmarried were more likely to report someone in their household was not covered currently or in the past year. Eighty-five percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 55 and older or who were married were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents who were 65 and older or with a household income of less than \$30,001 were more likely to report this. *From 2003 to 2006, the overall percent statistically remained the same for respondents who reported personally no health care coverage or someone in their household not currently covered. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported someone in their household was not covered in the past 12 months. Demographic findings varied in both study years when looking at health care coverage. From 2003 to 2006, there was a statistical increase in the overall percent of respondents reporting an advance care plan, possibly as a result of adding "living will or health care power of attorney" to the survey question.*

In 2006, 81% of respondents reported a routine medical checkup two years ago or less while 77% reported a cholesterol test four years ago or less. Eighty-three percent of respondents reported a visit to the dentist in the past year while 51% reported an eye exam in the past year. Respondents who were female, 55 and older, with a household income of less than \$30,001, with an income of at least \$60,001 or married respondents were more likely to report a routine checkup two years ago or less. Respondents 55 to 64 years old or with a household income of \$30,001 to \$60,000 were more likely to report a cholesterol test four years ago or less. Respondents who were female or 18 to 34 years old 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 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting a routine checkup. From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a cholesterol test, dental exam or eye exam. Demographic findings varied in the study years for each routine procedure.*

In 2006, 39% 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, with a high school education or less or unmarried respondents were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination, with fewer demographic findings in 2006. From 2003 to 2006, there was a statistical increase in the overall percent of respondents 65 and older reporting a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2006, out of eight health conditions listed, high blood pressure and high blood cholesterol were the most often mentioned in the past three years (20% and 19%, respectively). Respondents who were female, 65 and older, with a high school education or less, with a household income of less than \$30,001, who were overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older,

with some post high school education, who were unmarried or overweight were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Unmarried respondents were more likely to report a mental health problem. Respondents who were male, 65 and older, with some post high school education, who were unmarried or overweight were more likely to report diabetes. Respondents who were female were more likely to report current asthma. *From 2003 to 2006, there was no statistical change in the percent of respondents reporting all health conditions. Demographic findings varied across years for all health conditions.*

In 2006, 4% 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 unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent reported they seldom or never find meaning and purpose in daily life; respondents with a household income of less than \$30,001 were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed, in the overall percent who considered suicide or in the overall percent who reported they seldom or never find meaning or purpose in daily life. Demographic findings varied for reporting seldom or never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2006, out of six alternative treatments listed, massage therapy was the most often used in the past three years (20%). Respondents who were female, 35 to 44 years old or with a college education were more likely to report massage therapy. Respondents who were 35 to 44 years old or unmarried were more likely to report aroma therapy. Respondents who were female or unmarried were more likely to report movement therapy. Respondents with a household income of \$30,001 to \$60,000 were more likely to report meditation. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments. Demographic findings were similar for chiropractic care or meditation. Demographic findings were varied for massage therapy, aroma therapy or movement therapy.*

In 2006, 37% of respondents did moderate physical activity five times a week for 30 minutes while 32% did vigorous activity three times a week for 20 minutes. Combined, 55% met the recommended amount of physical activity; respondents with a household income of at least \$60,001 were more likely to report this. Fifty-one percent of respondents were classified as overweight. Respondents who were male, 45 to 54 years old, with some post high school education or less or who were inactive were more likely to be classified as overweight. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2003 to 2006, there was no statistical change in the overall percent of overweight respondents, although demographic findings varied.*

In 2006, 75% of respondents ate two or more servings of fruit while 33% ate three or more servings of vegetables on an average day. Respondents who were female, with a college education, who were married or met the recommended amount of physical activity were more likely to eat at least two servings of fruit. Respondents who were female, with a college education, who were married or who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting at least two servings of fruit on an average day or in the overall percent reporting at least three servings of vegetables on an average day. There were more demographic findings in 2006 than in 2003 for eating at least two servings of fruit or for eating at least three servings of vegetables.*

In 2006, 80% of female respondents 40 and older reported a mammogram within the past two years. Eighty-four percent of female respondents 65 and older had a bone density scan. Ninety-two percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with at least some post high school education, with a household income of less than \$30,001 or an income of at least \$60,001 were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a mammogram in the past two years or a pap smear within the past three years. When looking at a pap smear within the past three years, demographic findings were somewhat similar across study years.*

In 2006, 57% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-six percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older reporting a digital rectal exam within the past year.*

In 2006, 36% of respondents 50 and older had their blood stool tested within the past two years while 61% reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2006, there was a statistical decrease in the overall percent of respondents 50 and older reporting a blood stool test within the past two years. This decrease was seen for respondents who were female, with some post high school education, with a household income of at least \$60,001 or unmarried respondents. From 2003 to 2006, there was no statistical change in the overall percent of respondents 50 and older reporting a sigmoidoscopy or colonoscopy in their lifetime.*

In 2006, 7% of respondents had three or more sunburns in the past 12 months while 14% reported two times and 23% reported once. Respondents who were male, 18 to 34 years old, with a college education, with a household income of at least \$30,001 or married respondents were more likely to report three or more sunburns in the past 12 months.

In 2006, 95% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Ninety-four percent of respondents who had children indicated their children always or nearly always wore seat belts. Of those respondents who rode a bike, used in-line skates or rode a scooter, 48% reported they always or nearly always wore a helmet; respondents who were female, 35 and older, with a college education, with a household income of at least \$60,001 or married respondents were more likely to report this. Of respondents who had children who rode a bike, etc., 77% reported their child always or nearly always wore a helmet. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who used a seat belt or wore a helmet always or nearly always. From 2003 to 2006, there was a statistical decrease in the overall percent of children who used a seat belt. From 2003 to 2006, there was no statistical change in the overall percent of children who wore a helmet. Demographic findings for adult seat belt or helmet usage varied in the study years.*

In 2006, 10% of respondents were current smokers. Respondents who were 35 to 64 years old were more likely to be a smoker. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 73% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Seven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present. *From 2003 to 2006, there was no statistical change in the overall percent of current smokers; however, demographic findings varied across years. From 2003 to 2006, there was no statistical change in the overall percent of current smokers who tried to quit smoking or in the overall percent of household smokers who smoked indoors or in vehicles.*

In 2006, 73% of all respondents preferred a smoke-free restaurant; respondents who were female, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer this. Sixty-seven percent of respondents favored a community ordinance prohibiting

smoking in eating establishments. Respondents who were female, 18 to 34 years old, with a college education, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Seventy-one percent of respondents favored a statewide law to prohibit smoking in all workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales. Respondents who were female, 18 to 34 years old, with a college education, with a household income of at least \$60,001 or nonsmokers were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents who either preferred smoke-free restaurants or restaurants that allowed smoking; however, demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance prohibiting smoking in eating establishments; however, demographic findings varied across study years.*

In 2006, 78% of respondents had an alcoholic drink in the past 30 days. In the past month, 3% were heavy drinkers while 17% were binge drinkers. Respondents who were male or 18 to 34 years old were more likely to have been a binge drinker in the past month. Three 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 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers or binge drinkers. When looking at binge drinkers, there were fewer demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were a driver or a passenger when the driver perhaps had too much to drink.*

In 2006, 95% of households had a working smoke detector while 48% had a working carbon monoxide detector. Forty-eight percent of households had both detectors; respondents with an income of at least \$60,001 or who were married were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of households with both detectors, with demographic findings somewhat similar.*

In 2006, 19% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, less than one percent had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2003 to 2006, there was no statistical change in the overall percent of reported firearm ownership or storage practices.*

In 2006, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were female, 18 to 34 years old or with a household income of \$30,001 to \$60,000 were more likely to report this. One percent reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents who were female, 18 to 34 years old or with a household income of \$30,001 to \$60,000 were more likely to report this. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety or in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year. There was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2006, 2% of respondents reported there was a time in the past 30 days when their household did not have access to adequate and appropriate food. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting they did not have access to adequate and appropriate food.*

In 2006, a doctor was the most often reported health information source (35%) followed by the Internet (15%) and newspaper, magazines or family/friends (9% each). Although all demographic categories were more likely to report a doctor as their source of health information, respondents who were younger, with a college education, with a household income of at least \$30,001 or who were married were quite likely to report the Internet compared to their counterparts.

In 2006, time was the main factor that kept respondents from exercising (43%) followed by motivation (16%) and health problems (13%). Demographic findings varied between these categories.

In 2006, 99% of respondents reported the preferred language spoken in their household was English. *From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting English as the preferred language spoken in their household.*

In 2006, 27% of respondents reported they eat fast food at least a few times per week while 53% reported a few times per month and 20% reported hardly ever or never. Respondents who were male, 18 to 64 years old or married were more likely to report eating fast food at least a few times per week. *From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting they eat fast food at least a few times per week.*

Key Findings

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

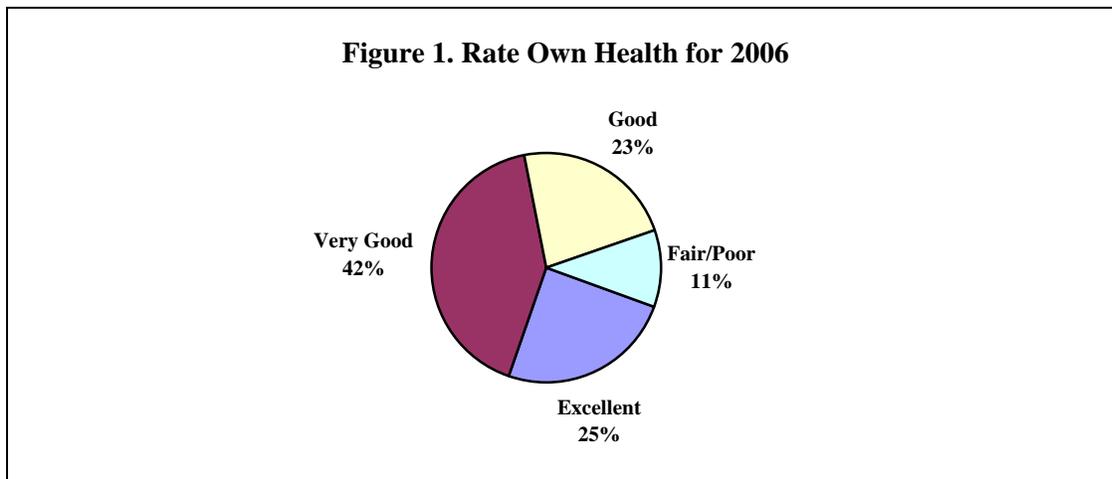
KEY FINDINGS: In 2006, 67% of respondents reported their health as excellent or very good; 11% reported fair or poor. Respondents who were 65 and older, inactive or smokers were more likely to report fair or poor health.

From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported their health fair or poor, with demographic findings varied.

Fifty-seven percent of Wisconsin respondents reported their health as excellent or very good while 12% reported fair or poor. Fifty-four percent of respondents nationwide reported their health as excellent or very good while 15% reported fair or poor (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Sixty-seven percent of respondents said their own health, generally speaking, was either excellent (25%) or very good (42%). A total of 11% reported their health was fair or poor.



- Twenty-six percent of respondents 65 and older reported fair or poor health compared to 6% of those 35 to 44 years old or 5% of respondents 45 to 64 years old.
- Twenty-five percent of respondents who were inactive reported fair or poor health compared to 9% of those who did at least some physical activity.
- Twenty-four percent of respondents who were smokers reported fair or poor health compared to 9% of nonsmokers.

Year Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.
- In both study years, respondents 65 and older were more likely to report fair or poor health.
- In 2003, respondents with a high school education or less, with a household income of less than \$30,001 or unmarried respondents were more likely to report fair or poor health. In 2006, education, household income or marital status was not significant, with a noted increase in the percent of respondents with a college education, a household income of at least \$30,001 or married respondents reporting fair or poor health.
- Although overweight status was not a significant variable in any study year, there was a noted increase in the percent of respondents who were not overweight reporting fair or poor health in 2006.
- In 2006, smokers were more likely to report fair or poor health. In 2003, smoking status was not a significant variable.

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

	2003	2006
TOTAL ^a	6%	11%
Gender		
Male	4	8
Female	8	13
Age ^{1,2}		
18 to 34	1	7
35 to 44	3	6
45 to 54	5	5
55 to 64	8	5
65 and Older	16	26
Education ¹		
High School or Less	12	13
Some Post High School	9	13
College Graduate ^a	3	9
Household Income ¹		
\$30,000 or Less	16	18
\$30,001 to \$60,000 ^a	4	10
\$60,001 or More ^a	2	8
Marital Status ¹		
Married ^a	4	9
Not Married	11	13
Overweight Status		
Not Overweight ^a	5	11
Overweight	9	11
Physical Activity ²		
Inactive	--	25
Insufficient	--	9
Recommended	--	9
Smoking Status ²		
Nonsmoker	6	9
Smoker	10	24

^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.

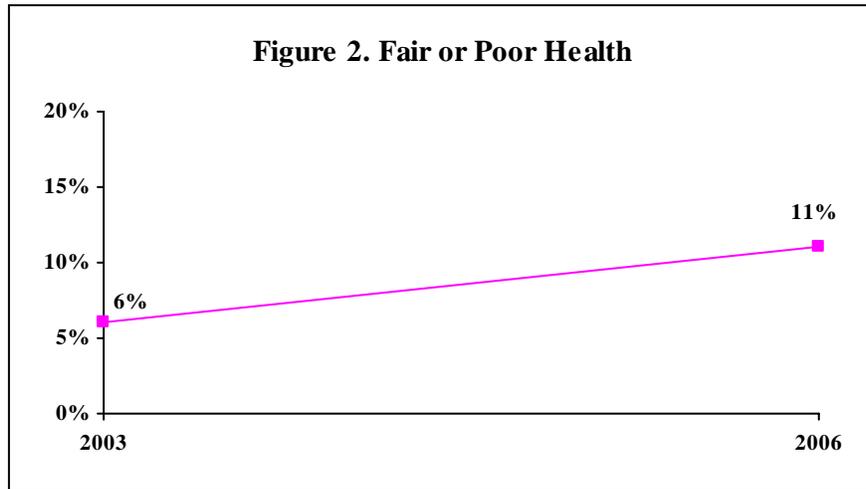
^②Physical activity was defined differently in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.



Health Care Coverage (Figures 3 - 5; Tables 3 - 6)

KEY FINDINGS: In 2006, 4% of respondents reported they personally did not have health care coverage; respondents who were 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this. Nine percent reported someone in their household was not currently covered; 17% reported in the past 12 months someone was not covered. Respondents who were unmarried were more likely to report someone in their household was not covered currently or in the past year. Eighty-five percent of respondents reported their primary place for health services was from a doctor’s or nurse practitioner’s office; respondents who were female, 55 and older or who were married were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents who were 65 and older or with a household income of less than \$30,001 were more likely to report this.

From 2003 to 2006, the overall percent statistically remained the same for respondents who reported personally no health care coverage or someone in their household not currently covered. From 2003 to 2006, there was a statistical increase in the overall percent of respondents who reported someone in their household was not covered in the past 12 months. Demographic findings varied in both study years when looking at health care coverage. From 2003 to 2006, there was a statistical increase in the overall percent of respondents reporting an advance care plan, possibly as a result of adding “living will or health care power of attorney” to the survey question.

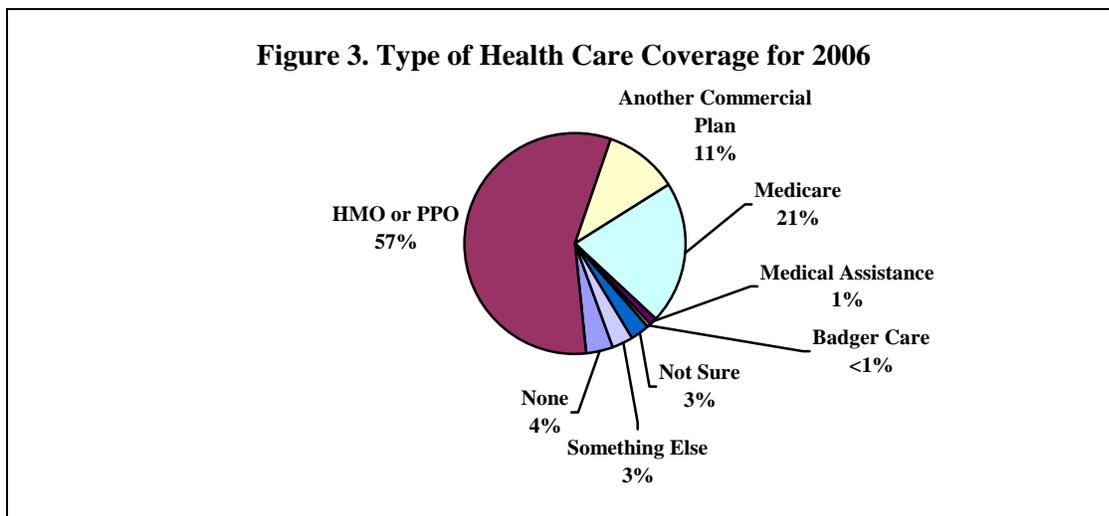
Personally Not Covered

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 2005, 11% of all respondents in Wisconsin reported they personally did not have health insurance. Fifteen percent of the nation reported this (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Four percent of respondents reported they were not currently covered by any health care plan. Fifty-seven percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Eleven percent reported another commercial plan and 21% reported Medicare. Eleven percent reported another commercial plan and 21% reported Medicare.



- Nine percent of respondents 18 to 34 years old reported no personal health care coverage compared to 4% of those 45 to 54 years old or 0% of respondents 55 and older.
- Nine percent of respondents with some post high school education and 7% of those with a high school education or less reported no personal health care coverage compared to 2% of respondents with a college education.
- Unmarried respondents were more likely to report they were personally not covered by a health care plan compared to married respondents (8% and less than one percent, respectively).

Year Comparisons

- From 2003 to 2006, the overall percent statistically remained the same for respondents having no personal health care coverage.
- In 2003, respondents who were male were more likely to report no personal health care coverage. In 2006, gender was not a significant variable.

- In both study years, respondents who were 18 to 34 years old or unmarried were more likely to report personally no health care coverage.
- In 2006, respondents with some post high school education or less were more likely to report personally no health care coverage. In 2003, education was not a significant variable.
- In 2003, respondents with a household income of less than \$30,001 were more likely to report no personal health care coverage. In 2006, household income was not a significant variable. In addition, there was a noted increase in the percent of respondents with a household income of at least \$60,001 reporting no personal health care coverage and a noted decrease in the percent of respondents with a household income of \$30,001 to \$60,000 reporting this.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year[Ⓞ]

	2003	2006
TOTAL	4%	4%
Gender ¹		
Male	6	6
Female	2	3
Age ^{1,2}		
18 to 34	12	9
35 to 44	2	5
45 to 54	1	4
55 to 64	0	0
65 and Older	1	0
Education ²		
High School or Less	6	7
Some Post High School	5	9
College Graduate	2	2
Household Income ¹		
\$30,000 or Less	9	6
\$30,001 to \$60,000 ^a	6	<1
\$60,001 or More ^a	0	6
Marital Status ^{1,2}		
Married	<1	<1
Not Married	10	8

[Ⓞ]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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Someone in Household Not Currently Covered

2006 Findings

- Nine percent of all respondents indicated someone in their household was not currently covered by a health care plan. This equates to approximately 1,890 households.
- Unmarried respondents were more likely to report someone in their household was not currently covered compared to married respondents (16% and 4%, respectively).

Year Comparisons

- From 2003 to 2006, the overall percent statistically remained the same for respondents who reported someone in their household was not currently covered.
- In 2003, respondents with a household income of less than \$30,001 were more likely to report someone was not currently covered. In 2006, household income was not a significant variable, with a noted increase in the percent of respondents with a household income of at least \$60,001 reporting this.
- In both study years, unmarried respondents were more likely to report someone not currently covered.

Table 4. Someone in Household Not Currently Covered by Health Care Coverage by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	8%	9%
Household Income ¹		
\$30,000 or Less	18	16
\$30,001 to \$60,000	11	9
\$60,001 or More ^a	1	8
Marital Status ^{1,2}		
Married	4	4
Not Married	17	16

^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

^ayear differences at p≤0.05

Someone in Household Not Covered in the Past 12 Months

2006 Findings

- Seventeen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Unmarried respondents were more likely to report someone in their household was not covered in the past year compared to married respondents (28% and 9%, respectively).

Year Comparisons

- From 2003 to 2006, the overall percent statistically increased for respondents who reported someone in their household was not covered in the past 12 months.
- In 2003, respondents with a household income of less than \$30,001 were more likely to report someone in the household not covered in the past year. In 2006, household income was not a significant variable, with a noted increase in the percent of respondents with a household income of \$30,001 to \$60,000 reporting this.
- In both study years, unmarried respondents were more likely to report someone in their household was not covered in the past year.

Table 5. Someone in Household Not Covered by Health Care Coverage in Past Year by Demographic Variables for Each Survey Year[ⓐ]

	2003	2006
TOTAL ^a	12%	17%
Household Income ¹		
\$30,000 or Less	23	20
\$30,001 to \$60,000 ^a	13	23
\$60,001 or More	6	12
Marital Status ^{1,2}		
Married	8	9
Not Married	20	28

[ⓐ]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≤0.05 in 2003

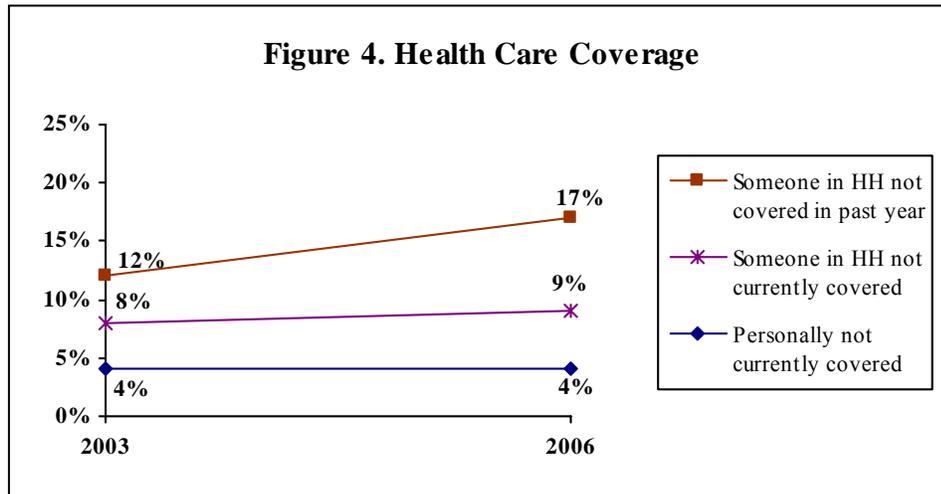
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Overall Health Care Coverage

Year Comparisons

- From 2003 to 2006, the overall percent statistically remained the same for respondents who reported personally no health care coverage or someone in their household not currently covered. From 2003 to 2006, the overall percent statistically increased for respondents who reported someone in their household not covered in the past 12 months.



Primary Health Care Services

2006 Findings

- Eighty-five percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Three percent reported hospital outpatient department or urgent care department, while 2% reported a public health clinic/community center.
- Female respondents were more likely to report they go to a doctor's or nurse practitioner's office (91%) compared to male respondents (78%).
- Ninety-one percent of respondents 65 and older and 90% of those 55 to 64 years old reported a doctor's or nurse practitioner's office followed by 88% of respondents 35 to 44 years old reporting this. Eighty-four percent of respondents 45 to 54 years old and 76% of respondents 18 to 34 years old reported a doctor's or nurse practitioner's office.
- Eighty-nine percent of married respondents reported a doctor's or nurse practitioner's office compared to 81% of unmarried respondents.

Advance Care Plan

2006 Findings

- Thirty-nine 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.
- Seventy-nine percent of respondents 65 and older reported they had an advance care plan compared to 23% of those 35 to 44 years old or 8% of respondents 18 to 34 years old.
- Fifty-one percent of respondents with a household income of less than \$30,001 reported an advance care plan compared to 36% of those with an income of at least \$60,001 or 30% of respondents with a household income of \$30,001 to \$60,000.

Year Comparisons

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding “living will or health care power of attorney” in 2006.
- In both study years, respondents 65 and older were more likely to report having an advance care plan, with a noted increase in 2006. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase for those 45 to 54 years old reporting an advance care plan in 2006.
- Although neither education nor marital status was significant in any study year, there was a noted increase in the percent of respondents with a high school education or less or married respondents reporting this in 2006.
- In 2006, respondents with a household income of less than \$30,001 were more likely to report having an advance care plan. In 2003, household income was not a significant variable.

Table 6. Advance Care Plan by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL ^a	32%	39%
Gender		
Male	28	37
Female	35	41
Age ^{1,2}		
18 to 34 ^a	17	8
35 to 44	25	23
45 to 54 ^a	27	43
55 to 64	39	58
65 and Older ^a	53	79
Education		
High School or Less ^a	22	43
Some Post High School	34	44
College Graduate	34	36
Household Income ²		
\$30,000 or Less	40	51
\$30,001 to \$60,000	26	30
\$60,001 or More	30	36
Marital Status		
Married ^a	31	43
Not Married	33	34

^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.

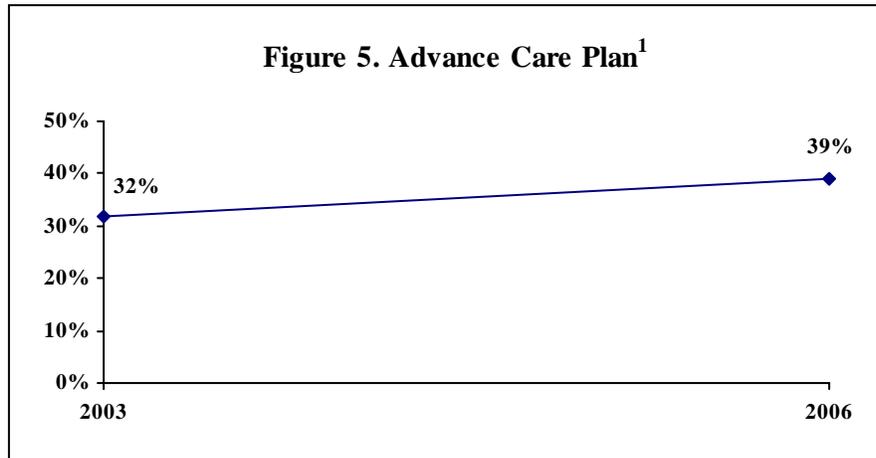
^②“Living will or health care power of attorney” added in 2006.

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

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

^ayear differences at $p \leq 0.05$

- From 2003 to 2006, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding “living will or health care power of attorney” in 2006.



¹“Living will or health care power of attorney” added in 2006.

Routine Procedures (Figure 6; Tables 7 - 10)

KEY FINDINGS: In 2006, 81% of respondents reported a routine medical checkup two years ago or less while 77% reported a cholesterol test four years ago or less. Eighty-three percent of respondents reported a visit to the dentist in the past year while 51% reported an eye exam in the past year. Respondents who were female, 55 and older, with a household income of less than \$30,001, with an income of at least \$60,001 or married respondents were more likely to report a routine checkup two years ago or less. Respondents 55 to 64 years old or with a household income of \$30,001 to \$60,000 were more likely to report a cholesterol test four years ago or less. Respondents who were female or 18 to 34 years old 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 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting a routine checkup. From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a cholesterol test, dental exam or eye exam. Demographic findings varied in the study years for each routine procedure.

Routine Checkup

Sixty-five percent 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).

2006 Findings

- Eighty-one percent of respondents reported they had a routine checkup two years ago or less.
- Eighty-eight percent of female respondents reported they had a routine checkup two years ago or less compared to 71% of male respondents.
- Ninety-one percent of respondents 65 and older and 90% of those 55 to 64 years old reported a routine checkup in the past two years compared to 70% of respondents 18 to 34 years old.
- Eighty-five percent of respondents with a household income of less than \$30,001 and 85% of those with an income of at least \$60,001 reported a routine checkup two years ago or less compared to 69% of respondents with a household income of \$30,001 to \$60,000.
- Eighty-six percent of married respondents reported a routine checkup compared to 74% of unmarried respondents.

Year Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported a routine checkup two years ago or less.
- In 2006, female respondents were more likely to report a routine checkup two years ago or less as a result of a noted decrease in the percent of male respondents reporting this. In 2003, gender was not a significant variable.
- In both study years, respondents 55 and older were more likely to have a routine checkup two years ago or less. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting this in 2006.
- In 2003, respondents with some post high school education were more likely to report a routine checkup two years ago or less. In 2006, education was not a significant variable with a noted decrease in the percent of respondents with some post high school education reporting this.
- In 2006, respondents with a household income of less than \$30,001 or an income of at least \$60,001 were more likely to report a routine checkup two years ago or less as a result of a noted decrease in the percent of respondents with a household income of \$30,001 to \$60,000 reporting this. In 2003, household income was not a significant variable.
- In 2006, married respondents were more likely to report a routine checkup two years ago or less as a result of a noted decrease in the percent of unmarried respondents reporting this.

Table 7. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL ^a	87%	81%
Gender ²		
Male ^a	85	71
Female	88	88
Age ^{1,2}		
18 to 34 ^a	90	70
35 to 44	78	76
45 to 54	80	82
55 to 64	92	90
65 and Older	95	91
Education ¹		
High School or Less	83	84
Some Post High School ^a	94	86
College Graduate	85	78
Household Income ²		
\$30,000 or Less	85	85
\$30,001 to \$60,000 ^a	85	69
\$60,001 or More	87	85
Marital Status ²		
Married	86	86
Not Married ^a	89	74

^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

^ayear differences at p≤0.05

Cholesterol Test

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

Seventy-three percent of Wisconsin respondents and 73% of U.S. respondents reported they had their cholesterol checked within the past five years (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Seventy-seven percent of respondents reported having their cholesterol tested four years ago or less. Seven percent reported five or more years ago while 13% reported never having their cholesterol tested.

- Ninety-seven percent of respondents 55 to 64 years old reported a cholesterol test four years ago or less compared to 75% of those 35 to 44 years old or 58% of respondents 18 to 34 years old.
- Eighty-three percent of respondents with a household income of \$30,001 to \$60,000 reported a cholesterol test four years ago or less compared to 78% of those with an income of less than \$30,001 or 68% of respondents with a household income of at least \$60,001.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2003, female respondents were more likely to report a cholesterol test. In 2006, gender was not a significant variable.
- In both study years, respondents 55 to 64 years old were more likely to report a cholesterol test.
- In 2006, respondents with a household income of \$30,001 to \$60,000 were more likely to report a cholesterol test, with a noted increase. In 2003, household income was not a significant variable.

Table 8. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	76%	77%
Gender ¹		
Male	70	78
Female	80	76
Age ^{1,2}		
18 to 34	61	58
35 to 44	67	75
45 to 54	77	81
55 to 64	97	97
65 and Older	88	86
Education		
High School or Less	81	82
Some Post High School	72	82
College Graduate	75	73
Household Income ²		
\$30,000 or Less	81	78
\$30,001 to \$60,000 ^a	73	83
\$60,001 or More	76	68
Marital Status		
Married	77	77
Not Married	74	76

^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

^ayear differences at p≤0.05

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 2004, 78% of Wisconsin respondents and 70% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2004 Behavioral Risk Factor Surveillance).

2006 Findings

- Eighty-three percent of respondents reported a dental visit in the past year. An additional 11% had a visit in the past one to two years.
- Eighty-six percent of female respondents reported a dental exam in the past year compared to 79% of male respondents.
- Ninety-four percent of respondents 18 to 34 years old reported a dental exam in the past year compared to 80% of those 65 and older or 70% of respondents 45 to 54 years old.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a dental exam in the past year.
- In 2006, female respondents were more likely to report a dental exam. In 2003, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old were more likely to report a dental exam, with a noted increase. In addition, there was a noted decrease in the percent of respondents 45 to 54 years old reporting a dental exam. In 2003, age was not a significant variable.
- In 2003, respondents with a household income of at least \$60,001 were more likely to report a dental exam. In 2006, household income was not a significant variable.
- In 2003, married respondents were more likely to report a dental exam in the past year. In 2006, marital status was not a significant variable as a result of a noted decrease in the percent of married respondents reporting a dental exam and a noted increase in the percent of unmarried respondents reporting this.

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.

Table 9. Dental Exam Less than One Year Ago by Demographic Variables for Each Survey Year[Ⓞ]

	2003	2006
TOTAL	83%	83%
Gender ²		
Male	81	79
Female	84	86
Age ²		
18 to 34 ^a	83	94
35 to 44	82	82
45 to 54 ^a	87	70
55 to 64	92	88
65 and Older	77	80
Education		
High School or Less	81	79
Some Post High School	86	82
College Graduate	82	84
Household Income ¹		
\$30,000 or Less	75	76
\$30,001 to \$60,000	77	84
\$60,001 or More	90	86
Marital Status ¹		
Married ^a	88	80
Not Married ^a	73	86

[Ⓞ]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 2003

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

^ayear differences at $p \leq 0.05$

Eye Exam

2006 Findings

- Fifty-one percent of respondents had an eye exam in the past year while 32% reported one to two years ago. Three percent reported never.
- Fifty-six percent of female respondents reported having an eye exam in the past year compared to 44% of male respondents.
- Sixty-six percent of respondents 65 and older reported having an eye exam in the past year compared to 49% of those 18 to 34 years old or 36% of respondents 45 to 54 years old.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents having an eye exam less than a year ago.
- In 2006, respondents who were female or 65 and older were more likely to report an eye exam less than a year ago. In 2003, neither gender nor age was significant.
- Although education was not a significant variable in any study year, there was a noted increase in the percent of respondents with some post high school education reporting an eye exam less than one year ago.

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

	2003	2006
TOTAL	50%	51%
Gender ²		
Male	45	44
Female	54	56
Age ²		
18 to 34	52	49
35 to 44	40	51
45 to 54	49	36
55 to 64	56	50
65 and Older	57	66
Education		
High School or Less	54	43
Some Post High School [ⓐ]	44	58
College Graduate	52	50
Household Income		
\$30,000 or Less	55	53
\$30,001 to \$60,000	49	49
\$60,001 or More	47	52
Marital Status		
Married	47	48
Not Married	56	53

^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 2003

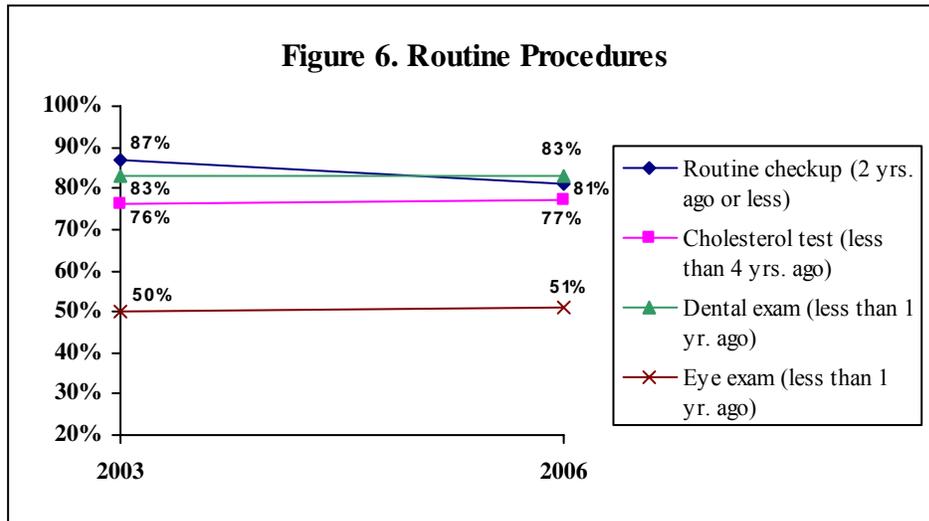
²demographic difference at $p \leq 0.05$ in 2006

[ⓐ]year differences at $p \leq 0.05$

Routine Procedures Overall

Year Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting a routine checkup. In both study years, there was no statistical change in the overall percent of respondents reporting a cholesterol test, dental exam or eye exam.



Vaccinations (Figure 7; Table 11)

KEY FINDINGS: In 2006, 39% 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, with a high school education or less or unmarried respondents were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination, with fewer demographic findings in 2006. From 2003 to 2006, there was a statistical increase in the overall percent of respondents 65 and older reporting a pneumonia vaccination.

Influenza 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). Seventy-two percent of Wisconsin respondents and 66% of U.S. respondents 65 and older reported a flu vaccination (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Thirty-nine percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Respondents 65 and older were more likely to report receiving a flu vaccination (76%) compared to those 35 to 44 years old (24%) or respondents 18 to 34 years old (20%).
- Fifty percent of respondents with a high school education or less and 49% of those with some post high school education reported a flu vaccination compared to 32% of respondents with a college education.
- Forty-five percent of unmarried respondents reported a flu vaccination compared to 34% of married respondents.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination in the past 12 months.
- In 2003, respondents who were female or with a household income of less than \$30,001 were more likely to report a flu vaccination. In 2006, neither gender nor household income was significant.
- In both study years, respondents who were 65 and older, with some post high school education or less or unmarried respondents were more likely to report a flu vaccination.

Table 11. Flu Shot/Nasal Spray by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	40%	39%
Gender ¹		
Male	29	35
Female	48	42
Age ^{1,2}		
18 to 34	20	20
35 to 44	20	24
45 to 54	29	32
55 to 64	64	45
65 and Older	75	76
Education ^{1,2}		
High School or Less	46	50
Some Post High School	47	49
College Graduate	33	32
Household Income ¹		
\$30,000 or Less	51	45
\$30,001 to \$60,000	32	38
\$60,001 or More	35	31
Marital Status ^{1,2}		
Married	35	34
Not Married	51	45

^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.

^②“Nasal spray” added in 2006.

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

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

^ayear differences at $p \leq 0.05$

Pneumonia Vaccination

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

Sixty-six percent of Wisconsin respondents and 66% of U.S. respondents 65 and older reported they received a pneumonia shot (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Seventy-three percent of respondents who were 65 and older reported they received a pneumonia vaccination.

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

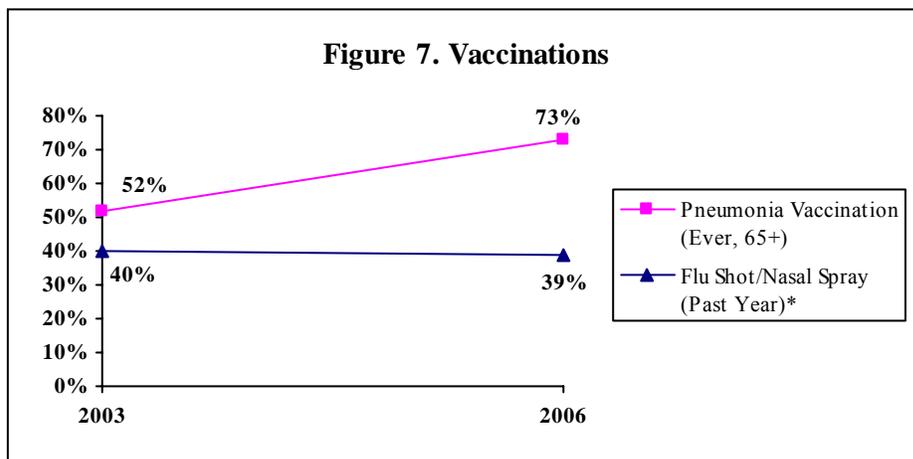
Year Comparisons

- From 2003 to 2006, 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 small percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a flu vaccination. From 2003 to 2006, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*“Nasal spray” added in 2006.

Prevalence of Select Health Conditions (Figures 8 & 9; Tables 12 - 17)

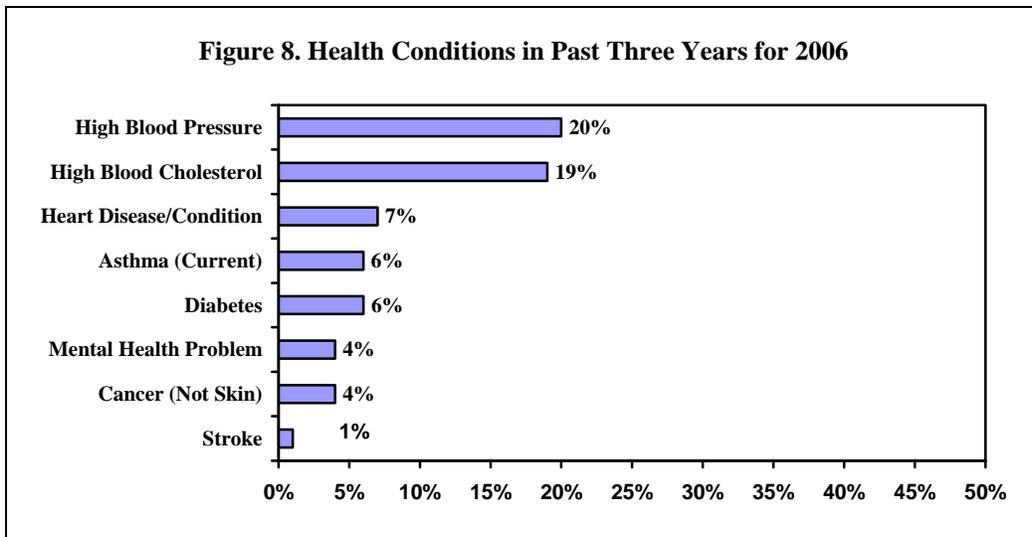
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2006, out of eight health conditions listed, high blood pressure and high blood cholesterol were the most often mentioned in the past three years (20% and 19%, respectively). Respondents who were female, 65 and older, with a high school education or less, with a household income of less than \$30,001, who were overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older, with some post high school education, who were unmarried or overweight were more likely to report high blood cholesterol. Respondents 65 and older were more likely to report heart disease/condition. Unmarried respondents were more likely to report a mental health problem. Respondents who were male, 65 and older, with some post high school education, who were unmarried or overweight were more likely to report diabetes. Respondents who were female were more likely to report current asthma.

From 2003 to 2006, there was no statistical change in the percent of respondents reporting all health conditions. Demographic findings varied across years for all health conditions.

2006 Findings

- Respondents were more likely to report they had high blood pressure or high blood cholesterol in the past three years (20% and 19%, respectively).



High Blood Pressure

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

2006 Findings

- Twenty percent of respondents reported high blood pressure in the past three years.
- Twenty-four percent of female respondents reported high blood pressure in the past three years compared to 14% of male respondents.
- Forty-eight percent of respondents 65 and older reported high blood pressure in the past three years compared to 3% of those 18 to 34 years old or 2% of respondents 35 to 44 years old.
- Forty-one percent of respondents with a high school education or less reported high blood pressure compared to 23% of those with some post high school education or 14% of respondents with a college education.
- Forty-two percent of respondents with a household income of less than \$30,001 reported high blood pressure compared to 18% of those with an income of \$30,001 to \$60,000 or 12% of respondents with a household income of at least \$60,001.
- Overweight respondents were more likely to report high blood pressure (26%) compared to respondents who were not overweight (13%).
- Forty percent of respondents who were inactive reported high blood pressure compared to 20% of those who did an insufficient amount of activity and 17% of respondents who met the recommendation.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2006, female respondents were more likely to report high blood pressure. In 2003, gender was not a significant variable.
- In 2003 and 2006, respondents who were 65 and older, with a high school education or less, with a household income of less than \$30,001 or who were overweight were more likely to report high blood pressure.
- In 2003, unmarried respondents were more likely to report high blood pressure. In 2006, marital status was not a significant variable, with a noted decrease in the percent of unmarried respondents reporting this.

Table 12. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	20%	20%
Gender ²		
Male	17	14
Female	23	24
Age ^{1,2}		
18 to 34	3	3
35 to 44	3	2
45 to 54	13	16
55 to 64	30	35
65 and Older	57	48
Education ^{1,2}		
High School or Less	33	41
Some Post High School	21	23
College Graduate	15	14
Household Income ^{1,2}		
\$30,000 or Less	43	42
\$30,001 to \$60,000	12	18
\$60,001 or More	13	12
Marital Status ¹		
Married	16	21
Not Married ^a	29	18
Overweight Status ^{1,2}		
Not Overweight	15	13
Overweight	26	26
Physical Activity ²		
Inactive	--	40
Insufficient	--	20
Recommended	--	17
Smoking Status		
Nonsmoker	21	20
Smoker	12	16

^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

^ayear differences at p≤0.05

High Blood Cholesterol

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

2006 Findings

- Nineteen percent of respondents reported high blood cholesterol in the past three years.
- Thirty-nine percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 10% of those 18 to 34 years old or 3% of respondents 35 to 44 years old.
- Thirty-six percent of respondents with some post high school education reported high blood cholesterol compared to 20% of those with a high school education or less or 12% of respondents with a college education.
- Twenty-four percent of unmarried respondents reported high blood cholesterol compared to 14% of married respondents.
- Overweight respondents were more likely to report high blood cholesterol (24%) compared to respondents who were not overweight (13%).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting high blood cholesterol.
- In 2003, male respondents were more likely to report high blood cholesterol. In 2006, gender was not a significant variable with a noted decrease in the percent of male respondents reporting this.
- In both study years, respondents 65 and older were more likely to report high blood cholesterol. In addition, there was a noted decrease in the percent of respondents 35 to 44 years old reporting this in 2006.
- In 2006, respondents with some post high school education were more likely to report high blood cholesterol, with a noted decrease in the percent of respondents with a college education reporting this. In 2003, education was not a significant variable.
- In 2003, respondents with a household income of less than \$30,001 were more likely to report high blood cholesterol. In 2006, household income was not a significant variable.
- In 2006, unmarried respondents were more likely to report high blood cholesterol, with a noted decrease in the percent of married respondents reporting this. In 2003, marital status was not a significant variable.
- In both study years, overweight respondents were more likely to report high blood cholesterol.

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

	2003	2006
TOTAL	21%	19%
Gender ¹		
Male ^a	26	16
Female	17	20
Age ^{1,2}		
18 to 34	3	10
35 to 44 ^a	20	3
45 to 54	25	16
55 to 64	25	28
65 and Older	35	39
Education ²		
High School or Less	20	20
Some Post High School	25	36
College Graduate ^a	20	12
Household Income ¹		
\$30,000 or Less	30	24
\$30,001 to \$60,000	15	13
\$60,001 or More	23	15
Marital Status ²		
Married ^a	22	14
Not Married	19	24
Overweight Status ^{1,2}		
Not Overweight	16	13
Overweight	29	24
Physical Activity		
Inactive	--	31
Insufficient	--	17
Recommended	--	17
Smoking Status		
Nonsmoker	22	19
Smoker	14	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 in 2003.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Heart Disease/Condition

2006 Findings

- Seven percent of respondents reported heart disease or condition in the past three years.
- Eighteen percent of respondents 65 and older reported heart disease/condition compared to 4% of those 45 to 54 years old or 0% of respondents 35 to 44 years old.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting heart disease/condition.
- In 2003, respondents 55 to 64 years old were more likely to report heart disease/condition. In 2006, respondents 65 and older were more likely to report heart disease/condition. In addition, there was a noted decrease in the percent of respondents 55 to 64 years old reporting heart disease/condition and a noted increase in the percent of respondents 18 to 34 years old reporting this.
- In 2003, respondents with a household income of less than \$30,001 or unmarried respondents were more likely to report heart disease/condition. In 2006, neither household income nor marital status was significant.

Table 14. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	7%	7%
Gender		
Male	6	6
Female	7	8
Age ^{1,2}		
18 to 34 ^a	0	6
35 to 44	2	0
45 to 54	1	4
55 to 64 ^a	24	8
65 and Older	16	18
Education		
High School or Less	7	13
Some Post High School	10	9
College Graduate	5	6
Household Income ¹		
\$30,000 or Less	13	13
\$30,001 to \$60,000	4	8
\$60,001 or More	5	4
Marital Status ¹		
Married	4	8
Not Married	11	6
Overweight Status		
Not Overweight	7	7
Overweight	7	7
Physical Activity		
Inactive	--	11
Insufficient	--	4
Recommended	--	8
Smoking Status		
Nonsmoker	6	8
Smoker	10	3

^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

^ayear differences at p≤0.05

Mental Health Problem

2006 Findings

- Four percent of respondents reported a mental health problem in the past three years.
- Unmarried respondents were more likely to report a mental health problem (8%) compared to married respondents (2%).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a mental health problem.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a mental health problem in 2003.

Table 15. Mental Health Problem in Past Three Years by Demographic Variables for Each Survey Year^①

	2003 ^②	2006
TOTAL	2%	4%
Gender		
Male	--	3
Female	--	5
Age		
18 to 34	--	3
35 to 44	--	2
45 to 54	--	5
55 to 64	--	10
65 and Older	--	5
Education		
High School or Less	--	0
Some Post High School	--	6
College Graduate	--	5
Household Income		
\$30,000 or Less	--	5
\$30,001 to \$60,000	--	6
\$60,001 or More	--	3
Marital Status ²		
Married	--	2
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 2003

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

^ayear differences at $p \leq 0.05$

Diabetes

2006 Findings

- Six percent of respondents reported diabetes in the past three years.
- Nine percent of male respondents reported diabetes in the past three years compared to 3% of female respondents.
- Twelve percent of respondents 65 and older reported diabetes in the past three years compared to 4% of those 45 to 54 years old or 0% of respondents 35 to 44 years old.
- Sixteen percent of respondents with some post high school education reported diabetes compared to 5% of those with a high school education or less or 2% of respondents with a college education.
- Nine percent of unmarried respondents reported diabetes in the past three years compared to 3% of married respondents.
- Ten percent of overweight respondents reported diabetes compared to 2% of respondents who were not overweight.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting diabetes.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting diabetes in 2003.

Table 16. Diabetes in Past Three Years by Demographic Variables for Each Survey Year^①

	2003 ^②	2006
TOTAL	3%	6%
Gender ²		
Male	--	9
Female	--	3
Age ²		
18 to 34	--	8
35 to 44	--	0
45 to 54	--	4
55 to 64	--	5
65 and Older	--	12
Education ²		
High School or Less	--	5
Some Post High School	--	16
College Graduate	--	2
Household Income		
\$30,000 or Less	--	5
\$30,001 to \$60,000	--	4
\$60,001 or More	--	7
Marital Status ²		
Married	--	3
Not Married	--	9
Overweight Status ²		
Not Overweight	--	2
Overweight	--	10
Physical Activity		
Inactive	--	11
Insufficient	--	3
Recommended	--	6
Smoking Status		
Nonsmoker	--	6
Smoker	--	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≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

³year differences at p≤0.05

A1C Test

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

2006 Findings

- Thirteen percent of the 24 respondents who reported being diagnosed with diabetes had an A1C test four or more times in the past year. Sixty-three percent reported two to three times and 21% reported one or fewer times. Four percent were not sure.
- Twenty-nine percent of the 21 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Fifty-two percent reported a level of seven or higher while 19% were not sure.
- Fifteen percent of the 20 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Fifty percent reported a level of 100 or higher while 35% were not sure.

Current Asthma

2006 Findings

- Six percent of respondents reported they currently have asthma.
- Nine percent of female respondents reported current asthma compared to 2% of male respondents.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting current asthma.
- In both study years, female respondents were more likely to report current asthma.
- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 18 to 34 years old who reported current asthma.
- In 2003, unmarried respondents were more likely to report current asthma. In 2006, marital status was not a significant variable as a result of a noted decrease in the percent of unmarried respondents reporting this.

Table 17. Current Asthma by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL	9%	6%
Gender ^{1,2}		
Male	3	2
Female	12	9
Age		
18 to 34 ^a	10	2
35 to 44	7	7
45 to 54	6	5
55 to 64	16	13
65 and Older	8	6
Education		
High School or Less	8	2
Some Post High School	14	8
College Graduate	6	6
Household Income		
\$30,000 or Less	11	4
\$30,001 to \$60,000	7	5
\$60,001 or More	8	7
Marital Status ¹		
Married	6	6
Not Married ^a	13	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.

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

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

^ayear differences at $p \leq 0.05$

Written Asthma Action Plan

2006 Findings

- Of the 23 respondents who currently had asthma, 30% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the small number of respondents answering this question.

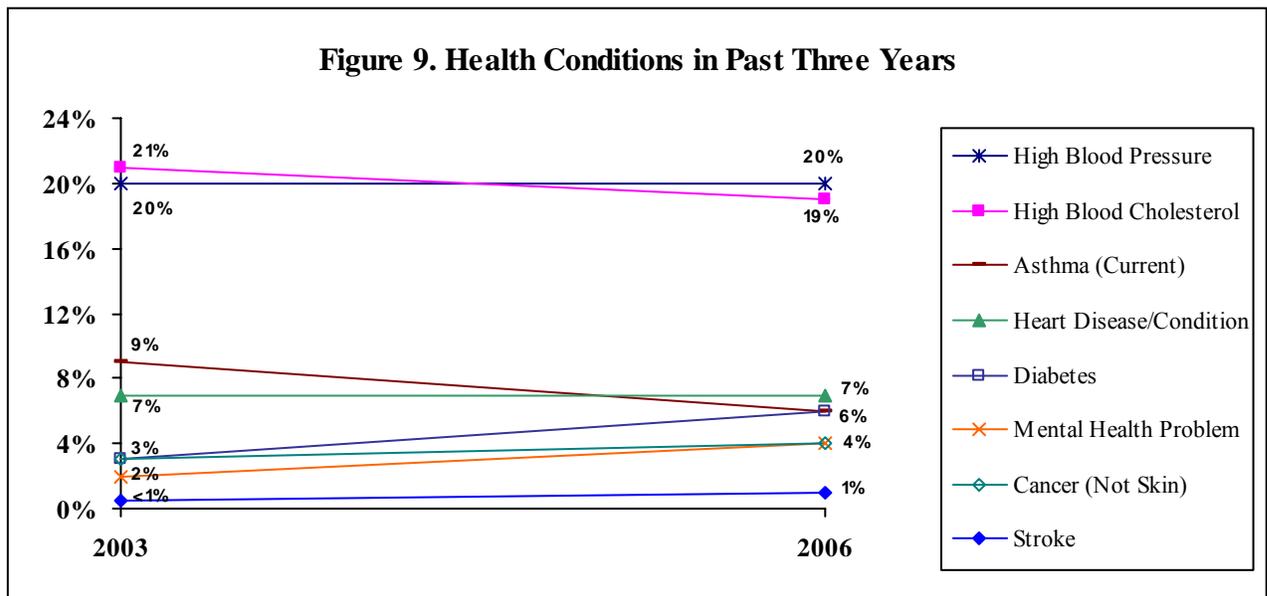
Year Comparisons

- No demographic comparisons were conducted between years as a result of the small number of respondents answering this question and revised question wording.

Overall Health Conditions

Year Comparisons

- From 2003 to 2006, there was no statistical change in the percent of respondents reporting all health conditions.



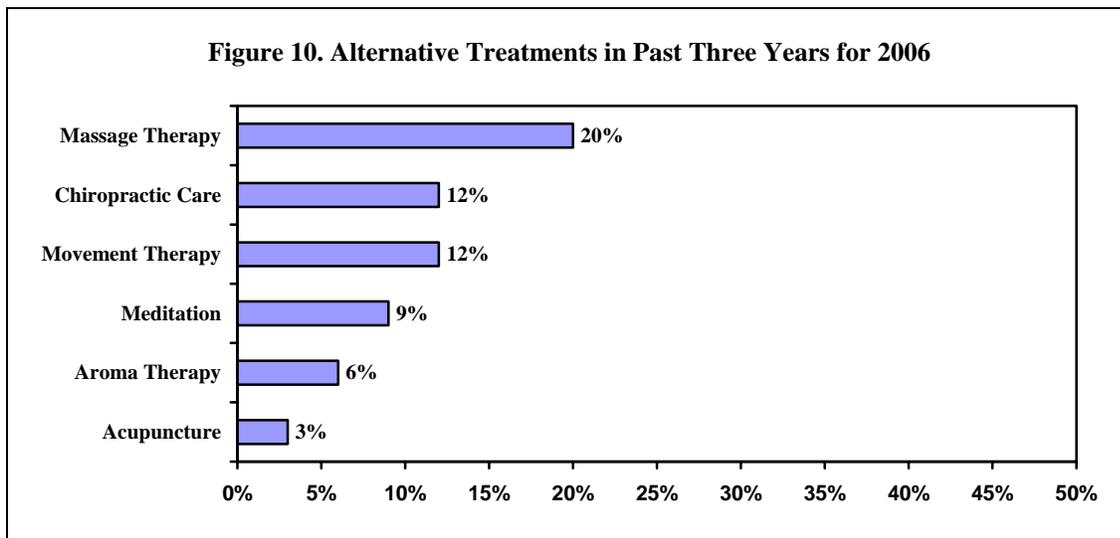
Prevalence of Select Alternative Treatments (Figures 10 & 11; Tables 18 - 22)

KEY FINDINGS: In 2006, out of six alternative treatments listed, massage therapy was the most often used in the past three years (20%). Respondents who were female, 35 to 44 years old or with a college education were more likely to report massage therapy. Respondents who were 35 to 44 years old or unmarried were more likely to report aroma therapy. Respondents who were female or unmarried were more likely to report movement therapy. Respondents with a household income of \$30,001 to \$60,000 were more likely to report meditation.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments. Demographic findings were similar for chiropractic care or meditation. Demographic findings were varied for massage therapy, aroma therapy or movement therapy.

2006 Findings

- Respondents were more likely to have used massage therapy in the past three years (20%) followed by chiropractic care or movement therapy (12% each).



Chiropractic Care

2006 Findings

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

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 18 to 34 years old who reported chiropractic care.

Table 18. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	13%	12%
Gender		
Male	14	10
Female	12	13
Age		
18 to 34 ^a	19	5
35 to 44	13	14
45 to 54	14	15
55 to 64	19	10
65 and Older	5	13
Education		
High School or Less	13	14
Some Post High School	10	8
College Graduate	14	12
Household Income		
\$30,000 or Less	10	16
\$30,001 to \$60,000	13	8
\$60,001 or More	15	12
Marital Status		
Married	13	12
Not Married	14	11

^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 2003

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

^ayear differences at $p \leq 0.05$

Massage Therapy

2006 Findings

- Twenty percent of respondents reported massage therapy in the past three years.
- Twenty-eight percent of female respondents reported massage therapy in the past three years compared to 10% of male respondents.
- Thirty-four percent of respondents 35 to 44 years old reported massage therapy in the past three years compared to 15% of those 18 to 34 years old or 10% of respondents 65 and older.
- Twenty-six percent of respondents with a college education reported massage therapy compared to 11% of those with a high school education or less or 10% of respondents with at least some post high school education.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used massage therapy.
- In both study years, female respondents were more likely to report massage therapy.
- In 2003, respondents 18 to 44 years old were more likely to report massage therapy. In 2006, respondents 35 to 44 years old were more likely to report massage therapy. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting this.
- In 2006, respondents with a college education were more likely to report massage therapy. In addition, there was a noted decrease in the percent of respondents with some post high school education reporting massage therapy. In 2003, education was not a significant variable.
- In 2003, unmarried respondents were more likely to report massage therapy. In 2006, marital status was not a significant variable.

Table 19. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL	19%	20%
Gender ^{1,2}		
Male	13	10
Female	24	28
Age ^{1,2}		
18 to 34 ^a	30	15
35 to 44	27	34
45 to 54	15	22
55 to 64	14	28
65 and Older	7	10
Education ²		
High School or Less	11	11
Some Post High School ^a	23	10
College Graduate	20	26
Household Income		
\$30,000 or Less	19	18
\$30,001 to \$60,000	19	19
\$60,001 or More	22	24
Marital Status ¹		
Married	16	22
Not Married	25	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 $p \leq 0.05$ in 2003

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

^ayear differences at $p \leq 0.05$

Aroma Therapy

2006 Findings

- Six percent of respondents reported aroma therapy in the past three years.
- Eighteen percent of respondents 35 to 44 years old reported aroma therapy in the past three years compared to 3% of those 18 to 34 years old or 55 to 64 years old or 1% of respondents 65 and older.
- Ten percent of unmarried respondents reported aroma therapy compared to 3% of married respondents.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used aroma therapy.
- In 2003, respondents 45 to 54 years old were more likely to report aroma therapy. In 2006, respondents 35 to 44 years old were more likely to report aroma therapy, with a noted increase.
- In 2006, unmarried respondents were more likely to report aroma therapy. In 2003, marital status was not a significant variable.

Table 20. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year[ⓐ]

	2003	2006
TOTAL	6%	6%
Gender		
Male	4	4
Female	7	8
Age ^{1,2}		
18 to 34	9	3
35 to 44 ^a	4	18
45 to 54	11	5
55 to 64	3	3
65 and Older	0	1
Education		
High School or Less	2	5
Some Post High School	9	10
College Graduate	5	5
Household Income		
\$30,000 or Less	5	5
\$30,001 to \$60,000	5	4
\$60,001 or More	6	6
Marital Status ²		
Married	5	3
Not Married	6	10

[ⓐ]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 2003

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

^ayear differences at $p \leq 0.05$

Movement Therapy

2006 Findings

- Twelve percent of respondents reported movement therapy in the past three years.
- Female respondents were more likely to report movement therapy (17%) compared to male respondents (6%).
- Seventeen percent of unmarried respondents reported movement therapy compared to 8% of married respondents.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used movement therapy.
- In both study years, female respondents were more likely to report movement therapy.
- In 2003, respondents 35 to 54 years old were more likely to report movement therapy. In 2006, age was not a significant variable.
- In 2006, unmarried respondents were more likely to report movement therapy with a noted increase. In 2003, marital status was not a significant variable.

Table 21. Movement Therapy in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	10%	12%
Gender ^{1,2}		
Male	5	6
Female	13	17
Age ¹		
18 to 34	10	16
35 to 44	14	16
45 to 54	15	9
55 to 64	3	5
65 and Older	3	9
Education		
High School or Less	4	11
Some Post High School	14	16
College Graduate	10	11
Household Income		
\$30,000 or Less	5	11
\$30,001 to \$60,000	11	16
\$60,001 or More	11	8
Marital Status ²		
Married	11	8
Not Married ^a	7	17

^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 2003

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

^ayear differences at $p \leq 0.05$

Meditation

2006 Findings

- Nine percent of respondents reported meditation in the past three years.
- Fifteen percent of respondents with a household income of \$30,001 to \$60,000 reported meditation compared to 7% of those with a household income of less than \$30,001 or 6% of respondents with a household income of at least \$60,001.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used meditation.
- In 2006, respondents with a household income of \$30,001 to \$60,000 were more likely to report meditation. In 2003, household income was not a significant variable.

Table 22. Meditation in Past Three Years by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	8%	9%
Gender		
Male	8	6
Female	8	11
Age		
18 to 34	11	11
35 to 44	9	8
45 to 54	10	8
55 to 64	8	10
65 and Older	3	7
Education		
High School or Less	5	5
Some Post High School	12	14
College Graduate	7	8
Household Income ²		
\$30,000 or Less	8	7
\$30,001 to \$60,000	9	15
\$60,001 or More	8	6
Marital Status		
Married	8	9
Not Married	9	9

^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

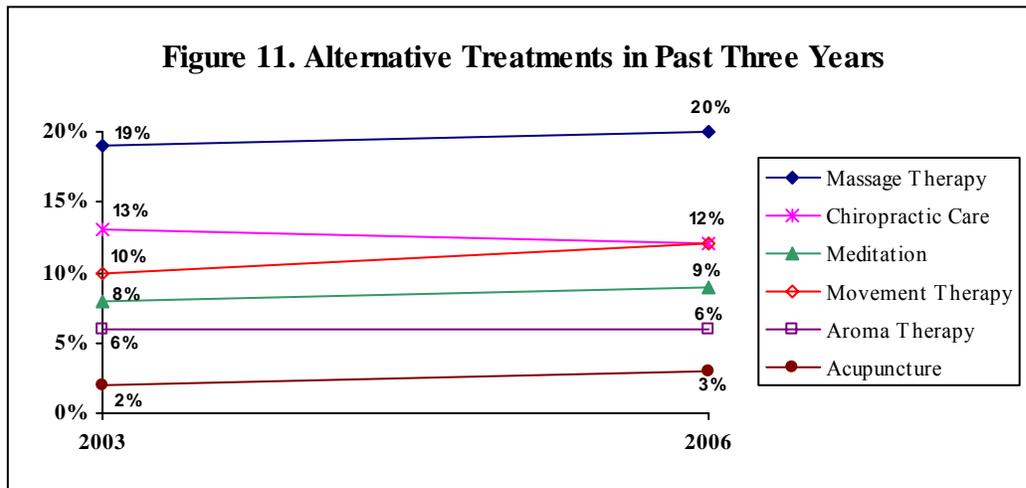
²demographic difference at p≤0.05 in 2006

³year differences at p≤0.05

Alternative Treatments Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who used the alternative treatments.



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

KEY FINDINGS: In 2006, 37% of respondents did moderate physical activity five times a week for 30 minutes while 32% did vigorous activity three times a week for 20 minutes. Combined, 55% met the recommended amount of physical activity; respondents with a household income of at least \$60,001 were more likely to report this. Fifty-one percent of respondents were classified as overweight. Respondents who were male, 45 to 54 years old, with some post high school education or less or who were inactive were more likely to be classified as overweight.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2003 to 2006, there was no statistical change in the overall percent of overweight respondents, although demographic findings varied.

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).

2006 Findings

- Thirty-seven percent of respondents reported they did moderate physical activity at least five times a week for 30 minutes or more. Forty-nine percent did some moderate physical activity while 11% did not do any moderate physical activity.
- Female respondents were more likely to report moderate physical activity five or more times a week for at least 30 minutes compared to male respondents (42% and 31%, respectively).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who did moderate physical activity five times a week for at least 30 minutes.
- In 2006, female respondents were more likely to report moderate physical activity five times a week for at least 30 minutes as a result of a noted increase. In 2003, gender was not a significant variable.
- Although neither age nor overweight status was significant in any study year, there was a noted increase in the percent of respondents who were 45 to 54 years old or overweight reporting moderate physical activity five times a week for at least 30 minutes.
- In 2003, married respondents were more likely to report moderate physical activity five times a week for at least 30 minutes. In 2006, marital status was not a significant variable, with a noted increase in the percent of unmarried respondents reporting moderate physical activity five times a week for at least 30 minutes.

Table 23. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	31%	37%
Gender ²		
Male	31	31
Female ^a	31	42
Age		
18 to 34	34	43
35 to 44	33	34
45 to 54 ^a	24	40
55 to 64	33	28
65 and Older	31	36
Education		
High School or Less	27	36
Some Post High School	30	42
College Graduate	33	36
Household Income		
\$30,000 or Less	23	35
\$30,001 to \$60,000	29	32
\$60,001 or More	35	41
Marital Status ¹		
Married	36	40
Not Married ^a	19	34
Overweight Status		
Not Overweight	34	36
Overweight ^a	27	39

^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 $p \leq 0.05$ in 2003

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

^ayear differences at $p \leq 0.05$

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 2005, 33% of Wisconsin respondents and 28% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Thirty-two percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Seventeen percent did some vigorous physical activity while 50% did not do any vigorous physical activity.
- Forty-six percent of respondents 18 to 34 years old reported vigorous physical activity three times a week for at least 20 minutes compared to 25% of those 55 to 64 years old or 16% of respondents 65 and older.
- Thirty-six percent of respondents with a college education reported vigorous activity three times a week for 20 minutes compared to 31% of those with some post high school education or 16% of respondents with a high school education or less.
- Forty-nine percent of respondents with a household income of at least \$60,001 reported vigorous activity three times a week for at least 20 minutes compared to 18% of those with an income of \$30,001 to \$60,000 or 9% of respondents with a household income of less than \$30,001.
- Respondents who were married were more likely to report vigorous activity three times a week for at least 20 minutes compared to unmarried respondents (36% and 27%, respectively).

Table 24. Recommended Vigorous Physical Activity by Demographic Variables for 2006^{①,②}

	2006
TOTAL	32%
Gender	
Male	36
Female	29
Age ¹	
18 to 34	46
35 to 44	38
45 to 54	33
55 to 64	25
65 and Older	16
Education ¹	
High School or Less	16
Some Post High School	31
College Graduate	36
Household Income ¹	
\$30,000 or Less	9
\$30,001 to \$60,000	18
\$60,001 or More	49
Marital Status ¹	
Married	36
Not Married	27
Overweight Status	
Not Overweight	34
Overweight	31

^①Percentages occasionally may differ by 1 or 2 percentage points from 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 $p \leq 0.05$ in 2006

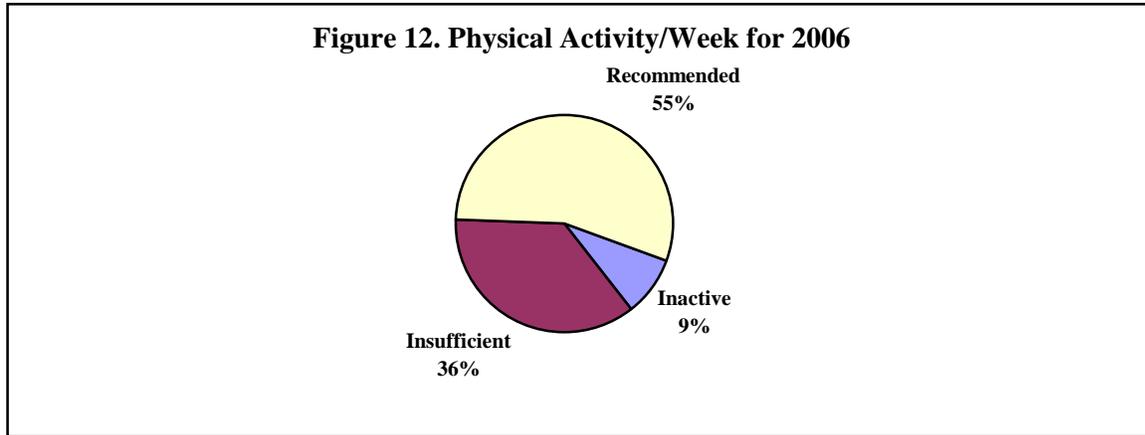
Combined Recommended Amount of Physical Activity in Typical Week

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 2005, 57% of Wisconsin respondents and 49% 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) (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Fifty-five 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). Thirty-six percent did an insufficient amount of physical activity while 9% did no physical activity in a typical week.



- Sixty-six percent of respondents with a household income of at least \$60,001 met the recommended amount of physical activity compared to 44% of those with an income of \$30,001 to \$60,000 or 42% of respondents with a household income of less than \$30,001.

Table 25. Recommended Physical Activity by Demographic Variables for 2006^{①,②}

	2006
TOTAL	55%
Gender	
Male	53
Female	56
Age	
18 to 34	61
35 to 44	60
45 to 54	59
55 to 64	43
65 and Older	45
Education	
High School or Less	41
Some Post High School	57
College Graduate	57
Household Income ¹	
\$30,000 or Less	42
\$30,001 to \$60,000	44
\$60,001 or More	66
Marital Status	
Married	58
Not Married	51
Overweight Status	
Not Overweight	55
Overweight	56

^①Percentages occasionally may differ by 1 or 2 percentage points from 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 $p \leq 0.05$ in 2006

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 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)*

Sixty-one percent of Wisconsin respondents were classified as at least overweight in 2005 (37% overweight, 24% obese). In the U.S., 61% were classified as at least overweight (37% overweight and 24% obese) (2005 Behavioral Risk Factor Survey).

2006 Findings

- According to the definition, 51% of respondents were overweight (30% overweight and 21% obese).
- Fifty-eight percent of male respondents were overweight compared to 45% of female respondents.
- Seventy-one percent of respondents 45 to 54 years old were overweight compared to 48% of those 35 to 44 years old or 36% of respondents 18 to 34 years old.
- Sixty-one percent of respondents with a high school education or less and 58% of those with some post high school education were overweight compared to 46% of respondents with a college education.
- Seventy percent of respondents who were inactive were overweight compared to 51% of those who met the recommended amount of physical activity or 46% of respondents who did an insufficient amount of physical activity.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents being overweight.
- In both study years, male respondents were more likely to be classified as overweight.
- In 2003, respondents 55 to 64 years old were more likely to be classified as overweight. In 2006, respondents 45 to 54 years old were more likely to be classified as overweight.
- In 2006, respondents with some post high school education or less were more likely to be overweight. In 2003, education was not a significant variable.
- In 2003, married respondents were more likely to be overweight. In 2006, marital status was not a significant variable, as a result of a noted increase in the percent of unmarried respondents reporting this.

Table 26. Overweight by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	47%	51%
Gender ^{1,2}		
Male	59	58
Female	37	45
Age ^{1,2}		
18 to 34	36	36
35 to 44	50	48
45 to 54	57	71
55 to 64	64	61
65 and Older	42	49
Education ²		
High School or Less	46	61
Some Post High School	51	58
College Graduate	46	46
Household Income		
\$30,000 or Less	48	40
\$30,001 to \$60,000	50	48
\$60,001 or More	47	53
Marital Status ¹		
Married	53	52
Not Married ^a	35	50
Physical Activity ²		
Inactive	--	70
Insufficient	--	46
Recommended	--	51

^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

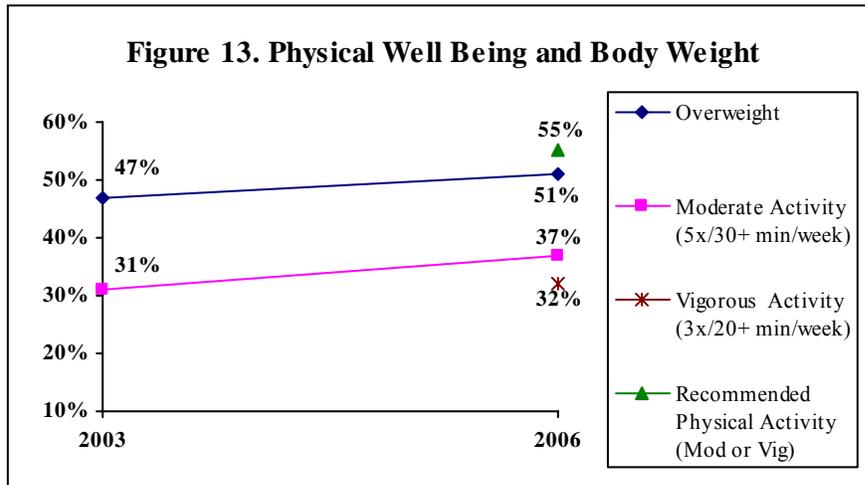
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes or respondents being classified overweight.



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

KEY FINDINGS: In 2006, 75% of respondents ate two or more servings of fruit while 33% ate three or more servings of vegetables on an average day. Respondents who were female, with a college education, who were married or met the recommended amount of physical activity were more likely to eat at least two servings of fruit. Respondents who were female, with a college education, who were married or who met the recommended amount of physical activity were more likely to eat at least three servings of vegetables a day.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting at least two servings of fruit on an average day or in the overall percent reporting at least three servings of vegetables on an average day. There were more demographic findings in 2006 than in 2003 for eating at least two servings of fruit or for eating at least three servings of vegetables.

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.

2006 Findings

- Seventy-five percent of respondents eat two or more servings of fruit on an average day. Twenty-five percent reported one serving or less.
- Female respondents were more likely to report eating two or more servings of fruit a day (82%) compared to male respondents (65%).
- Eighty percent of respondents with a college education reported eating two or more servings of fruit compared to 76% of those with some post high school education or 51% of respondents with a high school education or less.
- Eighty percent of married respondents reported eating two or more servings of fruit compared to 67% of unmarried respondents.
- Eighty-two percent of respondents who met the recommended amount of physical activity reported eating two or more servings of fruit compared to 69% of those who were inactive or 64% of respondents who did an insufficient amount of activity.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit on an average day.
- In both study years, female respondents were more likely to report eating two or more servings of fruit per day.
- Although age was not a significant variable in any study year, there was a noted decrease in the percent of respondents 35 to 44 years old reporting two or more servings of fruit on an average day.
- In 2006, respondents with a college education were more likely to report eating two or more servings of fruit per day with a noted decrease in the percent of respondents with a high school education or less reporting this. In 2003, education was not a significant variable.
- In 2006, married respondents were more likely to report eating two or more servings of fruit per day. In 2003, marital status was not a significant variable.

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

	2003	2006
TOTAL	77%	75%
Gender ^{1,2}		
Male	70	65
Female	83	82
Age		
18 to 34	79	81
35 to 44 ^a	80	67
45 to 54	71	74
55 to 64	72	74
65 and Older	79	74
Education ²		
High School or Less ^a	80	51
Some Post High School	74	76
College Graduate	78	80
Household Income		
\$30,000 or Less	73	65
\$30,001 to \$60,000	77	71
\$60,001 or More	79	79
Marital Status ²		
Married	77	80
Not Married	76	67
Overweight Status		
Not Overweight	77	77
Overweight	75	72
Physical Activity ²		
Inactive	--	69
Insufficient	--	64
Recommended	--	82

^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

^ayear differences at p≤0.05

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)

2006 Findings

- Thirty-three percent of respondents eat three or more servings of vegetables on an average day. Sixty-six percent reported two servings or less.
- Forty-four percent of female respondents reported eating three or more servings of vegetables a day compared to 18% of male respondents.
- Thirty-nine percent of respondents with a college education reported eating three or more servings of vegetables a day compared to 23% of those with some post high school education or 18% of respondents with a high school education or less.
- Forty percent of married respondents reported eating three or more servings of vegetables a day compared to 23% of unmarried respondents.
- Forty-one percent of respondents who met the recommended amount of physical activity reported at least three servings of vegetables a day compared to 31% of those who were inactive or 19% of respondents who did an insufficient amount of physical activity.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting three or more servings of vegetables on an average day.
- In both study years, female respondents were more likely to report three or more servings of vegetables. In addition, there was a noted decrease in the percent of male respondents reporting three or more vegetable servings per day in 2006.
- In 2006, respondents with a college education were more likely to report at least three servings of vegetables per day. In addition, there was a noted decrease in the percent of respondents with a high school education or less reporting at least three servings of vegetables. In 2003, education was not a significant variable.
- In 2006, married respondents were more likely to report at least three servings of vegetables per day. In 2003, marital status was not a significant variable.

Table 28. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	35%	33%
Gender ^{1,2}		
Male ^a	27	18
Female	41	44
Age		
18 to 34	35	33
35 to 44	38	33
45 to 54	30	33
55 to 64	49	40
65 and Older	32	28
Education ²		
High School or Less ^a	34	18
Some Post High School	35	23
College Graduate	35	39
Household Income		
\$30,000 or Less	31	33
\$30,001 to \$60,000	36	28
\$60,001 or More	38	33
Marital Status ²		
Married	38	40
Not Married	29	23
Overweight Status		
Not Overweight	33	34
Overweight	37	31
Physical Activity ²		
Inactive	--	31
Insufficient	--	19
Recommended	--	41

^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

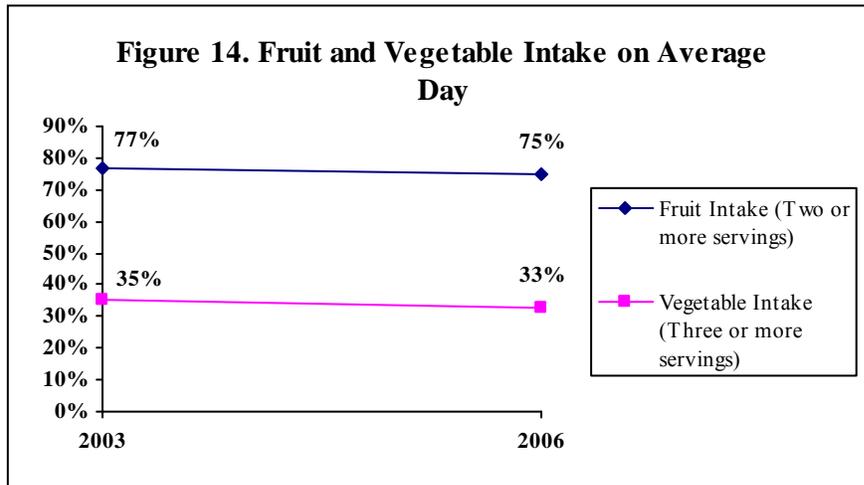
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting two or more servings of fruit on an average day or in the overall percent of respondents reporting three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 29)

KEY FINDINGS: In 2006, 80% of female respondents 40 and older reported a mammogram within the past two years. Eighty-four percent of female respondents 65 and older had a bone density scan. Ninety-two percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with at least some post high school education, with a household income of less than \$30,001 or an income of at least \$60,001 were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting a mammogram in the past two years or a pap smear within the past three years. When looking at a pap smear within the past three years, demographic findings were somewhat similar across study years.

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)

Seventy-five percent of Wisconsin women and 75% of U.S. women 40 and older reported a mammogram within the past two years (2004 Behavioral Risk Factor Surveillance).

2006 Findings

- Eighty percent of female respondents 40 and older had a mammogram within the past two years. Three 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 2006, 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

2006 Findings

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

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)

Eighty-six percent of Wisconsin women and 86% of U.S. women 18 and older reported a pap smear within the past three years (2004 Behavioral Risk Factor Surveillance).

2006 Findings

- A total of 92% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.
- Ninety-five percent of respondents with a college education and 92% of those with some post high school education reported a pap smear within the past three years compared to 73% of respondents with a high school education or less.
- Ninety-six percent of respondents with an income of at least \$60,001 and 94% of those with an income of less than \$30,001 reported a pap smear within the past three years compared to 81% of respondents with a household income of \$30,001 to \$60,000.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2006, respondents with at least some post high school education were more likely to report a pap smear within the past three years. In 2003, education was not a significant variable.
- In 2003, respondents with a household income of at least \$30,001 were more likely to report a pap smear within the past three years. In 2006, respondents with a household income of less than \$30,001 or an income of at least \$60,001 were more likely to report a pap smear within the past three years. In addition, there was a noted decrease in the percent of respondents with a household income of \$30,001 to \$60,000 reporting this.

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 29. 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
TOTAL	95%	92%
Age		
18 to 34	90	89
35 to 44	96	98
45 to 54	95	90
55 and Older	100	95
Education ²		
High School or Less	93	73
Some Post High School	96	92
College Graduate	95	95
Household Income ^{1,2}		
\$30,000 or Less	81	94
\$30,001 to \$60,000 ^a	97	81
\$60,001 or More	97	96
Marital Status		
Married	96	93
Not Married	92	91

^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

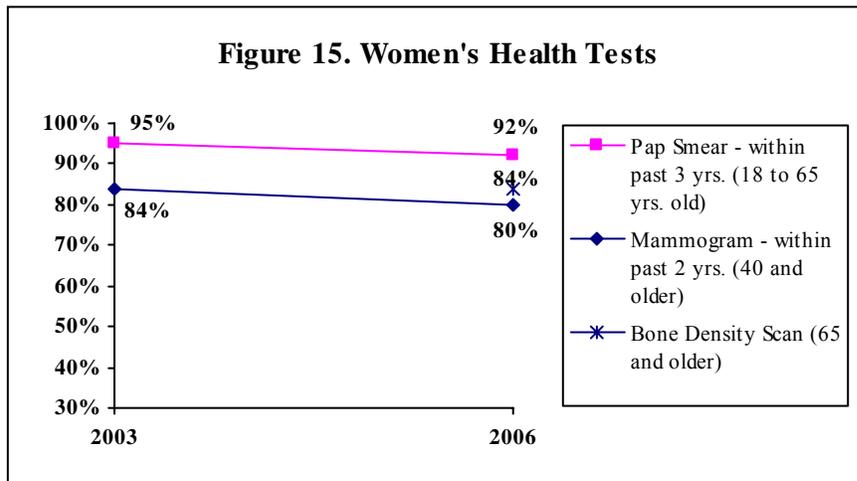
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2006, 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.



Men's Health (Figure 16)

KEY FINDINGS: In 2006, 57% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-six percent of male respondents 40 and older had a digital rectal exam in the past year.

From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older reporting 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 2004, 46% of Wisconsin men and 52% of U.S. men 40 and older reported a PSA test within the past two years (2004 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.

2006 Findings

- Forty percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 17% reported within the past two years (one year but less than two years). Thirty 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.

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

2006 Findings

- Thirty-six percent of male respondents 40 and older had a digital rectal exam in the past year while 17% reported within the past two years (one year but less than two years). Sixteen 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

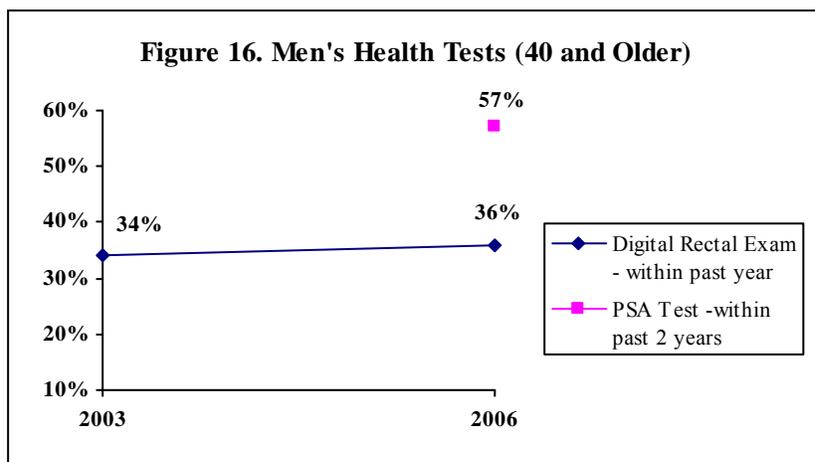
- From 2003 to 2006, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

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 2003 to 2006, there was no statistical change in the overall percent of male respondents who reported having a digital rectal exam within the past year.



Other Tests (Figure 17; Tables 30 & 31)

KEY FINDINGS: In 2006, 36% of respondents 50 and older had their blood stool tested within the past two years while 61% reported a sigmoidoscopy or colonoscopy in their lifetime.

From 2003 to 2006, there was a statistical decrease in the overall percent of respondents 50 and older reporting a blood stool test within the past two years. This decrease was seen for respondents who were female, with some post high school education, with a household income of at least \$60,001 or unmarried respondents. From 2003 to 2006, there was no statistical change in the overall percent of respondents 50 and older reporting a sigmoidoscopy or colonoscopy in their lifetime.

Blood Stool Test

An annual fecal occult blood test is recommended for persons 50 and older.⁶

The Healthy People 2010 goal for adults 50 and older having a fecal occult blood test within the past two years is 50%. (Objective 03-12a)

In 2004, 27% of Wisconsin respondents and 26% of U.S. respondents 50 and older reported a blood stool test within the past two years (2004 Behavioral Risk Factor Surveillance).

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.

2006 Findings

- Thirty-six percent of respondents 50 and older had a blood stool test within the past two years. Thirty-five percent reported never while 7% were not sure.
- There were no statistically significant differences between demographic variables and responses of a blood stool test within the past two years.

Year Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past two years.
- Although no demographic variable was significant in any study year, there was a noted decrease in the percent of respondents who were female, with some post high school education, with a household income of at least \$60,001 or unmarried respondents reporting a blood stool test within the past two years.

Table 30. Blood Stool Test Within Past Two Years by Demographic Variables for Each Survey Year (Respondents 50 and Older)^⓪

	2003	2006
TOTAL ^a	51%	36%
Gender		
Male	47	37
Female ^a	52	34
Education		
High School or Less	55	41
Some Post High School ^a	59	36
College Graduate	44	34
Household Income		
\$30,000 or Less	54	41
\$30,001 to \$60,000	39	38
\$60,001 or More ^a	59	35
Marital Status		
Married	47	37
Not Married ^a	57	35

^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 2003

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

^ayear differences at $p \leq 0.05$

Sigmoidoscopy or Colonoscopy Exam

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

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

In 2004, 59% of Wisconsin respondents and 53% of U.S. respondents 50 and older reported a sigmoidoscopy or colonoscopy test in their lifetime (2004 Behavioral Risk Factor Surveillance).

2006 Findings

- Thirty percent of respondents 50 and older had a sigmoidoscopy or colonoscopy exam within the past two years (13% less than a year ago and 17% more than one year ago, but less than two). An additional 20% reported more than two years but less than five years. Thirty-seven percent of respondents 50 and older never had a sigmoidoscopy or colonoscopy exam.
- There were no statistically significant differences between demographic variables and responses of having a sigmoidoscopy or colonoscopy in their lifetime.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.
- From 2003 to 2006, there were no statistically significant differences between and within years and responses of having a sigmoidoscopy or colonoscopy in their lifetime.

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 31. Sigmoidoscopy or Colonoscopy Exam in Their Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)^①

	2003	2006
TOTAL	56%	61%
Gender		
Male	53	57
Female	58	63
Education		
High School or Less	57	67
Some Post High School	56	63
College Graduate	56	58
Household Income		
\$30,000 or Less	45	61
\$30,001 to \$60,000	61	62
\$60,001 or More	55	55
Marital Status		
Married	60	61
Not Married	50	61

^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

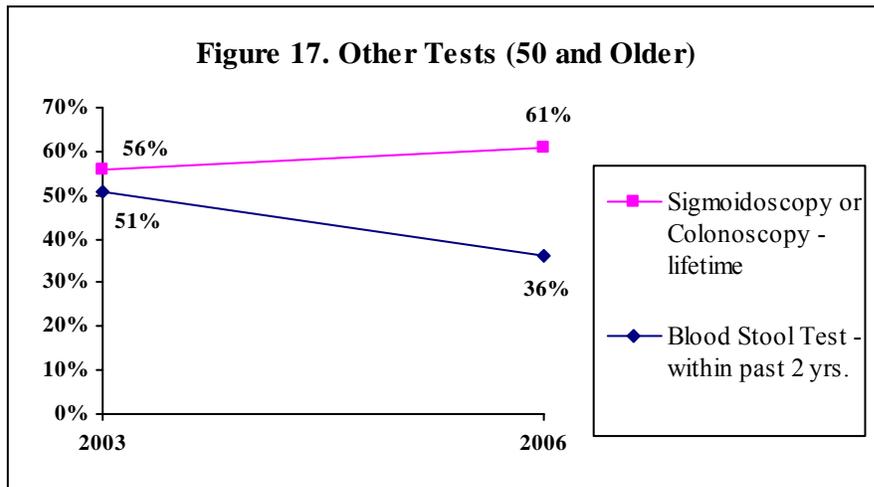
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Other Tests Overall

Year Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past two years. There was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.



Sunburn (Table 32)

KEY FINDINGS: In 2006, 7% of respondents had three or more sunburns in the past 12 months while 14% reported two times and 23% reported once. Respondents who were male, 18 to 34 years old, with a college education, with a household income of at least \$30,001 or married respondents were more likely to report three or more sunburns in the past 12 months.

2006 Findings

- Seven percent of respondents reported they had three or more sunburns in the past 12 months. Fourteen percent reported two times and 23% of respondents reported once. Fifty-six percent reported none.
- Male respondents were more likely to report at least three sunburns (11%) compared to female respondents (3%).
- Thirteen percent of respondents 18 to 34 years old reported at least three sunburns in the past 12 months compared to 5% of those 35 to 54 years old or 3% of respondents 55 and older.
- Nine percent of respondents with a college education reported at least three sunburns in the past 12 months compared to 2% of those with some post high school education or 0% of respondents with a high school education or less.

- Ten percent of respondents with a household income of at least \$60,001 and 8% of those with an income of \$30,001 to \$60,000 reported at least three sunburns compared to 0% of respondents with a household income of less than \$30,001.
- Married respondents were more likely to report at least three sunburns compared to unmarried respondents (10% and 2%, respectively).

Table 32. Three or More Sunburns in the Past 12 Months by Demographic Variables for 2006^⓪

	2006
TOTAL	7%
Gender ¹	
Male	11
Female	3
Age ¹	
18 to 34	13
35 to 44	5
45 to 54	5
55 to 64	3
65 and older	3
Education ¹	
High School or Less	0
Some Post High School	2
College Graduate	9
Household Income ¹	
\$30,000 or Less	0
\$30,001 to \$60,000	8
\$60,001 or More	10
Marital Status ¹	
Married	10
Not Married	2

^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≤0.05 in 2006

Safety: Seat Belts and Bicycle Helmets (Figures 18 & 19; Tables 33 & 34)

KEY FINDINGS: In 2006, 95% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Ninety-four percent of respondents who had children indicated their children always or nearly always wore seat belts. Of those respondents who rode a bike, used in-line skates or rode a scooter, 48% reported they always or nearly always wore a helmet; respondents who were female, 35 and older, with a college education, with a household income of at least \$60,001 or married respondents were more likely to report this. Of respondents who had children who rode a bike, etc., 77% reported their child always or nearly always wore a helmet.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who used a seat belt or wore a helmet always or nearly always. From 2003 to 2006, there was a statistical decrease in the overall percent of children who used a seat belt. From 2003 to 2006, there was no statistical change in the overall percent of children who wore a helmet. Demographic findings for adult seat belt or helmet usage varied in the study years.

Adult 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).

2006 Findings

- Ninety-five percent of respondents reported they wore seat belts always or nearly always.
- Ninety-eight percent of female respondents reported always or nearly always compared to 92% of male respondents.
- Ninety-eight percent of respondents with a college education reported always or nearly always compared to 93% of those with some post high school education or 88% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2006, female respondents were more likely to report they always or nearly always wore a seat belt, with a noted increase. In 2003, gender was not a significant variable.
- In 2003, respondents 45 to 54 years old were more likely to report always or nearly always. In 2006, age was not a significant variable with a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting this.

- In 2006, respondents with a college education were more likely to report always or nearly always as a result of a noted increase. In 2003, education was not a significant variable.
- In 2003, married respondents were more likely to report always or nearly always. In 2006, marital status was not a significant variable.

Table 33. Adult Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL	93%	95%
Gender ²		
Male	91	92
Female ^a	94	98
Age ¹		
18 to 34 ^a	87	100
35 to 44	91	94
45 to 54 ^a	100	92
55 to 64	89	95
65 and Older	96	93
Education ²		
High School or Less	88	88
Some Post High School	95	93
College Graduate ^a	94	98
Household Income		
\$30,000 or Less	93	96
\$30,001 to \$60,000	91	94
\$60,001 or More	93	96
Marital Status ¹		
Married	94	97
Not Married	89	93

^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

^ayear differences at p≤0.05

Children Seat Belt Usage

2006 Findings

- Thirty-three percent of respondents reported at least one child in the household.

Of households with children...

- Ninety-four percent of respondents reported their child always or nearly always wore a seat belt, used an infant seat or used a car seat.
- There were no statistically significant differences between demographic variables and responses of their child always or nearly always wore a seat belt, used an infant seat or used a car seat.

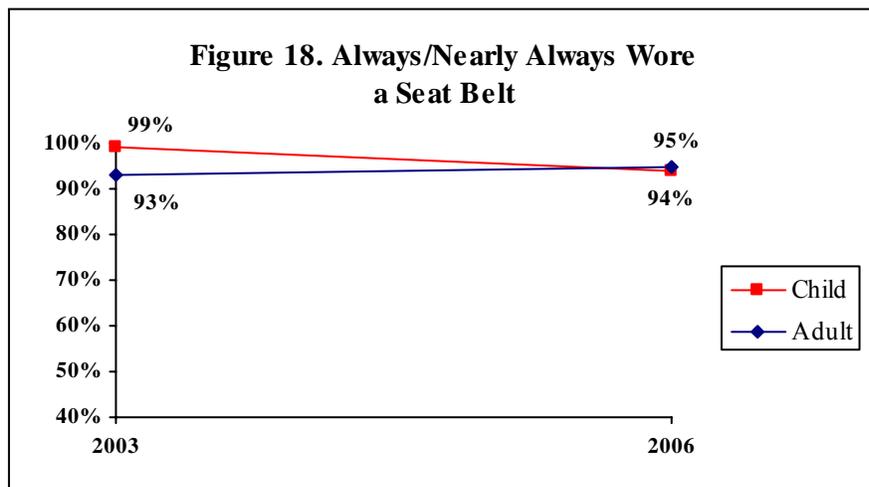
Year Comparisons

- From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported their child always or nearly always wore a seat belt.
- From 2003 to 2006, there were no statistically significant differences between and within years and responses of their child always or nearly always wore a seat belt, used an infant seat or used a car seat.

Seat Belt Usage Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they personally wore a seat belt always or nearly always. From 2003 to 2006, there was a statistical decrease in the overall percent of respondents who reported their child always or nearly always wore a seat belt.



Adult Bicycle Helmet Usage

2006 Findings

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

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

- Forty-eight percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Forty-eight percent reported never.
- Fifty-eight percent of female respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet compared to 38% of male respondents.
- Fifty-five percent of respondents 45 and older and 53% of those 35 to 44 years old reported always or nearly always compared to 32% of respondents 18 to 34 years old.
- Fifty-nine percent of respondents with a college education reported always or nearly always compared to 33% of those with a high school education or less or 13% of respondents with some post high school education.
- Respondents with a household income of at least \$60,001 were more likely to report always or nearly always (54%) compared to respondents with a household income of less than \$60,001 (36%).
- Married respondents were more likely to report always or nearly always compared to unmarried respondents (58% and 30%, respectively).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2006, respondents who were female or with a household income of at least \$60,001 were more likely to report always or nearly always. In 2003, neither gender nor household income was significant.
- In 2003, respondents 35 to 44 years old were more likely to report always or nearly always. In 2006, respondents 35 and older were more likely to report always or nearly always, with a noted increase in the percent of respondents 45 and older reporting this.
- In 2006, respondents with a college education were more likely to report always or nearly always. In addition, there was a noted decrease in the percent of respondents with some post high school education reporting this. In 2003, education was not a significant variable.
- In both study years, married respondents were more likely to report always or nearly always.

Table 34. Adult 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

	2003	2006
TOTAL	44%	48%
Gender ²		
Male	42	38
Female	45	58
Age ^{1,2}		
18 to 34	38	32
35 to 44	66	53
45 and Older ^a	34	55
Education ²		
High School or Less	38	33
Some Post High School ^a	40	13
College Graduate	47	59
Household Income ²		
\$60,000 or Less	40	36
\$60,001 or More	46	54
Marital Status ^{1,2}		
Married	49	58
Not Married	30	30

^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

^ayear differences at p≤0.05

Children Helmet Usage

2006 Findings

- Twenty-six percent of all respondents reported at least one child in the household and a child who rode a bike, used in-line skates or rode a scooter.

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

- Seventy-seven percent of respondents reported their child always or nearly always wore a helmet. Five percent reported never.
- There were no demographic differences between household income and responses of their child always or nearly always wore a helmet.

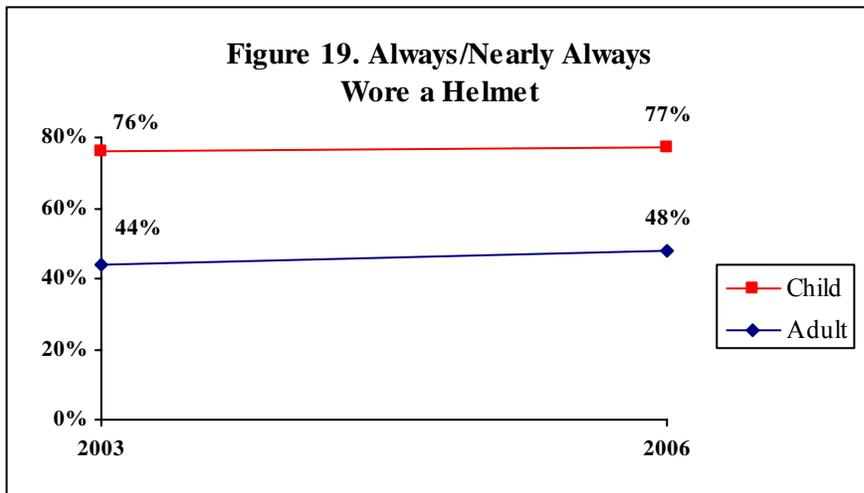
Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported their child always or nearly always wore a helmet.
- There were no demographic difference across years between household income and responses of their child always or nearly always wore a helmet.

Helmet Usage Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a helmet or their child always or nearly always wore a helmet.



Cigarette Use (Figures 20 - 22; Table 35)

KEY FINDINGS: In 2006, 10% of respondents were current smokers. Respondents who were 35 to 64 years old were more likely to be a smoker. Thirty-nine percent of current smokers quit smoking for one day or longer in the past 12 months; 73% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. Seven percent of households had a smoker who smoked indoors at home or in their vehicle when others were present.

From 2003 to 2006, there was no statistical change in the overall percent of current smokers; however, demographic findings varied across years. From 2003 to 2006, there was no statistical change in the overall percent of current smokers who tried to quit smoking or in the overall percent of household smokers who smoked indoors or in vehicles.

Current Smokers

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

In 2005, 22% of Wisconsin respondents were current smokers while 21% of U.S. respondents were current smokers (2005 Behavioral Risk Factor Surveillance).

2006 Findings

- Ten percent of respondents were current smokers.
- Sixteen percent of respondents 45 to 54 years old and 13% of those 35 to 44 years old or 55 to 64 years old were current smokers compared to 0% of respondents 18 to 34 years old.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were current smokers.
- In 2006, respondents who were 35 to 64 years old were more likely to be a current smoker. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old reporting they were current smokers. In 2003, age was not a significant variable.
- In 2003, respondents with some post high school education or less were more likely to be a current smoker. In 2006, education was not a significant variable.
- In 2003, unmarried respondents were more likely to be a current smoker. In 2006, marital status was not a significant variable, with a noted decrease in the percent of unmarried respondents reporting they were current smokers.

Table 35. Current Smokers by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	12%	10%
Gender		
Male	11	11
Female	13	8
Age ²		
18 to 34 ^a	19	0
35 to 44	13	13
45 to 54	11	16
55 to 64	17	13
65 and Older	5	10
Education ¹		
High School or Less	18	14
Some Post High School	20	13
College Graduate	7	7
Household Income		
\$30,000 or Less	15	16
\$30,001 to \$60,000	12	8
\$60,001 or More	11	10
Marital Status ¹		
Married	7	10
Not Married ^a	23	8

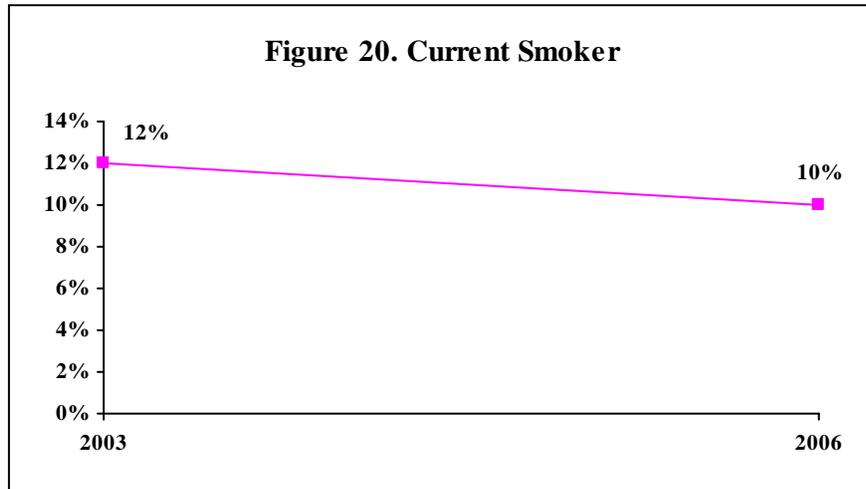
^⓪Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

- From 2003 to 2006, 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)

Forty-nine percent of Wisconsin respondents reported they quit smoking for 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).

2006 Findings

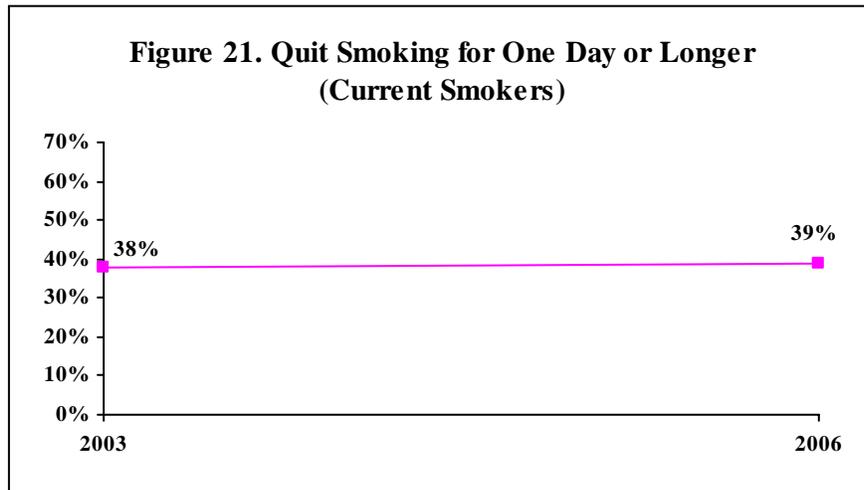
Of current smokers...

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

Year Comparisons

- From 2003 to 2006, 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 were conducted between years as a result of the low percent of respondents who were asked this question.



Doctor, Nurse or Other Health Professional Advise Them to Quit Smoking

2006 Findings

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

- Seventy-three percent of the 33 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- Sixty-four percent of the 33 current smokers who have seen a health professional reported their health professional advised them to quit smoking at their most recent visit.

Smoking Indoors or in Vehicle

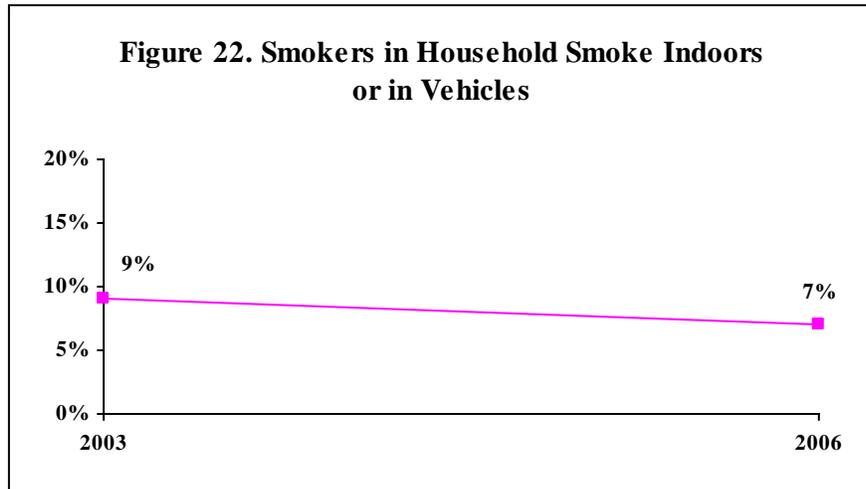
2006 Findings

- All respondents were asked if any smokers in their household smoked indoors or inside their vehicles when others were present. Seven percent of respondents reported a smoker in their household smoked indoors or inside their vehicles.
- There were no statistically significant differences between demographic variables and responses of a smoker in their household smoking indoors or inside their vehicles.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported a smoker who smoked indoors or in their vehicles.

- From 2003 to 2006, there were no statistically significant differences between and within years and responses of a smoker in their household smoking indoors or inside their vehicles.



Smoking Policies in Eating Establishments (Figures 23 & 24; Tables 36 - 40)

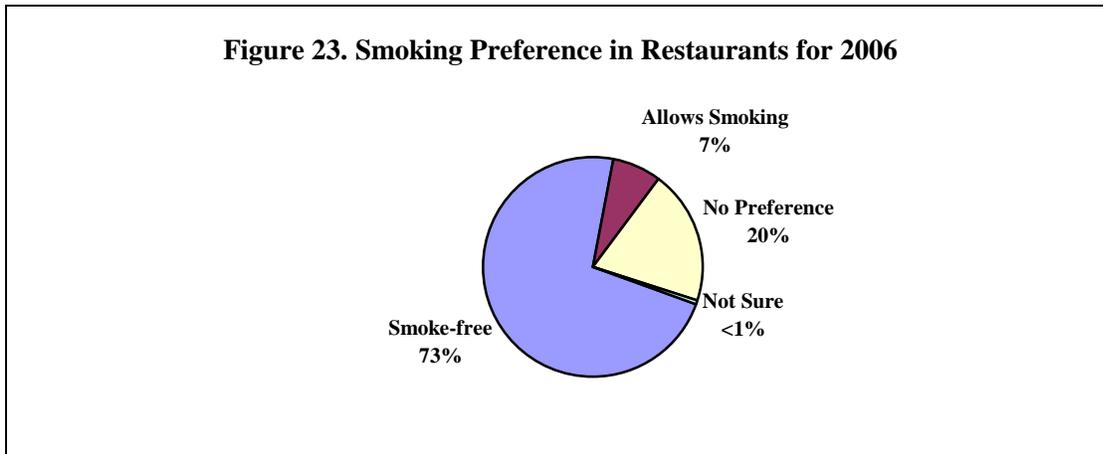
KEY FINDINGS: In 2006, 73% of all respondents preferred a smoke-free restaurant; respondents who were female, with a college education, with a household income of at least \$60,001, who were married or nonsmokers were more likely to prefer this. Sixty-seven percent of respondents favored a community ordinance prohibiting smoking in eating establishments. Respondents who were female, 18 to 34 years old, with a college education, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Seventy-one percent of respondents favored a statewide law to prohibit smoking in all workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales. Respondents who were female, 18 to 34 years old, with a college education, with a household income of at least \$60,001 or nonsmokers were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who either preferred smoke-free restaurants or restaurants that allowed smoking; however, demographic findings varied. From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance prohibiting smoking in eating establishments; however, demographic findings varied across study years.

Smoking Preference in Restaurants

2006 Findings

- Seventy-three percent of respondents reported they preferred to eat in smoke-free restaurants while 7% preferred restaurants that allow smoking. Twenty percent reported they did not have a preference.



- Eighty-one percent of female respondents preferred smoke-free restaurants compared to 64% of male respondents.
- Eighty-two percent of respondents with a college education preferred smoke-free restaurants compared to 59% of those with some post high school education or 55% of respondents with a high school education or less.
- Eighty-four percent of respondents with a household income of at least \$60,001 preferred smoke-free restaurants compared to 62% of those with an income of less than \$30,001 or 61% of respondents with a household income of \$30,001 to \$60,000.
- Eighty-one percent of married respondents preferred smoke-free restaurants compared to 63% of unmarried respondents.
- Seventy-eight percent of nonsmokers preferred smoke-free restaurants compared to 27% of smokers.

Table 36. Restaurant Preference by Demographic Variables for 2006^⓪

	Smoke-free	Allow Smoking	No Preference
TOTAL	73%	7%	20%
Gender ¹			
Male	64	10	26
Female	81	4	14
Age			
18 to 34	75	0	25
35 to 44	74	10	15
45 to 54	75	12	12
55 to 64	80	5	13
65 and older	66	5	28
Education ¹			
High School or Less	55	16	28
Some Post High School	59	12	28
College Graduate	82	2	15
Household Income ¹			
\$30,000 or Less	62	11	27
\$30,001 to \$60,000	61	9	29
\$60,001 or More	84	4	12
Marital Status ¹			
Married	81	5	13
Not Married	63	9	29
Smoking Status ¹			
Nonsmoker	78	4	18
Smoker	27	35	35

^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 2006

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred a smoke-free restaurant or preferred restaurants that allow smoking.
- In 2006, female respondents were more likely to report a preference for smoke-free restaurants, with a noted increase. In 2003, gender was not a significant variable for the preference of smoke-free restaurants. In 2006, male respondents were more likely to report a preference for restaurants that allow smoking. In 2003, gender was not a significant variable for the preference of restaurants that allow smoking.

- In 2006, respondents 35 to 54 years old were more likely to prefer restaurants that allow smoking. In addition, there was a noted decrease in the percent of respondents 18 to 34 years old preferring restaurants that allow smoking. In 2003, age was not a significant variable for the preference of restaurants that allow smoking.
- In 2006, respondents with a college education were more likely to report a preference for smoke-free restaurants. In 2003, education was not a significant variable for the smoke-free preference. In 2003, respondents with some post high school education or less were more likely to report preferring restaurants that allow smoking. In 2006, respondents with a high school education or less were more likely to report preferring restaurants that allow smoking.
- In 2006, respondents with a household income of at least \$60,001 were more likely to report the preference for a smoke-free restaurant, with a noted increase. In 2003, household income was not a significant variable for the smoke-free preference.
- In both study years, married respondents were more likely to report the preference for a smoke-free restaurant. In 2003, unmarried respondents were more likely to report preferring restaurants that allow smoking. In 2006, marital status was not a significant variable for the preference of restaurants that allow smoking.
- Nonsmokers were more likely to prefer a smoke-free restaurant in each study year while smokers were more likely to prefer restaurants that allow smoking.

Table 37. Restaurant Preference by Demographic Variables for Each Survey Year^①

	Smoke-free Preference		Allow Smoking Preference	
	2003	2006	2003	2006
TOTAL	72%	73%	7%	7%
Gender				
Male	71	64 ²	5	10 ²
Female	72 ^a	81 ^{2,a}	7	4 ²
Age				
18 to 34	72	75	8 ^a	0 ^{2,a}
35 to 44	74	74	8	10 ²
45 to 54	68	75	8	12 ²
55 to 64	70	80	11	5 ²
65 and Older	73	66	2	5 ²
Education				
High School or Less	67	55 ²	12 ¹	16 ²
Some Post High School	66	59 ²	10 ¹	12 ²
College Graduate	76	82 ²	3 ¹	2 ²
Household Income				
\$30,000 or Less	70	62 ²	11	11
\$30,001 to \$60,000	71	61 ²	4	9
\$60,001 or More	74 ^a	84 ^{2,a}	7	4
Marital Status				
Married	77 ¹	81 ²	4 ¹	5
Not Married	61 ¹	63 ²	12 ¹	9
Smoking Status				
Nonsmoker	79 ¹	78 ²	2 ¹	4 ²
Smoker	22 ¹	27 ²	39 ¹	35 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.

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Community Ordinance Prohibiting Smoking in Eating Establishments

2006 Findings

- Sixty-seven percent of respondents favored a community ordinance prohibiting smoking in eating establishments.
- Female respondents were more likely to favor a community ordinance (79%) compared to male respondents (50%).

- Seventy-six percent of respondents 18 to 34 years old favored a community ordinance prohibiting smoking compared to 66% of those 35 to 44 years old or 51% of respondents 65 and older.
- Seventy-five percent of respondents with a college education favored a community ordinance prohibiting smoking compared to 52% of respondents with some post high school education or less.
- Seventy-one percent of married respondents favored a community ordinance prohibiting smoking compared to 60% of unmarried respondents.
- Seventy percent of nonsmokers were in favor of a community ordinance compared to 33% of smokers.

Table 38. Favor/Oppose Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables for 2006^①

	Oppose	Favor	Not Sure
TOTAL	29%	67%	4%
Gender ¹			
Male	43	50	7
Female	19	79	2
Age ¹			
18 to 34	16	76	8
35 to 44	34	66	0
45 to 54	27	73	0
55 to 64	26	72	3
65 and older	41	51	8
Education ¹			
High School or Less	46	52	2
Some Post High School	37	52	11
College Graduate	22	75	2
Household Income			
\$30,000 or Less	41	56	2
\$30,001 to \$60,000	32	66	2
\$60,001 or More	23	70	6
Marital Status ¹			
Married	28	71	<1
Not Married	31	60	9
Smoking Status ¹			
Nonsmoker	25	70	5
Smoker	67	33	0

^①Percentages 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 2006

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who favored a community ordinance that prohibits smoking in eating establishments.
- In 2006, female respondents were more likely to favor a community ordinance to prohibit smoking in eating establishments, with a noted decrease in the percent of male respondents reporting this. In 2003, gender was not a significant variable.
- In 2006, respondents 18 to 34 years old were more likely to favor a community ordinance to prohibit smoking in eating establishments, with a noted decrease in the percent of respondents 65 and older reporting this. In 2003, age was not a significant variable.
- In 2006, respondents with a college education were more likely to favor an ordinance to prohibit smoking in eating establishments as a result of a noted decrease in the percent of respondents with some post high school education or less reporting this. In 2003, education was not a significant variable.
- In 2003, respondents with a household income of at least \$60,001 were more likely to favor an ordinance. In 2006, household income was not a significant variable.
- In both study years, married respondents were more likely to favor an ordinance.
- In both study years, nonsmokers were more likely to favor an ordinance, even with a noted decrease in the percent of nonsmokers reporting this in 2006.

Table 39. Favor a Community Smoking Ordinance to Prohibit Smoking in Eating Establishments by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	73%	67%
Gender ²		
Male ^a	70	50
Female	74	79
Age ²		
18 to 34	71	76
35 to 44	76	66
45 to 54	80	73
55 to 64	73	72
65 and Older ^a	67	51
Education ²		
High School or Less ^a	71	52
Some Post High School ^a	68	52
College Graduate	75	75
Household Income ¹		
\$30,000 or Less	64	56
\$30,001 to \$60,000	72	66
\$60,001 or More	79	70
Marital Status ^{1,2}		
Married	78	71
Not Married	60	60
Smoking Status ^{1,2}		
Nonsmoker ^a	78	70
Smoker	33	33

^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

^ayear differences at p≤0.05

Statewide Law to Prohibit Smoking in all Public Workplaces Except Taverns or Restaurants with More than 75% in Alcohol Sales

2006 Findings

- Seventy-one percent of respondents favored a statewide law prohibiting smoking in all public workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales (51% strongly favor, 20% moderately favor).
- Seventy-six percent of female respondents favored a statewide law compared to 64% of male respondents.

- Ninety-one percent of respondents 18 to 34 years old favored a statewide law compared to 64% of those 45 to 54 years old or 58% of respondents 65 and older.
- Seventy-six percent of respondents with a college education favored a statewide law compared to 63% of those with some post high school education or 58% of respondents with a high school education or less.
- Eighty percent of respondents with a household income of at least \$60,001 favored a statewide law compared to 73% of those with an income of \$30,001 to \$60,000 or 53% of respondents with a household income of less than \$30,001.
- Seventy-four percent of nonsmokers were in favor of a statewide law compared to 36% of smokers.

Table 40. Favor/Oppose Statewide Law to Prohibit Smoking in All Workplaces Except Taverns or Restaurants with More than 75% Alcohol Sales by Demographic Variables for 2006[ⓐ]

	Oppose	Favor	Not Sure
TOTAL	26%	71%	3%
Gender ¹			
Male	35	64	2
Female	21	76	3
Age ¹			
18 to 34	9	91	0
35 to 44	30	65	5
45 to 54	36	64	0
55 to 64	23	75	3
65 and older	37	58	6
Education ¹			
High School or Less	42	58	0
Some Post High School	31	63	6
College Graduate	22	76	2
Household Income ¹			
\$30,000 or Less	40	53	7
\$30,001 to \$60,000	27	73	0
\$60,001 or More	20	80	0
Marital Status			
Married	27	70	3
Not Married	27	70	2
Smoking Status ¹			
Nonsmoker	23	74	3
Smoker	61	36	3

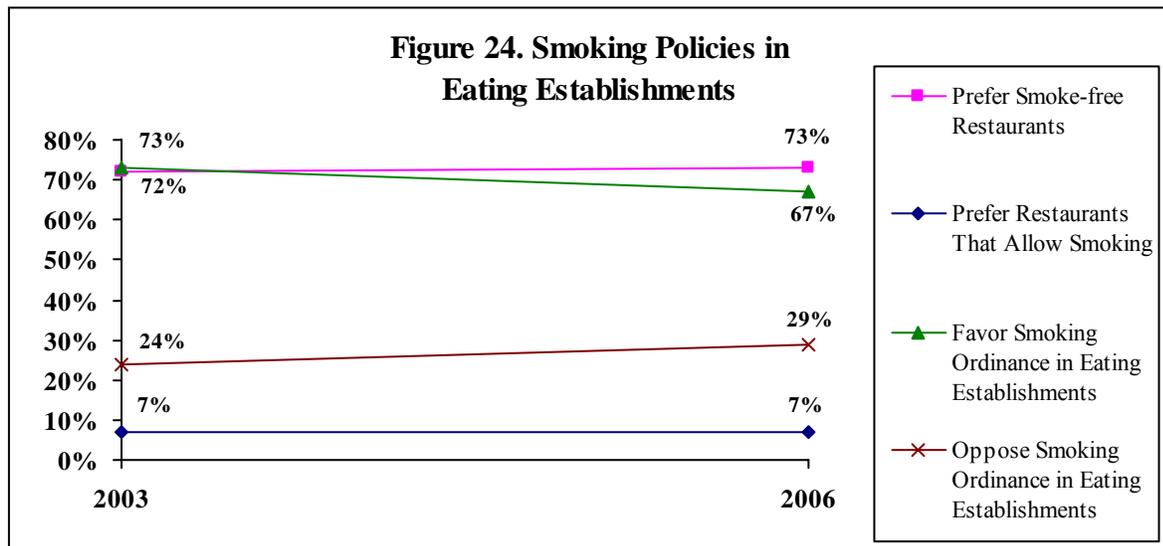
[ⓐ]Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

¹demographic difference at $p \leq 0.05$ in 2006

Smoking Policies in Eating Establishments Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who preferred a smoke-free restaurant, preferred a restaurant that allows smoking or who favored a community ordinance that prohibits smoking in eating establishments.



Alcohol Use (Figures 25 & 26; Tables 41 & 42)

KEY FINDINGS: In 2006, 78% of respondents had an alcoholic drink in the past 30 days. In the past month, 3% were heavy drinkers while 17% were binge drinkers. Respondents who were male or 18 to 34 years old were more likely to have been a binge drinker in the past month. Three 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 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers or binge drinkers. When looking at binge drinkers, there were fewer demographic findings in 2006. From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were a driver or a passenger when the driver perhaps had too much to drink.

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 2005, 8% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2005 Behavioral Risk Factor Survey).

2006 Findings

- Seventy-eight percent of respondents had a drink in the past 30 days. Forty-five percent reported they drank on at least five days, while 15% reported three to four days and 18% reported drinking on one or two days in the past 30 days.
- Seven percent of all respondents reported an average of four or more drinks per day on the days they drank while 7% reported three, 31% reported two and 33% reported one drink on average on the days they drank. Twenty-two percent reported having no drinks in the past month.
- Combined, 3% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- No demographic comparisons were conducted as a result of the low percent of respondents classified as heavy drinkers.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- No demographic comparisons were conducted as a result of the low percent of respondents who were classified as heavy drinkers in 2006.

Table 41. Heavy Drinking in the Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003	2006 ^③
TOTAL	5%	3%
Gender		
Male	3	--
Female	6	--
Age		
18 to 34	7	--
35 to 44	4	--
45 to 54	8	--
55 to 64	5	--
65 and Older	2	--
Education		
High School or Less	6	--
Some Post High School	6	--
College Graduate	4	--
Household Income		
\$30,000 or Less	6	--
\$30,001 to \$60,000	6	--
\$60,001 or More	4	--
Marital Status ¹		
Married	3	--
Not Married	9	--

^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.

^③Data 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

^ayear differences at $p \leq 0.05$

Binge Drinking in Past Month

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

In 2005, 22% of Wisconsin respondents reported having five or more drinks at one time in the past month. Nationally, 14% of respondents reported binge drinking in the past month. When broken down by gender, 12% of females and 32% of males in Wisconsin binged. Nationally, 7% of females and 22% of males binged in the past month (2004 Behavioral Risk Factor Surveillance).

2006 Findings

- Seventeen percent of all respondents binged in the past month.

- Twenty-nine percent of male respondents binged in the past month compared to 7% of female respondents.
- Respondents 18 to 34 years old were more likely to have binged in the past month (30%) compared to those 45 to 54 years old (13%) or respondents 65 and older (2%).

Year Comparisons

The Centers for Disease Control (CDC) defines binge drinking as five or more drinks at one time, regardless of gender. In 2006, it was decided to follow the standard CDC definition of five or more drinks at one time regardless of gender, to allow for national, state and local comparisons. In 2003, the Wauwatosa Community Health Survey Report defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences.

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who binged.
- In both study years, respondents who were male or 18 to 34 years old were more likely to have binged.
- In 2003, respondents with a household income of \$30,001 to \$60,000 or unmarried respondents were more likely to have binged. In 2006, neither household income nor marital status was significant.

Table 42. Binge Drinking in the Past Month by Demographic Variables for Each Survey Year^{①,②}

	2003	2006
TOTAL	15%	17%
Gender ^{1,2}		
Male	22	29
Female	10	7
Age ^{1,2}		
18 to 34	35	30
35 to 44	18	22
45 to 54	8	13
55 to 64	11	15
65 and Older	3	2
Education		
High School or Less	16	13
Some Post High School	12	16
College Graduate	16	18
Household Income ¹		
\$30,000 or Less	9	16
\$30,001 to \$60,000	23	18
\$60,001 or More	14	19
Marital Status ¹		
Married	13	14
Not Married	21	20

^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 “5 or more drinks at one time” was used for both males and females; in 2003 “4 or more drinks at one time” for females and “5 or more drinks at a time” for males was used.

¹demographic difference at p≤0.05 in 2003

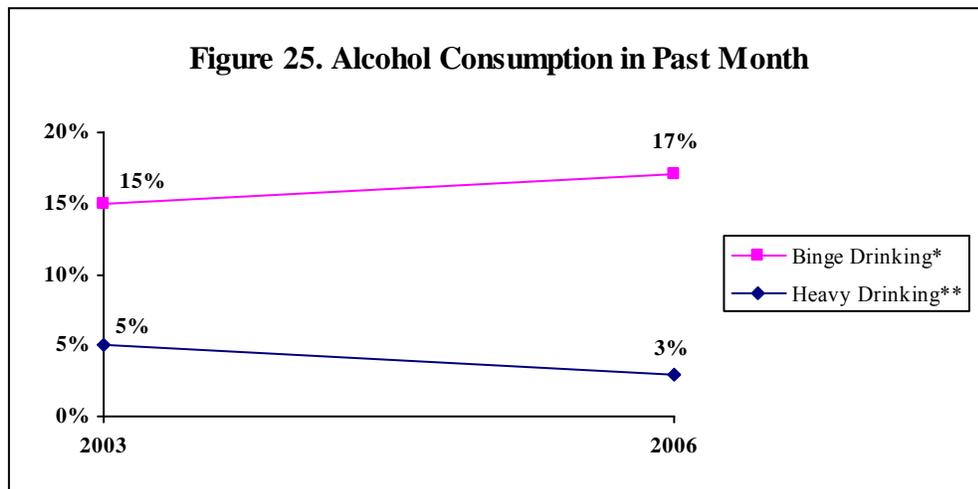
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Alcohol Consumption Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who were heavy drinkers or binge drinkers. Please note: in 2006, it was decided to use the CDC's widely used definition of binge drinking (5 or more drinks at one time regardless of gender) for national, state and local comparisons. In 2003, the definition of binge drinking was four or more drinks at one time for females and five or more at one time for males as a result of metabolism differences.



*In 2006 “5 or more drinks at one time” was used for both males and females; in 2003 “4 or more drinks at one time” for females and “5 or more drinks at one time” for males was used.

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

Driven or Ridden When Driver Perhaps Had Too Much to Drink in Past Month

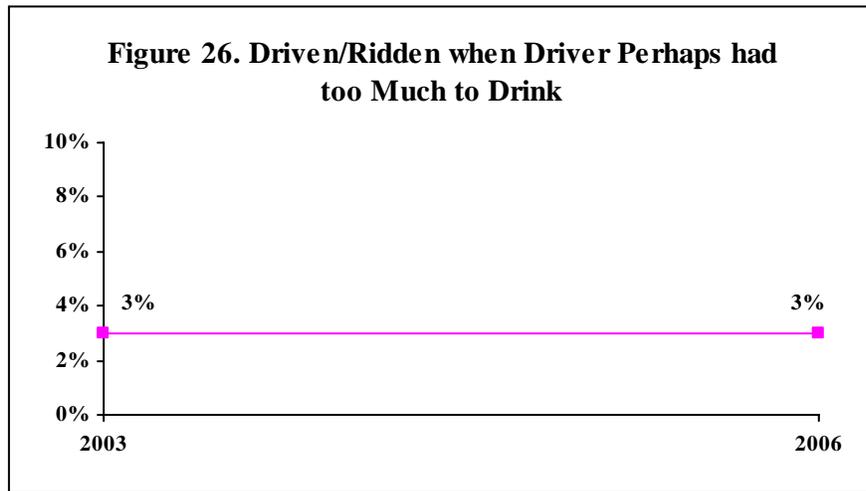
2006 Findings

- Three 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 reporting in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who had driven or ridden in a vehicle when the driver perhaps had too much to drink.

- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink in both study years.



Household Problem Associated with Alcohol in Past Year

2006 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 reporting they or someone in their household, experienced some kind of problem associated with drinking in the past year.

Mental Health Status (Figures 27 & 28; Tables 43 & 44)

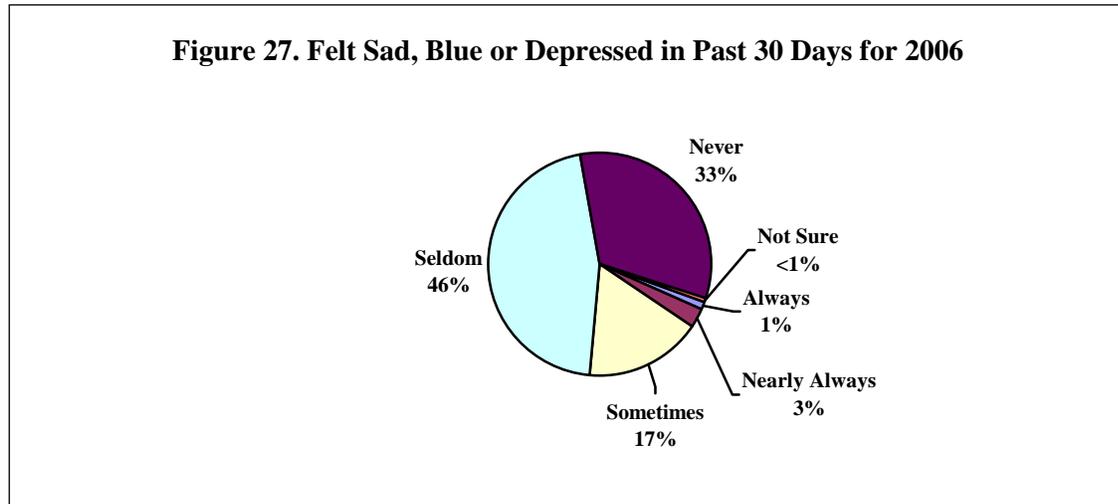
KEY FINDINGS: In 2006, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Four percent reported they seldom or never find meaning and purpose in daily life; respondents with a household income of less than \$30,001 were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed, in the overall percent who considered suicide or in the overall percent who reported they seldom or never find meaning or purpose in daily life. Demographic findings varied for reporting seldom or never find meaning and purpose in daily life.

Felt Sad, Blue or Depressed

2006 Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 3,240 residents. Seventeen percent reported sometimes and the remaining 79% reported seldom (46%) or never (33%).



- Nine percent of respondents with some post high school education reported they felt sad, blue or depressed always or nearly always compared to 5% of those with a high school education or less or 2% of respondents with a college education.
- Unmarried respondents were more likely to report they felt sad, blue or depressed always or nearly always compared to married respondents (7% and 1%, respectively).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they always or nearly always felt sad, blue or depressed in 2003.

Table 43. Always/Nearly Always Felt Sad, Blue or Depressed in the Past 30 Days by Demographic Variables for Each Survey Year^①

	2003 ^②	2006
TOTAL	3%	4%
Gender		
Male	--	4
Female	--	4
Age		
18 to 34	--	3
35 to 44	--	5
45 to 54	--	4
55 to 64	--	5
65 and Older	--	2
Education ²		
High School or Less	--	5
Some Post High School	--	9
College Graduate	--	2
Household Income		
\$30,000 or Less	--	7
\$30,001 to \$60,000	--	4
\$60,001 or More	--	2
Marital Status ²		
Married	--	1
Not Married	--	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 $p \leq 0.05$ in 2003

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

^ayear differences at $p \leq 0.05$

Considered Suicide

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

2006 Findings

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 2,880 residents who considered suicide in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they considered suicide.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they considered suicide.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they considered suicide in both study years.

Find Meaning and Purpose in Daily Life

2006 Findings

- A total of 4% reported they seldom or never find meaning or purpose in daily life. Forty percent of respondents reported they always find meaning and purpose, an additional 46% reported nearly always.
- Nine percent of respondents with a household income of less than \$30,001 reported seldom or never compared to 4% of those with a household income of \$30,001 to \$60,000 or 1% of respondents with a household income of at least \$60,001.

Year Comparisons

- From 2003 to 2006, 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, respondents with a high school education or less or unmarried respondents were more likely to report seldom or never. In 2006, neither education nor marital status was significant.
- In both study years, respondents with a household income of less than \$30,001 were more likely to report seldom or never.

Table 44. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	4%	4%
Gender		
Male	3	4
Female	5	3
Age		
18 to 34	2	3
35 to 44	1	6
45 to 54	3	0
55 to 64	6	3
65 and Older	9	5
Education ¹		
High School or Less	10	7
Some Post High School	3	1
College Graduate	2	4
Household Income ^{1,2}		
\$30,000 or Less	10	9
\$30,001 to \$60,000	5	4
\$60,001 or More	<1	1
Marital Status ¹		
Married	3	2
Not Married	7	5

^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 2003

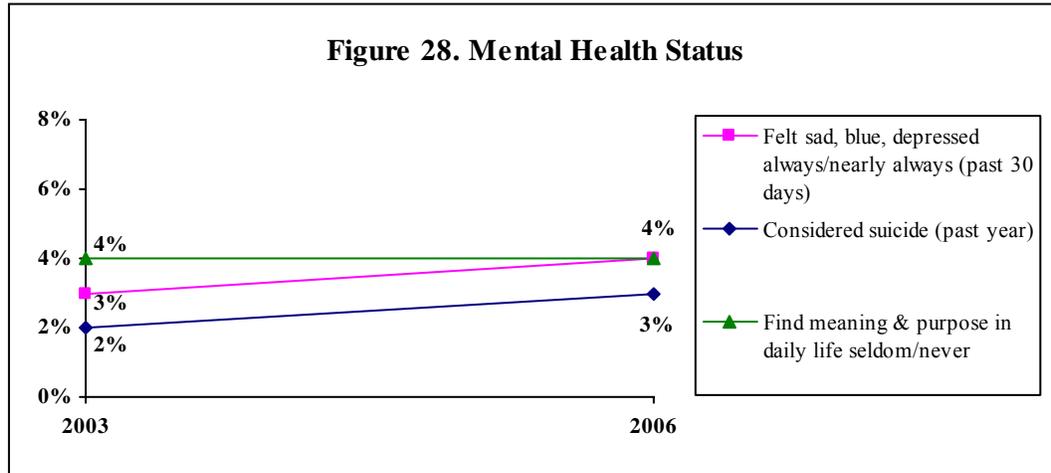
²demographic difference at $p \leq 0.05$ in 2006

^ayear differences at $p \leq 0.05$

Mental Health Status Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they always/nearly always felt sad, blue or depressed, in the overall percent who considered suicide or in the overall percent who reported they seldom or never find meaning and purpose in daily life.



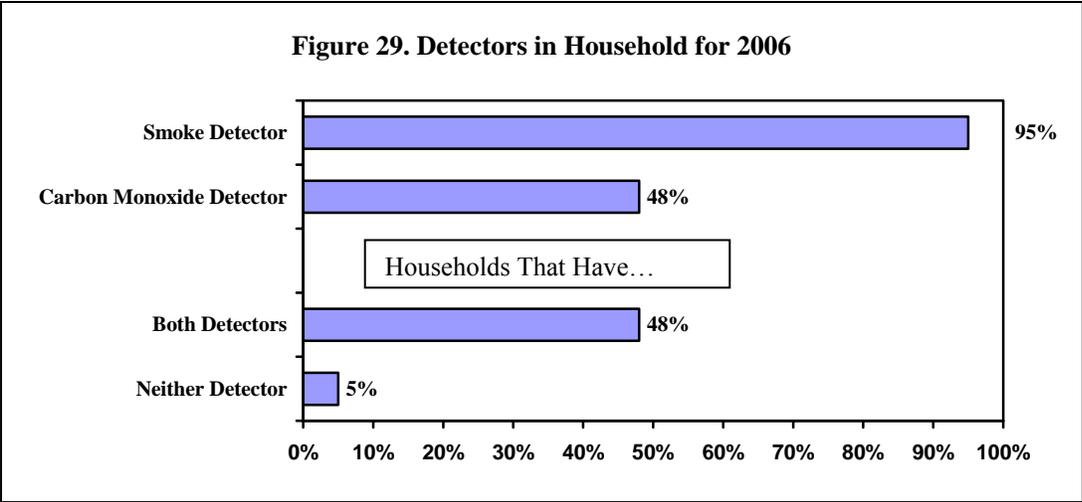
Detectors in Household (Figures 29 & 30; Table 45)

KEY FINDINGS: In 2006, 95% of households had a working smoke detector while 48% had a working carbon monoxide detector. Forty-eight percent of households had both detectors; respondents with an income of at least \$60,001 or who were married were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of households with both detectors, with demographic findings somewhat similar.

2006 Findings

- Ninety-five percent of respondents reported a working smoke detector while 48% reported a working carbon monoxide detector in their home. Five percent had neither.



- Fifty-three percent of households with an income of at least \$60,001 had both detectors compared to 48% of those with an income of \$30,001 to \$60,000 or 33% of households with an income of less than \$30,001.
- Married households were more likely to have both detectors (60%) compared to unmarried households (31%).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2006, households with an income of at least \$60,001 were more likely to have both a working smoke detector and carbon monoxide detector. In 2003, household income was not a significant variable.
- In both study years, married respondents were more likely to have both a working smoke detector and carbon monoxide detector.

Table 45. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL	46%	48%
Household Income ²		
\$30,000 or Less	39	33
\$30,001 to \$60,000	47	48
\$60,001 or More	47	53
Marital Status ^{1,2}		
Married	54	60
Not Married	29	31

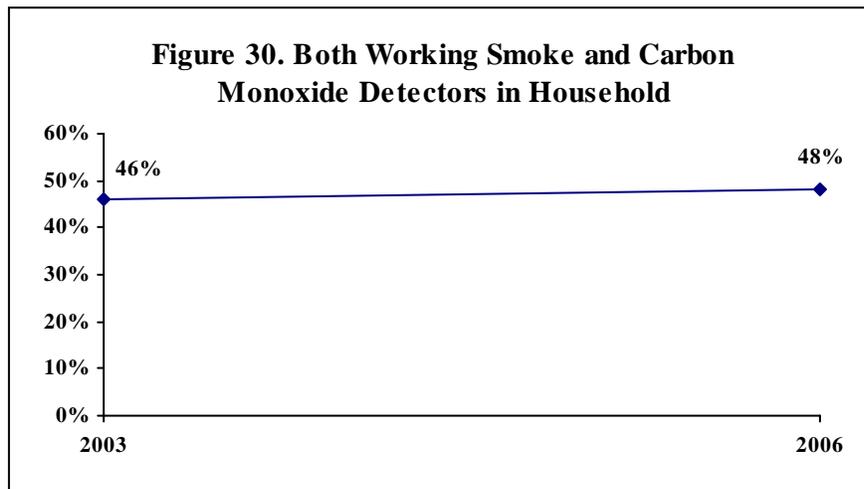
^①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.

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

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

³year differences at $p \leq 0.05$

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



Presence of Firearms in Household (Figure 31; Table 46)

KEY FINDINGS: In 2006, 19% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, less than one percent had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

From 2003 to 2006, there was no statistical change in the overall percent of reported firearm ownership or storage practices.

Firearm in Household

In 2002, 44% of Wisconsin households and 33% of U.S. households had any 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.)

2006 Findings

- At the time of the survey administration, 19% of households had at least one firearm.
- Married households were more likely to have a firearm (24%) compared to unmarried households (13%).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home.
- In 2006, married respondents were more likely to report having a firearm in or around their home. In 2003, marital status was not a significant variable.

Table 46. Firearm in Household by Demographic Variables for Each Survey Year^①

	2003	2006
TOTAL	17%	19%
Household Income		
\$30,000 or Less	21	18
\$30,001 to \$60,000	14	20
\$60,001 or More	19	19
Marital Status ²		
Married	19	24
Not Married	12	13
Children in Household		
Yes	13	19
No	20	19

^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

³year differences at $p \leq 0.05$

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.)

2006 Findings

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

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded firearm in the household in both 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.

2006 Findings

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

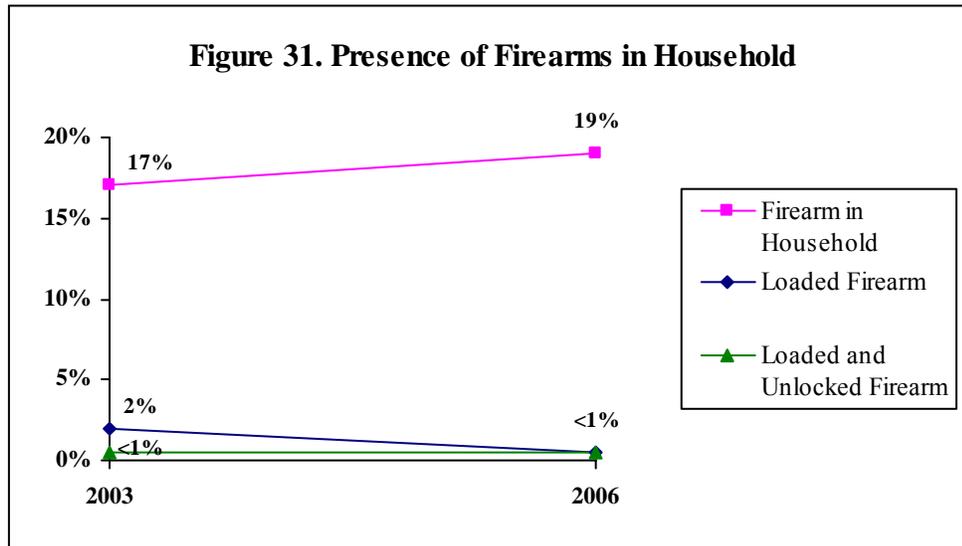
Year Comparisons

- From 2003 to 2006, 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 both study years.

Presence of Firearms in Household Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported having firearms in or around their home, in the overall percent who reported having a loaded firearm or in the overall percent having a firearm loaded and unlocked.



Personal Safety Issues (Figure 32; Tables 47 & 48)

KEY FINDINGS: In 2006, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were female, 18 to 34 years old or with a household income of \$30,001 to \$60,000 were more likely to report this. One percent reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents who were female, 18 to 34 years old or with a household income of \$30,001 to \$60,000 were more likely to report this.

From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety or in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year. There was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.

Afraid for Personal Safety

2006 Findings

- Six percent of respondents reported someone made them afraid for their personal safety in the past year.

- Nine percent of female respondents reported they were afraid for their safety in the past year compared to 2% of male respondents.
- Thirteen percent of respondents 18 to 34 years old reported they were afraid for their safety in the past year compared to 5% of those 35 to 44 years old or 3% of respondents 45 and older.
- Ten percent of respondents with a household income of \$30,001 to \$60,000 reported they were afraid for their safety in the past year compared to 4% of those with an income of at least \$60,001 or 0% of respondents with a household income of less than \$30,001.
 - A stranger was most often mentioned as the perpetrator (15 responses) followed by an acquaintance (7 responses) or ex-spouse (1 response).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006, female respondents were more likely to report they were afraid for their personal safety, with a noted decrease in the percent of male respondents reporting this. In 2003, gender was not a significant variable.
- In 2003, respondents 18 to 34 years old or 45 to 54 years old were more likely to report they were afraid for their personal safety. In 2006, respondents 18 to 34 years old were more likely to report they were afraid for their personal safety, with a noted decrease in the percent of respondents 45 to 54 years old reporting this.
- In 2003, respondents with some post high school education were more likely to report they were afraid for their personal safety. In 2006, education was not a significant variable as a result of a noted decrease in the percent of respondents with some post high school education reporting this.
- In 2006, respondents with a household income of \$30,001 to \$60,000 were more likely to report they were afraid for their personal safety. In addition there was a noted decrease in the percent of respondents with a household income of at least \$60,001 reporting this. In 2003, household income was not a significant variable.

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

	2003	2006
TOTAL	7%	6%
Gender ²		
Male ^a	8	2
Female	7	9
Age ^{1,2}		
18 to 34	16	13
35 to 44	4	5
45 to 54 ^a	14	3
55 to 64	3	3
65 and Older	0	3
Education ¹		
High School or Less	2	0
Some Post High School ^a	19	6
College Graduate	4	7
Household Income ²		
\$30,000 or Less	4	0
\$30,001 to \$60,000	7	10
\$60,001 or More ^a	11	4
Marital Status		
Married	7	6
Not Married	8	5

^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

^ayear differences at p≤0.05

Pushed, Kicked, Slapped or Hit

2006 Findings

- One percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit.
 - An acquaintance was most often mentioned as the perpetrator (3 responses) followed by a friend or spouse (1 response each).

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in both study years.

Combined Personal Safety Issues

2006 Findings

- A total of 7% of all respondents reported at least one of the two issues.
- Nine percent of female respondents reported at least one of the two issues compared to 4% of male respondents.
- Thirteen percent of respondents 18 to 34 years old reported at least one of the two issues compared to 4% of those 45 to 54 years old or 3% of respondents 65 and older.
- Eleven percent of respondents with a household income of \$30,001 to \$60,000 reported at least one of the two issues compared to 4% of those with an income of at least \$60,001 or 2% of respondents with a household income of less than \$30,001.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2006, female respondents were more likely to report at least one of the two issues. In 2003, gender was not a significant variable.
- In both study years, respondents 18 to 34 years old were more likely to report at least one of the two issues. In addition, there was a noted decrease in the percent of respondents 45 to 54 years old reporting this in 2006.
- In 2003, respondents with some post high school education were more likely to report at least one of the two issues. In 2006, education was not a significant variable, with a noted decrease in the percent of respondents with some post high school education and a noted increase in the percent of respondents with a college education reporting this.
- In 2006, respondents with a household income of \$30,001 to \$60,000 were more likely to report at least one of the two issues, with a noted decrease in the percent of respondents with an income of at least \$60,001 reporting this. In 2003, household income was not a significant variable.

Table 48. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year^⓪

	2003	2006
TOTAL	8%	7%
Gender ²		
Male	9	4
Female	7	9
Age ^{1,2}		
18 to 34	17	13
35 to 44	4	7
45 to 54 ^a	14	4
55 to 64	3	5
65 and Older	0	3
Education ¹		
High School or Less	4	0
Some Post High School ^a	19	6
College Graduate ^a	4	9
Household Income ²		
\$30,000 or Less	4	2
\$30,001 to \$60,000	8	11
\$60,001 or More ^a	11	4
Marital Status		
Married	7	8
Not Married	9	6

^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

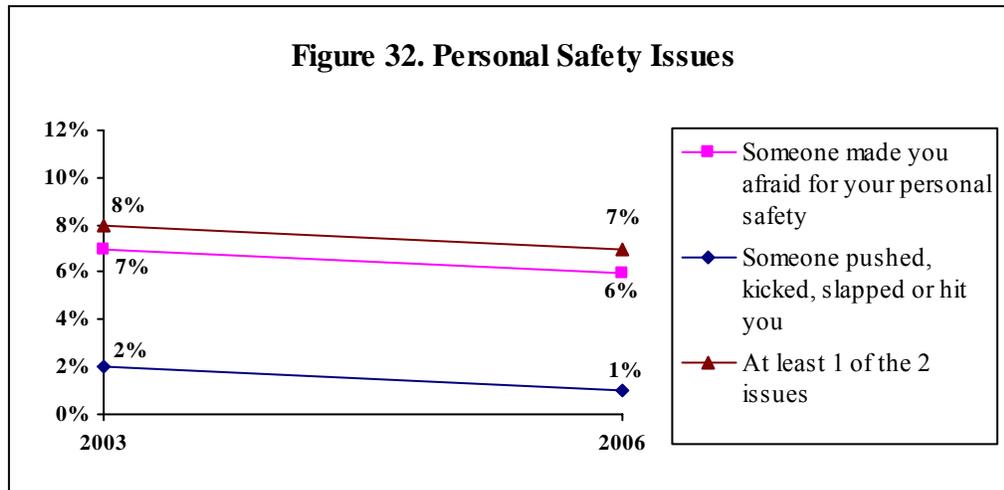
²demographic difference at p≤0.05 in 2006

^ayear differences at p≤0.05

Personal Safety Issues Overall

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting someone made them afraid for their personal safety or in the overall percent of respondents reporting someone pushed, kicked, slapped or hit them in the past year. There was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.



APPENDIX A: ADDITIONAL QUESTIONS

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.

Access to Adequate and Appropriate Food (Figure 33)

KEY FINDINGS: In 2006, 2% of respondents reported there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

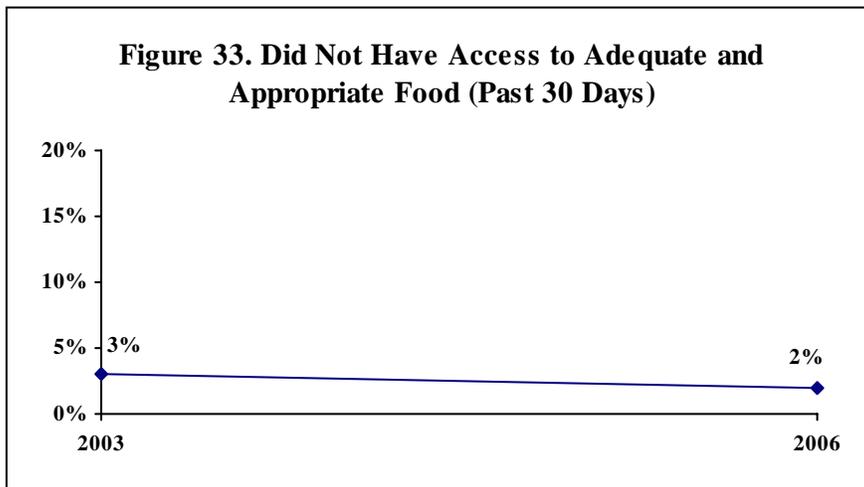
From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting they did not have access to adequate and appropriate food.

2006 Findings

- Two percent of respondents reported that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting that there was a time in the past 30 days when their household did not have access to adequate and appropriate food.



Health Information Source (Table 49)

KEY FINDINGS: In 2006, a doctor was the most often reported health information source (35%) followed by the Internet (15%) and newspaper, magazines or family/friends (9% each). Although all demographic categories were more likely to report a doctor as their source of health information, respondents who were younger, with a college education, with a household income of at least \$30,001 or who were married were quite likely to report the Internet compared to their counterparts.

2006 Findings

- Thirty-five percent of respondents reported doctor as their health information source followed by 15% who reported the Internet. Nine percent each reported newspaper, magazines or family/friends while 7% reported television.
- Both male and female respondents were more likely to report doctor.
- Although respondents in each age category were more likely to report doctor, respondents 18 to 54 years old were quite likely to report Internet compared to older respondents. Respondents 18 to 34 years old were also quite likely to report family/friends.
- Although respondents in each education category were more likely to report doctor, respondents with a college education were quite likely to report Internet compared to respondents with some post high school education or less.
- Although respondents in each household income category were more likely to report doctor, respondents with a household income of at least \$30,001 were quite likely to report Internet compared to respondents with an income of less than \$30,001.
- Although both married and unmarried respondents were more likely to report doctor, married respondents were quite likely to report Internet compared to unmarried respondents.

Table 49. Health Information Source by Demographic Variables for 2006^①

	Doctor	Internet	Newspaper	Magazines	Family/ Friends	TV
TOTAL	35%	15%	9%	9%	9%	7%
Gender ¹						
Male	32	12	14	5	11	7
Female	39	17	5	12	8	6
Age ¹						
18 to 34	36	22	7	9	17	5
35 to 44	31	20	5	5	8	7
45 to 54	23	20	12	7	4	9
55 to 64	34	11	11	13	0	3
65 and older	48	1	12	12	7	6
Education ¹						
High School or Less	43	4	15	6	6	13
Some Post High School	37	10	13	11	9	4
College Graduate	34	20	6	8	10	6
Household Income ¹						
\$30,000 or Less	42	7	4	13	13	5
\$30,001 to \$60,000	26	18	15	4	18	10
\$60,001 or More	36	18	8	9	4	4
Marital Status ¹						
Married	34	22	8	9	5	5
Not Married	37	6	9	9	14	8

^①Percentages 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 2006

Main Factor Preventing Exercise (Table 50)

KEY FINDINGS: In 2006, time was the main factor that kept respondents from exercising (43%) followed by motivation (16%) and health problems (13%). Demographic findings varied between these categories.

2006 Findings

- In 2006, time was the main factor that kept respondents from exercising (43%) followed by motivation (16%) and health problems (13%). Eighteen percent reported nothing kept them from exercising.
- Although both male and female respondents were more likely to report time, female respondents were quite likely to report motivation or health problems compared to male respondents.
- Respondents 18 to 44 years old were more likely to report time while respondents 55 and older were quite likely to report health problems.
- Respondents with a college education were more likely to report time while respondents with a high school education or less were quite likely to report time, health problems or motivation as the factor that kept them from exercising.
- Respondents with a household income of at least \$60,001 were more likely to report time while respondents with a household income of less than \$30,001 were quite likely to report time, health problems or motivation as the factor that kept them from exercising.
- Married respondents were more likely to report time while unmarried respondents were quite likely to report time, motivation or health problems as the factor that kept them from exercising.

Table 50. Main Factor Preventing Exercise by Demographic Variables for 2006

	Time	Motivation	Health Problems	Other	Nothing
TOTAL	43%	16%	13%	9%	18%
Gender ¹					
Male	45	10	8	13	23
Female	41	21	16	6	15
Age ¹					
18 to 34	64	16	<1	9	10
35 to 44	60	19	3	8	9
45 to 54	40	15	8	7	30
55 to 64	26	18	31	10	15
65 and older	13	16	30	11	30
Education ¹					
High School or Less	25	24	25	2	24
Some Post High School	30	16	17	9	28
College Graduate	52	15	8	11	14
Household Income ¹					
\$30,000 or Less	20	19	26	11	24
\$30,001 to \$60,000	37	22	13	11	18
\$60,001 or More	62	10	8	5	15
Marital Status ¹					
Married	51	12	10	8	19
Not Married	32	23	16	11	18

¹demographic difference at $p \leq 0.05$ in 2006

Preferred Language Spoken in Household (Figure 34)

KEY FINDINGS: In 2006, 99% of respondents reported the preferred language spoken in their household was English.

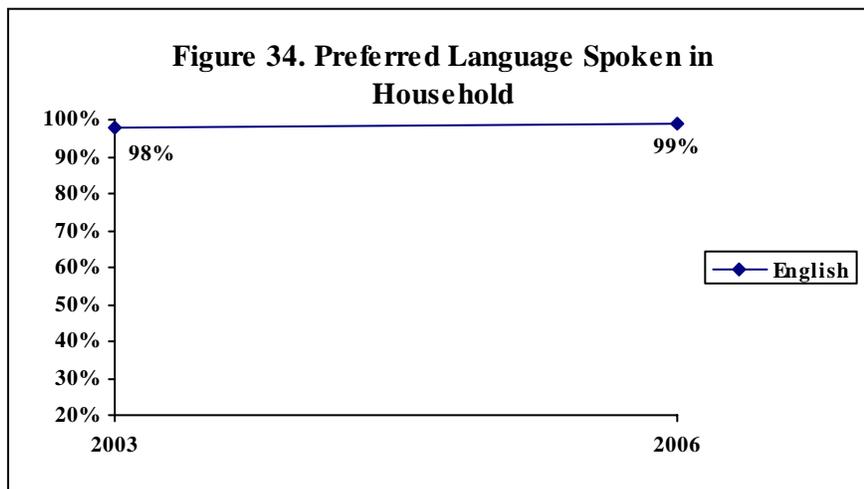
From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting English as the preferred language spoken in their household.

2006 Findings

- Ninety-nine percent of respondents reported that English was the preferred language spoken in their household.
- No demographic comparisons were conducted as a result of the high percent of respondents reporting English as the preferred language spoken in their household.

Year Comparisons

- From 2003 to 2006, there was no statistical change in the overall percent of respondents reporting that English was the preferred language spoken in their household.
- No demographic comparisons were conducted between years as a result of the high percent of respondents reporting English as the preferred language spoken in their household in 2003 and 2006.



Frequency of Eating Fast Food (Figure 35; Table 51)

KEY FINDINGS: In 2006, 27% of respondents reported they eat fast food at least a few times per week while 53% reported a few times per month and 20% reported hardly ever or never. Respondents who were male, 18 to 64 years old or married were more likely to report eating fast food at least a few times per week.

From 2003 to 2006, there was a statistical decrease in the overall percent of respondents reporting they eat fast food at least a few times per week.

2006 Findings

- Twenty-seven percent reported they eat fast food, such as hamburgers, French fries, hot dogs, pizzas, tacos or fried chicken at least a few times per week. Fifty-three percent of respondents reported a few times per month while 20% reported hardly ever or never.
- Thirty-four percent of male respondents reported at least a few times per week compared to 21% of female respondents. Twenty-five percent of female respondents reported hardly ever/never compared to 15% of male respondents.
- Thirty-three percent of respondents 45 to 54 years old and 30% of those 55 to 64 years old reported at least a few times per week compared to 17% of respondents 65 and older. Forty percent of respondents 65 and older reported hardly ever/never compared to 12% of those 35 to 44 years old or 8% of respondents 45 to 54 years old.
- Thirty-one percent of married respondents reported a few times per week compared to 21% of unmarried respondents. Twenty-six percent of unmarried respondents reported hardly ever/never compared to 16% of married respondents.

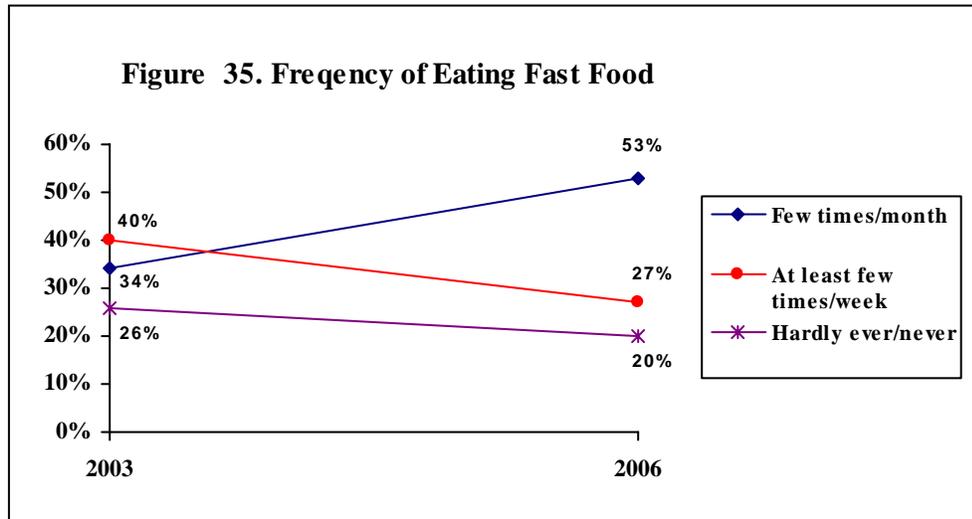
Table 51. Frequency of Eating Fast Food by Demographic Variables for 2006

	At Least a Few Times/Week	A Few Times/ Month	Hardly Ever or Never
TOTAL	27%	53%	20%
Gender ¹			
Male	34	52	15
Female	21	54	25
Age ¹			
18 to 34	28	56	16
35 to 44	29	59	12
45 to 54	33	59	8
55 to 64	30	45	25
65 and older	17	43	40
Education			
High School or Less	24	53	24
Some Post High School	18	58	24
College Graduate	30	52	18
Household Income			
\$30,000 or Less	20	52	29
\$30,001 to \$60,000	25	60	15
\$60,001 or More	31	49	20
Marital Status ¹			
Married	31	53	16
Not Married	21	53	26
Overweight Status			
Not Overweight	52	27	41
Overweight	53	27	40

¹demographic difference at $p \leq 0.05$ in 2006

Year Comparisons

- From 2003 to 2006 there was a statistical decrease in the overall percent of respondents reporting they eat fast food at least a few times per week.



APPENDIX B: QUESTIONNAIRE FREQUENCIES

WAUWATOSA
COMMUNITY HEALTH SURVEY

Conducted: March 14 through June 28, 2006

[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	3%
Fair	7
Good.....	23
Very good.....	42
Excellent.....	25
Not sure	0

2. What is your primary type of health care coverage?

No health care coverage	4%
Medical Assistance or Title 19.....	1
Badger Care.....	<1
Medicare.....	21
A prepaid plan such as a HMO, PPO	57
Another commercial health plan	11
Something else	3
Not sure	3

3. Is every member of your household covered by health insurance?

Not all members covered	9%
All members covered	91
Not sure	0

4. During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?

Not all members covered	17%
All members covered	83
Not sure	0

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	85%
Public health clinic or community health center	2
Hospital outpatient department	3
Hospital emergency room	1
Urgent care center	3
Some other kind of place.....	<1
No usual place	4
Not sure	<1

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

Yes 39%
 No..... 60
 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%	20%	6%	14%	0%	<1%
8. Cholesterol testing.....	55	19	2	7	13	3
9. Visit to a dentist or dental clinic .	83	11	3	3	<1	0
10. Eye exam.....	51	32	7	8	3	<1

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

Yes 39%
 No..... 62
 Not sure 0

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

18 to 34 years old 26%
 35 to 44 years old 22
 45 to 54 years old 19
 55 to 64 years old 10
 65 and older..... 24

13. Have you ever had a pneumonia or pneumococcal shot? [94 Respondents 65 and Older]

Yes 73%
 No..... 23
 Not sure 3

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?.....	20%	80%	<1%
15. Your blood cholesterol is high?.....	19	81	1
16. You had a stroke?.....	1	99	0
17. You have heart disease or a heart condition?...	7	92	<1
18. You had a mental health problem?.....	4	96	0
19. You have cancer, other than skin cancer.....	4	96	0
20. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	6	94	0

21. [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 8% →GO TO Q24
 1 time..... 13 →CONTINUE WITH Q22
 2 to 3 times..... 63 →CONTINUE WITH Q22
 4 or more 13 →CONTINUE WITH Q22
 Not sure 4 →GO TO Q24

22. At your last appointment, what was your “A one C” level? [21 Respondents]

Less than 7 29%
 7 or higher 52
 Not sure 19

23. At your last appointment, what was your LDL level? [20 Respondents]

Less than 100 15%
 100 or higher 50
 Not sure 35

	Yes	No	Not Sure
24. Do you currently have asthma?.....	6%	94%	<1%
25. ...(if yes), do you have a written asthma action plan? [23 Respondents]	30	65	4

26. 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 25%
 Two servings 30
 Three or more servings..... 44
 Not sure <1

27. 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 36%
 Two servings 30
 Three or more servings..... 33
 Not sure <1

28. 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 89%
No..... 11
Not sure 0

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

30. 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 11%
Less than 5 times/week for 30 minutes or
less than 30 minutes each time 49
5 times/week for 30 minutes or more 37
Not sure 3

31. 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 51%
No..... 49
Not sure <1

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

33. 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 50%
Less than 3 times/week for 20 minutes or
less than 20 minutes each time 17
3 times/week for 20 minutes or more 32
Not sure 1

Q34 THROUGH Q36 FEMALES ONLY

34. 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? [144 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago)..... 60%
Within the past 2 years (1 year, but less than 2 years ago) 19
Within the past 3 years (2 years, but less than 3 years ago) 6
Within the past 5 years (3 years, but less than 5 years ago)..... 3
5 or more years ago..... 8
Never..... 3
Not sure..... 0

35. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [58 Respondents 65 and Older]

Yes 84%
No..... 16
Not sure..... 0

36. 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? [157 Respondents 18 to 65 Years Old and with a Cervix]

Within the past year (anytime less than 12 months ago)..... 66%
Within the past 2 years (1 year, but less than 2 years ago) 24
Within the past 3 years (2 years, but less than 3 years ago) 3
Within the past 5 years (3 years, but less than 5 years ago)..... 3
5 or more years ago..... 4
Never..... <1
Not sure..... 0

Q37 & Q38 MALES ONLY

37. 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? [111 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago)..... 40%
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) 5
Within the past 5 years (3 years, but less than 5 years ago)..... 5
5 or more years ago..... 3
Never..... 30
Not sure..... <1

38. 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? [109 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	36%
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).....	9
Within the past 5 years (3 years, but less than 5 years ago).....	4
5 or more years ago	17
Never.....	16
Not sure	2

ALL RESPONDENTS

39. A blood stool test is a test that may use a special kit to determine whether the stool contains blood. How long has it been since you had your last blood stool test? [165 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	22%
Within the past 2 years (1 year, but less than 2 years ago)	13
Within the past 5 years (2 years, but less than 5 years ago).....	13
5 or more years ago	10
Never.....	35
Not sure	7

40. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy? [169 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	13%
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).....	20
Within the past 10 years (5 years but less than 10 years ago)...	8
10 years ago or more	2
Never.....	37
Not sure	2

41. Including times when even a small part of your skin was red for more than 12 hours, how many sunburns have you had within the past 12 months?

None	56%
One	23
Two	14
Three	3
Four	<1
Five.....	1
Six or more.....	1
Not sure	<1

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

Do not ride/skate/scoot..... 52%

Frequency of those who bicycle, use in-line roller skates or scooters [194 Respondents]

Never.....	48%
Seldom	2
Sometimes.....	3
Nearly always.....	12
Always	36
Not sure.....	0

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

Never.....	2%
Seldom	<1
Sometimes.....	3
Nearly always.....	7
Always	89
Not sure.....	0

44. How many children under 18 years old currently live in your household?

One.....	12%
Two	10
Three or more.....	11
None.....	68 →GO TO Q47

45. How often do the children in your household wear a helmet when they bicycle or use skateboards, in-line roller skates or scooters? [127 Respondents]

Do not ride/skate/scoot..... 16%

Frequency of those who bicycle, use in-line roller skates or scooters [106 Respondents]

Never.....	8%
Seldom	7
Sometimes.....	8
Nearly always.....	20
Always	58
Not sure.....	0

46. How often do the children in your household use an infant seat, car seat or seat belts?
 [127 Respondents]

Never.....	5%
Seldom.....	0
Sometimes.....	<1
Nearly always.....	4
Always.....	91
Not sure.....	0

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

Never.....	33%
Seldom.....	46
Sometimes.....	17
Nearly always.....	3
Always.....	1
Not sure.....	<1

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

Never.....	2%
Seldom.....	2
Sometimes.....	9
Nearly always.....	46
Always.....	40
Not sure.....	1

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

Yes.....	3%
No.....	97
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.

50. During the past 30 days, on how many days did you drink any alcoholic beverages?

None.....	22%
One to two days.....	18
Three to four days.....	15
Five or more days.....	45
Not sure.....	<1

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

None	22%
One drink.....	33
Two drinks	31
Three drinks	7
Four or more drinks.....	7
Not sure	<1

52. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

None	83%
One time	10
Two or more times	7
Not sure	<1

53. In the past 30 days, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes	3%
No.....	97
Not sure	<1

54. 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....

55. Do you now smoke cigarettes every day, some days or not at all?

Every day	6%	
Some days	3	
Not at all.....	91	→GO TO Q60
Not sure	0	→GO TO Q60

56. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [38 Respondents]

Yes	39%
No.....	61
Not sure	0

57. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [38 Respondents]

Yes	87%	→CONTINUE WITH Q58
No.....	13	→GO TO Q60
Not sure	0	→GO TO Q60

58. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [33 Respondents]

Yes	73%
No.....	27
Not sure	0

59. Did the doctor, nurse or other health professional advise you to quit smoking AT YOUR MOST RECENT VISIT? [33 Respondents]

Yes	64%
No.....	9
Health professional has not advised at any visit	27
Not sure	0

60. Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?

Yes	7%
No.....	19
No smokers in household	74
Not sure	0

61. Some people prefer to eat in smoke-free restaurants, other people prefer to eat in restaurants that allow smoking. Which do you prefer?

Smoke-free restaurants.....	73%
Restaurants that allow smoking	7
No preference.....	20
Not sure	<1

62. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments?

Strongly oppose.....	16%
Moderately oppose.....	13
Moderately favor.....	22
Strongly favor	45
Not sure	4

63. To what extent would you favor or oppose a statewide law prohibiting smoking in all public workplaces, excluding taverns and restaurants with more than 75% of their business being alcohol sales?

Strongly oppose..... 13%
 Moderately oppose..... 13
 Moderately favor..... 20
 Strongly favor 51
 Not sure..... 3

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.

64. Are any firearms kept in or around your home?

Yes 19%
 No..... 81
 Not sure..... <1

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

Yes <1%
 No..... 18
 Not sure..... <1
 No firearms in the household/no answer..... 81

66. 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..... 99

The next questions deal with alternative therapy treatments.

In the past three years, have you received alternative therapies or treatment such as . . .

	Yes	No	Not Sure
67. Going to a chiropractor?	12%	88%	<1%
68. Having acupuncture?.....	3	97	0
69. Massage therapy?.....	20	80	0
70. Aroma therapy?.....	6	94	0
71. Movement therapy, such as yoga or tai' chi?..	12	88	0
72. Meditation?	9	91	0

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

73. Gender [DERIVED, NOT ASKED]

Male	45%
Female.....	55

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

75. About how tall are you, without shoes? [CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	49%
Overweight.....	30
Obese.....	21

76. Are you Hispanic or Latino?

Yes	2%
No.....	98
Not sure.....	0

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

White.....	98%
Black or African American	<1
Asian	<1
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native.....	<1
Another race.....	0
Multiple race	<1
Not sure.....	0

78. What is your current marital status?

Single and never married	24%
A member of an unmarried couple.....	<1
Married.....	57
Separated.....	2
Divorced.....	8
Widowed	9
Not sure.....	<1

79. What is the highest grade level of education you have completed?

8th grade or less	<1%
Some high school	<1
High school graduate or GED	13
Some college	15
Technical school graduate.....	8
College graduate	34
Advanced or professional degree	30
Not sure.....	0

80. What county do you live in? [FILTER]

Milwaukee..... 100%

81. What city, town or village do you legally reside in?

Wauwatosa..... 100%

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

53213..... 43%
53226..... 36
53222..... 11
53225..... 6
All others (3% or less)..... 3

83. 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 4%
No..... 96
Not sure..... 0

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

One.....98%
Two or more..... 2

85. What is your annual household income before taxes?

Less than \$10,000 1%
\$10,000 to \$20,000..... 4
\$20,001 to \$30,000..... 9
\$30,001 to \$40,000..... 8
\$40,001 to \$50,000..... 14
\$50,001 to \$60,000..... 8
\$60,001 to \$75,000..... 8
\$75,001 to \$90,000..... 11
Over \$90,000..... 22
Not sure 5
No answer 11

The next series of questions deal with personal safety issues.

86. During the past year has anyone made you afraid for your personal safety?

Yes 6% →CONTINUE WITH Q87
No..... 94 →GO TO Q88
Not sure..... 0 →GO TO Q88

87. 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. [23 Respondents; More than 1 response accepted]

Stranger 15 responses
 Acquaintance..... 7 responses
 Ex-spouse 1 response

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

Yes 1% →CONTINUE WITH Q89
 No..... 99 →GO TO Q90
 Not sure 0 →GO TO Q90

89. 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? [4 Respondents; More than 1 response accepted]

Acquaintance..... 3 responses
 Friend 1 response
 Spouse 1 response

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

Smoke detector..... 95%
 Carbon monoxide detector 0
 Neither..... 5
 Not sure 0

 Households that have both detectors..... 48%

ADDITIONAL QUESTIONS FOR WAUWATOSA

[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.]

A1. Was there a time in the past 30 days that your household did not have access to adequate and appropriate food?

Yes	2%
No.....	98
Not sure	0

A2. From which source do you get most of your health information? [Open-ended]

Doctor.....	35%
Internet	15
Family/friends	9
Magazines	9
Newspaper.....	9
TV	7
Work.....	6
All others (3% or less).....	13

A3. What is the main factor that keeps you from exercising?

Time	43%
Motivation.....	16
Health problems	13
Other.....	9
Nothing.....	18
Not sure	<1

A4. What is the preferred language spoken in your household?

English	99%
Spanish.....	<1
Other.....	<1

A5. How often do you eat foods such as hamburgers, French Fries, hot dogs, pizza, tacos or fried chicken?

A few times per month.....	53%
A few times per week.....	26
Daily or nearly so	<1
Hardly ever or never.....	20
Not sure	0

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2006 Community Health Survey

The 2006 Wauwatosa Community Health Survey was conducted from March 14 through June 28, 2006. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Wauwatosa Community Health Survey was conducted from February 21 through March 31, 2003. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included listed numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.