

Women's Health						Alcohol Use in Past Month						
Wauwatosa	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	Wauwatosa	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	
Mammogram (50+; within past 2 years)	87%	86%	78%	78%	80%	Binge Drinker	15%	17%	22%	28%	40%	
Bone Density Scan (65 and older)		84%	82%	83%	79%	Driver/Passenger When Driver						
Cervical Cancer Screening						Perhaps Had Too Much to Drink	3%	3%	5%	4%	1%	
Pap Smear (18 – 65; within past 3 yrs)	95%	92%	96%	85%	91%							
HPV Test (18 – 65; within past 5 yrs)					61%	<i>Other Research: (2013)</i>				<u>WI</u>	<u>U.S.</u>	
Screening in Recommended Time Frame						<i>Binge Drinker</i>				23%	17%	
(18-29: Pap every 3 yrs; 30 to 65: Pap and HPV every 5 yrs or Pap only every 3 yrs)					94%							
						Household Problems Associated With...						
<i>Other Research:</i>				<u>WI</u>	<u>U.S.</u>	Wauwatosa		<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	
<i>Mammogram (50+; within past 2 yrs; 2012)</i>				82%	77%	Alcohol		3%	4%	<1%	3%	
<i>Pap Smear (18+; within past 3 years; 2010)</i>				85%	81%	Marijuana				<1%	1%	
						Cocaine, Heroin or Other Street Drugs				2%	<1%	
						Gambling				<1%	<1%	
Tobacco Cigarette Use						Misuse of Prescription or OTC Drugs				<1%	0%	
Wauwatosa	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>							
Current Smokers (past 30 days)	12%	10%	13%	11%	12%	Distracted Driving						
Of Current Smokers...						Wauwatosa					<u>2015</u>	
Quit Smoking 1 Day or More in Past Year Because Trying to Quit	38%	39%	46%	58%	55%	Driving with Technology Distractions (1+ times/day)					24%	
Saw a Health Care Professional Past Year and Advised to Quit Smoking		73%	87%	82%	64%	Driving with Other Distractions (1+ times/day)					21%	
<i>Other Research:</i>				<u>WI</u>	<u>U.S.</u>	Mental Health Status						
<i>Current Smokers (2013)</i>				19%	19%	Wauwatosa		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>
<i>Tried to Quit (2006)</i>				49%	56%	Felt Sad, Blue or Depressed						
						Always/Nearly Always (past 30 days)		3%	4%	4%	2%	4%
						Find Meaning & Purpose in Daily Life						
						Seldom/Never		4%	4%	5%	3%	3%
Exposure to Smoke						Considered Suicide (past year)		2%	3%	3%	<1%	4%
Wauwatosa			<u>2009</u>	<u>2012</u>	<u>2015</u>							
Smoking Policy at Home						Children in Household						
Not allowed anywhere			80%	86%	86%	Wauwatosa					<u>2012</u>	<u>2015</u>
Allowed in some places/at some times			9%	5%	4%	Personal Health Doctor/Nurse who						
Allowed anywhere			1%	<1%	2%	Knows Child Well and Familiar with History					94%	93%
No rules inside home			10%	9%	8%	Visited Personal Doctor/Nurse for						
Nonsmokers Exposed to Second-Hand Smoke In Past Seven Days			20%	13%	12%	Preventive Care (past 12 months)					92%	88%
						Did Not Receive Care Needed (past 12 months)						
<i>Other Research: (WI: 2003; US: 2006-2007)</i>				<u>WI</u>	<u>U.S.</u>	Medical Care					1%	<1%
<i>Smoking Prohibited at Home</i>				75%	79%	Dental Care					0%	0%
						Specialist					0%	<1%
						Current Asthma					7%	8%
Other Tobacco Products in Past Month						Safe in Community/Neighborhood (seldom/never)					0%	0%
Wauwatosa					<u>2015</u>	Children 5 to 17 Years Old						
Electronic Cigarettes					6%	Fruit Intake (2+ servings/day)					84%	83%
Cigars, Cigarillos or Little Cigars					3%	Vegetable Intake (3+ servings/day)					25%	21%
Smokeless Tobacco					<1%	Physical Activity (60 min./5 or more days/week)					75%	71%
						Children 8 to 17 Years Old						
Top Community Health Issues						Unhappy, Sad or Depressed						
Wauwatosa				<u>2012</u>	<u>2015</u>	Always/Nearly Always (past 6 months)					0%	2%
Chronic Diseases				57%	79%	Experienced Some Form of Bullying (past 12 months)					13%	15%
Alcohol or Drug Use				62%	45%	Verbally Bullied					13%	12%
Violence				55%	17%	Physically Bullied					2%	3%
Mental Health or Depression				21%	48%	Cyber Bullied					0%	2%
Infectious Diseases				20%	22%							
Teen Pregnancy				34%	8%	Personal Safety in Past Year						
Infant Mortality				28%	4%	Wauwatosa		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>
Lead Poisoning				2%	2%	Afraid for Their Safety		7%	6%	5%	2%	13%
						Pushed, Kicked, Slapped, or Hit		2%	1%	2%	1%	2%
						At Least One of the Safety Issues		8%	7%	7%	3%	13%

Overall Health and Health Care Key Findings

In 2015, 55% of respondents reported their health as excellent or very good; 14% reported fair or poor. Respondents with some post high school education or less, in the bottom 60 percent household income bracket, who were unmarried or inactive were more likely to report fair or poor conditions. *From 2003 to 2015, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2015, 4% of respondents reported they were not currently covered by health care insurance; respondents who were male or 18 to 34 years old were more likely to report this. Five percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to report this. Six percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months. *From 2003 to 2015, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage. From 2009 to 2015, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past 12 months. From 2003 to 2015, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.*

In 2015, 14% of respondents reported they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the care in the past 12 months; respondents 18 to 34 years old were more likely to report this. Eleven percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past 12 months. Respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report someone in the household did not take their prescription medication due cost. Eight percent of respondents reported there was a time in the past 12 months they did not receive the medical care needed; respondents with some post high school education or who were unmarried were more likely to report this. Sixteen percent of respondents reported there was a time in the past 12 months they did not receive the dental care needed. Respondents who were male, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report they did not receive the dental care needed. Three percent of respondents reported in the past 12 months they did not receive the mental health care needed. *From 2012 to 2015, the overall percent statistically increased for respondents who reported in the past 12 months someone in their household had not taken their prescribed medication due to prescription costs. From 2012 to 2015, the overall percent statistically increased for respondents who reported an unmet medical need, unmet dental need or unmet mental health care need in the past 12 months.*

In 2015, 47% of respondents reported they contact their doctor when they need health information while 25% reported they go to the Internet. Twelve percent reported themselves or a family member was in the health field and their source for information. Respondents 65 and older were more likely to report they contact their doctor. Respondents who were female or 35 to 44 years old were more likely to report the Internet as their source for health information. Male respondents were more likely to report themselves or a family member in the health field and their source for health information. Eighty-six percent of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents 65 and older, with a high school education or less or in the top 60 percent household income bracket were more likely to report a primary care physician. Seventy-eight 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 to 64 years old, with a high school education or less, with a college education or in the middle 20 percent household income bracket were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents 65 and older or in the middle 20 percent household income bracket were more likely to report an advance care plan. *From 2006 to 2015, there was a statistical increase in the overall percent of respondents reporting their source for health information was their doctor, the Internet or themselves/family member in the health field. From 2006 to 2015, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2015, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2015, 84% of respondents reported a routine medical checkup two years ago or less while 79% reported a cholesterol test four years ago or less. Seventy-four percent of respondents reported a visit to the dentist in the past year while 59% reported an eye exam in the past year. Respondents who were 45 to 54 years old, 65 and older, in the middle 20 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents who were 45 to 54 years old, with a college education, in the top 60 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were female, 35 and older, with a college education or in the middle 20 percent household income bracket were more likely to report a dental checkup in the past year. *From 2003 to 2015, there was a statistical decrease in the overall percent of respondents reporting a dental checkup in the past year. From 2003 to 2015, there was a statistical increase in the overall percent of respondents reporting an eye exam in the past year. From 2003 to 2015, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less or a cholesterol test four years ago or less.*

In 2015, 54% of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older or in the middle 20 percent household income bracket were more likely to report a flu vaccination. Eighty percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2015, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2015, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination. From 2003 to 2015, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2015, out of six health conditions listed, the three most often mentioned in the past three years were high blood pressure (24%), high blood cholesterol (19%) or a mental health condition (17%). Respondents who were 65 and older, with some post high school education or less, in the middle 20 percent household income bracket, unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were 55 and older or overweight were more likely to report high blood cholesterol. Respondents who were female, 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried were more likely to report a mental health condition. Nine percent of respondents reported they were treated for, or told, they had heart disease. Respondents who were 65 and older, with a high school education or less, unmarried or inactive were more likely to report heart disease/condition. Six percent of respondents reported diabetes; respondents who were 65 and older, with a high school education or less, in the middle 20 percent household income bracket, overweight or inactive were more likely to report diabetes. Eight percent reported current asthma; respondents who were 45 to 54 years old or unmarried were more likely to report this. *From 2003 to 2015, there was a statistical increase in the overall percent of respondents who reported diabetes. From 2003 to 2015, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition or current asthma. From 2009 to 2015, there was a statistical increase in the overall percent of respondents who reported a mental health condition. From 2012 to 2015, there was a statistical decrease in the overall percent of respondents who reported their mental health condition was controlled through medication, therapy or lifestyle changes. From 2012 to 2015, there was no statistical change in the overall percent of respondents reporting their high blood pressure, high blood cholesterol, heart disease/condition, diabetes or current asthma was under control.*

In 2015, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 55 to 64 years old, with a high school education or less or unmarried were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a high school education or less or unmarried respondents were more likely to report this. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 2003 to 2015, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they seldom/never find meaning and purpose in daily life. From 2003 to 2015, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.*

Behavioral Risk Factors Key Findings

In 2015, 33% of respondents did moderate physical activity five times a week for 30 minutes while 36% did vigorous activity three times a week for 20 minutes. Combined, 47% met the recommended amount of physical activity; respondents who were 18 to 34 years old, with a college education or not overweight were more likely to report this. Sixty percent of respondents were classified as overweight. Respondents in the bottom 40 percent household income bracket or who were inactive were more likely to be overweight. *From 2003 to 2015, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2015, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2006 to 2015, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity. From 2003 to 2015, there was a statistical increase in the overall percent of respondents being overweight.*

In 2015, 71% of respondents reported two or more servings of fruit while 37% reported three or more servings of vegetables on an average day. Respondents who were female, with some post high school education, in the middle 20 percent household income bracket, not overweight or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 18 to 34 years old or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Sixty-three percent of respondents reported they often read the information labels of new food products they purchase; respondents who were female, with a college education, married, not overweight or who met the recommended amount of physical activity were more likely to report this. Sixty-two percent of respondents reported they had two or fewer restaurant meals in the past seven days. Respondents 55 and older, in the middle 20 percent household income bracket or who were not overweight were more likely to report two or fewer restaurant meals. *From 2003 to 2015, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit on an average day or at least three servings of vegetables on an average day.*

In 2015, 80% of female respondents 50 and older reported a mammogram within the past two years. Seventy-nine percent of female respondents 65 and older had a bone density scan. Ninety-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years. Sixty-one percent of respondents 18 to 65 years old reported an HPV test within the past five years. Ninety-four percent of respondents reported they received a cervical cancer test in the time frame recommended (18 to 29 years old: pap smear within past three years; 30 to 65 years old: pap smear and HPV test within past five years or pap smear only within past three years). *From 2003 to 2015, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years. From 2006 to 2015, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2015, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2015, 11% of respondents 50 and older reported a blood stool test within the past year. Four percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 67% reported a colonoscopy within the past ten years. This results in 70% of respondents meeting the current colorectal cancer screening recommendations. *From 2003 to 2015, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year. From 2009 to 2015, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or who reported a colonoscopy within the past ten years. From 2009 to 2015, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame.*

In 2015, 12% of respondents were current tobacco cigarette smokers; respondents 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. In the past 12 months, 55% of current smokers quit smoking for one day or longer because they were trying to quit. Sixty-four percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2015, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers. From 2003 to 2015, there was no statistical change in the overall percent of current tobacco cigarette smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2006 to 2015, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2015, 86% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or who had a child in the household were more likely to report smoking is not allowed anywhere inside the home. Twelve percent of nonsmoking respondents reported they were exposed to second-hand smoke in the past seven days; respondents who were 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2009 to 2015, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home. From 2009 to 2015, there was a statistical decrease in the overall percent of nonsmoking respondents who reported they were exposed to second-hand smoke in the past seven days.*

In 2015, 6% of respondents used electronic cigarettes in the past month; respondents 18 to 34 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Three percent of respondents used cigars, cigarillos or little cigars in the past month while less than one percent used smokeless tobacco.

In 2015, 40% of respondents were binge drinkers in the past month. Respondents 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to have binged at least once in the past month. One percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink. *From 2003 to 2015, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month. From 2003 to 2015, there was a statistical decrease in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month.*

In 2015, 3% of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year. One percent of respondents reported someone in their household experienced a problem with marijuana while less than one percent of respondents each reported a household problem with cocaine/heroin/other street drugs or with gambling. Zero percent of respondents reported a household problem with the misuse of prescription drugs/over-the-counter drugs. *From 2006 to 2015, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year. From 2012 to 2015, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs, gambling or with the misuse of prescription drugs/over-the-counter drugs in the past year.*

In 2015, 24% of respondents reported in the past 30 days they were driving and distracted by technology at least once a day while 44% reported zero times. Respondents 18 to 34 years old were more likely to report being distracted by technology at least

once a day. Respondents who were 65 and older, with some post high school education or less, in the middle 20 percent household income bracket or unmarried were more likely to report being distracted by technology zero times. Twenty-one percent of respondents reported in the past 30 days they were driving with non-technology distractions at least once a day while 40% reported zero times. Respondents 18 to 34 years old were more likely to report driving with non-technology distractions at least once a day. Respondents who were 65 and older, with a high school education or less or unmarried were more likely to report driving with non-technology distractions zero times in the past month.

In 2015, 13% of respondents reported someone made them afraid for their personal safety in the past year. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 13% reported at least one of these two situations; respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. *From 2003 to 2015, there was a statistical increase in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2015, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit in the past year. From 2003 to 2015, there was a statistical increase in the overall percent of respondents reporting at least one of the two personal safety issues.*

Children in Household Key Findings

In 2015, a random child was selected for the respondent to talk about the child's health and behavior. Ninety-three percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 88% reporting their child visited their personal doctor or nurse for preventive care during the past 12 months. Zero percent of respondents reported there was a time in the past 12 months their child did not receive the dental care needed while less than one percent reported their child did not receive the medical care needed. Less than one percent reported their child was not able to visit a specialist they needed to see in the past 12 months. Eight percent of respondents reported their child currently had asthma. Zero percent of respondents reported their child was seldom or never safe in their community. Eighty-three percent of respondents reported their 5 to 17 year old child ate two or more servings of fruit on an average day while 21% reported three or more servings of vegetables. Seventy-one percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Two percent of respondents reported their 8 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Fifteen percent reported their 8 to 17 year old child experienced some form of bullying in the past year; 12% reported verbal bullying, 3% reported physical bullying and 2% cyber bullying. *From 2012 to 2015, there was no statistical change in the overall percent of respondents reporting their child has a personal doctor/nurse or their child visited their personal doctor/nurse for preventive care in the past year. From 2012 to 2015, there was no statistical change in the overall percent of respondents reporting their child had an unmet dental need, unmet medical need or their child needed to see a specialist but could not in the past 12 months. From 2012 to 2015, there was no statistical change in the overall percent of respondents who reported their child had asthma or their child was seldom/never safe in their community. From 2012 to 2015, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child ate two or more servings of fruit a day, ate three or more servings of vegetables a day or was physically active five times a week for at least 60 minutes. From 2012 to 2015, there was no statistical change in the overall percent of respondents who reported their 8 to 17 year old child always or nearly always felt unhappy/sad/depressed in the past six months or was bullied in the past 12 months.*

Community Health Issues Key Findings

In 2015, respondents were asked to pick the top three health issues in Wauwatosa out of eight listed. The most often cited were chronic diseases (79%), mental health/depression (48%) and alcohol/drug use (45%). Respondents who were male, 35 to 44 years old or married were more likely to report chronic diseases. Respondents 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report mental health/depression. Respondents with a college education or who were unmarried were more likely to report alcohol/drug use as a top health issue. Twenty-two percent reported infectious diseases as a top issue; respondents who were female, 18 to 44 years old, 55 to 64 years old, with a high school education or less or in the top 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported violence as a top issue; respondents who were male, with some post high school education or unmarried were more likely to report this. Eight percent of respondents reported teen pregnancy as a top issue; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Four percent reported infant mortality; respondents who were male, 18 to 34 years old, in the top 40 percent household income bracket or married were more likely to report this. Two percent of respondents reported lead poisoning as a top issue. *From 2012 to 2015, there was a statistical increase in the overall percent of respondents who reported chronic diseases or mental health/depression as one of the top health issues in the community. From 2012 to 2015, there was a statistical decrease in the overall percent of respondents who reported alcohol/drug use, teen pregnancy, violence or infant mortality as one of the top health issues in the community. From 2012 to 2015, there was no statistical change in the overall percent of respondents who reported infectious diseases or lead poisoning as a top health issue.*