



Wauwatosa Community Health Survey Report 2018

Commissioned by:

**Aurora Health Care
Children's Hospital of Wisconsin
Columbia St. Mary's Health System
Froedtert Health
Wheaton Franciscan Healthcare**

In partnership with:

**Wauwatosa Health Department
Center for Urban Population Health**

Prepared by:

Natasha Tynczuk, University of Wisconsin-Milwaukee

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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 as follows:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Select information will also be collected about the respondent's household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate, current health data of residents to state and national measurements along with Healthy People 2020 goals.

This report was commissioned by Aurora Health Care, Children's Hospital of Wisconsin, Columbia St. Mary's Health System, Froedtert Health, and Wheaton Franciscan Healthcare in partnership with the Center for Urban Population Health and the Wauwatosa Health Department.

This survey was conducted by JKV Research, LLC. For technical information about the survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the survey, contact the Wauwatosa Health Department at (414) 479-8936.

Methodology

Definitions

Certain variables were recoded from this survey for the purpose of better analyses and interpretations. Such variables are listed below.

Household Income: It has been historically difficult to compare household income data throughout the years as the real dollar value changes. Each year, the U.S. Census Bureau classifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau's brackets since the categories within the survey are in increments of \$10,000 or more. However, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20%, and top 40% of household income brackets each survey year. In 2006, the bottom 40% bracket included survey categories of less than \$30,001, the middle 20% bracket included income of \$30,001 to \$50,000, and the top 40% income bracket was at least \$50,001. In 2009, 2012, 2015, and for the current 2018 survey report, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket included incomes of \$40,001 to \$60,000, and the top 40% income bracket included incomes of at least \$60,001.

Physical Activity: According to The Centers for Disease Control and Prevention (CDC), the 2009 recommended amount of physical activity 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 for adults. Moderate physical activity is defined as any activity which noticeably increases heart rate, which may include activities such as walking briskly, biking, vacuuming, gardening, or dancing. Vigorous physical activity is defined as any activity which requires a large amount of effort, causes rapid breathing, and greatly increases heart rate. Such activities may include running, heavy yard work,

aerobics, swimming laps, or participating in competitive sports or games. Insufficient physical activity includes participation in either moderate or vigorous physical activity, but not for the recommended duration or frequency. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight Status: Weight category was determined by using Body Mass Index (BMI), which is the most common indicator of body fatness used in the United States. BMI is calculated by taking a person's weight in kilograms (kg) divided by the square of their height in meters (m). A BMI of 25.0 to 29.9 kg/m² is considered overweight, while a BMI of 30.0 kg/m² or above is considered obese. Throughout this report, the category "overweight" includes both overweight and obese respondents.

Smoking Status: In this report, those who were defined as a "smoker" reported smoking either some days or every day during the past 30 days. "Nonsmokers" reported no smoking within the past 30 days.

Binge Drinking: The definition for binge drinking has varied throughout the years. Currently, the CDC defines binge drinking as a pattern of drinking that brings an individual's blood alcohol concentration (BAC) to 0.08 grams percent or above. This is typically done by consuming four or more drinks per occasion for women and five or more drinks per occasion for men to account for weight and metabolic differences. The current definition was used for the 2012 and 2015 Wauwatosa Community Health Surveys. Binge drinking had previously been defined as consuming five or more drinks per occasion, regardless of gender, and this definition was used for 2006 and 2009 Wauwatosa Community Health Surveys. This survey will use the CDC's current definition of binge drinking.

Demographic Profile

Table 1. Weighted Demographic Variables of Wauwatosa Community Health Survey (WCHS) Respondents, 2018.

	Survey Results
N	400
Sex (%)*	
Male	37
Female	63
Age (%)*	
18 to 34	7
35 to 44	15
45 to 54	11
55 to 64	21
65+	45
Education (%)*	
High School Graduate or Less	15
Some Post High School	20
College Graduate	65
Household Income (%)*	
Bottom 40%	25
Middle 20%	20
Top 40%	55
Married (%) *	59
Overweight (%)*	65
Physical Activity (%)*	
Inactive	15
Insufficient	38
Recommended	48
Current Smoker (%)*	9

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05

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.

Summary of Statistics - Wauwatosa Community Health Survey 2018

Health Care Coverage

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Not covered					
Personally (currently)	4%	6%	4%	4%	2%
Household Member (past 12 mo.)	17%	13%	6%	6%	4%

Other Research: (2016)

	<u>WI</u>	<u>U.S.</u>
<i>Personally Not Covered (past 12 mo.)</i>	7%	9%

Did Not Receive Care Needed (past 12 mo.)

<u>Wauwatosa</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Delayed/ Did Not Seek Care Due to Cost		14%	3%
Prescription Meds Not Taken Due to Cost	5%	11%	7%
Unmet Care			
Medical	4%	8%	4%
Dental	9%	16%	11%
Mental Health	<1%	3%	2%

Health Information & Services

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Have a Primary Care Physician	--	--	--	86%	88%
Primary Health Services					
Doctor/Nurse Practitioner's Office	86%	90%	83%	78%	81%
Urgent Care Center	3%	4%	6%	10%	9%
Public Health Clinic/ Com. Health Center	2%	<1%	2%	2%	2%
Hospital Emergency Room	1%	<1%	2%	3%	1%
Hospital Outpatient	3%	2%	<1%	2%	2%
No Usual Place	4%	3%	7%	4%	5%
Advance Care Plan	39%	41%	42%	43%	58%

Colorectal Cancer Screening (age 50+)

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Blood Stool Test (past year)	22%	--	13%	11%	10%
Sigmoidoscopy (past 5 years)		8%	8%	4%	7%
Colonoscopy (past 10 years)		63%	63%	67%	74%

Vaccinations (age 65+)

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Flu (past year)	76%	72%	69%	81%	68%

Other Research: (2016)

Flu (past year)				<u>WI</u> 49.50%	<u>U.S.</u> 59%
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Health Conditions (past 3 years)

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
High Blood Pressure	20%	27%	24%	24%	35%
High Blood Cholesterol	19%	25%	26%	19%	31%
Mental Health Condition	--	12%	15%	17%	15%
Heart Disease/Condition	7%	8%	5%	9%	12%
Asthma (current)	6%	8%	8%	8%	11%
Diabetes	6%	4%	6%	6%	11%

Physical Health

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Physical Activity/Week					
Moderate (5 times; 30 mins)	37%	36%	37%	33%	38%
Vigorous (3 times; 20 mins)	32%	28%	36%	36%	27%
Overweight	51%	55%	58%	60%	65%
Fruit Intake (2+ servings/day)	75%	71%	77%	71%	69%
Vegetable Intake (3+ servings/day)	33%	31%	36%	37%	35%

Other Research: (2014)

Overweight				<u>WI</u> 69%	<u>U.S.</u> 71%
Recommended Moderate or Vigorous				53%	51%

Women's Health

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Mammogram (50+; past 2 years)	86%	78%	78%	80%	80%
Bone Density Scan (65+)	84%	82%	83%	79%	80%

Other Research: (2012)

Mammogram (50+; past 2 years)				<u>WI</u> 82%	<u>U.S.</u> 77%
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Tobacco Cigarette Use

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Current Smoker (past 30 days)	10%	13%	11%	12%	9%

Other Research: (2016)

Current Smoker				<u>WI</u> 17%	<u>U.S.</u> 16%
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Exposure to Smoke

<u>Wauwatosa</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Smoking Policy at Home				
Not Allowed Anywhere	80%	86%	86%	86%
Allowed in Some Places/at Some Times	9%	5%	4%	5%
Allowed Anywhere	1%	<1%	2%	1%
No Rules in Home	10%	9%	8%	8%

Other Research: (WI: 2010; US: 2011)

<i>Smoking Prohibited at Home</i>			<u>WI</u>	<u>U.S.</u>
			81%	83%

Other Tobacco Product Use (past month)

<u>Wauwatosa</u>	<u>2015</u>	<u>2018</u>
Electronic Cigarettes	6%	3%
Cigars, Cigarillos, or Little Cigars	3%	1%

Top Community Health Issues¹

<u>Wauwatosa</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Alcohol or Drug Use	62%	45%	38%
Chronic Diseases	57%	79%	36%
Other ² (lack of physical activity, environmental issues, etc.)	--	--	32%
Accessibility ³	--	--	28%
Violence	55%	17%	17%
Mental Health or Depression	21%	48%	17%
Infectious Diseases	20%	22%	8%
Lead Poisoning	2%	2%	2%
Teen Pregnancy	34%	8%	<1%
Infant Mortality	28%	4%	<1%

Alcohol Use (past month)

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Binge Drinking	17%	22%	28%	40%	21%

Other Research: (2013)

<i>Binge Drinking</i>			<u>WI</u>	<u>U.S.</u>
			23%	17%

Household Problems Associated With...

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Alcohol	3%	4%	<1%	3%	2%
Marijuana	--	--	<1%	1%	1%
Cocaine, Heroin, or Other Street Drugs	--	--	2%	<1%	<1%
Gambling	--	--	<1%	<1%	<1%
Misuse of Prescription or OTC Drugs	--	--	<1%	0%	<1%

Mental Health Status

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Felt Sad, Blue, or Depressed (past 30 days)					
Always or Nearly Always	4%	4%	2%	4%	4%
Considered Suicide (past year)	3%	3%	<1%	4%	4%

Children in Household⁴

<u>Wauwatosa</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Has Personal Dr/Nurse who Knows Child & History	94%	93%	99%
Visited Dr/Nurse for Preventative Care (past 12 mo.)	92%	88%	99%
Did Not Receive Care Needed (past 12 mo.)			
Medical	1%	<1%	1%
Dental	0%	0%	1%
Specialist	0%	<1%	4%
Current Asthma	7%	8%	5%
Safe in Community/Neighborhood			
Seldom/Never	0%	0%	3%
Physical Activity (5+ days/week; 60 mins; 5-17 yrs old)	75%	71%	69%
Felt Unhappy, Sad, or Depressed (past 6 mo.; 8-17 yrs old)			
Always/Nearly Always	0%	2%	5%
Experienced Bullying (past 12 mo.)	13%	15%	23%
Verbal	13%	12%	<1%
Physical	2%	3%	3%
Cyber	0%	2%	0%
Screen Time			
Television (1 hour or less/day)			84%
Video Games/Internet/Smartphone (1 hour or less/day)			78%
Soda/Pop Consumption (0 to 3 servings/week)			95%

Personal Safety (past year)

<u>Wauwatosa</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2018</u>
Afraid for Safety	6%	5%	2%	13%	4%
Pushed, Kicked, Slapped, or Hit	1%	2%	1%	2%	2%
At Least One of the Safety Issues	7%	7%	3%	13%	<1%

¹2018 data not directly comparable to previous data due to changes in questionnaire design

²Includes environmental issues, lack of physical activity, and other unspecified health concerns

³Includes access to affordable healthy food and access to health care

⁴All findings reported by parents

Key Findings

Health Care Coverage (Figure 1; Tables 2 & 3)

There is no single, nationwide system of health insurance in the United States. As a result, health insurance is either obtained through the private sector or provided by the government to select individuals within the country. Private insurance is mostly regulated at the state level, while the Centers for Medicare and Medicaid Services (CMS) manages Medicare, a program which provides health insurance to adults ages 65 and older and some adults with disabilities, and Medicaid, which provides health insurance for low-income individuals. In 2016, an estimated 28 million Americans did not have some form of health care coverage.

Personally Not Covered – Currently

In 2016, an estimated 9% of U.S. adults did not have medical insurance.

In 2016, an estimated 7% of Wisconsin adults did not have medical insurance.

The Healthy People 2020 goal for all persons having medical insurance is 100% (Objective AHS-1.1)

2018 Findings

- 2% of all 2018 Wauwatosa Community Health Survey (WCHS) respondents reported they were not currently covered by any health care insurance (Table 2). 55% of respondents reported having private insurance. Additionally, 3% of respondents reported Medicaid, which included medical assistance, Title 19, or Badger Care, while 40% of respondents reported Medicare as their primary type of health care coverage (Figure 1).
- Respondents 35 to 44 years old were more likely to report no health care coverage (7%) compared to respondents 45 to 54 (0%) or 65 and over (0%).

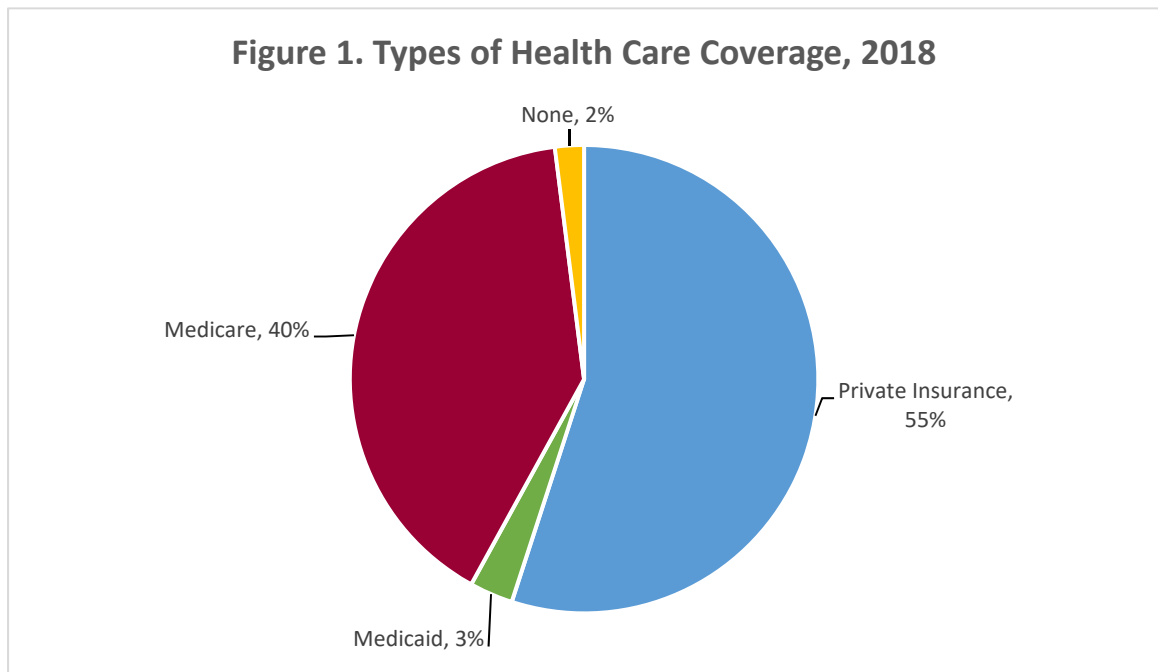


Table 2. Personally No Health Care Coverage by Demographic Variables, WCHS 2006 - 2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	4	6	4	4	2
Sex (%)					
Male	6	6	7	9	2
Female	3	6	1	0	1
Age (%)*					
18 to 34	9	11	6	10	4
35 to 44	5	8	1	0	7
45 to 54	4	4	3	1	0
55 to 64	0	5	11	6	1
65+	0	0	0	0	0
Education (%)					
High School Graduate or Less	7	4	10	8	2
Some Post High School	9	4	2	2	0
College Graduate	2	7	3	3	2
Household Income (%)					
Bottom 40%	6	11	10	4	2
Middle 20%	0	11	0	3	1
Top 40%	6	<1	0	5	2
Marital Status (%)					
Married	<1	3	<1	4	1
Not Married	8	9	8	4	2

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Someone in Household Not Covered in the Past 12 Months

2018 Findings

- 4% of all 2018 WCHS respondents indicated someone in their household was not covered by health insurance at least part of the time in the past 12 months (Table 3).
- There were no statistically significant differences between demographic variables and responses of someone in the household not covered in the past 12 months.

Table 3. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables, WCHS 2006-2018

	2006	2009	2012	2015	2018
TOTAL (%)*	17	13	6	6	4
Household Income (%)					
Bottom 40%	19	31	13	7	5
Middle 20%	25	15	4	3	6
Top 40%	12	2	2	6	4
Marital Status (%)					
Married	9	6	3	5	3
Not Married	28	24	10	7	4

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Health Care Needed (Figure 2; Tables 4 - 7)

Financial Burden of Medical Care

2018 Findings

- 3% of all 2018 WCHS respondents reported they either delayed or did not seek medical care because of high co-payments, inability to afford medical care, because their insurance did not cover their medical care, or they were uninsured (Table 4).
- Respondents 18 to 34 years old and 35 to 44 were more likely to delay or not seek medical care due to cost (7% each). In comparison, 5% of those 45 to 54 years old and 5% of those 55 to 64 years old reported they either delayed or did not seek medical care due to high co-payments, inability to afford medical care, being uninsured, or due to their primary health care insurance not covering their medical care. No respondents over age 65 reported they delayed or did not seek health care due to cost.

Table 4. Delayed or Did Not Seek Medical Care Due to Cost in Past 12 Months by Demographic Variables, WCHS 2015-2018, Adults 18+

	2015	2018
TOTAL (%)*	14	3
Sex (%)		
Male	15	3
Female	13	3
Age (%)*		
18 to 34	24	7
35 to 44	18	7
45 to 54	12	5
55 to 64	11	5
65+	1	0
Education (%)		
High School Graduate or Less	8	3
Some Post High School	18	3
College Graduate	14	3
Household Income (%)		
Bottom 40%	15	1
Middle 20%	24	6
Top 40%	11	4
Marital Status (%)		
Married	15	3
Not Married	13	4

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Financial Burden of Prescription Medications

The Healthy People 2020 goal for an individual unable to obtain or delay in obtaining needed prescription medicines in the past 12 months is 2.8% (Objective AHS-6.4)

2018 Findings

- 7% of all 2018 WCHS respondents reported someone in their household had not taken prescribed medications due to prescription costs in the past 12 months (Table 5).
- There were no statistically significant differences between demographic variables and responses of someone in the household not taking prescribed medications due to prescription costs in the past 12 months.

Table 5. Prescription Medications Not Taken Due to Cost in Past 12 Months by Demographic Variables, WCHS 2012-2018, Adults 18+

	2012	2015	2018
TOTAL (%)*	5	11	7
Household Income (%)			
Bottom 40	13	17	8
Middle 20	2	8	4
Top 40	2	5	8
Marital Status			
Married	3	7	7
Not Married	9	16	6

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Unmet Medical Care

The Healthy People 2020 goal for an individual unable to obtain or having to delay medical care, tests, or treatments they, or a doctor, believed necessary in the past 12 months is 4.2% (Objective AHS-6.2).

2018 Findings

- 4% of all 2018 WCHS respondents reported there was a time in the past 12 months they or someone in their household did not receive the medical care needed (Table 6).
 - Of the respondents who reported they did not receive the medical care needed, 80% reported unmet medical care due to money-related issues, while 20% reported unmet medical care due to physical barriers.
 - Those with money-related issues referred to respondents who were uninsured, could not afford to pay, had co-payments that were too high, or had insurance that would not cover costs.

- Physical barriers included respondents who were unable to get an appointment, did not have transportation, did not have a specialty physician in the area, and other, unspecified physical barriers.
- Respondents 35-44 years old were most likely to report there was a time in the past 12 months they or someone in their household did not receive the medical care needed (9%), compared to respondents of all other age groups. Respondents age 65 or older were least likely to report they or someone in their household did not receive needed medical care in the past year (<1%).

Table 6. Unmet Medical Care in Past 12 Months by Demographic Variables, WCHS 2012-2018, Adults 18+

	2012	2015	2018
TOTAL (%)*	4	8	4
Gender (%)			
Male	4	9	3
Female	5	8	4
Age (%)*			
18 to 34	3	13	7
35 to 44	1	11	9
45 to 54	4	7	5
55 to 64	15	5	6
65+	2	5	<1
Education (%)			
High School Graduate or Less	0	5	3
Some Post High School	9	16	4
College Graduate	4	7	4
Household Income (%)			
Bottom 40%	11	12	1
Middle 20%	7	3	8
Top 40%	2	5	5
Marital Status (%)			
Married	3	4	3
Not Married	7	14	4

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

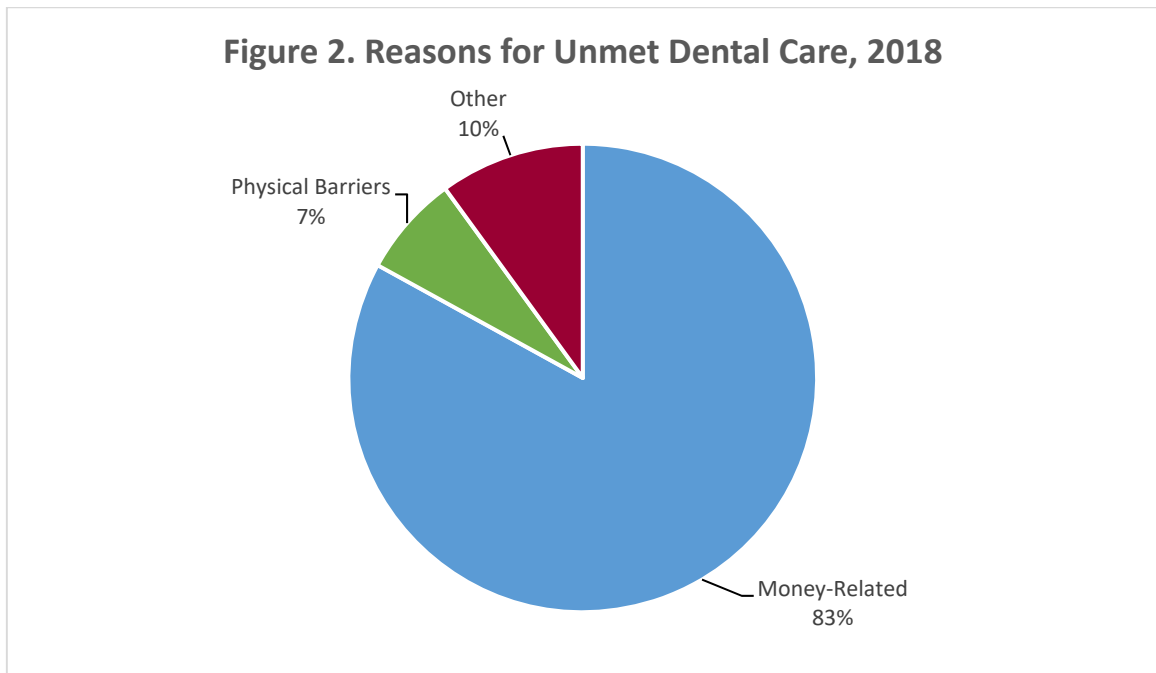
* statistically significant at p= 0.05, 2018

Unmet Dental Care

The Healthy People 2020 goal for an individual unable to obtain or having to delay dental care, tests, or treatments they, or a doctor, believed necessary in the past 12 months is 5% (Objective AHS-6.3).

2018 Findings

- 11% of all 2018 WCHS respondents reported there was a time in the past 12 months they or someone in their household did not receive needed dental care (Table 7).
 - Of the respondents who reported there was a time in the past 12 months they or someone in their household did not receive the dental care needed, 83% reported unmet dental care due to money-related issues, while 7% reported physical barriers and 10% reported other barriers (Figure 2).
 - Those with money-related issues referred to respondents who were uninsured, could not afford to pay, had co-payments that were too high, or had insurance that would not cover costs.
 - Physical barriers included respondents who were unable to get an appointment, did not have transportation, did not have a specialty physician in the area, could not find a dentist to take Medicaid or other insurance, and other, unspecified physical barriers.
 - Other barriers included poor dental care, lack of time, lack of child day care, inconvenient hours, language barriers, and not knowing where to go.



- Respondents 45-54 years old were most likely to report they or someone in their household did not receive needed dental care in the past 12 months (18%). Of those 55 to 64 years old, 14% did not receive needed dental care compared to 9% of those ages 65 and over.
- Respondents in the bottom 40% and middle 20% income brackets were more likely to report they did not receive the dental care needed (18% each) compared to those in the top 40% income bracket (6%).

Table 7. Unmet Dental Care in Past 12 Months by Demographic Variables, WCHS 2012-2018, Adults 18+

	2012	2015	2018
TOTAL (%)*	9	16	11
Gender (%)			
Male	8	22	8
Female	9	12	12
Age (%)*			
18 to 34	13	30	7
35 to 44	6	19	7
45 to 54	3	3	18
55 to 64	18	15	14
65+	5	11	9
Education (%)			
High School Graduate or Less	1	12	8
Some Post High School	3	20	16
College Graduate	12	17	9
Household Income (%)*			
Bottom 40%	16	26	18
Middle 20%	15	8	18
Top 40%	6	13	6
Marital Status (%)			
Married	9	13	8
Not Married	9	22	14

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Health Services (Figure 3; Tables 8 & 9)

Health care services are used for a variety of reasons, including curing illnesses, fixing wounds, reducing pain, and obtaining general health status information, and the facilities that provide these different types of care vary as well. Health care utilization in the United States has evolved over the past few decades due to an aging population, changes in the prevalence of infectious and chronic diseases, and shifts in sociodemographic characteristics. As such, studying utilization of health services is vital, as it aids in predicting future health care needs and consumption rates, and may provide insight as to where more resources need to be allocated.

Primary Care Physician

The Healthy People 2020 goal for all persons having a primary care provider is 83.9% (Objective AHS-3).

2018 Findings

- 88% of all 2018 WCHS respondents reported they have a primary care physician (Table 8).
- Respondents 65 years and older were more likely to report having a primary care physician (95%) than all other age groups. Respondents ages 18 to 34 were least likely to report having a primary care physician (64%).

Table 8. Have a Primary Care Physician by Demographic Variables, WCHS 2015-2018, Adults 18+

	2015	2018
TOTAL (%)*	86	88
Gender (%)		
Male	85	87
Female	88	89
Age (%)*		
18 to 34	68	64
35 to 44	86	76
45 to 54	93	86
55 to 64	92	93
65+	96	95
Education (%)		
High School Graduate or Less	97	92
Some Post High School	80	86
College Graduate	86	88
Household Income (%)		
Bottom 40%	78	89
Middle 20%	92	83
Top 40%	91	88
Marital Status (%)		
Married	87	90
Not Married	85	86

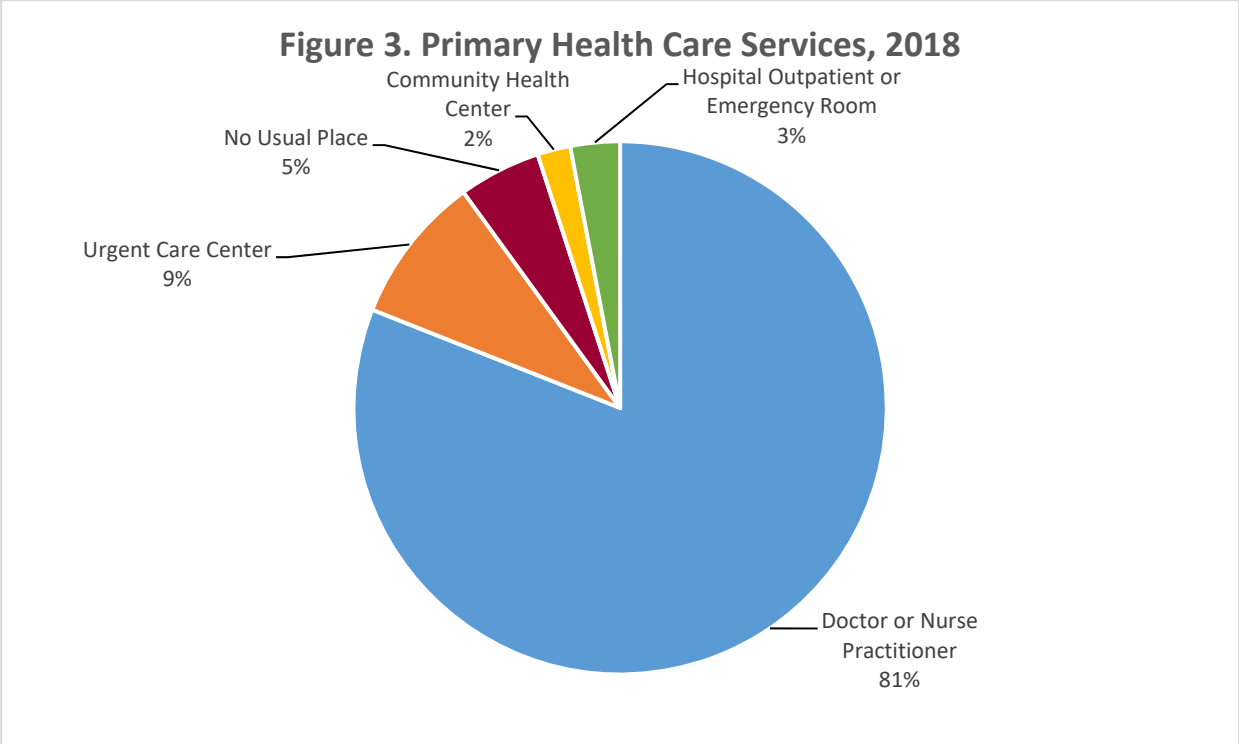
Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Primary Health Care Services

2018 Findings

- 81% of 2018 WCHS respondents reported they go to a doctor's or nurse practitioner's office for their primary health care service (Table 9).
 - 9% of respondents reported they go to an urgent care center, while 3% of respondents reported going to hospital outpatient or a hospital emergency room and 2% reported going to a community health center (Figure 3). 5% of respondents reported no usual place.



- Married respondents were more likely to report going to a doctor’s or nurse practitioner’s office for their primary health care service (84%) compared to those who are not married (76%).

Table 9. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	86	90	83	78	81
Gender (%)					
Male	78	88	74	72	77
Female	91	92	90	83	84
Age (%)					
18 to 34	76	84	81	70	75
35 to 44	88	93	81	79	69
45 to 54	84	95	86	73	80
55 to 64	90	92	73	92	80
65+	91	88	89	85	86
Education (%)					
High School Graduate or Less	84	88	74	83	85
Some Post High School	90	88	86	68	84
College Graduate	84	91	84	81	79
Household Income (%)					
Bottom 40%	82	88	83	76	73
Middle 20%	82	77	80	95	82
Top 40%	87	95	84	76	81
Marital Status (%)*					
Married	89	96	87	79	84
Not Married	81	81	76	78	76

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Vaccinations (Table 10)

A vaccination is an injection of either a killed or weakened organism into the body in order to produce immunity against that organism. One such vaccine is the seasonal flu vaccine, which causes antibodies that protect against the viruses in the vaccine to develop in the body approximately two weeks after the initial injection. Every year, millions of people get the flu, while hundreds of thousands of these people end up hospitalized. The vaccine is the most effective way to reduce the risk of getting influenza and spreading it to others. The Centers for Disease Control and Prevention recommends yearly flu vaccines for those six months of age and over, especially those who are at high risk of serious complications from influenza.

Influenza Vaccination

In 2016, an estimated 50% of Wisconsin residents aged 18 and over received an influenza vaccine within the past year.

In 2016, an estimated 59% of U.S. adults received an influenza vaccine within the past year.

The Healthy People 2020 goal for adults 18 to 64 years old having an annual influenza vaccination is 80% (Objective IID-12.5).

The Healthy People 2020 goal for adults 65 years and older having an annual influenza vaccination is 90% (Objective IID-12.7)

2018 Findings

- 68% of all 2018 WCHS respondents reported receiving an influenza vaccination within the past year (Table 10).
- Respondents 65 years and older were more likely to report receiving a flu vaccine within the past year (83%) than those 45 to 54 years old (55%) and those 35 to 44 years old (50%).

Table 10. Flu Vaccination within the Past Year by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	39	52	55	54	68
Gender (%)					
Male	35	48	50	48	66
Female	42	55	60	59	70
Age (%)*					
18 to 34	20	54	44	37	61
35 to 44	24	31	68	41	50
45 to 54	32	43	57	55	55
55 to 64	45	56	42	60	63
65+	76	72	69	81	83
Education (%)					
High School Graduate or Less	50	51	56	45	63
Some Post High School	49	43	45	55	72
College Graduate	32	54	57	56	69
Household Income (%)					
Bottom 40%	43	48	61	55	69
Middle 20%	37	53	46	76	66
Top 40%	31	55	58	46	68
Marital Status (%)					
Married	34	57	59	52	69
Not Married	45	45	50	58	67

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Health Conditions (Tables 11 – 16)

High Blood Pressure

High blood pressure, or hypertension, occurs when the force of blood flowing through your blood vessels is consistently too high. Nearly half of U.S. adults have high blood pressure, many of which do not even know it. Over time, the force of high blood pressure can cause damage to the tissue lining the arteries, which can cause plaque buildup and eventually lead to heart attack or stroke. The U.S. Department of Health and Human Services recommends yearly blood pressure checks by a healthcare provider for those three years and older.

The Healthy People 2020 goal for adults 18 years and older having high blood pressure is 26.9% (Objective HDS-5.1).

2018 Findings

- 35% of 2018 WCHS respondents reported having high blood pressure within the past three years (Table 11).
- 56% of respondents 65 years and older reported having high blood pressure within the past three years, compared to 18% of respondents ages 45 to 54 and 7% of respondents ages 18 to 34.
- Those in the bottom 40% income bracket were more likely to report having high blood pressure within the past three years (55%) compared to respondents in the middle 20% income brackets (34%) and those in the top 40% income bracket (25%).
- Unmarried respondents were more likely to report having high blood pressure within the past three years (42%) compared to those who were married (29%).
- 41% of overweight respondents reported having high blood pressure within the past three years compared to 24% of respondents who were not overweight.
- Inactive respondents were more likely to report having high blood pressure within the past three years (53%) compared to those who met the recommended amount of physical activity (34%).

Table 11. High Blood Pressure within the Past Three Years by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	20	27	24	24	35
Gender (%)					
Male	14	29	24	23	32
Female	24	26	23	25	36
Age (%)*					
18 to 34	3	5	5	4	7
35 to 44	2	13	0	11	10
45 to 54	16	29	21	18	18
55 to 64	35	36	31	36	28
65+	48	61	62	60	56
Education (%)					
High School Graduate or Less	41	32	40	36	43
Some Post High School	23	36	33	34	41
College Graduate	14	24	17	18	31
Household Income (%)*					
Bottom 40%	38	44	43	31	55
Middle 20%	14	22	22	46	34
Top 40%	12	13	12	15	25
Marital Status (%)*					
Married	21	22	16	20	29
Not Married	18	35	34	29	42
Overweight Status (%)*					
Not Overweight	13	16	20	15	24
Overweight	26	36	25	31	41
Physical Activity (%)*					
Inactive	40	57	54	44	53
Insufficient	20	26	29	23	29
Recommended	17	22	17	21	34
Smoking Status (%)					
Nonsmoker	20	27	22	26	35
Smoker	16	26	31	13	33

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

High Blood Cholesterol

High blood cholesterol occurs when levels of certain fats in the bloodstream are too high, which is most commonly caused by an unhealthy lifestyle. However, genes can also play a large role in high blood cholesterol. If left untreated, high blood cholesterol may eventually lead to serious complications, such as heart attack and stroke. The best way to prevent high blood cholesterol is healthy lifestyle behaviors, such as healthy eating, quitting smoking, and maintaining a healthy weight.

The Healthy People 2020 goal for adults 20 years and older with high blood cholesterol is 13.5% (Objective HDS-7).

2018 Findings

- 31% of 2018 WCHS respondents reported having high blood cholesterol within the past three years (Table 12).
- Respondents 65 years and older were more likely to report having high blood cholesterol within the past three years (41%) compared to respondents 45 to 54 years old (23%) and 35 to 44 years old (12%). No respondents 18 to 34 years old reported having high blood cholesterol within the past three years.
- Overweight respondents were more likely to indicate high blood cholesterol within the past three years (37%) compared to those who were not overweight (19%).

Table 12. High Blood Cholesterol within the Past Three Years by Demographic Variables, WCHS
2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	19	25	26	19	31
Gender (%)					
Male	16	28	26	21	28
Female	20	23	25	18	32
Age (%)*					
18 to 34	10	9	6	<1	0
35 to 44	3	12	23	11	12
45 to 54	16	32	27	14	23
55 to 64	28	45	31	39	40
65+	39	44	44	41	41
Education (%)					
High School Graduate or Less	20	26	34	21	39
Some Post High School	36	32	25	22	35
College Graduate	12	23	24	18	27
Household Income (%)					
Bottom 40%	26	27	34	21	30
Middle 20%	9	28	17	22	37
Top 40%	15	24	24	15	28
Marital Status (%)					
Married	14	26	24	17	30
Not Married	24	25	28	22	31
Overweight Status (%)*					
Not Overweight	13	21	19	10	19
Overweight	24	28	31	26	37
Physical Activity (%)					
Inactive	31	23	50	29	38
Insufficient	17	28	26	18	29
Recommended	17	24	23	18	30
Smoking Status (%)					
Nonsmoker	19	26	27	20	31
Smoker	18	20	12	11	26

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Heart Disease or Condition

Heart disease includes a number of diseases and conditions that affect your heart, which includes coronary artery disease, arrhythmias, and congestive heart failure. Many of these diseases ultimately lead to plaque buildup in the walls of the arteries, which makes it harder for blood to flow through and increases the chances of blood clots, which stop blood flow. Blood clots can cause both heart attacks and strokes, which may cause serious heart and brain damage.

2018 Findings

- 12% of 2018 WCHS respondents reported having heart disease or a heart condition within the past three years (Table 13).
- Respondents 65 years and older were most likely to report having a heart condition or heart disease within the past three years compared to all other age groups (22%). No respondents 35 to 44 years old reported having a heart condition or heart disease within the past three years.

Table 13. Heart Disease/Condition within the Past Three Years by Demographic Variables, WCHS
2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	7	8	5	9	12
Gender (%)					
Male	6	12	6	11	14
Female	8	5	4	8	11
Age (%)*					
18 to 34	6	0	0	4	4
35 to 44	0	7	0	0	0
45 to 54	4	0	0	1	2
55 to 64	8	8	10	7	8
65+	18	23	15	32	22
Education (%)					
High School Graduate or Less	13	12	9	19	8
Some Post High School	9	10	11	10	18
College Graduate	6	7	3	7	11
Household Income (%)					
Bottom 40%	8	11	8	13	18
Middle 20%	10	8	7	14	12
Top 40%	4	2	3	6	8
Marital Status (%)					
Married	8	5	5	6	12
Not Married	6	12	5	14	13
Overweight Status (%)					
Not Overweight	7	5	4	8	10
Overweight	7	11	6	10	13
Physical Activity (%)					
Inactive	11	23	15	29	18
Insufficient	4	4	6	9	9
Recommended	8	7	4	6	13
Smoking Status (%)					
Nonsmoker	8	7	5	10	12
Smoker	3	16	5	2	11

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Mental Health Condition

Mental health conditions are conditions that affect thinking, feeling, or mood. These conditions may limit a person's ability to function on a day to day basis or relate to others. Mental health conditions are common in the U.S., with approximately one in five adults being affected by some form of mental health condition. Some of these conditions include depression, bipolar disorder, anxiety disorders, dementia, and schizophrenia. Excessive stress, genetic predispositions, and biochemical imbalances are common causes of mental health conditions.

2018 Findings

- 15% of all 2018 WCHS respondents reported having a mental health condition within the past three years (Table 14).
- Of those who were not married, 20% reported having a mental health condition within the past three years compared to 12% of married individuals reporting a mental health condition.

Table 14. Mental Health Condition within the Past Three Years by Demographic Variables, WCHS 2009-2018, Adults 18+

	2009	2012	2015	2018
TOTAL (%)*	12	15	17	15
Gender (%)				
Male	13	10	12	12
Female	10	18	22	17
Age (%)				
18 to 34	11	27	32	21
35 to 44	17	9	11	21
45 to 54	15	16	16	12
55 to 64	15	11	12	17
65+	4	6	9	13
Education (%)				
High School Graduate or Less	7	15	34	7
Some Post High School	12	20	20	20
College Graduate	13	13	13	16
Household Income (%)				
Bottom 40%	5	24	33	18
Middle 20%	19	18	8	21
Top 40%	12	12	11	14
Marital Status (%)*				
Married	8	15	11	12
Not Married	18	14	26	20

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Diabetes

Diabetes is a chronic disease that occurs when blood sugar, or blood glucose, is too high. Blood glucose is the body's main source of energy. In order for cells to use glucose, insulin must be used, which is a hormone produced by the pancreas. Diabetes occurs when either little to no insulin is produced or is not used efficiently, which prevents glucose from reaching body cells. Diabetes is more likely to develop in those 45 years and older, those who are overweight, or in those with a family history of diabetes. In 2015, approximately 9% of Americans had diabetes.

2018 Findings

- 11% of all 2018 WCHS respondents reported having diabetes within the past three years (Table 15).
- Respondents 65 years and older were more likely to report having diabetes (17%) compared to those 35 to 44 years old (2%). No respondents 18 to 34 years old reported having diabetes within the past three years.
- Of those with a high school education or less, 18% reported having diabetes within the past three years compared to 15% of those with some post high school education and 8% of college graduates.
- In the bottom 40% income bracket, 19% of respondents reported having diabetes within the past three years compared to 10% of respondents in the middle 20% income bracket and 7% of respondents in the top 40% income bracket.
- Overweight respondents were more likely to report having diabetes within the past three years (14%) compared to those who were not overweight (6%).
- Inactive respondents were more likely to report having diabetes within the past three years (21%) compared to respondents who did at least some amount of physical activity (7%).

Table 15. Diabetes within the Past Three Years by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	6	4	6	6	11
Gender (%)					
Male	9	4	6	8	15
Female	3	3	6	5	9
Age (%)*					
18 to 34	8	0	0	3	0
35 to 44	0	1	4	0	2
45 to 54	4	1	0	5	11
55 to 64	5	10	16	10	11
65+	12	9	14	14	17
Education (%)*					
High School Graduate or Less	5	4	10	14	18
Some Post High School	16	5	8	11	15
College Graduate	2	3	4	3	8
Household Income (%)*					
Bottom 40%	6	4	15	6	19
Middle 20%	3	2	6	19	10
Top 40%	7	3	3	4	7
Marital Status (%)					
Married	3	4	4	5	10
Not Married	9	3	9	8	13
Overweight Status (%)*					
Not Overweight	2	2	2	3	6
Overweight	10	6	9	9	14
Physical Activity (%)*					
Inactive	11	9	21	29	21
Insufficient	3	6	7	4	7
Recommended	6	2	4	4	12
Smoking Status (%)					
Nonsmoker	6	4	6	7	11
Smoker	5	0	10	2	11

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Current Asthma

Asthma is a chronic disease that affects the lungs through inflammation and narrowing of the airways, causing recurring coughing, shortness of breath, and chest tightness. Periods of intense or worsening symptoms are known as asthma attacks, and often occur in reaction to certain inhaled substances. Approximately 18 million adults in the United States are affected by asthma.

2018 Findings

- 11% of all 2018 WCHS respondents reported currently having asthma (Table 16).
- Female respondents were more likely to report currently having asthma (14%) than male respondents (6%).

Table 16. Current Asthma by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	6	8	8	8	11
Gender (%)*					
Male	2	4	6	8	6
Female	9	11	10	8	14
Age (%)					
18 to 34	2	13	5	7	21
35 to 44	7	3	9	0	10
45 to 54	5	11	5	15	16
55 to 64	13	8	13	12	14
65+	6	4	11	8	8
Education (%)					
High School Graduate or Less	2	0	10	3	12
Some Post High School	8	7	14	7	14
College Graduate	6	10	6	10	10
Household Income (%)					
Bottom 40%	5	2	11	12	14
Middle 20%	6	17	6	3	13
Top 40%	7	11	7	6	11
Marital Status (%)					
Married	6	9	6	6	11
Not Married	6	6	11	12	12

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

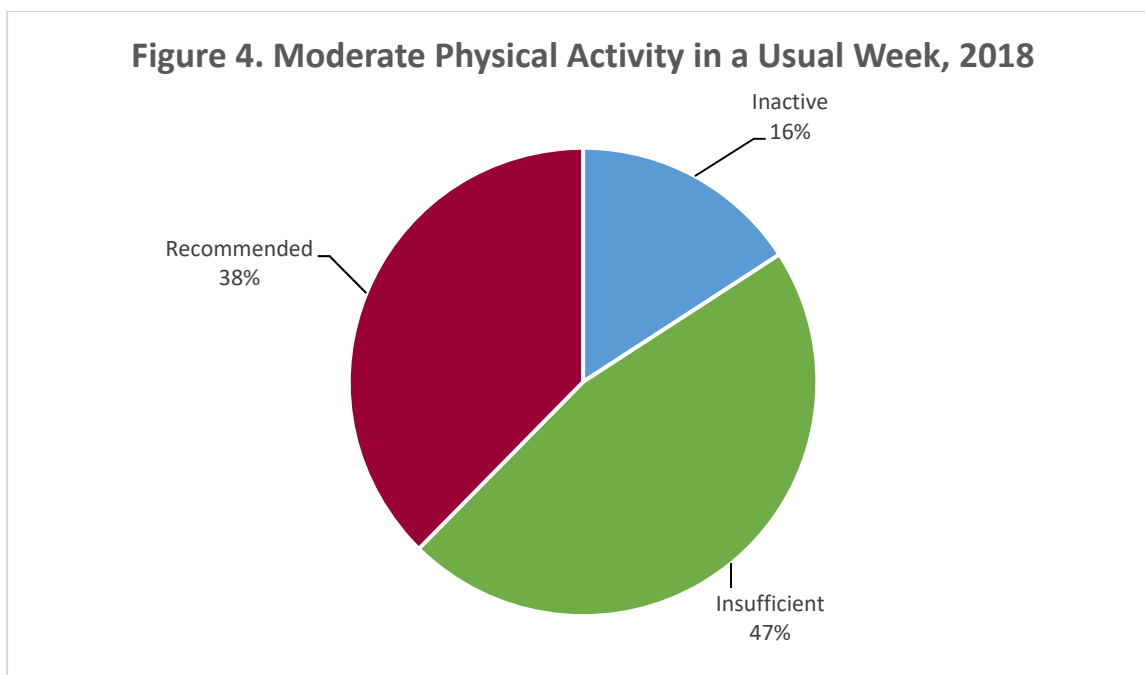
Physical Well-Being and Body Weight (Figures 4 – 7; Tables 17 - 20)

Moderate Physical Activity in a Usual Week

Moderate physical activity is defined as any activity which noticeably increases heart rate. Moderate physical activities may include brisk walking, biking, gardening, dancing, or vacuuming. According to the CDC, the recommended amount of moderate physical activity is at least 30 minutes of any of the above activities on five or more days of the week for adults. Insufficient moderate physical activity includes participation in moderate physical activities, but not for the recommended duration or frequency. Inactive respondents reported no moderate physical activity in a typical week.

2018 Findings

- Of all 2018 WCHS respondents, 38% reported doing moderate physical activity at least five times a week for 30 minutes or more (Table 17).
 - 47% of respondents did some moderate physical activity, while approximately 16% did not do any moderate physical activity (Figure 4).



- There were no statistically significant differences between demographic variables and respondents meeting the recommended moderate physical activity levels.

Table 17. Recommended Moderate Physical Activity by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	37	36	37	33	38
Gender (%)					
Male	31	37	38	32	38
Female	42	34	35	33	37
Age (%)					
18 to 34	43	38	40	44	32
35 to 44	34	28	46	9	34
45 to 54	40	46	34	31	43
55 to 64	28	40	38	44	45
65+	36	32	27	28	35
Education (%)					
High School Graduate or Less	36	47	26	31	32
Some Post High School	42	37	44	33	37
College Graduate	36	33	38	33	39
Household Income (%)					
Bottom 40%	33	31	23	35	33
Middle 20%	33	50	42	38	34
Top 40%	41	39	41	31	42
Marital Status (%)					
Married	40	36	39	28	38
Not Married	34	35	33	39	38
Overweight Status (%)					
Not Overweight	36	38	35	46	40
Overweight	39	34	39	23	36

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

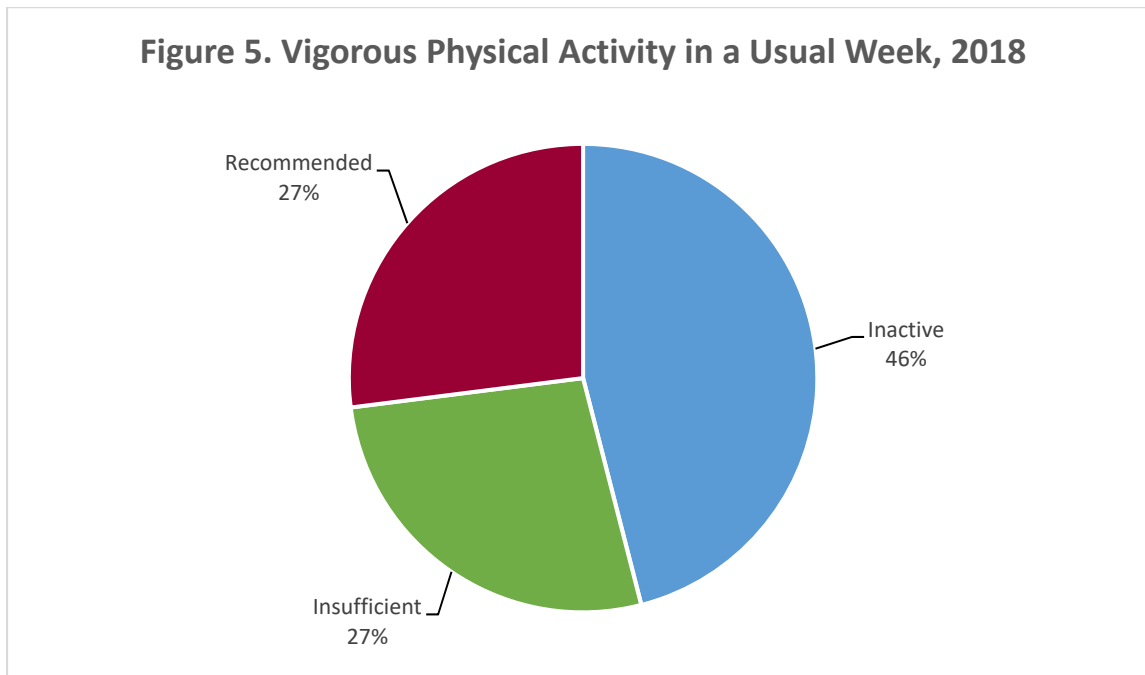
* statistically significant at $p = 0.05$, 2018

Vigorous Physical Activity in a Usual Week

Vigorous physical activity is defined as any activity which requires a large amount of effort, causes rapid breathing, and greatly increases heartrate. These activities may include running, heavy yard work, aerobics, participating in competitive sports or games, or swimming laps. According to the CDC, the recommended amount of vigorous physical activity is at least 20 minutes of any of the above activities on three or more days of the week for adults. Insufficient vigorous physical activity includes participation in vigorous physical activities, but not for the recommended duration or frequency. Inactive respondents reported no vigorous physical activity in a typical week.

2018 Findings

- Of all 2018 WCHS respondents, 27% reported doing vigorous physical activity at least three times a week for 20 minutes or more (Table 18).
 - 27% reported doing some vigorous physical activity while 46% reported doing no vigorous physical activity in a typical week (Figure 5).



- Respondents 18 to 34 years old were more likely to report meeting the recommended vigorous physical activity levels (46%) compared to those 45 to 54 years old (36%) and 65 years and older (18%).
- Of those in the bottom 40% income bracket, 15% reported meeting the recommended vigorous activity levels in a typical week, compared to 24% of those in the middle 24% bracket, and 39% of those in the top 40% income bracket.
- Overweight respondents were less likely to report doing physical activity at least three times a week for 20 minutes or more (20%) compared respondents who were not overweight (40%).

Table 18. Recommended Vigorous Physical Activity by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	32	28	36	36	27
Gender (%)					
Male	36	36	41	38	26
Female	29	21	32	34	28
Age (%)*					
18 to 34	46	30	47	69	46
35 to 44	38	48	46	20	40
45 to 54	33	23	39	32	36
55 to 64	25	23	30	27	26
65+	16	12	15	13	18
Education (%)					
High School Graduate or Less	16	21	16	21	20
Some Post High School	31	26	45	29	22
College Graduate	36	30	39	42	31
Household Income (%)*					
Bottom 40%	11	7	22	32	15
Middle 20%	19	40	39	41	24
Top 40%	49	36	45	43	39
Marital Status (%)					
Married	36	27	41	37	30
Not Married	27	29	29	35	23
Overweight Status (%)*					
Not Overweight	34	30	40	49	40
Overweight	31	26	32	29	20

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

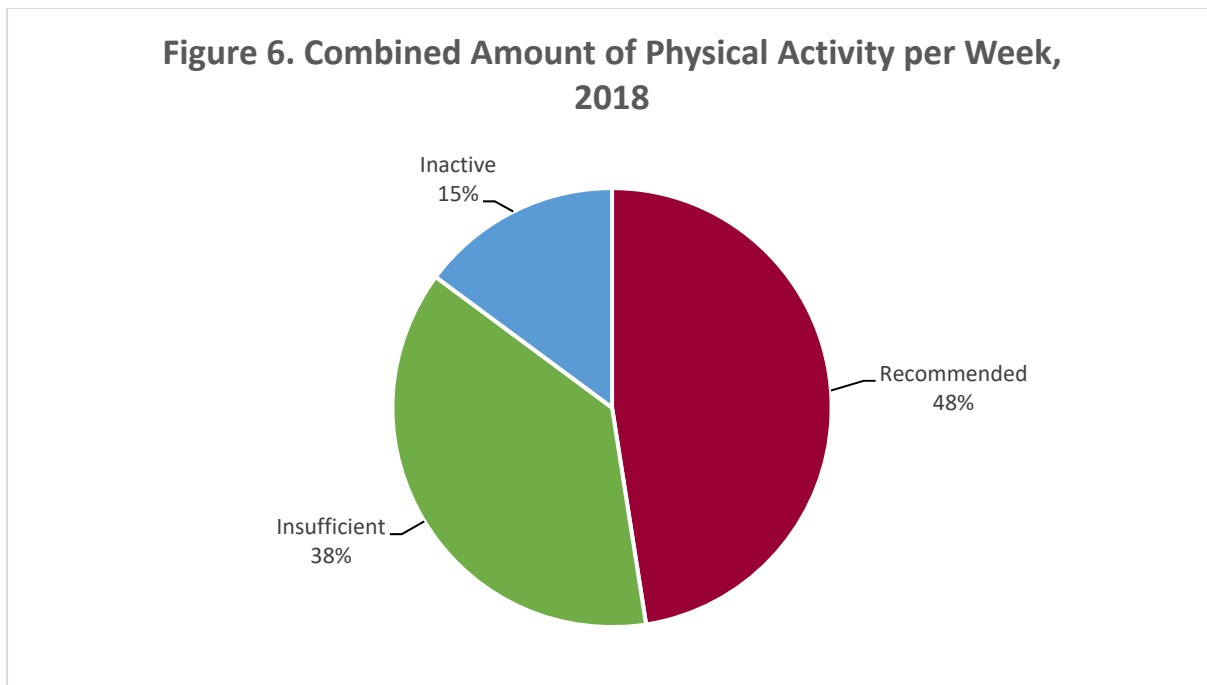
* statistically significant at $p = 0.05$, 2018

Combined Recommended Amount of Physical Activity in a Usual Week

The combined recommended amount of physical activity in a usual week is any combination of recommended moderate or vigorous physical activity in a usual week. Insufficient physical activity includes participation in either moderate or vigorous physical activity, but not for the recommended duration or frequency. Inactivity respondents reported no moderate or vigorous physical activity in a typical week.

2018 Findings

- Of all 2018 WCHS respondents, 48% reported they met the recommended amount of physical activity in a typical week (Table 19).
 - 38% of respondents did an insufficient amount of physical activity while 15% did no physical activity in a typical week (Figure 6).



- Respondents 18 to 34 were more likely to report they met the recommended amount of physical activity in a usual week (57%) compared to respondents 55 to 64 years old (53%) and respondents 65 years and older (41%).
- College graduates were more likely to have met the recommended amount of physical activity in a typical week (51%) than those with some post high school education (44%) or those who are high school graduates or less (39%).
- Of those in the top 40% income bracket, 55% reported meeting the recommended physical activity levels in a typical week, compared to 45% of those in the middle 20% income bracket and 38% of those in the bottom 40% income bracket.

Table 19. Recommended Moderate or Vigorous Physical Activity by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	55	51	57	47	48
Gender (%)					
Male	53	57	57	46	49
Female	56	47	58	48	47
Age (%)*					
18 to 34	61	50	72	70	57
35 to 44	60	61	73	24	50
45 to 54	59	57	57	45	55
55 to 64	43	51	48	48	53
65+	45	38	35	33	41
Education (%)*					
High School Graduate or Less	41	53	39	32	39
Some Post High School	57	53	58	39	44
College Graduate	57	51	61	53	51
Household Income (%)*					
Bottom 40%	38	33	35	41	38
Middle 20%	47	65	63	61	45
Top 40%	66	59	67	50	55
Marital Status (%)					
Married	58	51	63	48	49
Not Married	51	51	50	45	45
Overweight Status (%)					
Not Overweight	55	56	62	58	55
Overweight	56	48	55	39	44

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Body Weight

The most common indicator of body fatness used in the United States is known as a person's Body Mass Index (BMI). BMI is calculated by taking a person's weight in kilograms (kg) divided by the square of their height in meters (m). A BMI of less than 18.5 kg/m² is classified as underweight, while a BMI of 18.5 to 24.9 kg/m² is considered a normal, healthy weight. Additionally, a BMI of 25.0 to 29.9 kg/m² is considered overweight, while a BMI of 30.0 kg/m² or above is considered obese.

In 2014, an estimated 69% of Wisconsin adult were classified as either overweight or obese.

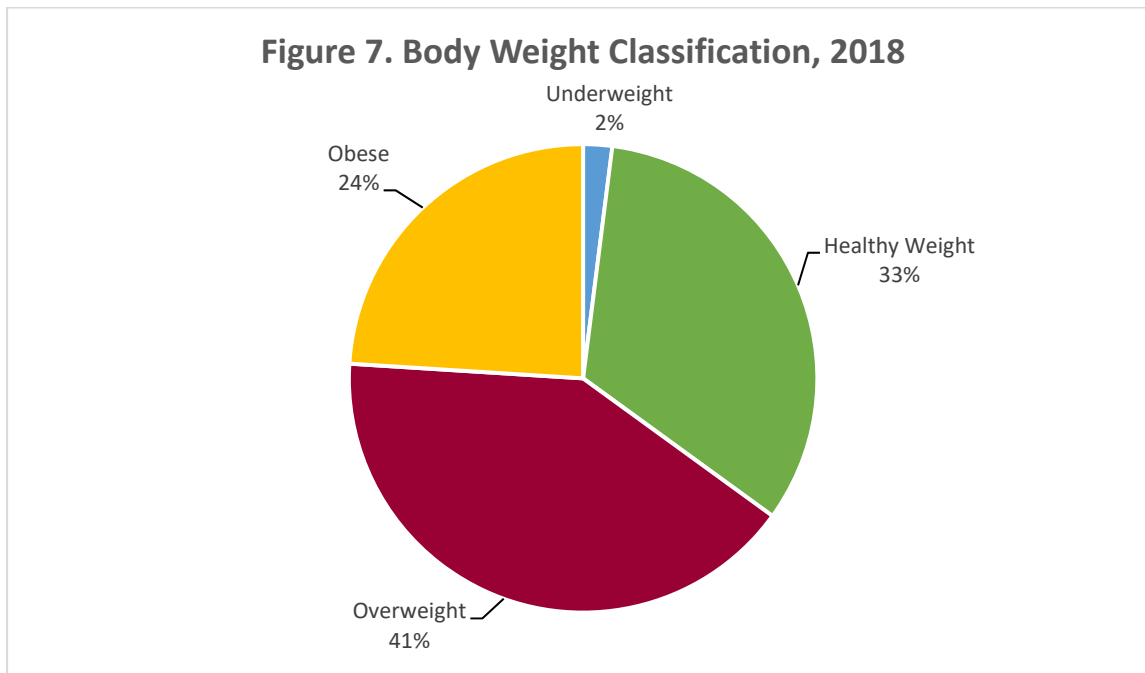
In 2014, an estimated 71% of U.S. adults were classified as either overweight or obese.

The Healthy People 2020 goal for healthy weight is 33.9% (Objective NWS-8). As a result, the unhealthy weight goal is 66.1%.

The Healthy People 2020 goal for obesity is 30.5% (Objective NWS-9).

2018 Findings

- Of all 2018 WCHS respondents, 65% were classified as either overweight or obese (Table 20).
 - Approximately 41% of respondents were considered overweight while 24% were considered obese (Figure 7). Additionally, 2% of respondents were considered underweight, while 33% were classified as having a healthy weight.



- Of those 45 to 54 years old, 86% were classified as either overweight or obese, compared to 66% of those 65 years and older and 29% of those 18 to 34 years old.

Table 20. Overweight by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	51	55	58	60	65
Gender (%)					
Male	58	69	60	64	70
Female	45	43	57	57	62
Age (%)*					
18 to 34	36	51	47	52	29
35 to 44	48	55	62	55	60
45 to 54	71	42	62	69	86
55 to 64	61	76	71	67	72
65+	49	59	59	63	66
Education (%)					
High School Graduate or Less	61	58	52	64	60
Some Post High School	58	65	62	60	68
College Graduate	46	51	59	59	66
Household Income (%)					
Bottom 40%	49	57	66	69	61
Middle 20%	43	34	60	62	70
Top 40%	53	61	60	54	67
Marital Status (%)					
Married	52	55	59	61	68
Not Married	50	53	58	58	61
Physical Activity (%)					
Inactive	70	74	58	80	69
Insufficient	46	56	65	66	71
Recommended	51	51	57	50	60

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p = 0.05$, 2018

Nutrition (Tables 21 & 22)

Fruit Consumption

According to the CDC, it is recommended that adults in the U.S. eat at least one and a half to two cups per day of fruit, which is approximately two servings of fruit per day.

2018 Findings

- Of all 2018 WCHS respondents, 69% reported eating two or more servings of fruit on an average day (Table 21).
- Female respondents were more likely to report eating two or more servings of fruit on an average day (74%) compared to male respondents (60%).

Table 21. Two or More Servings of Fruit on Average Day by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	75	71	77	71	69
Gender (%)*					
Male	65	66	72	64	60
Female	82	76	82	77	74
Age (%)					
18 to 34	81	69	95	74	61
35 to 44	67	74	71	61	74
45 to 54	74	73	72	78	73
55 to 64	74	72	69	71	67
65+	74	72	69	71	68
Education (%)					
High School Graduate or Less	51	69	79	62	63
Some Post High School	76	58	78	81	63
College Graduate	80	76	76	70	72
Household Income (%)					
Bottom 40%	62	57	64	59	62
Middle 20%	75	72	65	84	69
Top 40%	79	74	84	75	71
Marital Status (%)					
Married	80	75	81	73	71
Not Married	67	67	72	68	66
Overweight Status (%)					
Not Overweight	77	77	86	83	71
Overweight Status (%)	72	66	71	62	67
Physical Activity (%)					
Inactive	69	52	46	57	56
Insufficient	64	66	72	64	73
Recommended	82	80	84	80	69

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Vegetable Consumption

According to the CDC, it is recommended that adults eat at least two to three cups of vegetables per day, which is approximately three servings of vegetables per day.

2018 Findings

- Of all 2018 WCHS respondents, 35% reported eating three or more servings of vegetables on an average day (Table 22).
- Female respondents were more likely to report eating three or more servings of vegetables on an average day (42%) compared to male respondents (24%).
- Of those 35 to 44 years old, 53% reported eating three or more servings of vegetables on an average day, compared to 43% of those 18 to 34 years old and 23% of those 65 years and older.
- College graduates were more likely to report eating three or more servings of vegetables a day (41%) compared to respondents with some post high school education (28%) and high school graduates or less (22%).
- 43% of respondents in the top 40% income bracket reported eating three or more servings of vegetables on an average day, compared to 33% of those in the middle 20% income bracket and 26% of those in the bottom 40% income bracket.
- Those who were married were more likely to report eating three or more servings of vegetables on an average day (41%) compared to those who were not married (28%).
- 36% of respondents who met the recommended amount of physical activity reported eating three or more servings of vegetable on an average day, compared to 36% of those who did an insufficient amount of physical activity and 14% of those who were inactive.

Table 22. Three or More Servings of Vegetables on Average Day by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	33	31	36	37	35
Gender (%)*					
Male	18	23	28	35	24
Female	44	37	44	39	42
Age (%)*					
18 to 34	33	34	42	56	43
35 to 44	33	34	41	21	53
45 to 54	33	22	40	42	34
55 to 64	40	33	34	40	47
65+	28	28	25	20	23
Education (%)*					
High School Graduate or Less	18	21	24	25	22
Some Post High School	23	26	22	40	28
College Graduate	39	34	43	39	41
Household Income (%)*					
Bottom 40%	33	43	35	37	26
Middle 20%	27	39	26	51	33
Top 40%	33	22	42	37	43
Marital Status (%)*					
Married	40	29	42	40	41
Not Married	23	34	28	33	28
Overweight Status (%)					
Not Overweight	34	35	36	41	40
Overweight Status (%)	31	27	37	33	33
Physical Activity (%)*					
Inactive	31	17	21	29	14
Insufficient	19	29	37	26	36
Recommended	41	34	40	50	41

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Colorectal Cancer Screening (Figure 8; Table 23)

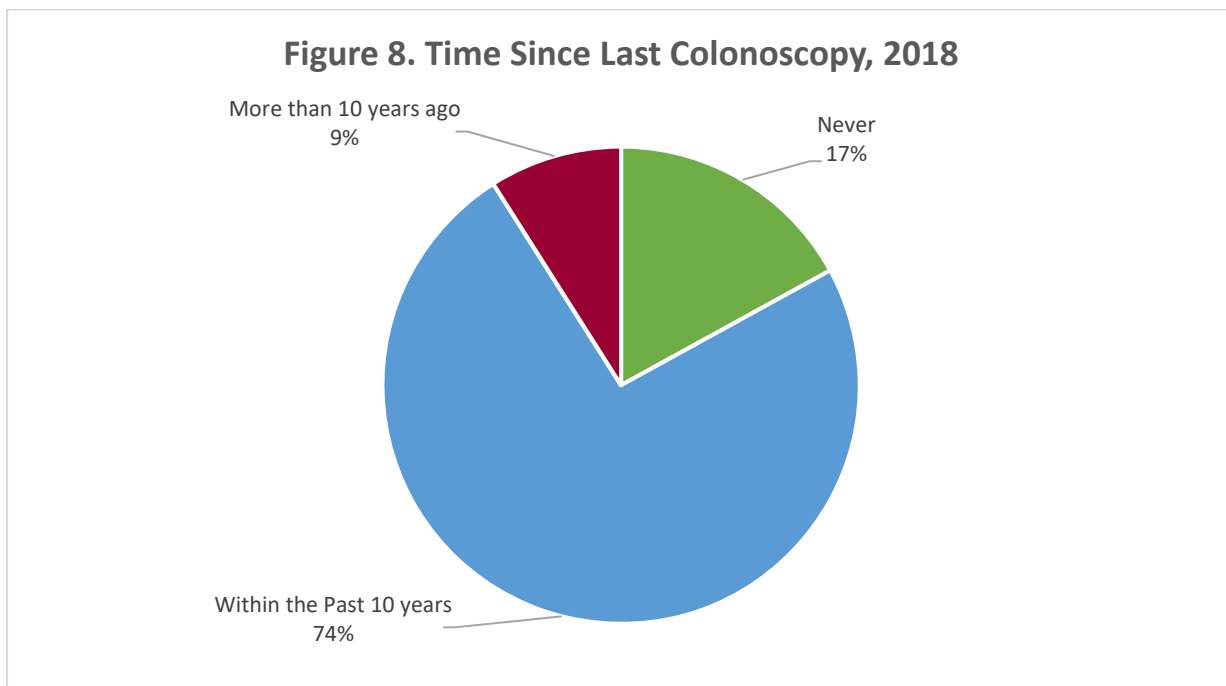
The U.S. Preventive Services Task Force recommends that all adults ages 50 to 75 be screened for colorectal cancer, which can be done using a variety of screening tests. Perhaps the most common of these screening tests is a colonoscopy, which should be done every 10 years for adults in this age group. This procedure uses a long, thin, flexible tube to check for cancer or polyps inside the rectum and entire colon. Additionally, during this test the doctor can remove most polyps found and some cancers. Screening for those over age 75 is a decision made on an individual basis between that individual and their doctor based on their previous history and risk factors.

The Healthy People 2020 goal for those who receive a colorectal cancer screening based on the most recent guidelines is 70.5% (OBJECTIVE C-16).

Colonoscopy

2018 Findings

- Of all 2018 WCHS respondents 50 years and older, 74% had a colonoscopy within the past ten years (Table 23).
 - Of respondents aged 50 years and older, 17% have never had a colonoscopy, while 9% have had a colonoscopy, but not within the past ten years (Figure 8).



- There were no statistically significant differences between demographic variables and responses of having a colonoscopy within the past ten years for those 50 years old and older.

Table 23. Colonoscopy within the Past Ten Years by Demographic Variables, WCHS 2009-2018, Adults 50+

	2009	2012	2015	2018
TOTAL (%)*	63	63	67	74
Gender (%)				
Male	70	61	72	78
Female	58	66	64	71
Education (%)				
Some Post High School or Less	60	58	65	75
College Graduate	66	67	68	73
Household Income (%)				
Bottom 60%	64	62	62	78
Top 40%	60	65	67	74
Marital Status (%)				
Married	64	64	70	75
Not Married	62	62	64	71

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p= 0.05, 2018

Tobacco Use (Tables 24 & 25)

Tobacco use is the single largest preventable cause of death in the United States, with approximately 480,000 deaths each year from tobacco-related illnesses. Tobacco, whether smoked or smokeless, is known to cause a number of serious health problems, including several types of cancers, oral health problems, heart disease, and stroke. Tobacco-related illnesses cost approximately \$300 billion each year in the United States in direct medical care and lost productivity.

Current Tobacco Cigarette Smokers

In 2016, an estimated 17% of Wisconsin adults were current smokers.

In 2016, an estimated 16% of U.S. adults were current smokers.

The Healthy People 2020 goal for current cigarette smoking by adults aged 18 years and over is 12% (OBJECTIVE TU-1.1).

2018 Findings

- Of all 2018 WCHS respondents, 9% were current tobacco cigarette smokers (Table 24).
- Respondents with some post high school education were more likely to be a current cigarette smoker (15%) compared to high school graduates or less (13%) and college graduates (6%).

Table 24. Current Tobacco Cigarette Smoker by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	10	13	11	12	9
Gender (%)					
Male	11	16	17	11	11
Female	8	10	6	12	8
Age (%)					
18 to 34	0	16	13	15	7
35 to 44	13	15	9	20	9
45 to 54	16	15	15	5	9
55 to 64	13	10	11	11	16
65+	10	6	5	7	6
Education (%)*					
High School Graduate or Less	14	18	28	26	13
Some Post High School	13	16	8	33	15
College Graduate	7	10	7	2	6
Household Income (%)					
Bottom 40%	15	7	15	27	12
Middle 20%	6	26	9	5	12
Top 40%	10	8	9	7	8
Marital Status (%)					
Married	10	5	6	9	9
Not Married	8	24	17	16	10

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Other Tobacco Product Use

The Healthy People 2020 goal for use of cigars, cigarillos, and little cigars by adults aged 18 years and over is 0.3% (OBJECTIVE TU-1.3).

2018 Findings

Electronic Cigarettes

- Of all 2018 WCHS respondents, 3% reported electronic cigarette use within the past month (Table 25).

- Of those 18 to 34 years old, 18% reported using electronic cigarettes within the past month compared to 5% of those 35 to 44 years old and 1% of those 55 to 64 years old.

Cigars, cigarillos, or little cigars

- Of all 2018 WCHS respondents, 1% reported using cigars, cigarillos, or little cigars within the past month (Table 25).
- Female respondents were more likely to report using cigars, cigarillos, or little cigars within the past month (3%) compared to male respondents (0%).

Table 25. Other Tobacco Product Use within the Past Month by Demographic Variables, WCHS 2015-2018, Adults 18+

	2015		2018	
	Electronic Cigarettes	Cigars, Cigarillos, or Little Cigars	Electronic Cigarettes	Cigars, Cigarillos, or Little Cigars
TOTAL (%)	6	3	3*	1
Gender (%)				
Male	7	--	5	0
Female	4	--	2	3
Age (%)				
18 to 34	18	--	18*	4
35 to 44	0	--	5	0
45 to 54	1	--	2	2
55 to 64	0	--	1	0
65+	0	--	2	1
Education (%)				
High School Graduate or Less	2	--	7	3
Some Post High School	10	--	3	0
College Graduate	5	--	3	<1
Household Income (%)				
Bottom 40%	8	--	1	1
Middle 20%	0	--	3	0
Top 40%	6	--	5	2
Marital Status (%)				
Married	4	--	3	<1
Not Married	7	--	4	1

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at p=0.05,2018

Alcohol Use (Table 26)

Drinking too much alcohol can cause a variety of issues, and greatly increase your risk for a number of health conditions, including heart disease, liver damage, pancreatitis, and certain cancers. Additionally, drinking too much can greatly increase the risk of violent or risky behavior, suicide, homicide, car crashes, and other accidents. From 2006 to 2010, excessive drinking led to approximately 88,000 deaths per year, and was responsible for, on average, one in ten deaths among adults aged 20 to 64 years in the U.S. The CDC estimated the economic costs of excessive drinking was \$249 billion in 2010 alone.

Binge Drinking

Currently, the CDC defines binge drinking as a pattern of drinking that brings an individual's blood alcohol concentration (BAC) to 0.08 grams percent or above. This is typically done by consuming four or more drinks per occasion for women and five or more drinks per occasion for men to account for weight and metabolic differences.

In 2013, an estimated 23% of Wisconsin adults engaged in binge drinking.

In 2013, an estimated 17% of U.S. adults engaged in binge drinking.

The Healthy People 2020 goal for adults aged 18 and over who have engaged in binge drinking during the past 30 days is 24.2% (OBJECTIVE SA-14.3).

2018 Findings

- Of all 2018 WCHS respondents, 21% reported binge drinking within the past month (Table 26).
- Male respondents were more likely to report binge drinking within the past month (27%) compared to female respondents (17%).
- Of those 18 to 34 years old, 46% reported binge drinking within the past month compared to 18% of those 55 to 64 years old and 5% of those aged 65 and over.
- Respondents in the top 40% income bracket were more likely to report binge drinking within the past month (31%) compared to those in the middle 20% income bracket (18%) and those in the bottom 40% income bracket (8%).

Table 26. Binge Drinking within the Past Month by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	17	22	28	40	21
Gender (%)*					
Male	29	32	29	44	27
Female	7	14	27	36	17
Age (%)*					
18 to 34	30	47	47	73	46
35 to 44	22	22	34	58	41
45 to 54	13	9	27	28	45
55 to 64	15	21	16	19	18
65+	2	3	6	7	5
Education (%)					
High School Graduate or Less	13	16	24	44	18
Some Post High School	16	23	30	46	14
College Graduate	18	23	28	36	23
Household Income (%)*					
Bottom 40%	16	24	10	49	8
Middle 20%	19	26	19	24	18
Top 40%	19	26	36	45	31
Marital Status (%)					
Married	14	22	27	42	24
Not Married	20	23	28	36	16

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

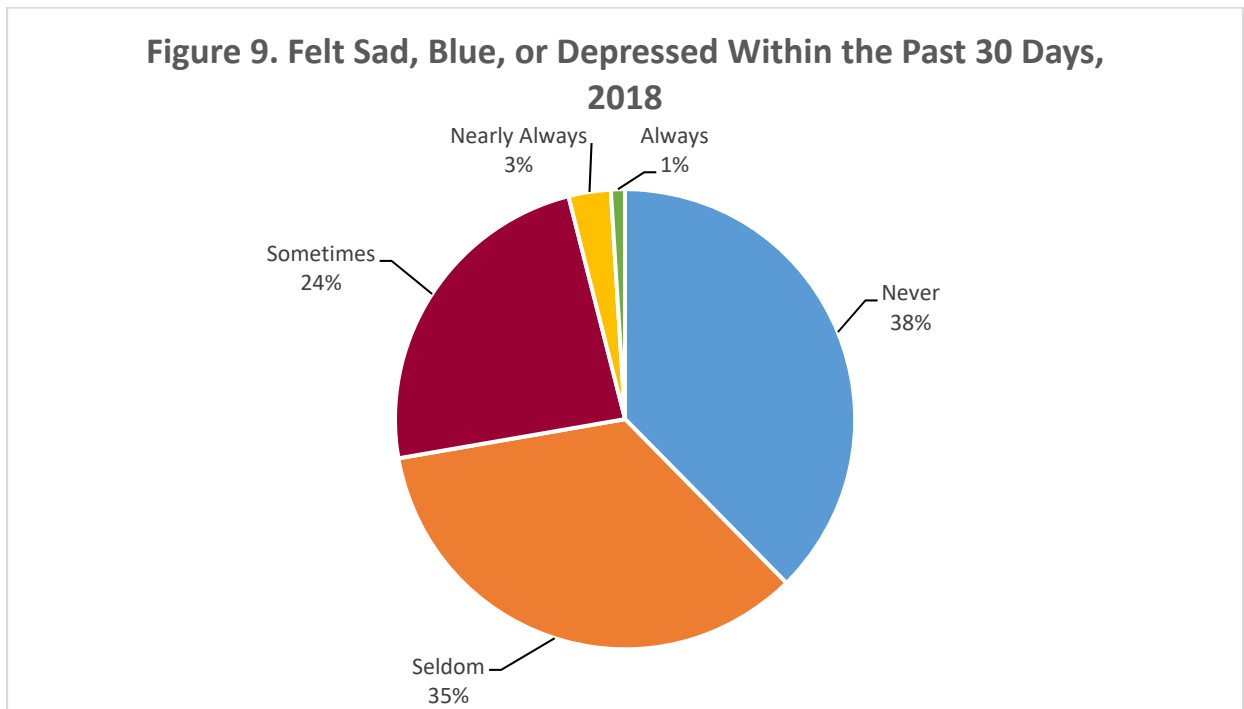
* statistically significant at $p = 0.05$, 2018

Mental Health Status (Figure 9; Table 27)

Felt Sad, Blue, or Depressed

2018 Findings

- Of all 2018 WCHS respondents, 4% responded feeling sad, blue, or depressed always or nearly always within the past 30 days (Table 27).
 - Approximately 24% of respondents reported feeling sad, blue, or depressed sometimes while 35% of respondents seldom felt sad, blue or depressed (Figure 9). 38% of respondents responded never feeling sad, blue, or depressed.



- There were no statistically significant differences between demographic variables and responses of always or nearly always feeling sad, blue, or depressed within the past 30 days.

Table 27. Always/Nearly Always Felt Sad, Blue, or Depressed within the Past 30 Days by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	4	4	2	4	4
Gender (%)					
Male	4	3		5	4
Female	4	4		3	4
Age (%)					
18 to 34	3	2		3	0
35 to 44	5	9		3	5
45 to 54	4	4		1	2
55 to 64	5	3		12	4
65+	2	1		4	5
Education (%)					
High School Graduate or Less	5	7		10	3
Some Post High School	9	1		1	7
College Graduate	2	4		4	3
Household Income (%)					
Bottom 40%	6	3		7	9
Middle 20%	6	4		0	3
Top 40%	2	2		3	3
Marital Status (%)					
Married	1	2		1	2
Not Married	7	6		8	6

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

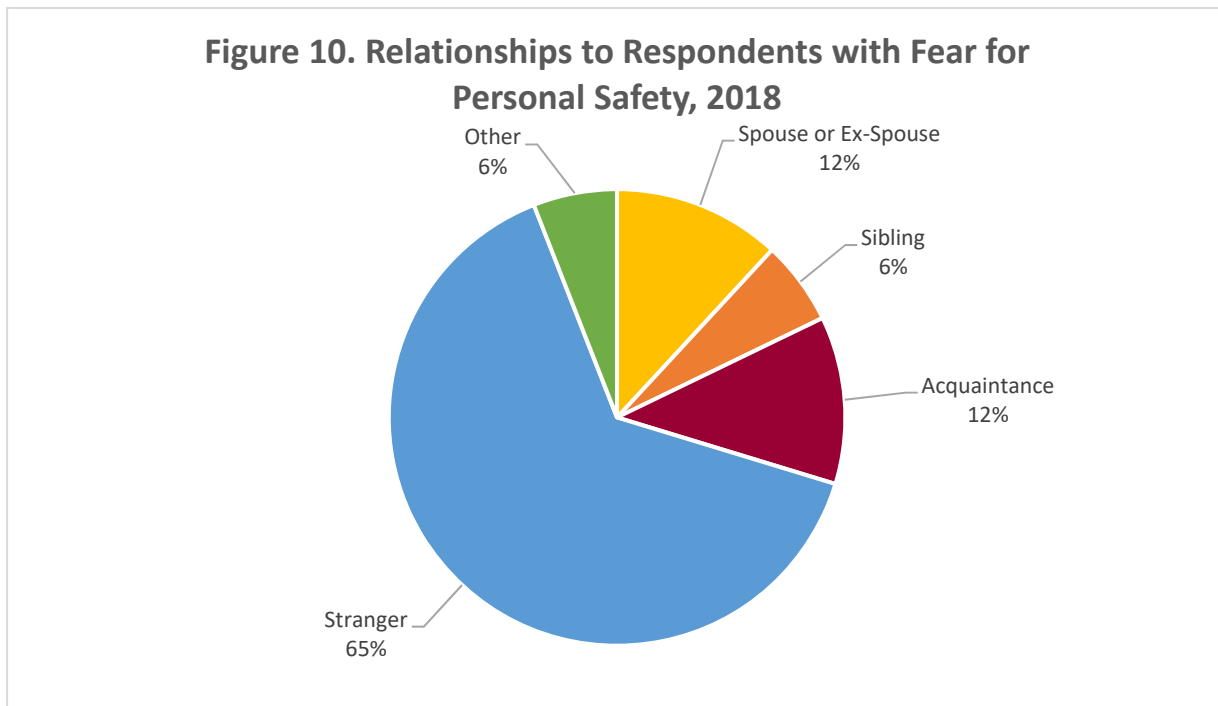
* statistically significant at $p=0.05$, 2018

Personal Safety Issues (Figure 10; Table 28)

Afraid for Personal Safety

2018 Findings

- Of all 2018 WCHS respondents, 4% reported feeling afraid for their personal safety during the past year (Table 28).
 - Of those that reported feeling afraid for their personal safety, 12% reported feeling afraid due to a spouse or ex-spouse (Figure 10). Additionally, 6% reported feeling afraid for their personal safety due to a sibling and 12% of respondents reported it was due to an acquaintance. 71% of those that reported feeling afraid for their personal safety during the past year reported their fear was either due to a stranger or someone else.



- Respondents 18 to 34 years old were more likely to report feeling afraid for their personal safety during the past year (11%) compared to respondents 45 to 54 years old (7%) and respondents 65 years and over (1%).

Table 28. Afraid for Personal Safety by Demographic Variables, WCHS 2006-2018, Adults 18+

	2006	2009	2012	2015	2018
TOTAL (%)*	6	5	2	13	4
Gender (%)					
Male	2	1		12	5
Female	9	9		13	4
Age (%)*					
18 to 34	13	4		32	11
35 to 44	5	8		12	9
45 to 54	3	8		3	7
55 to 64	3	5		5	5
65+	3	2		2	1
Education (%)					
High School Graduate or Less	0	2		5	0
Some Post High School	6	6		21	4
College Graduate	7	6		12	5
Household Income (%)					
Bottom 40%	5	8		22	4
Middle 20%	9	6		3	4
Top 40%	4	4		11	5
Marital Status (%)					
Married	6	5		9	4
Not Married	5	6		18	4

Percentages occasionally may differ by 1 or 2 percentage points from Appendix due to rounding, recoding variables, and response category distribution.

* statistically significant at $p=0.05$, 2018

Appendix A: Questionnaire Frequencies

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

MILWAUKEE COUNTY COMMUNITY HEALTH SURVEY

FINAL 12/20/2017

1. Currently, what is your primary type of health care coverage? Is it through...
 [INTERVIEWER NOTE: If Respondent answer "Obamacare, the exchange, Affordable Care Act (ACA)", code as private insurance]

Private insurance	56%
Medicaid including medical assistance, Title 19 or Badger Care	3
Medicare	40
Or do you not have health care coverage	2
(Not sure)	<1
(No answer)	0

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

All	96%
Part	4
None	<1
(Not sure)	<1
(No answer)	0

3. In the past 12 months, have you or anyone in your household not taken prescribed medication due to prescription costs?

Yes	7%
No	94
(Not sure)	0
(No answer)	0

4. In the past 12 months, did you or anyone in your household not get the medical care needed?

Yes	4%	→ CONTINUE WITH Q5
No	96	→ GO TO Q6
(Not sure)	0	→ GO TO Q6
(No answer)	0	→ GO TO Q6

5. Why did someone in your household not receive the medical care needed?
 [15 Respondents]

(Uninsured)	1 respondent
(Cannot afford to pay)	7 respondents
(Poor medical care)	0
(Insurance did not cover it).....	2 respondents
(Co-payments too high)	2 respondents
(Unable to get appointment	1 respondent
(Lack of transportation)	0
(Not enough time)	0
(Specialty physician not in area)	0
(Physical barriers)	2 respondents
(Lack of child day care)	0
(Don't know where to go)	0
(Inconvenient hours)	0
(Language barriers)	0
(Other)	0
(Not sure)	0
(No answer)	0

6. In the past 12 months, did you or anyone in your household not get the dental care needed?

Yes	11%	→ CONTINUE WITH Q7
No	90	→ GO TO Q8
(Not sure)	0	→ GO TO Q8
(No answer)	0	→ GO TO Q8

7. Why did someone in your household not receive the dental care needed? [42 Respondents]

(Uninsured)	50%
(Cannot afford to pay)	29
(Poor dental care)	2
(Insurance did not cover it).....	5
(Co-payments too high)	0
(Unable to get appointment	5
(Lack of transportation)	0
(Not enough time)	2
(Specialty physician not in area)	0
(Physical barriers)	2
(Lack of child day care)	0
(Don't know where to go)	2
(Inconvenient hours)	0
(Language barriers)	0
(Unable to find a dentist to take Medicaid or other insurance)	0
(Other)	2
(Not sure)	0
(No answer)	0

8. In the past 12 months, did you or anyone in your household not get the mental health care needed?

Yes	2%	→ CONTINUE WITH Q9
No	98	→ GO TO Q10
(Not sure)	<1	→ GO TO Q10
(No answer)	0	→ GO TO Q10

9. Why did someone in your household not receive the mental health care needed? [7 respondents]

(Uninsured)	3 respondents
(Cannot afford to pay)	2 respondents
(Poor mental health care).....	0
(Insurance did not cover it).....	1 respondent
(Co-payments too high)	1 respondent
(Unable to get appointment	0
(Lack of transportation)	0
(Not enough time)	0
(Specialty physician not in area)	0
(Physical barriers)	0
(Lack of child day care)	0
(Don't know where to go)	0
(Inconvenient hours)	0
(Language barriers)	0
(Other (specify))	0
(Not sure)	0
(No answer)	0

10. When you are sick, to which one of the following places do you usually go? Would you say...

Doctor's or nurse practitioner's office	81%
Public health clinic or community health center	2
Hospital outpatient department	2
Hospital emergency room.....	1
Urgent care center	9
Some other kind of place or.....	0
No usual place	5
(Not sure)	1
(No answer)	1

11. Do you have a primary care doctor, nurse practitioner, physician assistant or primary care clinic where you regularly go for check-ups and when you are sick?

Yes	88%
No	12
(Not sure)	<1
(No answer)	0

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

Yes	57%
No	41
(Not sure)	3
(No answer)	0

13. About how long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists. (2015 TRI-CNTY 3_2)

Less than a year ago	79%
1 to 2 years ago	11
3 to 4 years ago	4
5 or more years ago or	6
Never	0
(Not sure)	0
(No answer)	0

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

18 to 34 years old.....	7%
35 to 44 years old.....	15
45 to 54 years old.....	11
55 to 64 years old.....	21
65 and older	45

15. During the past 12 months, have you had a flu shot?

Yes	68%
No	31
(Not sure)	1
(No answer)	0

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

	Yes	No	(Not sure)	(No answer)
16. You have high blood pressure?	35%	65%	<1%	0
17. Your blood cholesterol is high?	30	69	1	0
18. You have heart disease or a heart condition? .	12	88	<1	0
19. You have a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression?	15	84	<1	<1
20. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	11	89	8	9
21. Do you currently have asthma?	11	89	0	0

22. 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 31%
 Two servings 32
 Three or more servings 37
 (Not sure) <1
 (No answer) 0

23. 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.

Two or fewer servings..... 65%
 Three servings..... 19
 Four or more servings..... 17
 (Not sure) <1
 (No answer) 0

24. Moderate physical activity includes brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in breathing or heart rate. In a usual week, not including at work, on how many days do you do moderate activities for at least 30 minutes at a time?

Zero days..... 16%
 1 to 4 days 47
 5 to 7 days 38
 (Not sure) 0
 (No answer) 0

25. Vigorous activities include running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Not including at work, in a usual week, how often do you do vigorous activities for at least 20 minutes at a time?

Zero days.....	46%
1 to 2 days	27
3 to 7 days	27
(Not sure)	0
(No answer)	0

FEMALES ONLY

Now I have some questions about women’s health.

26. 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? [Age: 40+; 206 female respondents]

Within the past year (anytime less than 12 months ago)	59%
Within the past 2 years (1 year, but less than 2 years ago)	21
Within the past 3 years (2 years, but less than 3 years ago) ...	10
Within the past 5 years (3 years, but less than 5 years ago)	2
5 or more years ago	5
Never	3
(Not sure)	<1
(No answer)	0

27. 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? [Age 65+; 112 female respondents]

Yes	76%
No	19
(Not sure)	5
(No answer)	0

MALE & FEMALE RESPONDENTS 50 and OLDER

28. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. How long has it been since you had a blood stool test? [50+ years old; 286 respondents]

Within the past year (anytime less than 12 months ago)	10%
Within the past 2 years (1 year, but less than 2 years ago)	3
Within the past 5 years (2 years, but less than 5 years ago)	8
5 years ago or more	15
Never	58
(Not sure)	6
(No answer)	0

29. A sigmoidoscopy is where a flexible tube is inserted into 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? [50+ years old; 286 respondents]

Within the past year (anytime less than 12 months ago)	2%
Within the past 2 years (1 year, but less than 2 years ago)	1
Within the past 5 years (2 years, but less than 5 years ago)	2
Within the past 10 years (5 years but less than 10 years ago) .	5
10 years ago or more	13
Never	73
(Not sure)	4
(No answer)	0

30. A colonoscopy is similar to a sigmoidoscopy, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. How long has it been since you had your last colonoscopy? [50+ years old; 286 respondents]

Within the past year (anytime less than 12 months ago)	12%
Within the past 2 years (1 year, but less than 2 years ago)	12
Within the past 5 years (2 years, but less than 5 years ago)	31
Within the past 10 years (5 years but less than 10 years ago) .	17
10 years ago or more	9
Never	17
(Not sure)	1
(No answer)	0

ALL RESPONDENTS

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

Never	38%
Seldom	35
Sometimes	24
Nearly always	3
Always	1
(Not sure)	<1
(No answer)	0

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

Yes	4%
No	96
(Not sure)	0
(No answer)	0

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.

33. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion? (MALES) (4 or more drinks FEMALES)

Zero times.....	80%
One time.....	8
Two or more times.....	13

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 ...?

	Yes	No	(Not sure)	(No answer)
34. Drinking alcohol	2%	98%	0%	0
35. Marijuana.....	1	99	0	0
36. Cocaine, heroin or other street drugs	<1	99	0	0
37. Misuse of prescription drugs or over-the-counter drugs	<1	99	0	0
38. Gambling	<1	99	0	0

In the past 30 days, did you use...

		Yes	No	(Not sure)	(No answer)
39.	Cigars, cigarillos or little cigars	1%	99%	0%	0
40.	Electronic cigarettes, also known as e-cigarettes .	3	97	0	0

Now I'd like to talk to you about regular tobacco cigarettes....

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

Every day 6%
 Some days..... 3
 Not at all 91
 (Not sure) 0
 (No answer) <1

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

Smoking is not allowed anywhere inside your home 86%
 Smoking is allowed in some places or at some times 5
 Smoking is allowed anywhere inside your home or 1
 There are no rules about smoking inside your home 8
 (Not sure) <1
 (No answer) <1

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

43. Gender [DERIVED, NOT ASKED]

Male 37%
 Female 63

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

45. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Underweight.....2%
 Healthy weight.....33
 Overweight..... 41
 Obese..... 24

46. Are you Hispanic or Latino?

Yes	2%
No	98
(Not sure)	0
(No answer)	0

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

White	94%
Black, African American	3
Asian	<1
Native Hawaiian or other Pacific Islander	0
American Indian or Alaska Native	<1
Or another race	1
(Multiple race)	<1
(Not sure)	8
(No answer)	9

48. What is your current marital status?

Single and never married	15%
A member of an unmarried couple	2
Married	57
Separated	1
Divorced	12
Widowed	14
(Not sure)	0
(No answer)	<1

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

8th grade or less	0%
Some high school	1
High school graduate or GED	14
Some college	13
Technical school graduate	7
College graduate	35
Advanced or professional degree	31
(Not sure)	0
(No answer)	0

50. What county do you live in?

Milwaukee.....100%

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

Wauwatosa.....100%

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

53213.....48%
 53226.....31
 53222.....12
 53225.....7
 All others.....3

Q53 THROUGH Q55 LANDLINE SAMPLE ONLY

53. 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. [220 respondents]

Yes 2% →CONTINUE WITH Q54
 No 98 →GO TO Q56
 (Not sure) 0 →GO TO Q56
 (No answer) 0 →GO TO Q56

54. How many of these telephone numbers are residential numbers? [5 respondents]

One telephone number.....3 respondents
 Two telephone numbers.....2 respondents
 (Not sure)0
 (No answer) 0

55. Do you have a cell phone that you use mainly for personal use? [220 respondents]

Yes 75%
 No 24
 (Not sure) 0

ALL RESPONDENTS

56. What is your annual household income before taxes?

Less than \$10,000	3%
\$10,000 to \$20,000	5
\$20,001 to \$30,000	6
\$30,001 to \$40,000	7
\$40,001 to \$50,000	9
\$50,001 to \$60,000	8
\$60,001 to \$75,000	8
\$75,001 to \$90,000	9
\$90,001 to \$105,000	7
\$105,001 to \$120,000	6
\$120,001 to \$135,000	3
Over \$135,000	14
(Not sure)	4
(No answer)	13

57. How many adults, INCLUDING YOURSELF, live in the household?

One.....	33%
Two.....	57
Three.....	7
Four.....	3
Five	<1
(Not sure)	0
(No answer)	<1

58. How many children under the age of 18 are living in the household?

One.....	8%	→GO TO Q59
Two.....	10	→GO TO Q59
Three.....	4	→GO TO Q59
Four.....	<1	→GO TO Q59
Five.....	<1	→GO TO Q59
None	78	→GO TO Q81
(Not sure)	0	→GO TO Q81
(No answer)	0	→GO TO Q81

For questions 59 - 80, we would like to talk about the [RANDOM SELECTED] child. [79 respondents]

59. What is the age of the child? [79 respondents]

(Less than one)	5%
One to four years.....	16
Five to nine years.....	39
Ten to fourteen years.....	41
Fifteen to seventeen years.....	19
(Not sure)	0
(No answer)	0

60. Is this child a boy or girl? [79 respondents]

Boy	61%
Girl	39
(Not sure)	0
(No answer)	0

61. Do you make health care decisions for [HIM/HER]? [86 respondents]

Yes	92%	→ CONTINUE WITH Q62
No	7	→GO TO Q81
(Not sure)	1	→GO TO Q81
(No answer)	0	→GO TO Q81

62. Was there a time during the last 12 months that you felt your child did not get the medical care [HE/SHE] needed? [79 respondents]

Yes	1%	→ CONTINUE WITH Q63
No	99	→ GO TO Q64
(Not sure)	0	→ GO TO Q64
(No answer)	0	→ GO TO Q64

63. Why did your child not receive the medical care needed? [1 respondent]

(Uninsured)	0
(Cannot afford to pay)	1 respondent
(Poor medical care)	0
(Insurance did not cover it).....	0
(Co-payments too high)	0
(Unable to get appointment	0
(Lack of transportation)	0
(Not enough time)	0
(Specialty physician not in area)	0
(Physical barriers)	0
(Lack of child day care)	0
(Don't know where to go)	0
(Inconvenient hours)	0
(Language barriers)	0
(Other)	0
(Not sure)	0
(No answer)	0

64. A personal doctor or nurse is a health professional who knows your child well, and is familiar with your child's health history. This can be a general doctor, a pediatrician, a specialist, a nurse practitioner or a physician assistant. Do you have one or more persons you think of as your child's personal doctor or nurse? [79 respondents]

Yes	99% → CONTINUE WITH Q65
No	1 → GO TO Q66
(Not sure)	0 → GO TO Q66
(No answer)	0 → GO TO Q66

65. Preventive care visits include things like a well-child check, a routine physical exam, immunizations, lead or other health screening tests. During the past 12 months, did [HE/SHE] visit their personal doctor or nurse for preventive care? [78 respondents]

Yes	99%
No	1
(Not sure)	0
(No answer)	0

66. Specialists are doctors like surgeons, heart doctors, allergists, psychiatrists, skin doctors and others who specialize in one area of health care. Was there a time during the past 12 months your child needed to see a specialist but did not? [79 respondents]

Yes	4%	→ CONTINUE WITH Q67
No	96	→ GO TO Q68
(Not sure)	0	→ GO TO Q68
(No answer)	0	→ GO TO Q68

67. Why did your child not see a specialist needed? [3 respondents]

(Uninsured)	0
(Cannot afford to pay)	1 respondent
(Poor medical care)	0
(Insurance did not cover it).....	1 respondent
(Co-payments too high)	0
(Unable to get appointment	0
(Lack of transportation)	0
(Not enough time)	0
(Specialty physician not in area)	0
(Physical barriers)	0
(Lack of child day care)	0
(Don't know where to go)	0
(Inconvenient hours)	0
(Language barriers)	0
(Other)	0
(Not sure)	1 respondent
(No answer)	0

68. Was there a time during the last 12 months that you felt your child did not get the dental care [HE/SHE] needed? [79 respondents]

Yes	1%	→ CONTINUE WITH Q69
No	99	→ GO TO Q70
(Not sure)	0	→ GO TO Q70
(No answer)	0	→ GO TO Q70

69. Why did your child not receive the dental health care needed? [1 respondent]

(No dental insurance)	0
(Cannot afford to pay)	1 respondent
(Health plan problem/Insurance did not cover it)	0
(Can't find a dentist who accepts child's insurance)	0
(Dentist did not know how to treat or provide care)	0
(Unable to get appointment)	0
(Lack of transportation)	0
(Not enough time)	0
(Dentist/specialist not in area)	0
(Lack of child day care)	0
(Don't know where to go)	0
(Inconvenient hours)	0
(Language barriers)	0
(Not satisfied with dentist)	0
(Other)	0
(Not sure)	0
(No answer)	0

70. Does your child have asthma? [79 respondents]

Yes	5%
No	92
(Not sure)	3
(No answer)	0

71. On an average school day, how many hours does your child watch TV? [If R says child not a student, say "Weekday"] [79 respondents]

Does not watch TV on average school day	28%
Less than 1 hour per day	25
1 hour per day	31
2 hours per day	15
3 hours per day	1
4 hours per day	0
5 or more hours per day	0
(Not sure)	0
(No answer)	0

72. On an average school day, how many hours does your child play video or computer games or use a computer for something that is not school work? Count time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media. [If R says child not a student, say “Weekday”]
[79 respondents]

Does not play video games, etc on average school day	30%
Less than 1 hour per day	27
1 hour per day	22
2 hours per day	13
3 hours per day	4
4 hours per day	4
5 or more hours per day	1
(Not sure)	0
(No answer)	0

73. During the past 7 days, how many times did your child drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite. Do not include diet soda or diet pop. [79 respondents]

Did not drink soda or pop in past 7 days	72%
1 to 3 times during the past 7 days	23
4 to 6 times during the past 7 days	1
1 time per day	0
2 times per day	1
3 times per day	1
4 or more times per day	1
(Not sure)	0
(No answer)	0

74. When your child was an infant of less than one year old, where did [HE/SHE] usually sleep? [Children 2 years old or younger] [9 respondents]

Crib or bassinette	9 respondents
Pack n’ Play	0
Couch or chair	0
Swing	0
Car	0
Car seat	0
Floor or	0
In bed with you or another person	0
(Not sure)	0
(No answer)	0

75. How often do you feel your child is safe in your community or neighborhood? [79 respondents]

Always	49%
Nearly always	46
Sometimes	3
Seldom	0
Never	3
(Not sure)	0
(No answer)	0

76. During the past 6 months, how often was your child unhappy, sad or depressed? [Children 8 to 17 years old] [62 respondents]

Always	2%
Nearly always	3
Sometimes	19
Seldom	42
Never	34
(Not sure)	0
(No answer)	0

77. During the past 12 months, has your child experienced any bullying? [Children 8 to 17 years old] [62 respondents]

Yes	23%	→CONTINUE WITH Q78
No	76	→GO TO Q79
(Not sure)	2	→GO TO Q79
(No answer)	0	→GO TO Q79

78. What type of bullying did your child experience? [14 respondents]

Physically bullied for example, being hit or kicked...	3 respondents
Verbally abused for example spreading mean rumors or kept out of a group	11 respondents
Cyber or electronically bullied for example, teased, taunted, humiliated, or threatened by email, cell phone, Facebook postings, texts, or other electronic method	0
(Not sure)	0
(No answer)	0

79. During the past seven days, on how many days was your child physically active for a total of at least 60 minutes that caused an increase in their heart rate and made them breathe hard some of the time? [Children 5 to 17 years old] [62 respondents]

Zero to four days.....	31%
Five to seven days.....	68
(Not sure)	2
(No answer)	0

80. [0 TO 4 DAYS OF PHYSICAL ACTIVITY] Why was your child not physically active for at least 60 minutes on more days? [19 respondents]

(Child does not like to be physically active) ...	5 respondents
(Neighborhood is not safe to be outside)	0
(Likes to play video games or on computer) ...	2 respondents
(Prefers to watch TV)	0
(Other, please specify)	10 respondents
(Not sure)	1 respondent
(No answer)	1 respondent

The next series of questions deal with personal safety issues.

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

Yes	4%	→CONTINUE WITH Q82
No	95	→GO TO Q83
(Not sure)	<1	→GO TO Q83
(No answer)	<1	→GO TO Q83

82. 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, a child, or someone else? Again, I want to assure you that all your responses are strictly confidential. [17 respondents]

Spouse	1 respondent
Separated spouse	0
Ex-spouse	1 respondent
Boyfriend or girlfriend	0
Parent	0
Brother or sister	1 respondent
Friend.....	0
Acquaintance	2 respondents
Stranger	11 respondents
Child	0
Someone else	1 respondent
(Not sure)	0
(No answer)	0

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

Yes	2%	→CONTINUE WITH Q84
No	98	→GO TO Q85
(Not sure)	<1	→GO TO Q85
(No answer)	0	→GO TO Q85

84. 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, a child or someone else? [7 respondents]

Spouse	1 respondent
Separated spouse	0
Ex-spouse	0
Boyfriend or girlfriend	0
Parent	0
Brother or sister	0
Friend.....	0
Acquaintance	1 respondent
Stranger	1 respondent
Child	1 respondent
Someone else	2 respondents
(Not sure)	1 respondent
(No answer)	0

85. Finally, please tell me the 3 largest health concerns in your community.

Chronic diseases like diabetes or heart disease	20%
Cancer	12
Overweight or obesity	19
Physical activity (lack of)	6
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases	8
Mental health or depression.....	17
Teen pregnancy	<1
Alcohol use or abuse	7
Illegal drug use	24
Prescription or over-the-counter drug abuse	16
Tobacco use	4
Lead poisoning	2
Infant mortality	<1
Violence or crime	16
Access to affordable healthy food	8
Access to health care (physical, mental or dental care)	22
Environmental issues (air, water, wind turbines, animal waste)	7
Other	21
Not sure	0
No answer	0