

WASHINGTON COUNTY COMMUNITY HEALTH SURVEY -- 2003



Aurora Health Care

Washington County
Health Department

Overview



⌘ Objectives

- ☑ Gather data on behavioral and lifestyle habits of the adult population and household-level data.
- ☑ Gather data on the prevalence of risk factors and disease conditions of the adult population.
- ☑ Compare health data of county to national, state and regional measurements.

Methodology



- ⌘ 18 Minute, Telephone survey of area residents
- ⌘ Conducted: February 21 through May 30, 2003
- ⌘ 400 Completions
- ⌘ Data was weighted to reflect age and gender of adult residents in county as of 2000 Census estimates.
- ⌘ Margin of error: $\pm 5\%$

Demographics

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Respondent Demographics



Gender	2003	2000
Male	47%	48%
Female	53%	52%
Household Income		
\$30,000 or Less	21%	15%
\$30,001 to \$60,000	43%	32%
\$60,001 or More	32%	28%
Not Sure/No Answer	3%	25%

Respondent Demographics (cont.)



Age	2003	2000
18 to 34	26%	28%
35 to 44	28%	27%
45 to 54	21%	20%
55 to 64	12%	11%
65 and older	13%	14%

Respondent Demographics (cont.)



Education Level	2003	2000
High School or Less	43%	46%
Some Post High School	27%	27%
College Graduate	30%	26%
Marital Status		
Married	68%	74%

Health Care Coverage



Personal Health Care Coverage (HP2010 Target: 0% Not Covered)

	2003	2000
Personally Not Covered (Range: 1%-11%)	6%	4%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Personally Not Covered</i>	<i>11%</i>	<i>14%</i>

Someone in Household Not Covered



	2003	2000
Currently (Range: 6%-19%)	12%	9%
Past 12 Months (Range: 9%-28%)	15%	NA

Primary Health Care Services



	2003
Medical Doctor, Internist, OBGYN, or Family Practice (Range: 60%-87%)	60%
Walk-in or Urgent Care (Range: 4% - 28%)	28%
Community Health Center (Range: <1% - 7%)	6%
Hospital Emergency Room (Range: 3% - 11%)	3%

Advance Care Plan



	2003
Yes (Range: 22% - 42%)	32%

General Health



Rate Own Health

	2003	2000
Excellent or Very Good	64%	60%
Fair or Poor (Range: 5%-18%)	9%	12%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Excellent or Very Good</i>	<i>57%</i>	<i>55%</i>
<i>Fair or Poor</i>	<i>12%</i>	<i>14%</i>

Routine Checkup



	2003	2000
Past Year (Range: 55%-70%)	64%	62%
1 to 2 Years Ago	18%	23%
<i>2000</i>	<i>WI</i>	<i>Nation</i>
<i>Past Year</i>	<i>65%</i>	<i>72%</i>
<i>1 to 2 Years Ago</i>	<i>14%</i>	<i>12%</i>

Cholesterol Test

(HP2010 Target: 80% adults screened in prior 5 years)



	2003
4 Years Ago or Less (Range: 63%-84%)	74%
<i>Within Past 5 Years</i>	<i>2001</i>
<i>Wisconsin</i>	<i>72%</i>
<i>Nation</i>	<i>73%</i>

Dental Checkup

(HP2010 Target: 56% annually)

	2003	2000
Past Year (Range: 63% - 83%)	76%	69%
1 to 2 Years Ago	15%	16%
<i>Past Year</i>	<i>2002</i>	
<i>Wisconsin</i>	<i>78%</i>	
<i>Nation</i>	<i>69%</i>	

Eye Exam



	2003	2000
Past Year (Range: 42% - 58%)	52%	39%
1 to 2 Years Ago	25%	35%

Influenza Vaccination

(HP 2010 Target: age 65+, 90% in past year)

	2003	2000
Past 12 Months (18 and older) (Range: 29%-48%)	30%	37%
Past 12 Months (65 and older) (Range: 60%-84%)	71%	76%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Past 12 Months (18 and older)</i>	<i>34%</i>	<i>32%</i>
<i>Past 12 Months (65 and older)</i>	<i>74%</i>	<i>69%</i>

Pneumonia Vaccination

(65 and Older) (HP2010 Target: 90% ever)

	2003	2000
Ever (Range: 45% - 71%)	67%	61%
<i>Ever</i>	<i>2002</i>	
<i>Wisconsin</i>	<i>71%</i>	
<i>Nation</i>	<i>63%</i>	

Told or Received Treatment in the Past Three Years

	2003	2000
High BP (14% - 28%) (HP2010: 16%)	21%	16%
High BC (13% - 25%) (HP2010: 17%)	16%	22%
Heart Disease (4% - 12%)	8%	9%
Diabetes (2% - 8%)	7%	6%
Asthma (Current) (3% - 12%)	5%	NA
Cancer (Excluding Skin) (1% -5%)	4%	NA
Mental Health Problem (1% - 7%)	2%	4%
Stroke (<1% - 4%)	2%	2%

Received Alternative Treatment in the Past Three Years



	2003	2000
Chiropractor (12% - 30%)	22%	23%
Massage Therapy (10% - 29%)	17%	15%
Meditation (3% - 14%)	7%	NA
Aroma Therapy (2% - 6%)	6%	2%
Movement Therapy (3% - 14%)	4%	NA
Acupuncture (<1% - 4%)	<1%	2%

Exercise and Nutrition



Moderate Physical Activity/Week

	2003	
Inactive (Range: 14% - 31%)	21%	
Insufficient (Range: 40% - 59%)	53%	
Recommended (at least 30 minutes on 5 or more days) (Range: 20%-33%)	25%	
<i>2000</i>	<i>WI</i>	<i>Nation</i>
<i>Inactive</i>	<i>22%</i>	<i>28%</i>
<i>Insufficient</i>	<i>51%</i>	<i>46%</i>
<i>Recommended</i>	<i>27%</i>	<i>26%</i>

Overweight/Obese*

	2003	2000
At least overweight (Range = 42% - 70%) (HP2010: 40%)	59%	61%
Obese (12% - 28%) (HP2010: 15%)	19%	20%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>At least overweight</i>	<i>58%</i>	<i>59%</i>
<i>Obese</i>	<i>22%</i>	<i>22%</i>

*Center for Disease Control's Body Mass Index (BMI): kilogram/meter². A BMI of 25.0 or greater is considered overweight. A BMI of 30 or greater is considered obese. This is a change. The 2000 data has been recalculated to meet the new definition specifications.

Frequency of Eating Foods

Fruit (HP2010 Target: 75%)	2003
2 or More Servings/Day (Range: 60% - 77%)	69%
Vegetables (HP2010: 50%)	
3 or More Servings/Day (Range: 22% - 38%)	29%
Fried Food/Fast Food*	
Few Times or More/Week (Range: 35% - 55%)	55%

Early Detection and Prevention of Cancer



Women's Health

	2003	2000
Mammogram (40+; past 2 yrs) (Range: 71%-88%) (HP2010: 70%)	87%	81%
Pap Smear (18+; past 3 years) (Range: 79%-94%) (HP2010: 90%)	82%	81%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Mammogram (40+; past 2 yrs)</i>	<i>80%</i>	<i>76%</i>
<i>Pap Smear (18+; past 3 years)</i>	<i>88%</i>	<i>86%</i>

Men's Health: Prostate Cancer (Past Year)

	2003*	2000*
40 to 49 (Range: 0% - 42%)	20%	21%
50+ (Range: 35% - 70%)	42%	26%

Question wording change:

*2003: "A digital rectal exam is an exam in which a doctor, nurse or other health professional places a gloved finger into the rectum to feel the size, shape and hardness of the prostate gland. How long has it been since your last digital rectal exam?" This is the same wording as the 2002 BRFSS.

2000: "Have you ever been tested or screened for prostate cancer?" if yes, "when was the last time you were tested or screened for prostate cancer?"

Colorectal Cancer Tests (50 years old and older)

	2003	
Blood Stool Test (past 2 yrs) (Range: 43%-64%) (HP2010: 50%)	52%	
Sigmoidoscopy (ever) (Range: 54%-67%) (HP2010: 50%)	62%	
<i>2000</i>	<i>WI</i>	<i>Nation</i>
<i>Blood Stool Test (past 2 yrs)</i>	<i>NA</i>	<i>33%</i>
<i>Sigmoidoscopy (ever)</i>	<i>NA</i>	<i>39%</i>

Skin Cancer Prevention*



	2003
All four measures (Range: 17%-26%)	18%
3 measures (22%-33%)	27%
2 (20%-32%)	25%
1 (13%-24%)	19%
None (Range: 7%-15%)	11%

**Included 4 yes/no questions: regularly 1) avoid artificial sources of ultraviolet light, 2) use sunscreen with SPF 15 or higher, 3) wear sun protective clothing 4) avoid sun between 10 a.m. and 4 p.m.*

Safety



Wear Seat Belts (Adults)

(HP2010: Use Seat Belts: 92%)

	2003	2000
Always (70% - 86%)	74%	68%
Nearly Always (6% - 16%)	13%	16%
Sometimes (1% - 9%)	8%	7%
Seldom (<1% - 6%)	3%	3%
Never (2% - 9%)	3%	6%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Always</i>	<i>66%</i>	<i>77%</i>
<i>Nearly Always</i>	<i>16%</i>	<i>11%</i>
<i>Never</i>	<i>5%</i>	<i>3%</i>

Wear Seat Belts/Restraints (Children)



	2003	2000
Always (85% - 96%)	93%	85%
Nearly Always	2%	6%
Sometimes	2%	7%
Seldom	<1%	<1%
Never (0% - 7%)	2%	2%

Wear Bicycle Helmets When Riding a Bike, In-line Skating, Etc. (Adults)



	2003	2000
Always (10% - 44%)	17%	18%
Nearly Always	2%	8%
Sometimes	10%	4%
Seldom	8%	6%
Never (30% - 77%)	62%	64%

Wear Bicycle Helmets When Riding a Bike, In-line Skating, Etc. (Children)



	2003	2000
Always (33% - 76%)	51%	47%
Nearly Always	13%	20%
Sometimes	6%	9%
Seldom	7%	6%
Never (9% - 33%)	22%	19%

Presence of Firearms

Of all households...	2003	2000
Had 1 or more firearm (9%-57%)	43%	46%
Firearm kept loaded (<1%-5%)	3%	1%
Loaded firearm also unlocked* (0%-3%)	2%	NA
Of households with a firearm...		
Loaded firearm also unlocked* (0%-13%)	4%	NA
<i>Of households with a firearm... (1998)</i>	<i>WI</i>	<i>Nation</i>
<i>Loaded firearm also unlocked*</i> <i>(HP2010 Target: 16%)</i>	<i>NA</i>	<i>19%</i>

*Unlocked means you do not need a key or combination to get the gun or to fire it. A safety is not considered a lock.

Personal Safety



Past year...	2003	2000
Anyone made you afraid for your personal safety (range = 2% - 10%)	4%	4%
Anyone pushed, kicked, slapped, hit or otherwise hurt you (<1% - 6%)	1%	3%

Working Detectors in Household



	2003
Smoke Detector Only (Range: 35%-63%)	53%
Carbon Monoxide Detector Only (Range: 0%-2%)	<1%
Both (Range: 33%-63%)	45%
Neither (Range: 1%-6%)	1%

Cigarette Use



Current Smokers

	2003	2000
Current smokers (13%-32%) (HP2010: 12%)	18%	26%
Smokers: Tried to quit (Past Year) (32%-65%) (HP2010: 75%)	51%	NA
Smokers: Dr, nurse or other health prof. advise to quit (39%-66%) (HP2010: 85%)	39%	NA
Any smoker in HH smokes indoors or in vehicle when others present (9%-23%)	18%	20%
<i>2002</i>	<i>WI</i>	<i>Nation</i>
<i>Current smokers</i>	<i>23%</i>	<i>23%</i>
<i>Smokers: Tried to quit</i>	<i>NA</i>	<i>42%</i>

Smoking Preference in Restaurants



	2003
Smoke-free (Range: 55% - 75%)	64%
Allow Smoking (Range: 6% - 17%)	10%
No Preference (Range: 18% - 34%)	26%

Community Ordinance Prohibiting Smoking in Eating Establishments



	2003	2000
Strongly Favor (30% - 49%)	35%	37%
Moderately Favor (18% - 29%)	23%	20%
Moderately Oppose (12% - 20%)	20%	16%
Strongly Oppose (9% - 23%)	17%	19%
Not Sure	5%	8%

Alcohol Use




Alcohol Use in Past Month

Of all respondents...	2003	2000
Drink of alcohol	64%	73%
3 or more drinks/occasion	32%	45%
Binge drinking* (Range: 8% - 24%)	19%	28%
<i>Binge drinking* (HP2010 Target: 6%)</i>	<i>2002</i>	
<i>Wisconsin</i>	<i>25%</i>	
<i>Nation</i>	<i>16%</i>	

*2000: five or more drinks on an occasion


2003: 4 or more drinks for females & 5 or more drinks for males

Family Problem Associated with Alcohol (past year)



	2003	2000
Legal, social, personal or physical problem (Range: 3% - 8%)	5%	9%

Drive/Ride When Driver Had Too Much to Drink



Past month...	2003
Yes (Range: <1% - 6%)	4%

Mental Health Status



Feeling Sad, Blue or Depressed (past 30 days)



	2003	2000*
Always/Nearly Always (2% - 9%)	6%	5%
Never/Seldom	74%	62%

*2000: past year

Find Meaning & Purpose in Daily Life



	2003
Always (Range: 36% - 49%)	42%
Nearly Always (Range: 30% - 44%)	38%
Sometimes (Range: 11% - 19%)	15%
Never/Seldom (Range: 2%- 9%)	5%

Managing Stress



	2003	2000
Excellent (Range: 16% - 29%)	28%	15%
Good	52%	56%
Fair	17%	25%
Poor (Range: 1% - 7%)	4%	4%

Considered Suicide



Past year...	2003	2000
Yes (Range: <1% - 6%)	3%	3%

Additional Questions



Awareness of/Experience with Health Department



	2003
Aware of/Received Extensive Services (Range: 2% - 8%)	4%
Aware of/ Received Limited Services (23% - 43%)	24%
Aware of/No Experience (47% - 65%)	65%
Not Aware of Health Department (3% - 10%)	6%

Did Not Have Access to Adequate & Appropriate Food



Past 30 Days...	2003
Yes	<1%

Did Not Take Prescribed Medication Due to Cost



Someone in Household...	2003
Yes	7%

Next Steps

