

**Washington County
Community Health Survey Report
2008**

Commissioned by:
Aurora Health Care

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

Prepared by:
JKV Research, LLC

Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose.....	1
Methodology.....	1
Summary.....	5
Key Findings.....	11
Rating Their Own Health.....	11
Health Care Coverage.....	14
Routine Procedures.....	23
Vaccinations.....	32
Prevalence of Select Health Conditions.....	36
Prevalence of Select Complementary/Alternative Treatments.....	50
Physical Well Being and Body Weight.....	58
Nutrition and Diet.....	67
Women’s Health.....	72
Men’s Health.....	76
Other Tests.....	78
Safety: Seat Belt and Helmet Use.....	82
Cigarette Use.....	87
Smoking Policies.....	92
Alcohol Use.....	97
Mental Health Status.....	105
Detectors in Household.....	110
Presence of Firearms in Household.....	113
Personal Safety Issues.....	117
Appendix A: Additional Questions.....	122
Risk Associated with Alcohol and Marijuana.....	123
Household Drinking Water.....	126
Appendix B: Questionnaire Frequencies.....	128
Appendix C: Survey Methodology.....	144

<u>Table Title</u>	<u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents for 2008.....	2
Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year.....	13
Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year.....	16
Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2008.....	17
Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year.....	18
Table 6. Doctor or Nurse Practitioner’s Office as Primary Health Care Service by Demographic Variables for Each Survey Year.....	20
Table 7. Advance Care Plan by Demographic Variables for Each Survey Year.....	22
Table 8. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year....	25
Table 9. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year.....	27
Table 10. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year...	29

<u>Table Title</u>	<u>Page Number</u>
Table 11. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year	31
Table 12. Flu Vaccination by Demographic Variables for Each Survey Year	34
Table 13. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year ...	38
Table 14. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year	40
Table 15. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year	42
Table 16. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year	44
Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year.....	46
Table 18. Current Asthma by Demographic Variables for Each Survey Year	48
Table 19. Chiropractic Care in Past Three Years by Demographic Variables for Each Survey Year	52
Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year	54
Table 21. Aroma Therapy in Past Three Years by Demographic Variables for Each Survey Year	56
Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year.....	60
Table 23. Recommended Vigorous Physical Activity by Demographic Variables for 2008.....	62
Table 24. Recommended Physical Activity by Demographic Variables for 2008	64
Table 25. Overweight by Demographic Variables for Each Survey Year	66
Table 26. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year	69
Table 27. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year	71
Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix).....	75
Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2008 (Respondents 50 and Older).....	79
Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2008 (Respondents 50 and Older).....	80
Table 31. Sigmoidoscopy or Colonoscopy Exam in Lifetime by Demographic Variables for Each Survey Year (Respondents 50 and Older)	81
Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year	84
Table 33. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)	86
Table 34. Current Smokers by Demographic Variables for Each Survey Year.....	89
Table 35. Smoking Not Allowed in Home by Demographic Variables for 2008	93
Table 36. Smoking Not Allowed at Work by Demographic Variables for 2008.....	95
Table 37. Exposure to Second-Hand Smoke on at Least Four of the Past Seven Days by Demographic Variables for 2008 (Of Nonsmokers)	96
Table 38. Heavy Drinking in Past Month by Demographic Variables for Each Survey Year.....	98
Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year.....	100
Table 40. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink by Demographic Variables for Each Survey Year.....	102
Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year.....	104
Table 42. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year	107

<u>Table Title</u>	<u>Page Number</u>
Table 43. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year.....	109
Table 44. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year.....	112
Table 45. Firearm in Household by Demographic Variables for Each Survey Year.....	114
Table 46. Type of Firearm in Household by Demographic Variables for Each Survey Year.....	115
Table 47. Afraid for Personal Safety by Demographic Variables for Each Survey Year.....	118
Table 48. At Least One of the Personal Safety Issues by Demographic Variables for Each Survey Year.....	120
Table 49. Great Risk Associated with Four or Five Drinks of Alcohol Nearly Every Day by Demographic Variables for Each Survey Year.....	124
Table 50. Great Risk Associated with Smoking Marijuana Regularly by Demographic Variables for Each Survey Year.....	125
Table 51. Well Has Been Tested by Demographic Variables for 2008 (Of Those Who Have a Well)....	126
Table 52. Well Tested Within Past Five Years by Demographic Variables for 2008.....	127

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health for 2008.....	11
Figure 2. Fair or Poor Health.....	14
Figure 3. Type of Health Care Coverage for 2008.....	15
Figure 4. Health Care Coverage.....	19
Figure 5. Advance Care Plan.....	23
Figure 6. Routine Procedures.....	32
Figure 7. Vaccinations.....	35
Figure 8. Health Conditions in Past Three Years for 2008.....	36
Figure 9. Health Conditions in Past Three Years.....	50
Figure 10. Complementary/Alternative Treatments in Past Three Years for 2008.....	51
Figure 11. Complementary/Alternative Treatments in Past Three Years.....	57
Figure 12. Physical Activity/Week for 2008.....	63
Figure 13. Physical Well Being and Body Weight.....	67
Figure 14. Fruit and Vegetable Intake on Average Day.....	72
Figure 15. Women's Health Tests.....	76
Figure 16. Men's Health Tests (Respondents 40 and Older).....	78
Figure 17. Other Tests (Respondents 50 and Older).....	82
Figure 18. Safety: Seat Belt and Helmet Use (Always/Nearly Always).....	87
Figure 19. Current Smoker.....	90
Figure 20. Smoking Cessation in Past 12 Months (Current Smokers).....	91
Figure 21. Smoking Policy Inside Home for 2008.....	92
Figure 22. Smoking Policy at Work for 2008.....	94
Figure 23. Alcohol Consumption in Past Month.....	101
Figure 24. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink.....	103
Figure 25. Household Problem Associated with Alcohol in Past Year.....	104
Figure 26. Felt Sad, Blue or Depressed in Past 30 Days for 2008.....	105
Figure 27. Mental Health Status.....	110
Figure 28. Detectors in Household for 2008.....	111
Figure 29. Both Working Smoke and Carbon Monoxide Detectors in Household.....	112
Figure 30. Presence of Firearms in Household.....	117
Figure 31. Personal Safety Issues in Past Year.....	121

Purpose

The purpose of this project is to provide Washington County with information for an assessment of the health status of residents. Primary objectives are to:

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

Methodology

The Washington County Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort was to gather information on the health practices and health-related behavioral risks of residents. This report was commissioned by Aurora Health Care in partnership with the Washington County Health Department and the Center for Urban Population Health Research.

Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included both listed and unlisted numbers where the respondent within each household was randomly selected by computer based on the number of adults in the household. 2) A cell-phone only sample where the person answering the phone was selected as the respondent. A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between August 1 and August 12, 2008. With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Washington County. The margin of error for smaller subgroups will be larger. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-7025 or mark.huber@aurora.org.

Demographic Profile of Washington County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents for 2008

	Survey Results
TOTAL	100%
Gender	
Male	49%
Female	51
Age	
18 to 34	28%
35 to 44	25
45 to 54	20
55 to 64	12
65 and Older	15
Education	
High School Graduate or Less	30%
Some Post High School	33
College Graduate	37
Household Income	
Bottom 40 Percent Bracket	22%
Middle 20 Percent Bracket	20
Top 40 Percent Bracket	44
Not Sure/No Answer	14
Married	69%

What do the percentages mean?

Results of the Washington County Community Health Survey can be generalized to the adult population with telephones. In 2007, the Wisconsin Department of Administration estimated 96,524 adult residents in the area, an increase of 12.41% since 2000.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population. One percentage point equals approximately 970 adults. So, when 12% of respondents reported their health was fair or poor, this roughly equates to 11,640 residents \pm 4,850 individuals. Therefore, from 6,790 to 16,490 residents may have fair or poor health. Because the margin of error is \pm 5%, events or health risks that are small will include zero.

The 2007 estimate of occupied housing units in Washington County was 53,265, an increase of 16.28% since 2000. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household estimate, each percentage point for household-level data represents approximately 530 households. For example, 8% of survey respondents reported that someone in their household was not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 4,240.

Definitions

Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

Household income: It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau identifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In 2000 and 2003, the survey categories included in the bottom 40% income bracket was less than \$30,001, the middle 20% income bracket was \$30,001 to \$50,000 and the top 40% bracket was at least \$50,001. In 2005 and 2008, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% bracket was at least \$60,001.

The recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

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

Current smoker is defined as someone who smoked at least some days in the past 30 days.

The Centers for Disease Control defines heavy drinking as more than two drinks per day in a month for males (i.e. 61 or more drinks total) or more than one drink per day in a month for females (i.e. 31 or more drinks total).

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2003, the Washington County Health Survey defined binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. All other study years were five or more drinks, regardless of gender.

Summary

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

Overall Health					Health Conditions in Past 3 Years					
Washington County	2000	2003	2005	2008	Washington County	2000	2003	2005	2008	
Excellent	21%	28%	20%	23%	High Blood Pressure	16%	21%	25%	21%	
Very Good	39%	36%	43%	44%	High Blood Cholesterol	22%	16%	21%	19%	
Fair or Poor	12%	10%	12%	12%	Mental Health Condition	4%	2%	5%	11%	
<i>Other Research: (2007)</i>				<i>WI</i>	<i>U.S.</i>	Heart Disease/Condition	9%	8%	7%	10%
<i>Fair or Poor</i>				<i>13%</i>	<i>15%</i>	Asthma (Current)		5%	6%	9%
Health Care Coverage					Physical Health					
Washington County	2000	2003	2005	2008	Washington County	2000	2003	2005	2008	
Not Covered					Physical Activity/Week					
Personally (currently)	4%	6%	3%	2%	Moderate Activity (5 times/30 min)		25%	36%	42%	
Personally (past 12 months)				6%	Vigorous Activity (3 times/20 min)				28%	
Household Member (past 12 months)		15%	12%	8%	Recommended Moderate or Vigorous				52%	
Advance Care Plan		32%	43%	43%	Overweight	61%	59%	59%	63%	
Primary Source of Health Advice					Other Research: (2007)					
Doctor/nurse practitioner's office			90%	87%	Overweight				<i>62%</i>	
Public hlth clinic/comm. hlth center			5%	6%	Recommended Mod or Vigorous Activity				<i>50%</i>	
Hospital outpatient department			2%	2%	Women's Health					
<i>Other Research: (2007)</i>				<i>WI</i>	<i>U.S.</i>	Washington County	2003	2005	2008	
<i>Personally Not Covered (currently)</i>				<i>10%</i>	<i>14%</i>	Mammogram (40+; within past 2 years)	85%	75%	85%	
Routine Procedures					Men's Health					
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008		
Routine Checkup (2 years or less)	85%	82%	84%	86%	Digital Rectal Exam (40+; within past year)	31%	32%	42%		
Cholesterol Test (4 years or less)		73%	77%	81%	PSA Test (40+; within past 2 years)		48%	60%		
Dental Checkup (past year)	69%	76%	76%	78%	<i>Other Research: (2006)</i>					
Eye Exam (past year)	39%	52%	41%	49%	Mammogram (40+; within past 2 years)				<i>78%</i>	
<i>Other Research:</i>				<i>WI</i>	<i>U.S.</i>	Pap Smear (18+; within past 3 years)				<i>84%</i>
<i>Routine Checkup (≤2 years; 2000)</i>				<i>79%</i>	<i>84%</i>	Other Tests				
<i>Cholesterol Test (≤5 years; 2007)</i>				<i>77%</i>	<i>75%</i>	Washington County	2003	2005	2008	
<i>Dental Checkup (past year; 2006)</i>				<i>76%</i>	<i>70%</i>	Sigmoidoscopy (50+; within past 5 years)			15%	
Vaccinations					Men's Health					
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008		
Flu Vaccination (past year—65+)		71%	40%	67%	Digital Rectal Exam (40+; within past year)	31%	32%	42%		
Pneumonia (ever—65 and older)	61%	65%	61%	68%	PSA Test (40+; within past 2 years)		48%	60%		
<i>Other Research: (2007)</i>				<i>WI</i>	<i>U.S.</i>	<i>Other Research: (2006)</i>				
<i>Flu Vaccination (past year—65+)</i>				<i>74%</i>	<i>72%</i>	PSA Test (40+; within past 2 years)				<i>48%</i>
<i>Pneumonia (ever—65 and older)</i>				<i>69%</i>	<i>67%</i>	Other Tests				
Complementary/Alternative Treatments in Past 3 Years					Other Tests					
Washington County	2000	2003	2005	2008	Washington County	2003	2005	2008		
Chiropractic Care	23%	22%	23%	25%	Sigmoidoscopy (50+; within past 5 years)			15%		
Massage Therapy	14%	17%	21%	25%	Colonoscopy (50+; within past 10 years)			64%		
Aroma Therapy	2%	6%	5%	7%	Sig./Colonoscopy (50+; lifetime)	60%	61%	75%		
Acupuncture	2%	1%	1%	3%	<i>Other Research: (2006)</i>					
						<i>Sig./Colonoscopy (50+; lifetime)</i>				
									<i>64%</i>	
									<i>57%</i>	

Safety					Mental Health Status				
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Seat Belt (always/nearly always)	83%	87%	88%	88%	Felt Sad, Blue or Depressed				
Helmet (always/nearly always)					Always/Nearly Always	5%	5%	4%	4%
(Of Those Who Ride Bike/In-Line Skate)	26%	20%	31%	38%	Find Meaning and Purpose in Daily Life				
Detectors in Household					Seldom/Never		5%	3%	5%
Smoke Detector		98%	97%	98%	Considered Suicide (past year)	2%	3%	3%	3%
Carbon Monoxide Detector		45%	53%	59%					
Both Detectors		45%	52%	58%	Alcohol Use				
Neither Detector		2%	2%	1%	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
<i>Other Research: (2002)</i>			<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...				
Seat Belt (always/nearly always)			82%	88%	Heavy Drinker		5%	4%	5%
Cigarette Use					Binge Drinker	28%	19%	21%	29%
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	Driver/Passenger in Vehicle When Driver				
Current Smokers	26%	17%	20%	17%	Perhaps Had Too Much to Drink		5%	5%	3%
Of Current Smokers...					HH Problem Associated with Alcohol			8%	3%
Quit Smoking 1 Day or More in Past					<i>Other Research: (2007)</i>			<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit		51%	51%	62%	Heavy Drinker			7%	5%
Saw a Health Care Professional Past Yr					Binge Drinker			23%	16%
... Advised to Quit Smoking			81%	67%	Personal Safety in Past Year				
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Current Smokers (2007)			20%	20%	Afraid for Their Safety	5%	4%	8%	4%
Tried to Quit (2005)			49%	56%	Pushed, Kicked, Slapped, or Hit	3%	2%	2%	3%
					At Least One of the Safety Issues	6%	5%	8%	7%
Smoking Policies					Firearms in Household				
Washington County				<u>2008</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>
Smoking Policy at Home					Of all Households...				
Not allowed anywhere			81%		Have a Firearm	46%	43%	43%	38%
Allowed in some places or at some times			8%		Handguns	15%			17%
Allowed anywhere			2%		Rifles or shotguns	43%			36%
No rules inside home			9%		Have a Loaded Firearm		3%	3%	1%
Work's Official Indoor Smoking Policy					Have a Loaded Firearm Unlocked		2%	1%	<1%
Not allowed anywhere			77%		<i>Other Research: (2002)</i>				
Allowed in some areas			17%		Of all Households...			<u>WI</u>	<u>U.S.</u>
Allowed in all areas			2%		Have a Firearm			44%	33%
No official policy			2%		Have a Loaded Firearm			3%	8%
Second-Hand Smoke Exposure in Past					Have a Loaded Firearm Unlocked			2%	4%
Seven Days (Of Nonsmokers)					Additional Questions				
0 days			72%		Washington County			<u>2005</u>	<u>2008</u>
1 to 3 days			24%		Great Risk Associated with...				
4 to 6 days			2%		Alcohol (4+ drinks nearly every day)			56%	53%
All 7 days			2%		Marijuana (regularly)			55%	55%
<i>Other Research: (2003)</i>			<u>WI</u>		Household Drinking Water				
Smoking Prohibited at Home			75%		Private or Individual System or Well				35%
Smoke-free Policy at Indoor Worksite			75%		Well Has Been Tested				86%
					Well Tested Within the Past Five Years				58%

Overall Health and Health Care Key Findings

In 2008, 67% of respondents reported their health as excellent or very good; 12% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, physically inactive or smokers were more likely to report fair or poor conditions. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2008, 2% of respondents reported they were not currently covered by health care insurance. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. Eight percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report this. Eighty-seven percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, with at least some post high school education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents who were 65 and older or married were more likely to report this. *From 2000 to 2008, the overall percent statistically remained the same for respondents who reported no health care coverage. From 2003 to 2008, the overall percent statistically decreased for respondents who reported someone in the household did not have health care coverage at least some of the time in the past 12 months. From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2008, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding "living will or health care power of attorney" in 2005.*

In 2008, 86% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 49% reported an eye exam in the past year. Respondents who were 65 and older, in the top 40 percent household income bracket or married respondents were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, in the top 40 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents who were 35 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents 65 and older or in the middle 20 percent household income bracket were more likely to report an eye exam in the past year. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less. From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported having a dental exam or an eye exam in the past year.*

In 2008, 35% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or with at least some post high school education were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2008, there was no statistical change in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination. From 2000 to 2008, there was no statistical change in the overall percent of respondents 65 and older reporting a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2008, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (21% and 19%, respectively). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older, overweight, inactive or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or who were inactive were more likely to report heart disease/condition. Unmarried respondents were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Female respondents were more likely to report current asthma. *From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported high blood pressure or a mental health condition. There was no statistical change in the overall percent of respondents reporting all other health conditions.*

In 2008, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2008, out of four complementary/alternative treatments listed, the two most often used in the past three years were chiropractic care or massage therapy (25% each). Respondents who were female or 35 to 44 years old were more likely to report massage therapy. Respondents who were female, with a college education or married respondents were more likely to report aroma therapy. *From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported massage therapy or aroma therapy in the past three years. There was no statistical change in the overall percent of respondents who reported chiropractic care or acupuncture.*

In 2008, 42% of respondents did moderate physical activity five times a week for 30 minutes while 28% did vigorous activity three times a week for 20 minutes. Combined, 52% met the recommended amount of physical activity. Respondents with some post high school education, who were married or not overweight were more likely to have met the recommended amount of physical activity. Sixty-three percent of respondents were classified as overweight. Respondents who were male, 55 and older, married or inactive were more likely to be classified as overweight. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2000 to 2008, there was no statistical change in the overall percent of respondents being overweight.*

In 2008, 64% of respondents reported two or more servings of fruit while 28% reported three or more servings of vegetables on an average day. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to report at least two servings of fruit. Respondents with at least some post high school education were more likely to report at least three servings of vegetables a day. *From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported two servings of fruit or three servings of vegetables on an average day.*

In 2008, 85% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight percent of female respondents 65 and older had a bone density scan. Ninety percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years. From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a bone density scan.*

In 2008, 60% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-two percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2005 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2008, 15% of respondents 50 and older reported a sigmoidoscopy within the past five years while 64% reported a colonoscopy within the past ten years. Seventy-five percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2008, 88% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 38% reported they always or nearly always wore a helmet; respondents who were 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. *From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2000 to 2008, there was a statistical increase in the overall percent of respondents reporting they always or nearly always wore a helmet.*

In 2008, 17% of respondents were current smokers. Respondents 18 to 34 years old, with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to be a smoker. Sixty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 67% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2000 to 2008, there was a statistical decrease in the overall percent of current smokers. From 2003 to 2008, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2005 to 2008, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2008, 81% of respondents reported smoking is not allowed anywhere inside the home while 77% reported smoking is not allowed in any area at work. Respondents in the top 60 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 35 to 44 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents with some post high school education or less or who were unmarried were more likely to report this.

In 2008, 71% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 29% were binge drinkers. Respondents in the bottom 40 percent household income bracket were more likely to be heavy drinkers. Respondents who were male or 18 to 44 years old were more likely to have

binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2008, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2000 to 2008, there was no statistical change in the overall percent of respondents who binged. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2005 to 2008, there was a statistical decrease in the overall percent of respondents reporting someone in their household experienced a problem in connection with drinking in the past year.*

In 2008, 98% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-eight percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors. *From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2008, 38% of households had a firearm in or around the home; respondents in the middle 20 percent household income bracket were more likely to report this. Of all households, 17% had handguns in their home while 36% had rifles or shotguns. Respondents in the middle 20 percent household income bracket were more likely to report a handgun or rifle/shotgun in their home. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked. *From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home. From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun in their home. From 2000 to 2008, there was a statistical decrease in the overall percent of respondents reporting a rifle or shotgun in their home. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2008, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm which was also unlocked.*

In 2008, 4% of respondents reported someone made them afraid for their personal safety in the past year. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. *From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues.*

Additional Questions Key Findings

In 2008, 53% of respondents reported there is a great risk in harming themselves, physically or in other ways, if someone drinks four or five drinks nearly every day. Fifty-five percent reported a great risk if someone smokes marijuana regularly. Respondents who were female, 35 to 44 years old, 55 to 64 years old or with a college education were more likely to report a great risk for drinking. Respondents who were female, 35 to 44 years old or 65 and older were more likely to report a great risk for smoking marijuana regularly. *From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting a great risk if someone drinks four or five drinks nearly every day or smokes marijuana regularly.*

In 2008, 35% of respondents reported the water source for their home was from a private or individual system or well. Eighty-six percent of respondents with a well reported their well has been tested. Fifty-eight percent of respondents with a well reported their last well test was within the past five years; respondents in the top 40 percent household income bracket were more likely to report this.

Key Findings

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

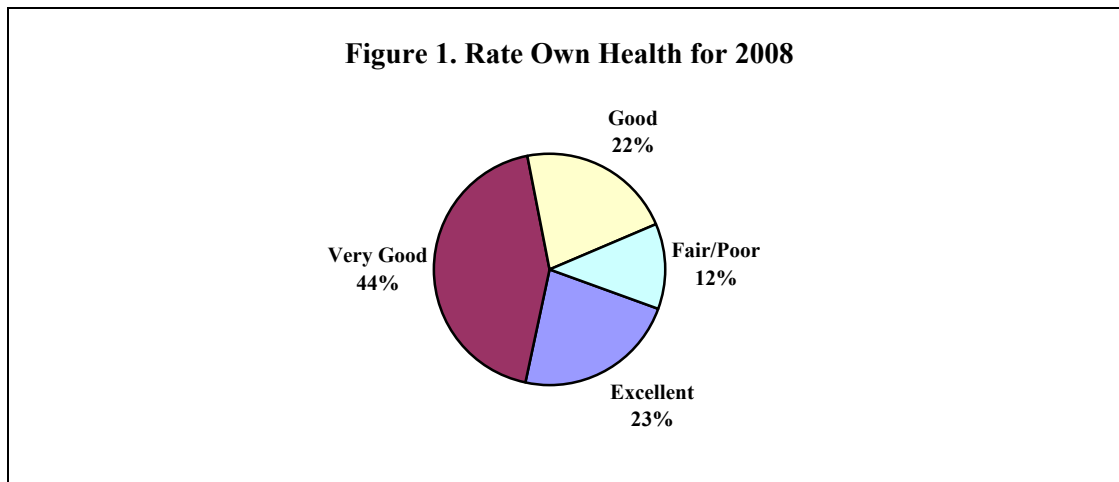
KEY FINDINGS: In 2008, 67% of respondents reported their health as excellent or very good; 12% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, physically inactive or smokers were more likely to report fair or poor conditions.

From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported their health fair or poor.

In 2007, 57% of Wisconsin respondents reported their health as excellent or very good while 13% reported fair or poor. Fifty-four percent of U.S. respondents reported their health as excellent or very good while 15% reported fair or poor (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Sixty-seven percent of respondents said their own health, generally speaking, was either excellent (23%) or very good (44%). A total of 12% reported their health was fair or poor.



- Twenty-one percent of respondents 65 and older reported fair or poor health compared to 9% of those 35 to 44 years old or 6% of respondents 18 to 34 years old.
- Twenty-two percent of respondents with a high school education or less reported fair or poor health compared to 9% of those with some post high school education or 5% of respondents with a college education.
- Twenty-one percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 15% of those in the middle 20 percent income bracket or 6% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report fair or poor health compared to married respondents (22% and 7%, respectively).
- Thirty-nine percent of inactive respondents reported fair or poor health compared to 9% of those who did an insufficient amount of physical activity or 6% of respondents who met the recommended amount of physical activity.
- Smokers were more likely to report fair or poor health (21%) compared to nonsmokers (9%).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.
- Older respondents were more likely to report fair or poor conditions in all study years.
- In 2005 and 2008, respondents with a high school education or less were more likely to report fair or poor health. In all other study years, education was not a significant variable.
- In 2000, 2005 and 2008, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. In 2003, household income was not a significant variable.
- In 2008, unmarried respondents were more likely to report fair or poor health, with a noted increase since 2000. In all other study years, marital status was not a significant variable. From 2000 to 2008, there was also a noted decrease in the percent of married respondents reporting fair or poor health.
- In 2000 and 2005, overweight respondents were more likely to report fair or poor health. In all other study years, overweight status was not a significant variable.
- In 2008, smokers were more likely to report fair or poor health. In all other study years, smoking status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	12%	10%	12%	12%
Gender				
Male	11	8	11	13
Female	13	11	12	10
Age ^{1,2,3,4}				
18 to 34	5	5	8	6
35 to 44	6	6	11	9
45 to 54	11	9	5	12
55 to 64	21	13	21	14
65 and Older	30	23	22	21
Education ^{3,4}				
High School or Less	14	9	18	22
Some Post High School	12	12	11	9
College Graduate	8	8	6	5
Household Income ^{1,3,4}				
Bottom 40 Percent Bracket	34	12	24	21
Middle 20 Percent Bracket	9	13	12	15
Top 40 Percent Bracket	5	5	6	6
Marital Status ⁴				
Married ^a	11	10	11	7
Not Married ^a	11	8	14	22
Overweight ^{1,3}				
Not Overweight	5	10	6	10
Overweight	15	9	15	13
Physical Activity ⁴				
Inactive	--	--	--	39
Insufficient	--	--	--	9
Recommended	--	--	--	6
Smoking Status ⁴				
Nonsmoker	11	9	11	9
Smoker	15	12	15	21

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

¹demographic difference at p≤0.05 in 2000

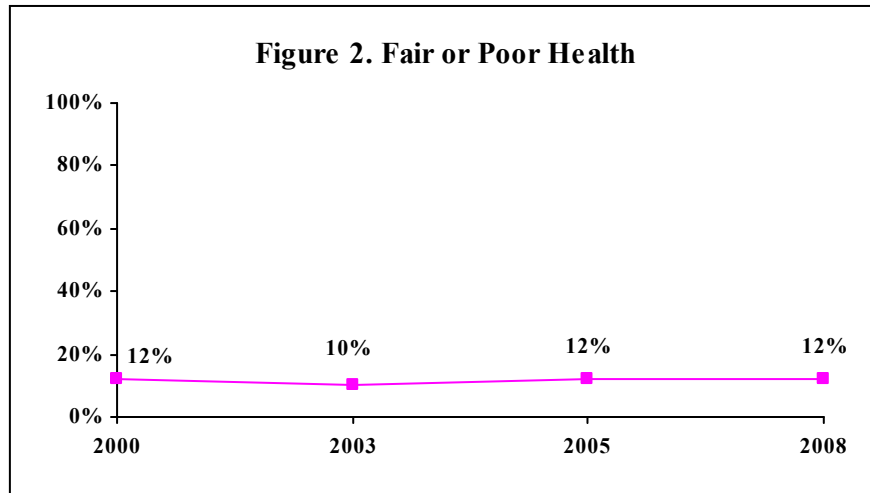
²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported their health as fair or poor.



Health Care Coverage (Figures 3 - 5; Tables 3 - 7)

KEY FINDINGS: In 2008, 2% of respondents reported they were not currently covered by health care insurance. Six percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. Eight percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report this. Eighty-seven percent of respondents reported their primary place for health services was from a doctor’s or nurse practitioner’s office; respondents who were female, with at least some post high school education, in the middle 20 percent household income bracket or married respondents were more likely to report this. Forty-three percent of respondents had an advance care plan; respondents who were 65 and older or married were more likely to report this.

From 2000 to 2008, the overall percent statistically remained the same for respondents who reported no health care coverage. From 2003 to 2008, the overall percent statistically decreased for respondents who reported someone in the household did not have health care coverage at least some of the time in the past 12 months. From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor’s or nurse practitioner’s office. From 2003 to 2008, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding “living will or health care power of attorney” in 2005.

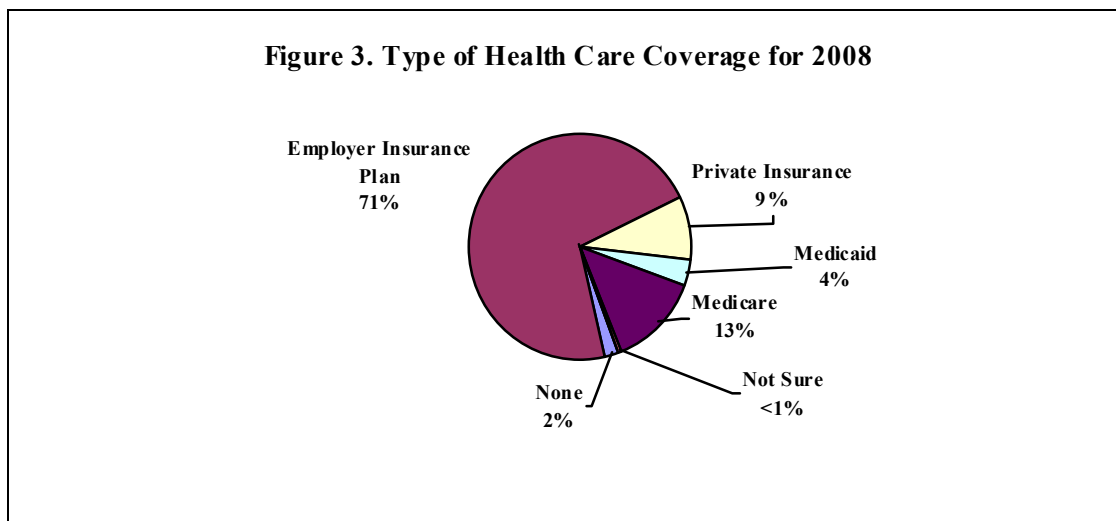
Personally Not Covered Currently

The Healthy People 2010 goal for all persons under the age of 65 having some type of health care coverage is 100%. (Objective 01-01)

In 2007, 10% of all Wisconsin respondents reported they personally did not have health care coverage. Fourteen percent of U.S. respondents reported this. Eleven percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 17% of U.S. respondents reported this (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Two percent of respondents reported they were not currently covered by any health care insurance. Seventy-one percent reported they were covered by an employer sponsored insurance plan. Nine percent reported private insurance bought directly from an insurance agent/company. Four percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 13% reported Medicare.



- No demographic comparisons were conducted as a result of the low percent of respondents reporting no personal health care coverage.

Year Comparisons

- From 2000 to 2008, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no personal health care insurance.
- In 2000, respondents 18 to 34 years old were more likely to report no health insurance. In 2003, age was not a significant variable.
- In 2003, respondents with a high school education or less or in the bottom 40 percent household income bracket were more likely to report no health insurance. In 2000, neither education nor household income was significant.
- In 2000 and 2003, unmarried respondents were more likely to report no health insurance.

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

	2000	2003	2005 ^②	2008 ^②
TOTAL				
All Respondents	4%	6%	3%	2%
Respondents 18 to 64 Years Old	4	6	4	3
Gender				
Male	5	6	--	--
Female	2	5	--	--
Age ¹				
18 to 34	11	7	--	--
35 to 44	2	6	--	--
45 to 54	0	6	--	--
55 to 64	2	9	--	--
65 and Older	0	2	--	--
Education ²				
High School or Less	6	10	--	--
Some Post High School	4	5	--	--
College Graduate	<1	<1	--	--
Household Income ²				
Bottom 40 Percent Bracket	7	13	--	--
Middle 20 Percent Bracket	0	8	--	--
Top 40 Percent Bracket	4	2	--	--
Marital Status ^{1,2}				
Married	1	4	--	--
Not Married	11	10	--	--

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

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Personally Not Covered in the Past 12 Months

2008 Findings

- Six percent of respondents reported they were not covered by health insurance at least part of the time in the past 12 months.
- Respondents 18 to 34 years old were more likely to report they were not covered (15%) compared to those 45 to 54 years old (3%) or respondents 55 and older (0%).

- Eleven percent of respondents with a high school education or less reported they were not covered compared to 5% of those with some post high school education or 3% of respondents with a college education.
- Seventeen percent of respondents in the middle 20 percent household income bracket reported no coverage compared to 8% of those in the bottom 40 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report no coverage compared to married respondents (14% and 3%, respectively).

Table 4. Personally Not Covered by Health Insurance in Past 12 Months by Demographic Variables for 2008^⓪

	2008
TOTAL	6%
Gender	
Male	5
Female	7
Age ¹	
18 to 34	15
35 to 44	6
45 to 54	3
55 to 64	0
65 and Older	0
Education ¹	
High School or Less	11
Some Post High School	5
College Graduate	3
Household Income ¹	
Bottom 40 Percent Bracket	8
Middle 20 Percent Bracket	17
Top 40 Percent Bracket	2
Marital Status ¹	
Married	3
Not Married	14

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

¹demographic difference at $p \leq 0.05$ in 2008

Someone in Household Not Covered in the Past 12 Months

2008 Findings

- Eight percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past 12 months.

- Twenty percent of respondents in the middle 20 percent household income bracket reported someone in their household was not covered compared to 11% of those in the bottom 40 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report someone in their household was not covered compared to married respondents (17% and 4%, respectively).

Year Comparisons

- From 2003 to 2008, the overall percent statistically decreased for respondents who reported someone in their household was not covered at least part of the time in the past 12 months.
- In 2003 and 2008, respondents in the middle 20 percent household income bracket were more likely to report someone in their household was not covered in the past 12 months. In 2005, household income was not a significant variable. From 2003 to 2008, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting someone in their household was not covered in the past 12 months.
- In 2003 and 2008, unmarried respondents were more likely to report someone in their household was not covered in the past 12 months. In 2005, marital status was not a significant variable. From 2003 to 2008, there was a noted decrease in the percent of married respondents reporting someone in their household was not covered in the past 12 months.

Table 5. Someone in Household Not Covered by Health Insurance in Past 12 Months by Demographic Variables for Each Survey Year^①

	2003	2005	2008
TOTAL ^a	15%	12%	8%
Household Income ^{1,3}			
Bottom 40 Percent Bracket	19	15	11
Middle 20 Percent Bracket	24	15	20
Top 40 Percent Bracket ^a	8	7	3
Marital Status ^{1,3}			
Married ^a	11	11	4
Not Married	25	14	17

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

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

²demographic difference at $p \leq 0.05$ in 2005

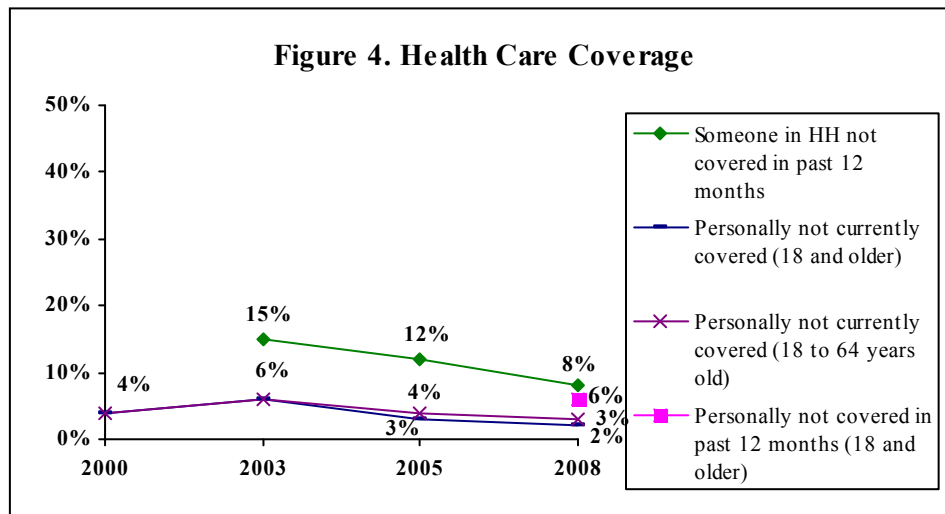
³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Health Care Coverage Overall

Year Comparisons

- From 2000 to 2008, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no personal health care insurance. From 2003 to 2008, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.



Primary Health Care Services

2008 Findings

- Eighty-seven percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick or need health advice. Six percent reported public health clinic or community health center, while 2% each reported hospital outpatient department or hospital emergency room.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (93%) compared to male respondents (80%).
- Ninety percent of respondents with a college education and 88% of those with some post high school education reported a doctor's or nurse practitioner's office compared to 80% of respondents with a high school education or less.
- Ninety-four percent of respondents in the middle 20 percent household income bracket reported a doctor's or nurse practitioner's office compared to 88% of those in the top 40 percent income bracket or 81% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a doctor's or nurse practitioner's office compared to unmarried respondents (89% and 81%, respectively).

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office.
- In 2008, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2005, gender was not a significant variable. From 2005 to 2008, there was a noted decrease in the percent of male respondents reporting this.
- In 2008, respondents with at least some post high school education or respondents in the middle 20 percent household income bracket were more likely to report they go to a doctor's or nurse practitioner's office. In 2005, neither education nor household income was significant.
- In both study years, married respondents were more likely to report a doctor's or nurse practitioner's office.

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

	2005	2008
TOTAL	90%	87%
Gender ²		
Male ^a	88	80
Female	91	93
Age		
18 to 34	87	87
35 to 44	92	87
45 to 54	87	82
55 to 64	96	92
65 and Older	86	87
Education ²		
High School or Less	85	80
Some Post High School	91	88
College Graduate	93	90
Household Income ²		
Bottom 40 Percent Bracket	86	81
Middle 20 Percent Bracket	90	94
Top 40 Percent Bracket	94	88
Marital Status ^{1,2}		
Married	92	89
Not Married	85	81

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

¹demographic difference at $p \leq 0.05$ in 2005

²demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2005 to 2008

Advance Care Plan

2008 Findings

- Forty-three percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Eighty-two percent of respondents 65 and older reported they had an advance care plan compared to 30% of those 45 to 54 years old or 19% of respondents 18 to 34 years old.
- Married respondents were more likely to report an advance care plan compared to unmarried respondents (49% and 30%, respectively).

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding “living will or health care power of attorney” in 2005.
- Gender or household income was not significant in any study year. From 2003 to 2008, there was a noted increase in the percent of respondents who were male or in the top 40 percent household income bracket reporting an advance care plan.
- In all study years, respondents 65 and older were more likely to report having an advance care plan. From 2003 to 2008, there was a noted increase in the percent of respondents 35 to 44 years old or 55 and older reporting an advance care plan.
- In 2008, married respondents were more likely to report an advance care plan, with a noted increase since 2003. In all other study years, marital status was not a significant variable.

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

	2003	2005	2008
TOTAL ^a	32%	43%	43%
Gender			
Male ^a	28	41	43
Female	36	45	43
Age ^{1,2,3}			
18 to 34	22	24	19
35 to 44 ^a	26	35	47
45 to 54	40	48	30
55 to 64 ^a	36	40	58
65 and Older ^a	48	82	82
Education			
High School or Less	31	45	40
Some Post High School	28	45	40
College Graduate	38	40	46
Household Income			
Bottom 40 Percent Bracket	29	48	39
Middle 20 Percent Bracket	34	35	40
Top 40 Percent Bracket ^a	30	41	42
Marital Status ³			
Married ^a	31	46	49
Not Married	35	39	30

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

^②In 2005, “living will or health care power of attorney” was added.

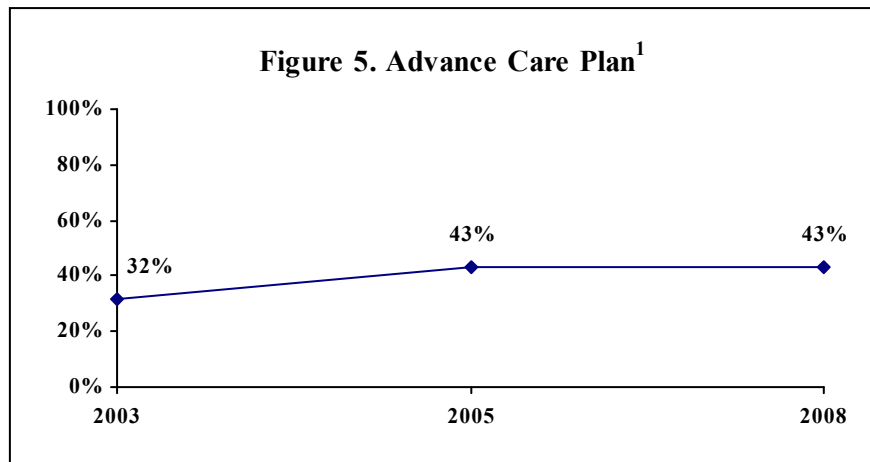
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents having an advance care plan. Part of this increase may be a result of adding “living will or health care power of attorney” in 2005.



¹In 2005, “living will or health care power of attorney” was added.

Routine Procedures (Figure 6; Tables 8 - 11)

KEY FINDINGS: In 2008, 86% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-eight percent of respondents reported a visit to the dentist in the past year while 49% reported an eye exam in the past year. Respondents who were 65 and older, in the top 40 percent household income bracket or married respondents were more likely to report a routine checkup two years ago or less. Respondents who were 55 to 64 years old, in the top 40 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents who were 35 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents 65 and older or in the middle 20 percent household income bracket were more likely to report an eye exam in the past year.

From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less. From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported having a dental exam or an eye exam in the past year.

Routine Checkup

In 2000, 65% of Wisconsin respondents reported in the past year they had a routine checkup, 14% reported past two years, 9% past five years and 11% five or more years ago. Nationally, 72% reported past year, 12% past two years, 7% past five years and 8% five or more years ago (2000 Behavioral Risk Factor Surveillance).

2008 Findings

- Sixty-two percent of respondents reported they had a routine checkup in the past year. An additional 24% had a checkup in the past one to two years.
- Respondents 65 and older were more likely to report a routine checkup in the past two years (97%) compared to those 35 to 44 years old (88%) or respondents 18 to 34 years old (74%).
- Ninety-four percent of respondents in the top 40 percent household income bracket reported a routine checkup in the past two years compared to 82% of those in the middle 20 percent income bracket or 78% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (89% and 79%, respectively).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2000, 2003 and 2005, female respondents were more likely to report a routine checkup two years ago or less. In 2008, gender was not a significant variable.
- In 2000, respondents 45 and older were more likely to report a routine checkup two years ago or less. In 2003 and 2008, respondents 65 and older were more likely to report this. In 2005, age was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents 35 to 44 years old reporting a routine checkup two years ago or less.
- In 2005, respondents with a college education were more likely to report a routine checkup two years ago or less. In all other study years, education was not a significant variable.
- In 2008, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less, with a noted increase since 2000. In all other study years, household income was not a significant variable. From 2000 to 2008, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting a routine checkup two years ago or less.
- In 2005 and 2008, married respondents were more likely to report a routine checkup two years ago or less. In all other study years, marital status was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of married respondents reporting a routine checkup two years ago or less and a noted decrease in the percent of unmarried respondents reporting this.

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

	2000	2003	2005	2008
TOTAL	85%	82%	84%	86%
Gender ^{1,2,3}				
Male	79	73	77	85
Female	91	90	89	87
Age ^{1,2,4}				
18 to 34	82	90	86	74
35 to 44 ^a	76	61	84	88
45 to 54	93	85	78	91
55 to 64	91	85	85	90
65 and Older	91	96	89	97
Education ³				
High School or Less	81	80	82	85
Some Post High School	85	81	77	83
College Graduate	91	86	91	89
Household Income ⁴				
Bottom 40 Percent Bracket ^a	92	83	89	78
Middle 20 Percent Bracket	81	79	81	82
Top 40 Percent Bracket ^a	86	82	86	94
Marital Status ^{3,4}				
Married ^a	83	81	88	89
Not Married ^a	90	83	77	79

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Cholesterol Test

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

In 2007, 77% of Wisconsin respondents and 75% of U.S. respondents reported they had their cholesterol checked within the past five years (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Eighty-one percent of respondents reported having their cholesterol tested four years ago or less. Three percent reported five or more years ago while 13% reported never having their cholesterol tested.

- Ninety-eight percent of respondents 55 to 64 years old reported a cholesterol test four years ago or less compared to 79% of those 35 to 44 years old or 65% of respondents 18 to 34 years old.
- Eighty-nine percent of respondents in the top 40 percent household income bracket reported a cholesterol test four years ago or less compared to 77% of those in the middle 20 percent income bracket or 73% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (85% and 74%, respectively).

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less.
- In 2003, respondents who were female or with a college education were more likely to report a cholesterol test four years ago or less. In all other study years, neither gender nor education was significant. From 2003 to 2008, there was a noted increase in the percent of respondents who were male or with a high school education or less reporting a cholesterol test four years ago or less.
- In 2003, respondents 65 and older were more likely to report a cholesterol test four years ago or less. In 2005, respondents 55 and older were more likely to report this. In 2008, respondents 55 to 64 years old were more likely to report a cholesterol test. From 2003 to 2008, there was a noted increase in the percent of respondents 18 to 34 years old or 55 to 64 years old reporting a cholesterol test.
- In 2008, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In all study years, married respondents were more likely to report a cholesterol test four years ago or less. From 2003 to 2008, there was a noted increase in the percent of unmarried respondents reporting a cholesterol test four years ago or less.

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

	2003	2005	2008
TOTAL ^a	73%	77%	81%
Gender ¹			
Male ^a	66	75	82
Female	79	78	80
Age ^{1,2,3}			
18 to 34 ^a	51	57	65
35 to 44	69	73	79
45 to 54	88	83	91
55 to 64 ^a	82	91	98
65 and Older	94	91	92
Education ¹			
High School or Less ^a	66	75	79
Some Post High School	74	71	82
College Graduate	84	82	82
Household Income ³			
Bottom 40 Percent Bracket	67	75	73
Middle 20 Percent Bracket	74	71	77
Top 40 Percent Bracket ^a	76	82	89
Marital Status ^{1,2,3}			
Married	79	82	85
Not Married ^a	61	68	74

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2005

³demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2003 to 2008

Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.¹

The Healthy People 2010 goal for an annual dental visit is 56%. (Objective 21-10)

In 2006, 76% of Wisconsin respondents and 70% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2006 Behavioral Risk Factor Surveillance).

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

2008 Findings

- Seventy-eight percent of respondents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- Eighty-six percent of respondents 55 to 64 years old, 85% of those 35 to 44 years old and 83% of respondents 45 to 54 years old had a dental checkup in the past year compared to 64% of respondents 65 and older.
- Ninety percent of respondents with a college education reported a dental checkup in the past year compared to 81% of those with some post high school education or 60% of respondents with a high school education or less.
- Eighty-seven percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 78% of those in the middle 20 percent income bracket or 60% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup within the past year compared to unmarried respondents (86% and 62%, respectively).

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported having a dental exam in the past year.
- In 2003, female respondents were more likely to report a dental exam. In all other study years, gender was not a significant variable. From 2000 to 2008, there was a noted increase across gender reporting a dental exam in the past year.
- In 2000 and 2005, respondents 45 to 54 years old were more likely to report a dental exam. In 2008, respondents 35 to 64 years old were more likely to report a dental exam in the past year. In 2003, age was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents 35 to 44 years reporting a dental exam.
- In 2000, 2003, and 2008, respondents with a college education were more likely to report a dental exam. In 2005, respondents with at least some post high school education were more likely to report a dental exam. From 2000 to 2008, there was a noted increase in the percent of respondents with some post high school education reporting a dental exam in the past year.
- In 2000, respondents in the top 60 percent household income bracket were more likely to report a dental exam. In 2003, respondents in the middle 20 percent household income bracket were more likely to report a dental exam. In 2005 and 2008, respondents in the top 40 percent household income bracket were more likely to report a dental exam in the past year. From 2000 to 2008, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a dental exam.
- In all study years, married respondents were more likely to report a dental exam. From 2000 to 2008, there was a noted increase in the percent of married respondents reporting a dental exam in the past year.

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

	2000	2003	2005	2008
TOTAL ^a	69%	76%	76%	78%
Gender ²				
Male ^a	68	71	77	77
Female ^a	70	80	75	79
Age ^{1,3,4}				
18 to 34	64	73	67	72
35 to 44 ^a	71	74	84	85
45 to 54	84	84	88	83
55 to 64	70	76	74	86
65 and Older	55	73	63	64
Education ^{1,2,3,4}				
High School or Less	62	69	63	60
Some Post High School ^a	69	77	82	81
College Graduate	82	85	85	90
Household Income ^{1,2,3,4}				
Bottom 40 Percent Bracket	58	62	60	60
Middle 20 Percent Bracket	74	84	77	78
Top 40 Percent Bracket ^a	75	79	86	87
Marital Status ^{1,2,3,4}				
Married ^a	74	81	81	86
Not Married	57	67	68	62

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Eye Exam

2008 Findings

- Forty-nine percent of respondents had an eye exam in the past year while 29% reported one to two years ago. Four percent reported never.
- Seventy percent of respondents 65 and older reported having an eye exam in the past year compared to 49% of those 45 to 54 years old or 32% of respondents 18 to 34 years old.
- Fifty-eight percent of respondents in the middle 20 percent household income bracket reported having an eye exam in the past year compared to 49% of those in the bottom 40 percent income bracket or 42% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported an eye exam less than a year ago.
- In 2000, female respondents were more likely to report an eye exam. In all other study years, gender was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of male respondents reporting an eye exam in the past year.
- In 2000 and 2005, respondents 55 and older were more likely to report an eye exam less than a year ago. In 2003, respondents 45 and older were more likely to report this. In 2008, respondents 65 and older were more likely to report an eye exam less than a year ago. From 2000 to 2008, there was a noted increase in the percent of respondents 35 to 54 years old reporting an exam in the past year.
- Neither education nor marital status was significant in any study year. From 2000 to 2008 there was a noted increase in the percent of respondents with a high school education or less or married respondents reporting an eye exam in the past year.
- In 2000 and 2008, respondents in the middle 20 percent household income bracket were more likely to report an eye exam. In all other study years, household income was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting an eye exam in the past year.

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

	2000	2003	2005	2008
TOTAL ^a	39%	52%	41%	49%
Gender ¹				
Male ^a	33	47	38	49
Female	44	55	44	49
Age ^{1,2,3,4}				
18 to 34	39	36	30	32
35 to 44 ^a	26	48	42	52
45 to 54 ^a	31	65	35	49
55 to 64	53	62	56	51
65 and Older	57	62	52	70
Education				
High School or Less ^a	38	50	40	52
Some Post High School	41	51	42	51
College Graduate	37	54	43	43
Household Income ^{1,4}				
Bottom 40 Percent Bracket	43	46	47	49
Middle 20 Percent Bracket	48	54	40	58
Top 40 Percent Bracket ^a	30	52	39	42
Marital Status				
Married ^a	36	52	38	50
Not Married	44	51	47	45

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

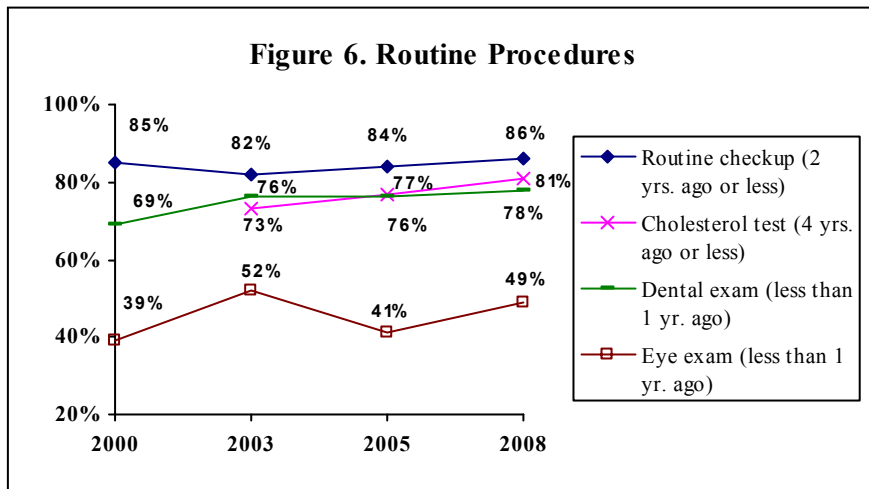
⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Routine Procedures Overall

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less. From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a cholesterol test four years ago or less. From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported having a dental exam or an eye exam in the past year.



Vaccinations (Figure 7; Table 12)

KEY FINDINGS: In 2008, 35% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or with at least some post high school education were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination.

From 2003 to 2008, there was no statistical change in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination. From 2000 to 2008, there was no statistical change in the overall percent of respondents 65 and older reporting a pneumonia vaccination.

Flu Vaccination

The Healthy People 2010 goal for persons 65 and older having an influenza vaccination within the past 12 months is 90%. (Objective 14-29a)

In 2005, 32% of Wisconsin respondents reported a flu vaccination in the past 12 months. Nationally, 27% reported this (2005 Behavioral Risk Factor Surveillance). In 2007, 74% of Wisconsin respondents and 72% of U.S. respondents 65 and older reported a flu vaccination (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Thirty-five percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months.
- Respondents 65 and older were more likely to report receiving a flu vaccination (67%) compared to those 45 to 54 years old (27%) or respondents 18 to 34 years old (15%).
- Forty percent of respondents with a college education and 37% of those with some post high school education reported a flu vaccination compared to 26% of respondents with a high school education or less.

Year Comparisons

For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.

- From 2003 to 2008, there was no statistical change in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months.
- Respondents 65 and older were more likely to report a flu shot/nasal spray in all study years. From 2003 to 2008, there was a noted increase in the percent of respondents 35 to 44 years old reporting a flu vaccination in the past 12 months.
- In 2003 and 2008, respondents with at least some post high school education were more likely to report a flu vaccination. In 2005, education was not a significant variable.
- In 2003 and 2005, respondents in the bottom 40 percent household income bracket were more likely to report a flu vaccination. In 2008, household income was not a significant variable.

Table 12. Flu Vaccination by Demographic Variables for Each Survey Year^{①,②}

	2003	2005 ^③	2008
TOTAL	30%	16%	35%
Gender			
Male	28	12	36
Female	32	19	33
Age ^{1,2,3}			
18 to 34	12	9	15
35 to 44 ^a	20	8	35
45 to 54	28	9	27
55 to 64	54	25	50
65 and Older	71	40	67
Education ^{1,3}			
High School or Less	23	20	26
Some Post High School	39	12	37
College Graduate	32	13	40
Household Income ^{1,2}			
Bottom 40 Percent Bracket	39	22	37
Middle 20 Percent Bracket	32	7	29
Top 40 Percent Bracket	24	13	32
Marital Status			
Married	32	14	35
Not Married	27	19	33

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

^②In 2005, “nasal spray” was added.

^③For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.

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

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Pneumonia Vaccination

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

In 2007, 69% of Wisconsin respondents and 67% of U.S. respondents 65 and older reported they received a pneumonia shot (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Sixty-eight percent of respondents who were 65 and older reported they received a pneumonia vaccination.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

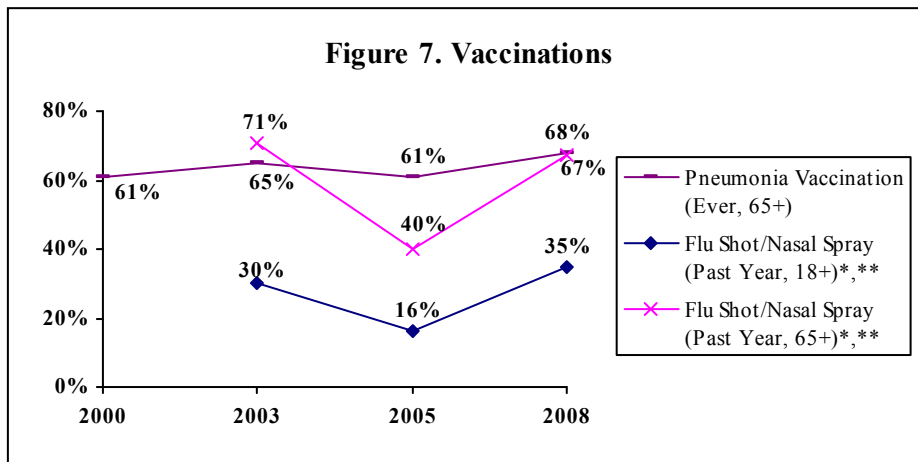
Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who had a pneumonia vaccination.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination that was sprayed in their nose in the past 12 months. From 2000 to 2008, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.



*In 2005, “nasal spray” was added.

**For a time in the 2004/2005 flu season there was a limited supply of flu vaccinations. During that period, it was only offered to persons in high-risk categories.

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

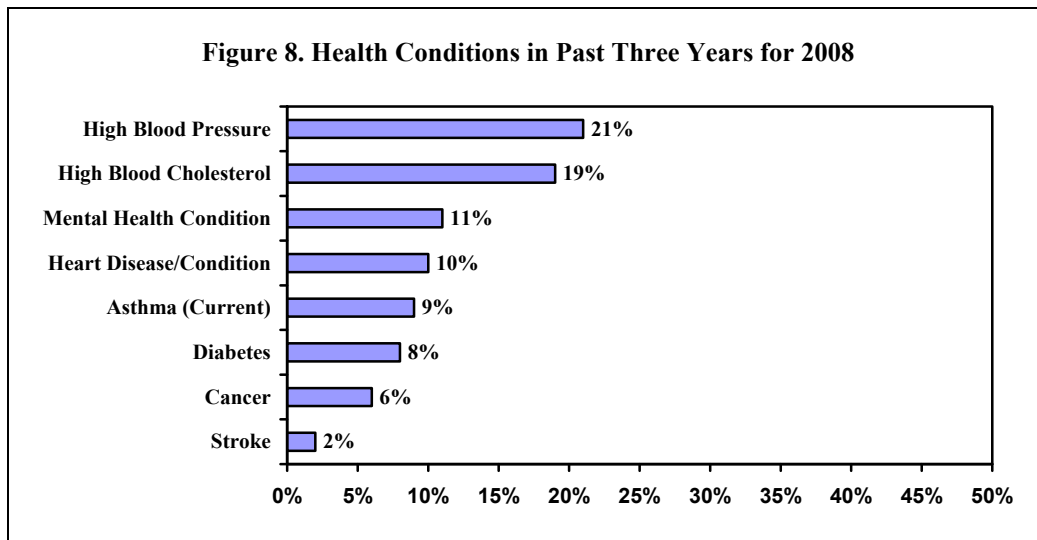
Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2008, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (21% and 19%, respectively). Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report high blood pressure. Respondents who were 65 and older, overweight, inactive or nonsmokers were more likely to report high blood cholesterol. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or who were inactive were more likely to report heart disease/condition. Unmarried respondents were more likely to report a mental health condition. Respondents who were 65 and older, with some post high school education or less, who were overweight or inactive were more likely to report diabetes. Female respondents were more likely to report current asthma.

From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported high blood pressure or a mental health condition. There was no statistical change in the overall percent of respondents reporting all other health conditions.

2008 Findings

- Respondents were more likely to report high blood pressure (21%), high blood cholesterol (19%) or a mental health condition (11%) in the past three years.



High Blood Pressure

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

2008 Findings

- Twenty-one percent of respondents reported high blood pressure in the past three years.
- Fifty-nine percent of respondents 65 and older reported high blood pressure in the past three years compared to 11% of those 35 to 44 years old or 4% of respondents 18 to 34 years old.
- Respondents with a high school education or less were more likely to report high blood pressure (28%) compared to those with some post high school education (22%) or respondents with a college education (14%).
- Twenty-eight percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 24% of those in the middle 20 percent income bracket or 16% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report high blood pressure compared to married respondents (28% and 18%, respectively).
- Overweight respondents were more likely to report high blood pressure (29%) compared to respondents who were not overweight (8%).
- Forty-three percent of inactive respondents reported high blood pressure compared to 19% of those who did an insufficient amount of physical activity or 17% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported high blood pressure.
- Respondents 65 and older were more likely to report high blood pressure in all study years.
- In 2005 and 2008, respondents with a high school education or less were more likely to report high blood pressure. In all other study years, education was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents with some post high school education reporting high blood pressure.
- In 2000, 2005, and 2008, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. In 2003, household income was not a significant variable.
- In 2008, unmarried respondents were more likely to report high blood pressure, with a noted increase since 2000. In all other study years, marital status was not a significant variable.
- In 2000, 2003, and 2008, overweight respondents were more likely to report high blood pressure. In 2005, overweight status was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of overweight respondents reporting high blood pressure.
- In 2005, respondents who were nonsmokers were more likely to report high blood pressure. In all other study years, smoking status was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of nonsmokers reporting high blood pressure.

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

	2000	2003	2005	2008
TOTAL ^a	16%	21%	25%	21%
Gender				
Male	15	20	27	21
Female	16	21	24	22
Age ^{1,2,3,4}				
18 to 34	4	3	18	4
35 to 44	8	12	14	11
45 to 54	23	24	19	22
55 to 64	21	43	39	35
65 and Older	43	51	52	59
Education ^{3,4}				
High School or Less	19	21	33	28
Some Post High School ^a	11	22	23	22
College Graduate	15	19	19	14
Household Income ^{1,3,4}				
Bottom 40 Percent Bracket	26	26	36	28
Middle 20 Percent Bracket	14	22	21	24
Top 40 Percent Bracket	12	16	21	16
Marital Status ⁴				
Married	16	22	24	18
Not Married ^a	14	18	27	28
Overweight ^{1,2,4}				
Not Overweight	8	10	21	8
Overweight ^a	21	27	28	29
Physical Activity ⁴				
Inactive	--	--	--	43
Insufficient	--	--	--	19
Recommended	--	--	--	17
Smoking Status ³				
Nonsmoker ^a	16	22	28	23
Smoker	12	16	15	13

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

High Blood Cholesterol

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

2008 Findings

- Nineteen percent of respondents reported high blood cholesterol in the past three years.
- Forty-four percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 38% of those 55 to 64 years old or 10% of respondents 18 to 54 years old.
- Overweight respondents were more likely to report high blood cholesterol (23%) compared to respondents who were not overweight (11%).
- Twenty-eight percent of inactive respondents reported high blood cholesterol compared to 24% of those who did an insufficient amount of physical activity or 13% of respondents who met the recommended amount of physical activity.
- Nonsmokers were more likely to report high blood cholesterol compared to smokers (21% and 7%, respectively).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- Older respondents were more likely to report high blood cholesterol in all study years. From 2000 to 2008, there was a noted decrease in the percent of respondents 45 to 54 years old reporting high blood cholesterol.
- In 2005, respondents with a high school education or less were more likely to report high blood cholesterol. In all other study years, education was not a significant variable.
- In 2000 and 2003, married respondents were more likely to report high blood cholesterol. In all other study years, marital status was not a significant variable. From 2000 to 2008, there was a noted decrease in the percent of married respondents reporting high blood cholesterol.
- Overweight respondents were more likely to report high blood cholesterol in all study years.
- In 2008, nonsmokers were more likely to report high blood cholesterol as a result of a noted decrease in the percent of smokers reporting this since 2000. In all other study years, smoking status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	22%	16%	21%	19%
Gender				
Male	21	15	25	18
Female	23	16	18	19
Age ^{1,2,3,4}				
18 to 34	6	2	9	10
35 to 44	18	11	16	10
45 to 54 ^a	34	17	21	10
55 to 64	28	30	36	38
65 and Older	38	38	38	44
Education ³				
High School or Less	23	13	32	24
Some Post High School	19	18	17	17
College Graduate	22	15	14	16
Household Income				
Bottom 40 Percent Bracket	24	14	30	18
Middle 20 Percent Bracket	27	17	23	18
Top 40 Percent Bracket	20	15	17	17
Marital Status ^{1,2}				
Married ^a	26	19	22	18
Not Married	10	8	20	19
Overweight ^{1,2,3,4}				
Not Overweight	12	10	14	11
Overweight	28	19	28	23
Physical Activity ⁴				
Inactive	--	--	--	28
Insufficient	--	--	--	24
Recommended	--	--	--	13
Smoking Status ⁴				
Nonsmoker	21	17	23	21
Smoker ^a	25	10	15	7

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Heart Disease/Condition

2008 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Respondents 65 and older were more likely to report heart disease/condition (33%) compared to respondents 18 to 34 years old or 45 to 54 years old (3% each).
- Eighteen percent of respondents with a high school education or less reported heart disease/condition compared to 8% of those with some post high school education or 5% of respondents with a college education.
- Respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition (19%) compared to those in the middle 20 percent income bracket (8%) or respondents in the top 40 percent household income bracket (4%).
- Nineteen percent of inactive respondents reported heart disease/condition compared to 8% of those who met the recommended amount of physical activity or 7% of respondents who did an insufficient amount of physical activity.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- Older respondents were more likely to report heart disease/condition in all study years.
- In 2005 and 2008, respondents with a high school education or less were more likely to report heart disease/condition. In all other study years, education was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents with a high school education or less reporting heart disease/condition.
- In 2000 and 2008, respondents in the bottom 40 percent household income bracket were more likely to report heart/disease condition. In all other study years, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 2000 to 2008 there was a noted increase in the percent of unmarried respondents reporting heart disease/condition.
- In 2000 and 2005, overweight respondents were more likely to report heart disease/condition. In all other study years, overweight status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	9%	8%	7%	10%
Gender				
Male	10	7	10	9
Female	7	8	5	11
Age ^{1,2,3,4}				
18 to 34	4	0	0	3
35 to 44	<1	6	5	4
45 to 54	6	4	2	3
55 to 64	18	15	19	19
65 and Older	28	27	19	33
Education ^{3,4}				
High School or Less ^a	5	10	13	18
Some Post High School	12	8	4	8
College Graduate	9	5	4	5
Household Income ^{1,4}				
Bottom 40 Percent Bracket	17	12	10	19
Middle 20 Percent Bracket	8	9	10	8
Top 40 Percent Bracket	5	4	4	4
Marital Status				
Married	10	7	7	8
Not Married ^a	5	9	7	12
Overweight ^{1,3}				
Not Overweight	3	5	3	8
Overweight	12	9	11	11
Physical Activity ⁴				
Inactive	--	--	--	19
Insufficient	--	--	--	7
Recommended	--	--	--	8
Smoking Status				
Nonsmoker	9	8	7	10
Smoker	9	7	6	9

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Mental Health Condition

2008 Findings

- Eleven percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression in the past three years.
- Unmarried respondents were more likely to report a mental health condition compared to married respondents (17% and 9%, respectively).

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents reporting a mental health condition, possibly the result of adding the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” to the survey question.
- In 2005, female respondents were more likely to report a mental health condition. In 2000 and 2008, gender was not a significant variable. From 2000 to 2008, there was a noted increase across gender reporting a mental health condition.
- In 2005, respondents 35 to 44 years old were more likely to report a mental health condition. In 2000 and 2008, age was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents 18 to 44 years old or 55 to 64 years old reporting a mental health condition.
- Neither education nor household income was significant in any study year. From 2000 to 2008, there was a noted increase in the percent of respondents with some post high school education or less or respondents in the bottom 60 percent household income bracket reporting a mental health condition.
- In 2008, unmarried respondents were more likely to report a mental health condition. In 2000 and 2005, marital status was not a significant variable. From 2000 to 2008, there was a noted increase across marital status reporting a mental health condition.

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

	2000	2003 ^③	2005	2008
TOTAL ^a	4%	2%	5%	11%
Gender ³				
Male ^a	3	--	2	10
Female ^a	4	--	8	13
Age ³				
18 to 34 ^a	4	--	1	13
35 to 44 ^a	4	--	13	14
45 to 54	4	--	4	8
55 to 64 ^a	2	--	2	14
65 and Older	2	--	3	7
Education				
High School or Less ^a	4	--	3	14
Some Post High School ^a	3	--	7	14
College Graduate	4	--	6	7
Household Income				
Bottom 40 Percent Bracket ^a	5	--	8	19
Middle 20 Percent Bracket ^a	3	--	2	12
Top 40 Percent Bracket	4	--	6	9
Marital Status ⁴				
Married ^a	3	--	5	9
Not Married ^a	4	--	6	17

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

^②In 2008, “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added.

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Diabetes

2008 Findings

- Eight percent of respondents reported diabetes in the past three years.
- Twenty-three percent of respondents 65 and older reported diabetes in the past three years compared to 3% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Twelve percent of respondents with a high school education or less and 10% of those with some post high school education reported diabetes compared to 3% of respondents with a college education.
- Overweight respondents were more likely to report diabetes (11%) compared to respondents who were not overweight (2%).
- Inactive respondents were more likely to report diabetes (26%) compared to those who did an insufficient amount of physical activity (6%) or respondents who met the recommended amount of physical activity (5%).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2003, respondents 55 and older were more likely to report diabetes. In 2005, respondents 55 to 64 years old were more likely to report this. In 2008, respondents 65 and older were more likely to report diabetes. In 2000, age was not a significant variable. From 2000 to 2008, there was a noted decrease in the percent of respondents 18 to 34 years old reporting diabetes.
- In 2008, respondents with some post high school education or less were more likely to report diabetes. In all other study years, education was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents with some post high school education reporting diabetes.
- In 2005, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. In all other study years, household income was not a significant variable.
- In 2000, 2005 and 2008, overweight respondents were more likely to report diabetes. In 2003, overweight status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	5%	7%	6%	8%
Gender				
Male	6	7	8	10
Female	5	7	5	5
Age ^{2,3,4}				
18 to 34 ^a	4	4	0	0
35 to 44	2	0	4	3
45 to 54	8	5	0	10
55 to 64	9	16	21	13
65 and Older	9	17	13	23
Education ⁴				
High School or Less	6	8	8	12
Some Post High School ^a	3	6	7	10
College Graduate	7	4	3	3
Household Income ³				
Bottom 40 Percent Bracket	7	9	9	13
Middle 20 Percent Bracket	10	4	11	10
Top 40 Percent Bracket	3	5	0	6
Marital Status				
Married	6	6	6	7
Not Married	4	7	5	10
Overweight ^{1,3,4}				
Not Overweight	1	3	1	2
Overweight	8	8	9	11
Physical Activity ⁴				
Inactive	--	--	--	26
Insufficient	--	--	--	6
Recommended	--	--	--	5
Smoking Status				
Nonsmoker	5	7	7	9
Smoker	6	6	4	4

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

A1C Test

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

2008 Findings

- Twenty percent of the 30 respondents who reported being diagnosed with diabetes had an A1C test four or more times in the past year. Seventy-seven percent reported one to three times while 3% reported zero times.
- Fifty-nine percent of the 29 respondents who had an A1C test in the past year had a level of less than seven at their last appointment. Twenty-eight percent reported a level of seven or higher while 14% were not sure.
- Twenty-three percent of the 30 respondents who had an A1C test in the past year had a LDL level of less than 100 at their last appointment. Thirty percent reported a level of 100 or higher while 47% were not sure.
- No demographic comparisons were conducted as a result of the low number of respondents answering the questions.

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting an A1C test two or more times in the past 12 months (74% and 77%, respectively). From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting their A1C test was a level of less than seven at their last appointment (75% and 59%, respectively). From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting their LDL level was less than 100 at their last appointment (21% and 23%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering these questions.

Current Asthma

2008 Findings

- Nine percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma compared to male respondents (12% and 6%, respectively).

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported current asthma.
- Female respondents were more likely to report current asthma in all study years. From 2003 to 2008, there was a noted increase in the percent of male respondents reporting current asthma.

- Education was not a significant variable in any study year. From 2003 to 2008 there was a noted increase in the percent of respondents with a college education reporting current asthma.

Table 18. Current Asthma by Demographic Variables for Each Survey Year^⓪

	2003	2005	2008
TOTAL	5%	6%	9%
Gender ^{1,2,3}			
Male ^a	2	2	6
Female	8	8	12
Age			
18 to 34	5	6	7
35 to 44	6	5	11
45 to 54	2	9	9
55 to 64	7	6	10
65 and Older	8	3	7
Education			
High School or Less	7	5	7
Some Post High School	6	8	9
College Graduate ^a	2	4	10
Household Income			
Bottom 40 Percent Bracket	7	9	16
Middle 20 Percent Bracket	4	2	8
Top 40 Percent Bracket	4	5	7
Marital Status			
Married	5	5	7
Not Married	6	7	12

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

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

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Written Asthma Action Plan

2008 Findings

- Of the 35 respondents who currently had asthma, 43% had a written asthma action plan.
- No demographic comparisons were conducted as a result of the low number of respondents answering this question.

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a written asthma action plan (18% and 43%, respectively).
- No demographic comparisons were conducted between years as a result of the low number of respondents answering this question and revised question wording.

Cancer

2008 Findings

- Six percent of respondents reported they had cancer in the past three years.
 - Melanoma/skin cancer was most often mentioned (7 responses) followed by breast cancer (5 responses). Three respondents each reported prostate or cervical cancer while two respondents reported ductal cancer.

Stroke

2008 Findings

- Two percent of respondents reported a stroke in the past three years.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting a stroke in the past three years.

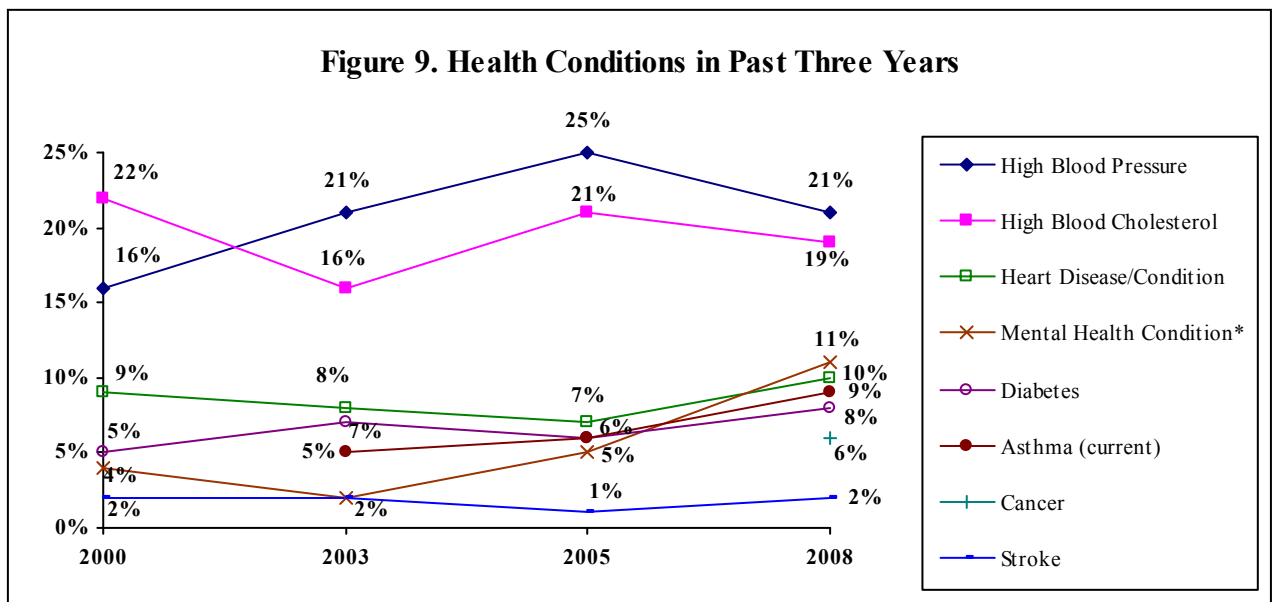
Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a stroke.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a stroke in all study years.

Health Conditions Overall

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported high blood pressure or a mental health condition. There was no statistical change in the overall percent of respondents reporting all other health conditions.



*In 2008, the phrase “such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression” was added to mental health condition.

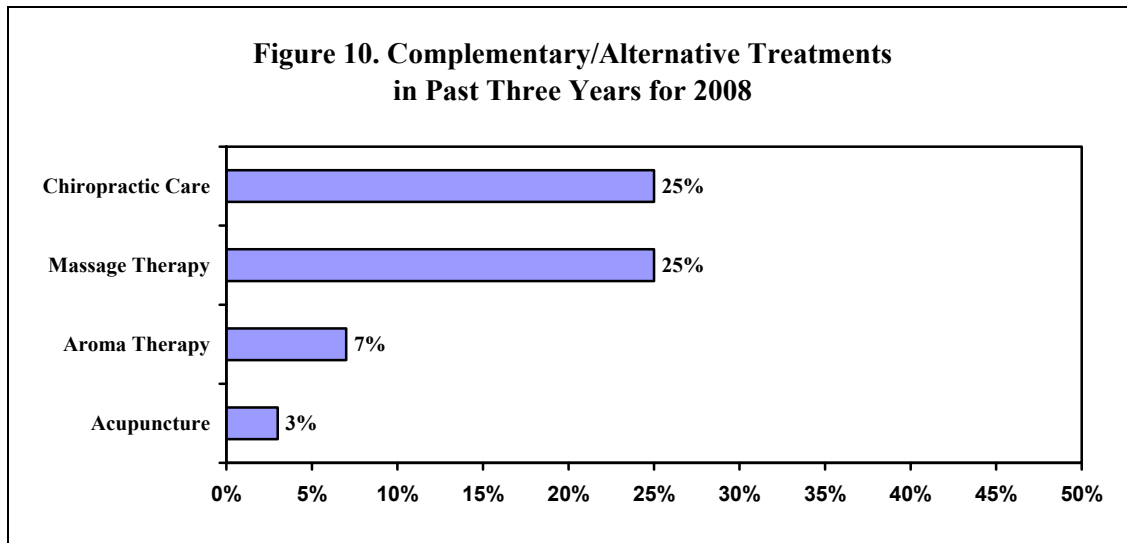
Prevalence of Select Complementary/Alternative Treatments (Figures 10 & 11; Tables 19 - 21)

KEY FINDINGS: In 2008, out of four complementary/alternative treatments listed, the two most often used in the past three years were chiropractic care or massage therapy (25% each). Respondents who were female or 35 to 44 years old were more likely to report massage therapy. Respondents who were female, with a college education or married respondents were more likely to report aroma therapy.

From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported massage therapy or aroma therapy in the past three years. There was no statistical change in the overall percent of respondents who reported chiropractic care or acupuncture.

2008 Findings

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



Chiropractic Care

2008 Findings

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

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting chiropractic care.
- In 2000 and 2005, female respondents were more likely to report chiropractic care. In all other study years, gender was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	23%	22%	23%	25%
Gender ^{1,3}				
Male	16	21	17	23
Female	29	23	29	26
Age				
18 to 34	20	16	22	21
35 to 44	28	25	22	21
45 to 54	29	27	29	32
55 to 64	14	22	19	31
65 and Older	20	25	23	23
Education				
High School or Less	22	20	26	28
Some Post High School	21	28	26	25
College Graduate	26	21	18	20
Household Income				
Bottom 40 Percent Bracket	22	24	23	27
Middle 20 Percent Bracket	29	22	32	26
Top 40 Percent Bracket	24	22	21	21
Marital Status				
Married	24	25	25	23
Not Married	19	17	21	27

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Massage Therapy

2008 Findings

- Twenty-five percent of respondents reported massage therapy in the past three years.
- Female respondents were more likely to report massage therapy in the past three years compared to male respondents (37% and 13%, respectively).
- Respondents 35 to 44 years old were more likely to report massage therapy (36%) compared to those 18 to 34 years old or 45 to 54 years old (23% each) or respondents 65 and older (13%).

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported massage therapy.
- Throughout the study years, female respondents were more likely to report massage therapy. From 2000 to 2008, there was a noted increase in the percent of female respondents reporting massage therapy.
- In 2003, respondents 45 to 54 years old were more likely to report massage therapy. In 2005, respondents 18 to 34 years old were more likely to report this. In 2008, respondents 35 to 44 years old were more likely to report massage therapy, with a noted increase since 2000. In 2000, age was not a significant variable.
- In 2000, respondents with a college education were more likely to report massage therapy. In 2005, respondents with at least some post high school education were more likely to report massage therapy. In all other study years, education was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents with a high school education or less reporting massage therapy.
- In 2003 and 2005, respondents in the top 40 percent household income bracket were more likely to report massage therapy. In all other study years, household income was not a significant variable.
- In 2003, married respondents were more likely to report massage therapy. In all other study years, marital status was not a significant variable. From 2000 to 2008, there was a noted increase across marital status reporting massage therapy.

Table 20. Massage Therapy in Past Three Years by Demographic Variables for Each Survey Year^①

	2000	2003	2005	2008
TOTAL ^a	14%	17%	21%	25%
Gender ^{1,2,3,4}				
Male	10	9	11	13
Female ^a	19	23	29	37
Age ^{2,3,4}				
18 to 34	17	16	29	23
35 to 44 ^a	10	11	25	36
45 to 54	21	29	22	23
55 to 64	14	9	9	25
65 and Older	7	17	13	13
Education ^{1,3}				
High School or Less ^a	10	13	8	26
Some Post High School	17	16	30	18
College Graduate	21	22	28	30
Household Income ^{2,3}				
Bottom 40 Percent Bracket	17	11	10	26
Middle 20 Percent Bracket	18	10	17	20
Top 40 Percent Bracket	17	24	28	25
Marital Status ²				
Married ^a	16	20	20	25
Not Married ^a	10	9	22	23

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Aroma Therapy

2008 Findings

- Seven percent of respondents reported aroma therapy in the past three years.
- Female respondents were more likely to report aroma therapy in the past three years compared to male respondents (13% and 1%, respectively).
- Twelve percent of respondents with a college education reported aroma therapy compared to 5% of those with a high school education or less or 3% of respondents with some post high school education.

- Married respondents were more likely to report aroma therapy (9%) compared to unmarried respondents (2%).

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who used aroma therapy.
- In 2003, 2005, and 2008, female respondents were more likely to report aroma therapy.
- In 2003, respondents 45 to 54 years old were more likely to report aroma therapy. In 2005 and 2008, age was not a significant variable.
- In 2005 and 2008, respondents with a college education were more likely to report aroma therapy. In 2003, education was not a significant variable.
- In 2008, married respondents were more likely to report aroma therapy. In 2003 and 2005, marital status was not a significant variable.

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

	2000 ^③	2003	2005	2008
TOTAL ^a	2%	6%	5%	7%
Gender ^{2,3,4}				
Male	--	2	<1	1
Female	--	8	9	13
Age ²				
18 to 34	--	2	3	4
35 to 44	--	5	8	12
45 to 54	--	13	5	6
55 to 64	--	2	4	10
65 and Older	--	8	3	3
Education ^{3,4}				
High School or Less	--	6	2	5
Some Post High School	--	4	3	3
College Graduate	--	7	9	12
Household Income				
Bottom 40 Percent Bracket	--	6	5	7
Middle 20 Percent Bracket	--	3	3	1
Top 40 Percent Bracket	--	7	8	10
Marital Status ⁴				
Married	--	6	5	9
Not Married	--	5	5	2

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

^②In 2008, “using essential oils” was added.

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Acupuncture

2008 Findings

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

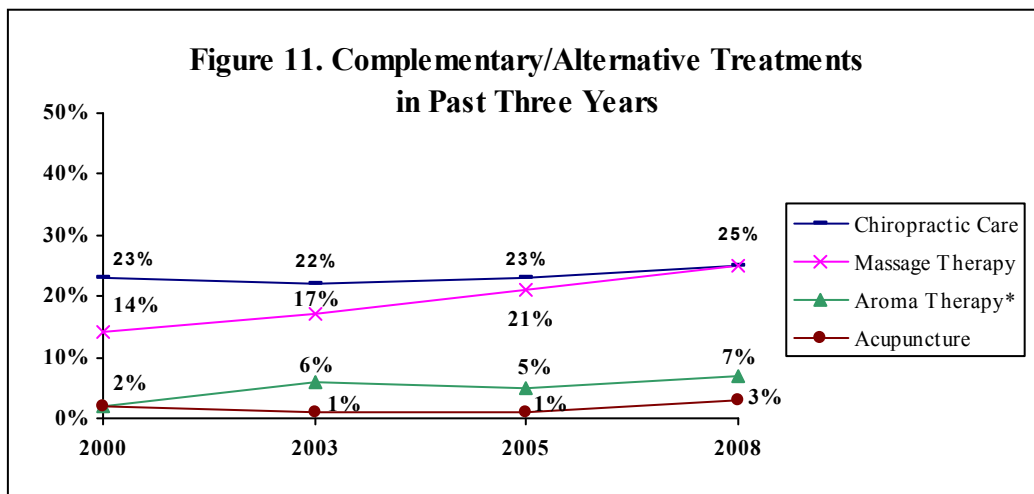
Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported acupuncture.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they used acupuncture in all study years.

Complementary/Alternative Treatments Overall

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported massage therapy or aroma therapy in the past three years. There was no statistical change in the overall percent of respondents who reported chiropractic care or acupuncture.



*In 2008, “using essential oils” was added.

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

KEY FINDINGS: In 2008, 42% of respondents did moderate physical activity five times a week for 30 minutes while 28% did vigorous activity three times a week for 20 minutes. Combined, 52% met the recommended amount of physical activity. Respondents with some post high school education, who were married or not overweight were more likely to have met the recommended amount of physical activity. Sixty-three percent of respondents were classified as overweight. Respondents who were male, 55 and older, married or inactive were more likely to be classified as overweight.

From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2000 to 2008, there was no statistical change in the overall percent of respondents being overweight.

Moderate Physical Activity in Usual Week

Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate.

The Healthy People 2010 goal for moderate, regular physical activity five times a week for at least 30 minutes per occasion is 50%. (Objective 22-02)

In 2005, 42% of Wisconsin respondents and 33% of U.S. respondents did moderate physical activity at least five times a week for 30 or more minutes (2005 Behavioral Risk Factor Surveillance).

2008 Findings

- Forty-two percent of all respondents were classified as doing the recommended amount of moderate physical activity in a typical week. Forty-four percent did some activity, but not to the extent of the recommendation, while 13% were classified as inactive.
- Fifty-three percent of respondents with some post high school education met the recommended amount of moderate physical activity compared to 39% of those with a college education or 30% of respondents with a high school education or less.
- Married respondents were more likely to meet the recommended amount of moderate physical activity compared to unmarried respondents (46% and 33%, respectively).

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who did the recommended amount of moderate physical activity in a week.
- Gender was not a significant variable in any study year. From 2003 to 2008, there was a noted increase across gender meeting the recommended amount of moderate physical activity.
- Age was not a significant variable in any study year. From 2003 to 2008, there was a noted increase in the percent of respondents 18 to 44 years old or 65 and older meeting the recommended amount of moderate physical activity.

- In 2005, respondents with a college education were more likely to meet the recommended amount of moderate physical activity. In 2008, respondents with some post high school education were more likely to meet the recommendation. In 2003, education was not a significant variable. From 2003 to 2008, there was a noted increase in the percent of respondents with at least some post high school education meeting the recommended amount of moderate physical activity.
- In 2005, respondents in the top 60 percent household income bracket were more likely to report meeting the recommended amount of moderate physical activity. In all other study years, household income was not a significant variable. From 2003 to 2008, there was a noted increase across all household income brackets meeting the recommended amount of moderate physical activity.
- In 2003 and 2008, married respondents were more likely to report they did the recommended amount of moderate physical activity in a week. In 2005, marital status was not a significant variable. From 2003 to 2008, there was a noted increase across marital status meeting the recommended amount of moderate physical activity.
- In 2005, respondents who were not overweight were more likely to report the recommended amount of moderate physical activity. In all other study years, overweight status was not a significant variable. From 2003 to 2008, there was a noted increase across overweight status meeting the recommended amount of moderate physical activity.

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

	2003	2005	2008
TOTAL ^a	25%	36%	42%
Gender			
Male ^a	25	35	41
Female ^a	25	37	42
Age			
18 to 34 ^a	27	34	48
35 to 44 ^a	25	38	38
45 to 54	32	44	39
55 to 64	24	37	38
65 and Older ^a	16	27	43
Education ^{2,3}			
High School or Less	26	27	30
Some Post High School ^a	28	39	53
College Graduate ^a	22	43	39
Household Income ²			
Bottom 40 Percent Bracket ^a	17	25	38
Middle 20 Percent Bracket ^a	30	39	46
Top 40 Percent Bracket ^a	26	41	44
Marital Status ^{1,3}			
Married ^a	28	37	46
Not Married ^a	19	35	33
Overweight Status ²			
Not Overweight ^a	24	49	48
Overweight ^a	27	29	38

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2005

³demographic difference at p≤0.05 in 2008

^ayear difference at p≤05 from 2003 to 2008

Vigorous Physical Activity in Usual Week

Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.

*The Healthy People 2010 goal for vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness three times a week for at least 20 minutes per occasion is 30%.
(Objective 22-03)*

In 2007, 32% of Wisconsin respondents and 28% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Twenty-eight percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-one percent did some vigorous physical activity while 50% did not do any vigorous physical activity.
- Male respondents were more likely to report vigorous physical activity (34%) compared to female respondents (23%).
- Forty-eight percent of respondents 18 to 34 years old reported vigorous activity three times a week for at least 20 minutes compared to 15% of those 55 to 64 years old or 13% of respondents 65 and older.
- Thirty-five percent of respondents with some post high school education and 32% of those with a college education reported vigorous physical activity compared to 16% of respondents with a high school education or less.
- Respondents who were not overweight were more likely to report vigorous physical activity compared to overweight respondents (37% and 23%, respectively).

Table 23. Recommended Vigorous Physical Activity by Demographic Variables for 2008^{①,②}

	2008
TOTAL	28%
Gender ¹	
Male	34
Female	23
Age ¹	
18 to 34	48
35 to 44	30
45 to 54	19
55 to 64	15
65 and Older	13
Education ¹	
High School or Less	16
Some Post High School	35
College Graduate	32
Household Income	
Bottom 40 Percent Bracket	28
Middle 20 Percent Bracket	27
Top 40 Percent Bracket	31
Marital Status	
Married	30
Not Married	25
Overweight Status ¹	
Not Overweight	37
Overweight	23

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

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

¹demographic difference at $p \leq 0.05$ in 2008

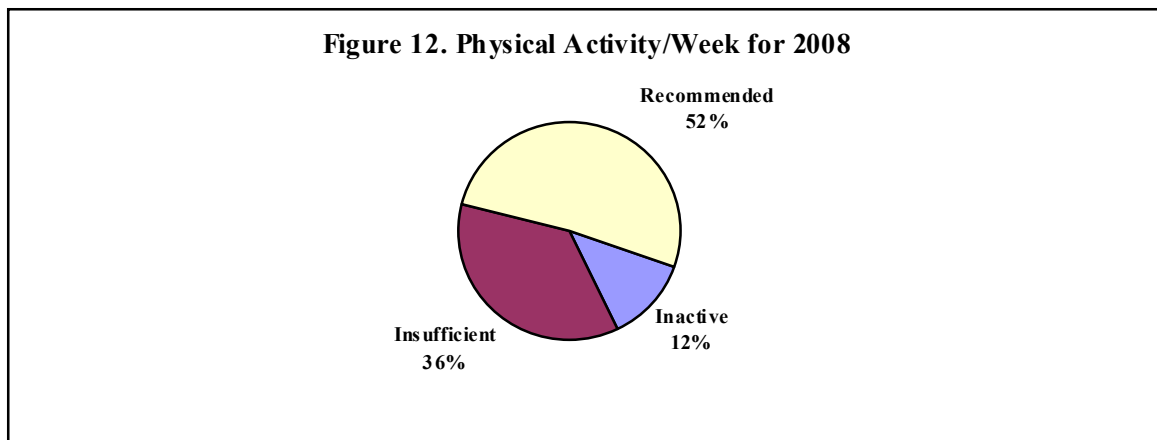
Combined Recommended Amount of Physical Activity in Typical Week

The recommended amount of physical activity by the Centers for Disease Control is moderate physical activity for at least 30 minutes on five or more days of the week or vigorous physical activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

In 2007, 55% of Wisconsin respondents and 50% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Fifty-two percent of respondents reported meeting the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Thirty-six percent did an insufficient amount of physical activity while 12% did no physical activity in a typical week.



- Sixty-three percent of respondents with some post high school education met the recommended amount of physical activity compared to 53% of those with a college education or 39% of respondents with a high school education or less.
- Married respondents were more likely to have met the recommended amount of physical activity compared to unmarried respondents (57% and 42%, respectively).
- Respondents who were not overweight were more likely to have met the recommended amount of physical activity (64%) compared to overweight respondents (46%).

Table 24. Recommended Physical Activity by Demographic Variables for 2008^{①,②}

	2008
TOTAL	52%
Gender	
Male	52
Female	53
Age	
18 to 34	65
35 to 44	49
45 to 54	47
55 to 64	46
65 and Older	48
Education ¹	
High School or Less	39
Some Post High School	63
College Graduate	53
Household Income	
Bottom 40 Percent Bracket	52
Middle 20 Percent Bracket	50
Top 40 Percent Bracket	54
Marital Status ¹	
Married	57
Not Married	42
Overweight Status ¹	
Not Overweight	64
Overweight	46

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

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

¹demographic difference at $p \leq 0.05$ in 2008

Body Weight

Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC is when a person's body mass index (BMI) is greater than or equal to 25.0. A BMI of 30.0 or more is considered obese. Body Mass Index is calculated by using kilograms/meter². Throughout the report, the category "overweight" includes both overweight and obese respondents.

The Healthy People 2010 goal for obesity is 15% for persons 20 and older. (Objective 19-02)

The Healthy People 2010 goal for an unhealthy weight is 40% for persons 20 and older. (Objective 19-01)

In 2007, 62% of Wisconsin respondents were classified as at least overweight (37% overweight, 25% obese). In the U.S., 63% were classified as at least overweight (37% overweight and 26% obese) (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- According to the definition, 63% of respondents were overweight.
- Male respondents were more likely to be overweight (71%) compared to female respondents (56%).
- Seventy-seven percent of respondents 65 and older and 75% of those 55 to 64 years old were overweight compared to 46% of respondents 18 to 34 years old.
- Married respondents were more likely to be overweight compared to unmarried respondents (71% and 48%, respectively).
- Seventy-eight percent of inactive respondents were overweight compared to 70% of those who did an insufficient amount of physical activity or 56% of respondents who met the recommended amount of physical activity.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents being overweight.
- Male respondents were more likely to be classified as overweight in all study years.
- In 2000, respondents 45 to 54 years old were more likely to be overweight. In 2003, respondents 65 and older were more likely to be overweight. In 2005, respondents 55 to 64 years old were more likely to be overweight. In 2008, respondents 55 and older were more likely to report this.
- In 2003, respondents with at least some post high school education were more likely to be overweight. In all other study years, education was not a significant variable.
- In 2003, 2005 and 2008, married respondents were more likely to be overweight. In 2000, marital status was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of married respondents being overweight.

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

	2000	2003	2005	2008
TOTAL	61%	59%	59%	63%
Gender ^{1,2,3,4}				
Male	71	70	71	71
Female	51	49	49	56
Age ^{1,2,3,4}				
18 to 34	56	47	35	46
35 to 44	52	54	66	64
45 to 54	75	67	55	69
55 to 64	57	67	78	75
65 and Older	69	78	69	77
Education ²				
High School or Less	58	51	62	59
Some Post High School	65	65	61	63
College Graduate	63	66	54	67
Household Income				
Bottom 40 Percent Bracket	59	51	58	53
Middle 20 Percent Bracket	59	60	57	64
Top 40 Percent Bracket	64	63	65	68
Marital Status ^{2,3,4}				
Married ^a	62	63	66	71
Not Married	55	52	48	48
Physical Activity ⁴				
Inactive	--	--	--	78
Insufficient	--	--	--	70
Recommended	--	--	--	56

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

^②Physical activity was not asked in 2000 and was defined differently in 2003 and 2005.

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

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

³demographic difference at $p \leq 0.05$ in 2005

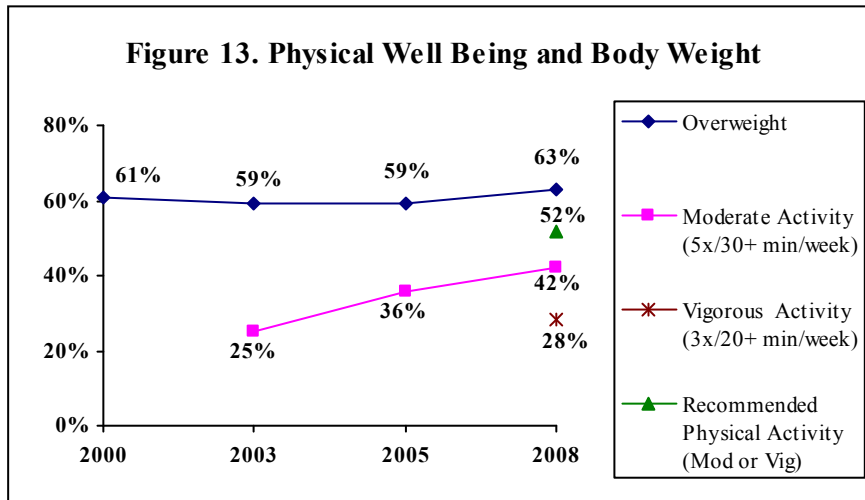
⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Physical Well Being and Body Weight Overall

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2000 to 2008, there was no statistical change in the overall percent of respondents being overweight.



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

KEY FINDINGS: In 2008, 64% of respondents reported two or more servings of fruit while 28% reported three or more servings of vegetables on an average day. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to report at least two servings of fruit. Respondents with at least some post high school education were more likely to report at least three servings of vegetables a day.

From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported two servings of fruit or three servings of vegetables on an average day.

Fruit Intake

The Healthy People 2010 goal for at least two daily servings of fruit is 75%. (Objective 19-05)

Based on the USDA dietary guidelines, at a minimum, adults should have two servings of fruit each day. Age, gender and activity level may increase the recommended number of servings.

2008 Findings

- Sixty-four percent of respondents reported two or more servings of fruit on an average day.
- Seventy-four percent of respondents with some post high school education reported two or more servings of fruit a day compared to 66% of those with a college education or 53% of respondents with a high school education or less.
- Seventy-seven percent of respondents in the middle 20 percent household income bracket reported two or more servings of fruit a day compared to 66% of those in the top 40 percent income bracket or 53% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2003 and 2005, female respondents were more likely to report two or more servings of fruit per day. In 2008, gender was not a significant variable. From 2003 to 2008, there was a noted decrease in the percent of female respondents who reported two or more servings of fruit.
- In 2003, respondents with a college education were more likely to report eating fruit. In 2008, respondents with some post high school education were more likely to report eating fruit. In 2005, education was not a significant variable. From 2003 to 2008, there was a noted decrease in the percent of respondents with a college education who reported two or more servings of fruit.
- In 2005, respondents in the bottom 60 percent household income bracket were more likely to report two or more servings of fruit per day. In 2008, respondents in the middle 20 percent household income bracket were more likely to report eating fruit. In 2003, household income was not a significant variable. From 2003 to 2008, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket and a noted decrease in the percent of respondents in the bottom 40 percent household income bracket who reported two or more servings of fruit.

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

	2003	2005	2008
TOTAL	69%	61%	64%
Gender ^{1,2}			
Male	59	47	60
Female ^a	78	72	68
Age			
18 to 34	60	65	65
35 to 44	74	51	63
45 to 54	65	59	60
55 to 64	70	70	67
65 and Older	79	67	67
Education ^{1,3}			
High School or Less	64	65	53
Some Post High School	65	64	74
College Graduate ^a	81	54	66
Household Income ^{2,3}			
Bottom 40 Percent Bracket ^a	74	68	53
Middle 20 Percent Bracket ^a	62	67	77
Top 40 Percent Bracket	71	51	66
Marital Status			
Married	68	61	66
Not Married	70	61	61
Overweight			
Not Overweight	73	64	65
Overweight	66	59	63
Physical Activity			
Inactive	--	--	62
Insufficient	--	--	59
Recommended	--	--	69

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

^②Physical activity was defined differently in 2003 and 2005.

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

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Vegetable Intake

Based on the USDA dietary guidelines, at a minimum, adults should have three servings of vegetables each day. Age, gender and activity level may increase the recommended number of servings.

The Healthy People 2010 goal for at least three daily servings of vegetables (at least 1/3 being dark green or deep yellow) is 50%. (Objective 19-06)

2008 Findings

- Twenty-eight percent of respondents reported three or more servings of vegetables on an average day.
- Thirty-three percent of respondents with some post high school education and 31% of those with a college education reported three or more servings of vegetables a day compared to 18% of respondents with a high school education or less.

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2003 and 2005, female respondents were more likely to report three or more vegetable servings per day. In 2008, gender was not a significant variable.
- In 2008, respondents with at least some post high school education were more likely to report three or more servings of vegetables. In all other study years, education was not a significant variable.
- In 2005, respondents who were not overweight were more likely to report three or more servings of vegetables. In all other study years, overweight status was not a significant variable.

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

	2003	2005	2008
TOTAL	29%	23%	28%
Gender ^{1,2}			
Male	21	17	26
Female	35	28	29
Age			
18 to 34	26	22	32
35 to 44	27	22	24
45 to 54	27	26	24
55 to 64	27	25	29
65 and Older	42	19	30
Education ³			
High School or Less	26	23	18
Some Post High School	29	23	33
College Graduate	32	23	31
Household Income			
Bottom 40 Percent Bracket	35	18	30
Middle 20 Percent Bracket	22	25	28
Top 40 Percent Bracket	30	23	27
Marital Status			
Married	28	24	28
Not Married	29	21	27
Overweight ²			
Not Overweight	28	34	31
Overweight	31	15	26
Physical Activity			
Inactive	--	--	26
Insufficient	--	--	23
Recommended	--	--	32

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

^②Physical activity was defined differently in 2003 and 2005.

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

²demographic difference at $p \leq 0.05$ in 2005

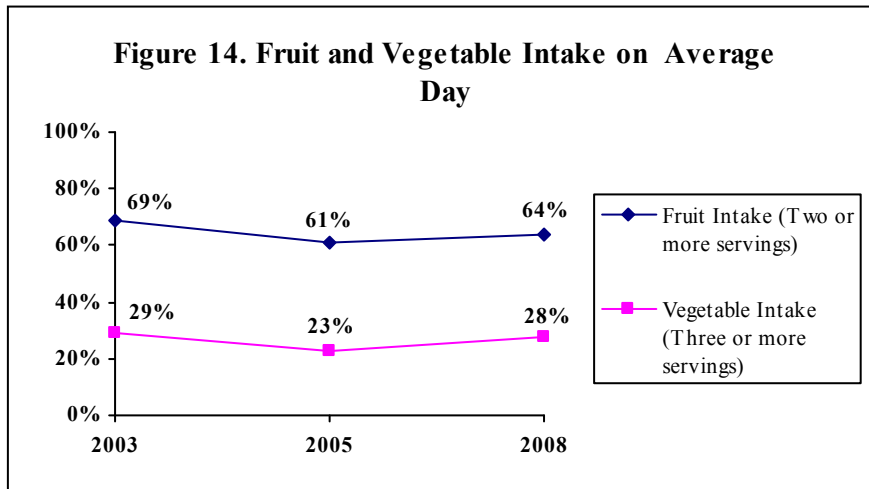
³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Fruit and Vegetable Intake Overall

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.



Women's Health (Figure 15; Table 28)

KEY FINDINGS: In 2008, 85% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight percent of female respondents 65 and older had a bone density scan. Ninety percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this.

From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years. From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a bone density scan.

Mammogram

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

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

²“Screening for Breast Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 23 - 25.

In 2006, 78% of Wisconsin women and 77% of U.S. women 40 and older reported a mammogram within the past two years (2006 Behavioral Risk Factor Surveillance).

2008 Findings

- Eighty-five percent of female respondents 40 and older had a mammogram within the past two years. Seven percent reported never.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Bone Density Scan

2008 Findings

- Seventy-eight percent of the 36 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported having a bone density scan.
- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Pap Smear

Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity or at age 21 and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.³

The Healthy People 2010 goal for women 18 and older having a pap test within the past three years is 90%. (Objective 03-11b)

In 2006, 86% of Wisconsin women and 84% of U.S. women 18 and older reported a pap smear within the past three years (2006 Behavioral Risk Factor Surveillance).

2008 Findings

- A total of 90% of respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years (69% within past year and 21% one year and less than three years).
- Respondents 35 to 44 years old were more likely to report a pap smear within the past three years (100%) compared to those 45 and older (93%) or respondents 18 to 34 years old (80%).
- Ninety-eight percent of respondents with a college education reported a pap smear within the past three years compared to 88% of those with some post high school education or 79% of respondents with a high school education or less.
- Ninety-nine percent of respondents in the top 40 percent household income bracket reported a pap smear within the past three years compared to 86% of those in the middle 20 percent income bracket or 81% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a pap smear within the past three years compared to unmarried respondents (97% and 73%, respectively).

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.
- In 2005, respondents 18 to 34 years old were more likely to report a pap smear within the past three years. In 2008, respondents 35 to 44 years old were more likely to report a pap smear within the past three years, with a noted increase since 2003. In 2003, age was not a significant variable.
- In 2008, respondents with a college education were more likely to report a pap smear within the past three years. In all other study years, education was not a significant variable.

³“Screening for Cervical Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 26 - 31.

- In 2008, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years, with a noted increase since 2003. In all other study years, household income was not a significant variable.
- In 2003 and 2008, married respondents were more likely to report a pap smear within the past three years. In 2005, marital status was not a significant variable.

Table 28. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix)^①

	2003	2005	2008
TOTAL	86%	91%	90%
Age ^{2,3}			
18 to 34	89	98	80
35 to 44 ^a	87	94	100
45 and Older	84	85	93
Education ³			
High School or Less	81	90	79
Some Post High School	91	87	88
College Graduate	92	97	98
Household Income ³			
Bottom 40 Percent Bracket	79	95	81
Middle 20 Percent Bracket	84	91	86
Top 40 Percent Bracket ^a	90	100	99
Marital Status ^{1,3}			
Married	92	94	97
Not Married	69	86	73

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

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

²demographic difference at $p \leq 0.05$ in 2005

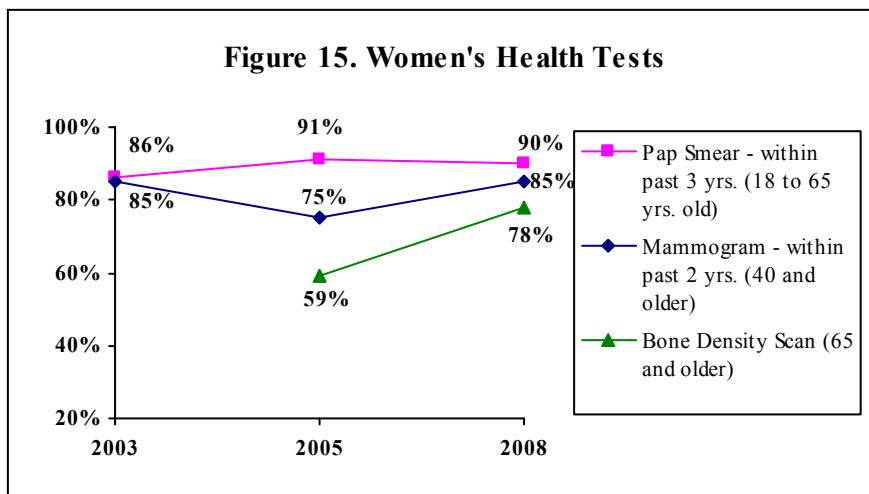
³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Women's Health Tests Overall

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years. From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a bone density scan.



Men's Health (Figure 16)

KEY FINDINGS: In 2008, 60% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Forty-two percent of male respondents 40 and older had a digital rectal exam in the past year.

From 2005 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.

Prostate-Specific Antigen Test

The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).⁴

In 2006, 48% of Wisconsin men and 54% of U.S. men 40 and older reported a PSA test within the past two years (2006 Behavioral Risk Factor Surveillance).

⁴“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

2008 Findings

- Forty-three percent of male respondents 40 and older had a prostate-specific antigen test in the past year while 17% reported within the past two years (one year but less than two years). Twenty-seven percent of male respondents never had a PSA test.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Digital Rectal Exam

The U.S. Preventive Services Task Force concludes there is insufficient evidence for or against routine screening for prostate cancer with a prostate-specific antigen (PSA) test or a digital rectal examination (DRE).⁵

2008 Findings

- Forty-two percent of male respondents 40 and older had a digital rectal exam in the past year while 23% reported within the past two years (one year but less than two years). Fifteen percent of respondents never had a digital rectal exam.
- No demographic comparisons were conducted as a result of the number of men who were asked this question.

Year Comparisons

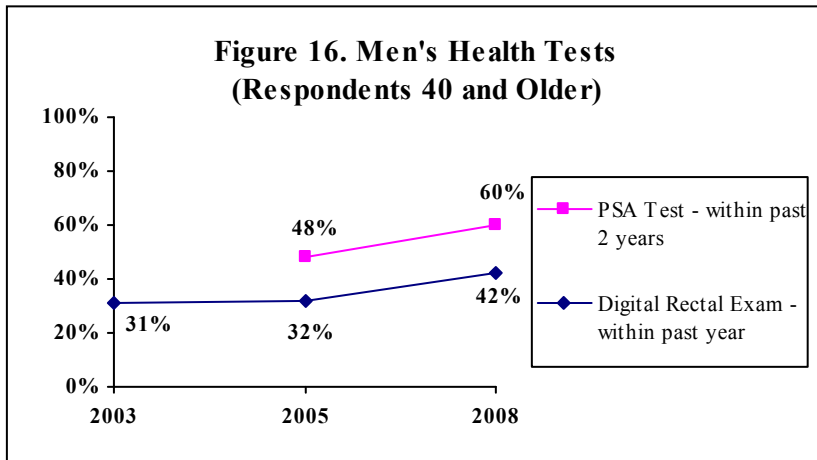
- From 2003 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.
- No demographic comparisons were conducted between years as a result of the number of men who were asked this question.

⁵“Screening for Prostate Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 43 - 45.

Men's Health Tests Overall

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2008, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.



Other Tests (Figure 17; Tables 29 - 31)

KEY FINDINGS: In 2008, 15% of respondents 50 and older reported a sigmoidoscopy within the past five years while 64% reported a colonoscopy within the past ten years. Seventy-five percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime.

From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.

Sigmoidoscopy

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

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

⁶“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

2008 Findings

- Fifteen percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Seventy percent reported never.
- There were no statistically significant differences between demographic variables and responses of a sigmoidoscopy within the past five years.

Table 29. Sigmoidoscopy Within Past Five Years by Demographic Variables for 2008 (Respondents 50 and Older)^①

	2008
TOTAL	15%
Gender	
Male	17
Female	13
Education	
High School or Less	16
Some Post High School	19
College Graduate	10
Household Income	
Bottom 40 Percent Bracket	17
Middle 20 Percent Bracket	10
Top 40 Percent Bracket	13
Marital Status	
Married	15
Not Married	13

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

¹demographic difference at $p \leq 0.05$ in 2008

Colonoscopy

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

2008 Findings

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

⁷“Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32 - 35.

Table 30. Colonoscopy Within Past Ten Years by Demographic Variables for 2008 (Respondents 50 and Older)^⓪

	2008
TOTAL	64%
Gender	
Male	59
Female	68
Education	
High School or Less	59
Some Post High School	60
College Graduate	74
Household Income	
Bottom 40 Percent Bracket	60
Middle 20 Percent Bracket	50
Top 40 Percent Bracket	73
Marital Status	
Married	63
Not Married	64

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

[Ⓛ]demographic difference at $p \leq 0.05$ in 2008

Sigmoidoscopy or Colonoscopy Exam in Lifetime

In 2006, 64% of Wisconsin respondents and 57% of U.S. respondents 50 and older reported a sigmoidoscopy or colonoscopy test in their lifetime (2006 Behavioral Risk Factor Surveillance).

2008 Findings

- Seventy-five percent of respondents 50 and older had a sigmoidoscopy or colonoscopy within their lifetime. Twenty-five percent of respondents never had a sigmoidoscopy or colonoscopy exam.
- There were no statistically significant differences between demographic variables and responses of ever having a sigmoidoscopy or colonoscopy.

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents 50 and older who reported a sigmoidoscopy or colonoscopy in their lifetime, possibly the result of separating the two exams into two questions.
- Gender, household income or marital status were not significant in any study year. From 2003 to 2008 there was a noted increase in the percent of respondents who were female, in the top 40 percent household income bracket or married respondents reporting a sigmoidoscopy or colonoscopy in their lifetime.

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

	2003	2005	2008
TOTAL ^a	60%	61%	75%
Gender			
Male	65	67	75
Female ^a	57	56	74
Education			
High School or Less	58	63	74
Some Post High School	61	56	69
College Graduate	63	60	82
Household Income			
Bottom 40 Percent Bracket	62	63	71
Middle 20 Percent Bracket	62	61	71
Top 40 Percent Bracket ^a	60	65	83
Marital Status			
Married ^a	59	61	73
Not Married	64	60	77

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

^②In 2008, sigmoidoscopy and colonoscopy separated into two survey questions.

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

²demographic difference at $p \leq 0.05$ in 2005

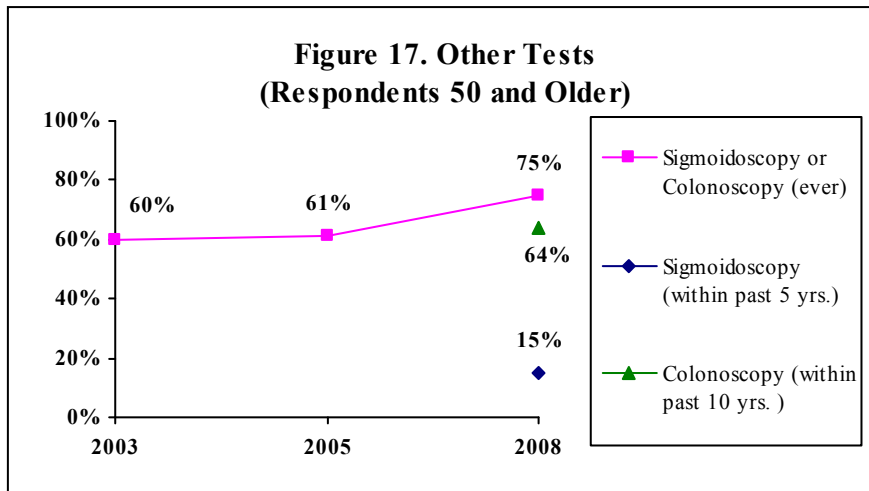
³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Other Tests Overall

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.



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

KEY FINDINGS: In 2008, 88% of respondents wore seat belts always or nearly always; respondents who were female or with a college education were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 38% reported they always or nearly always wore a helmet; respondents who were 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this.

From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2000 to 2008, there was a statistical increase in the overall percent of respondents reporting they always or nearly always wore a helmet.

Seat Belt Usage

The Healthy People 2010 goal for seat belt use is 92%. This is based on observations at intersections, highway ramps and parking lots. (Objective 15-19)

In 2002, 66% of Wisconsin respondents reported they always wore a seat belt when they drove or rode in a car while 16% reported nearly always. Seventy-seven percent of U.S. respondents reported they always and 11% reported they nearly always wore a seat belt (2002 Behavioral Risk Factor Surveillance).

In 2007, 75% of Wisconsin residents were observed wearing seat belts by the National Highway Traffic Safety Administration. Eighty-two percent of U.S. residents were observed wearing seat belts through NHTSA's National Occupant Protection Use Survey (NHTSA Traffic Safety Facts, May 2008).

2008 Findings

- Eighty-eight percent of respondents reported they wore seat belts always or nearly always (78% and 10%, respectively).
- Female respondents were more likely to report they always or nearly always wore seat belts (92%) compared to male respondents (84%).
- Ninety-five percent of respondents with a college education reported always or nearly always compared to 87% of those with some post high school education or 82% of respondents with a high school education or less.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt.
- In 2003 and 2008, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of female respondents reporting always or nearly always.
- In 2000, older respondents were more likely to report they always or nearly always wore a seat belt. In all other study years, age was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents 18 to 44 years old reporting always or nearly always.
- In 2000, 2003 and 2008, respondents with a college education were more likely to report always or nearly always. In 2005, education was not a significant variable.
- In 2005, respondents in the top 60 percent household income bracket were more likely to report they always or nearly always wore a seat belt. In all other study years, household income was not a significant variable.
- In 2003 and 2005, married respondents were more likely to report always or nearly always. In all other study years, marital status was not a significant variable.

Table 32. Always/Nearly Always Wore a Seat Belt by Demographic Variables for Each Survey Year^①

	2000	2003	2005	2008
TOTAL	83%	87%	88%	88%
Gender ^{2,4}				
Male	82	81	85	84
Female ^a	84	91	91	92
Age ¹				
18 to 34 ^a	69	80	87	85
35 to 44 ^a	83	89	86	94
45 to 54	91	89	92	84
55 to 64	95	84	85	84
65 and Older	93	94	89	90
Education ^{1,2,4}				
High School or Less	77	81	83	82
Some Post High School	83	88	91	87
College Graduate	93	94	91	95
Household Income ³				
Bottom 40 Percent Bracket	80	80	81	84
Middle 20 Percent Bracket	83	86	90	87
Top 40 Percent Bracket	85	89	92	90
Marital Status ^{2,3}				
Married	85	89	91	89
Not Married	78	81	83	86

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Helmet Usage

2008 Findings

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

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

- Thirty-eight percent of respondents who bicycled, used in-line roller skates or rode a scooter reported they always or nearly always wore a helmet. Fifty-eight percent reported never.
- Respondents 35 to 44 years old were more likely to report always or nearly always (55%) compared to those 45 and older (34%) or respondents 18 to 34 years old (26%).

- Forty-four percent of respondents in the top 40 percent household income bracket reported always or nearly always compared to 24% of respondents in the bottom 60 percent household income bracket.

Year Comparisons

- From 2000 to 2008, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a helmet.
- In 2005, female respondents were more likely to report always or nearly always. In all other study years, gender was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of male respondents who reported they always or nearly always wore a helmet.
- In 2003 and 2008, respondents 35 to 44 years old were more likely to report always or nearly always. In all other study years, age was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents 35 to 44 years old reporting always or nearly always.
- In 2000, respondents with a college education were more likely to report they always/nearly always wore a helmet. In all other study years, education was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents with a high school education or less who reported they always or nearly always wore a helmet.
- In 2003 and 2008, respondents in the top 40 percent household income bracket were more likely to report always or nearly always. In all other study years, household income was not a significant variable.
- Marital status was not a significant variable in any study year. From 2000 to 2008 there was a noted increase in the percent of married respondents reporting always or nearly always.

Table 33. Always/Nearly Always Wore a Helmet by Demographic Variables for Each Survey Year (Of Respondents who Rode a Bike, Used In-Line Roller Skates or Rode a Scooter)^⓪

	2000	2003	2005	2008
TOTAL ^a	26%	20%	31%	38%
Gender ³				
Male ^a	25	21	22	38
Female	27	18	40	38
Age ^{2,4}				
18 to 34	19	13	25	26
35 to 44 ^a	25	29	27	55
45 and Older	34	17	43	34
Education ¹				
High School or Less ^a	10	20	25	29
Some Post High School	32	22	27	30
College Graduate	40	18	38	46
Household Income ^{2,4}				
Bottom 60 Percent Bracket	18	11	29	24
Top 40 Percent Bracket	31	28	38	44
Marital Status				
Married ^a	28	22	32	40
Not Married	20	15	29	32

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

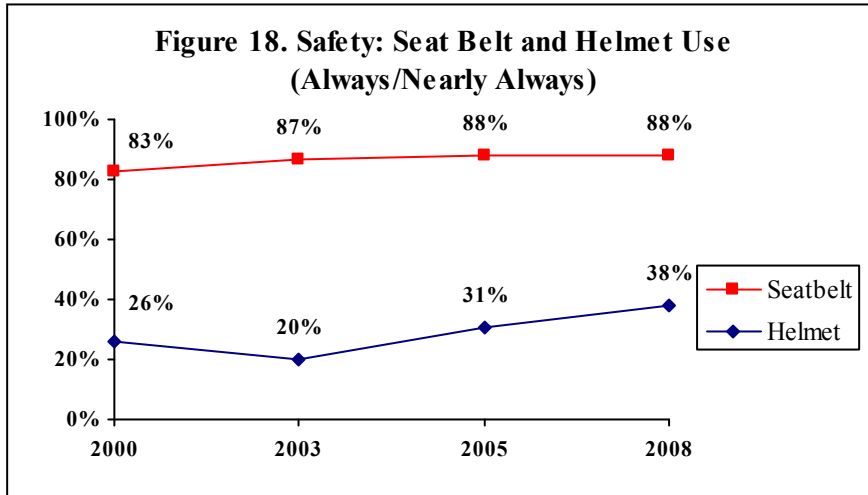
⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Safety: Seat Belt and Helmet Use Overall

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt. From 2000 to 2008, there was a statistical increase in the overall percent of respondents reporting they always or nearly always wore a helmet.



Cigarette Use (Figures 19 & 20; Table 34)

KEY FINDINGS: In 2008, 17% of respondents were current smokers. Respondents 18 to 34 years old, with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to be a smoker. Sixty-two percent of current smokers quit smoking for one day or longer in the past 12 months; 67% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking.

From 2000 to 2008, there was a statistical decrease in the overall percent of current smokers. From 2003 to 2008, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2005 to 2008, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.

Current Smokers

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

In 2007, 20% of Wisconsin respondents were current smokers while 20% of U.S. respondents were current smokers (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Seventeen percent of respondents were current smokers. Fourteen percent smoked every day while 3% reported some days.
- Respondents 18 to 34 years old were more likely to be current smokers (32%) compared to respondents 35 to 44 years old or 65 and older (5% each).
- Twenty-seven percent of respondents with a high school education or less were current smokers compared to 18% of those with some post high school education or 9% of respondents with a college education.
- Twenty-eight percent of respondents in the bottom 40 percent household income bracket and 26% of those in the middle 20 percent income bracket were current smokers compared to 9% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to be current smokers compared to married respondents (26% and 13%, respectively).

Year Comparisons

- From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who were current smokers.
- Gender was not a significant variable in any study year. From 2000 to 2008, there was a noted decrease across gender being a current smoker.
- In 2000, 2005 and 2008, respondents 18 to 34 years old were more likely to report they were a current smoker. In 2003, respondents 18 to 34 years old or 55 to 64 years old were more likely to report they were a current smoker. From 2000 to 2008, there was a noted decrease in the percent of respondents 35 to 44 years old being a current smoker.
- In 2000 and 2003, respondents with some post high school education or less were more likely to report they were a current smoker. In 2005 and 2008, respondents with a high school education or less were more likely to report being a current smoker. From 2000 to 2008, there was a noted decrease in the percent of respondents with some post high school education being a current smoker.
- In 2000 and 2008, respondents in the bottom 60 percent household income bracket were more likely to report being a current smoker. In all other study years, household income was not a significant variable. From 2000 to 2008, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket being a current smoker.

- In 2008, unmarried respondents were more likely to report being a current smoker as a result of a noted decrease in the percent of married respondents reporting this since 2000. In all other study years, marital status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL ^a	26%	17%	20%	17%
Gender				
Male ^a	27	18	21	18
Female ^a	26	16	18	17
Age ^{1,2,3,4}				
18 to 34	45	23	27	32
35 to 44 ^a	28	15	17	5
45 to 54	19	17	23	22
55 to 64	18	22	20	17
65 and Older	9	4	8	5
Education ^{1,2,3,4}				
High School or Less	33	19	27	27
Some Post High School ^a	31	23	17	18
College Graduate	11	9	13	9
Household Income ^{1,4}				
Bottom 40 Percent Bracket	31	19	24	28
Middle 20 Percent Bracket	35	21	15	26
Top 40 Percent Bracket ^a	19	15	16	9
Marital Status ⁴				
Married ^a	26	16	18	13
Not Married	27	21	23	26

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

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

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

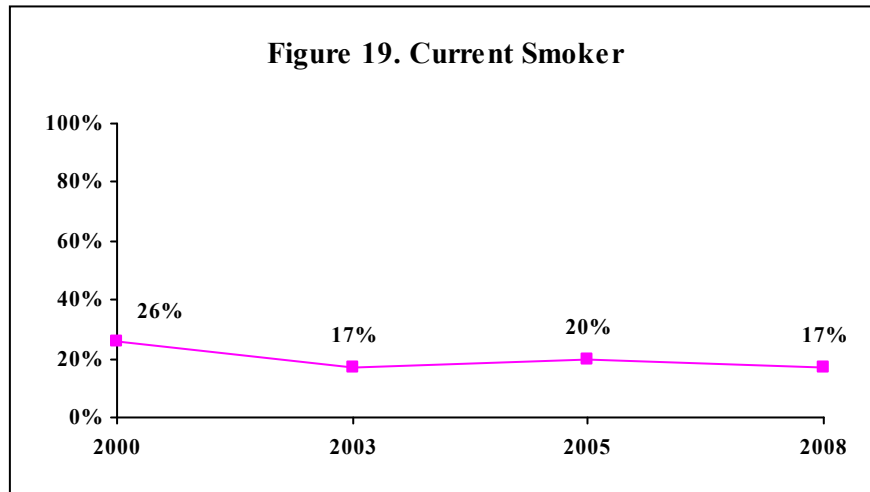
³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Year Comparisons

- From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who were current smokers.



Quit Smoking for at Least One Day in Past 12 Months as a Result of Trying to Quit

The Healthy People 2010 goal for current smokers to have tried quitting for at least one day is 75%. (Objective 27-05)

In 2005, 49% of Wisconsin respondents reported they quit smoking for one day because they were trying to quit while 56% of U.S. respondents reported a cessation attempt for at least one day (2005 Behavioral Risk Factor Surveillance).

2008 Findings

Of current smokers...

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

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.
- No demographic comparisons between years were conducted as a result of the low percent of respondents who were asked this question.

Doctor, Nurse or Other Health Professional Advised Respondent to Quit

2008 Findings

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

- Sixty-seven percent of the 57 current smokers who have seen a health professional reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

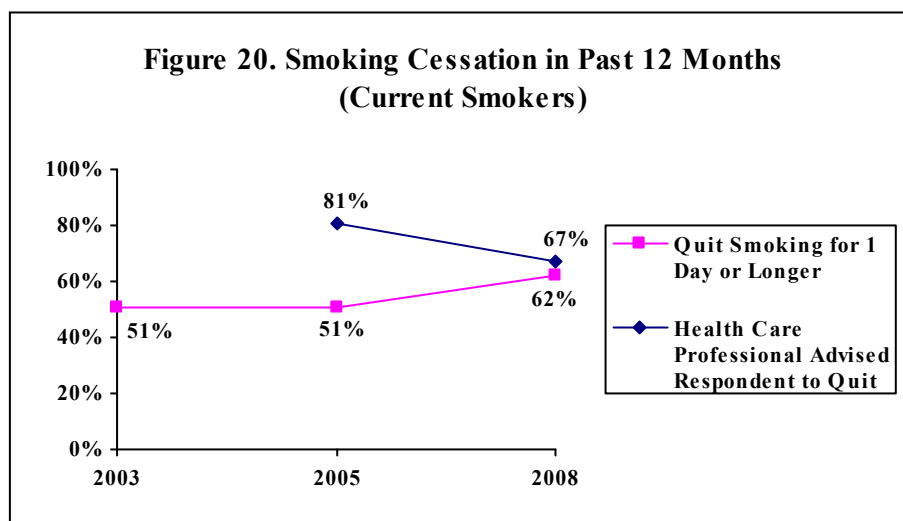
Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported their health professional advised them to quit smoking.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.

Smoking Cessation Overall

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2005 to 2008, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.



Smoking Policies (Figures 21 & 22; Tables 35 - 37)

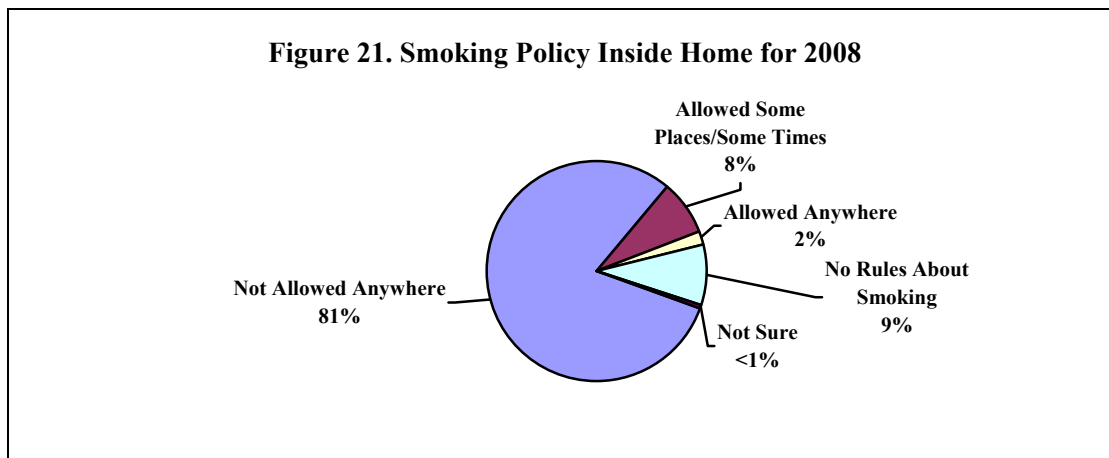
KEY FINDINGS: In 2008, 81% of respondents reported smoking is not allowed anywhere inside the home while 77% reported smoking is not allowed in any area at work. Respondents in the top 60 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 35 to 44 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report smoking is not allowed in any area at work. Four percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents with some post high school education or less or who were unmarried were more likely to report this.

Smoking Policy Inside Home

In 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey).

2008 Findings

- Eighty-one percent of respondents reported smoking is not allowed anywhere inside the home while 8% reported smoking is allowed in some places or at some times. Two percent reported smoking is allowed anywhere inside the home. Nine percent of respondents reported there are no rules about smoking inside the home.



- Eighty-seven percent of respondents in the top 40 percent household income bracket and 84% of those in the middle 20 percent income bracket reported smoking is not allowed in the home compared to 71% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (87% and 68%, respectively).
- Eighty-six percent of nonsmokers reported smoking is not allowed in the home compared to 56% of smokers.

- Respondents in households with children were more likely to report smoking is not allowed in the home (87%) compared to respondents in households without children (76%).

Table 35. Smoking Not Allowed in Home by Demographic Variables for 2008^⓪

	2008
TOTAL	81%
Household Income ¹	
Bottom 40 Percent Bracket	71
Middle 20 Percent Bracket	84
Top 40 Percent Bracket	87
Marital Status ¹	
Married	87
Not Married	68
Smoking Status ¹	
Nonsmoker	86
Smoker	56
Children in Household ¹	
Yes	87
No	76

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

¹demographic difference at $p \leq 0.05$ in 2008

Smoking Policy at Work

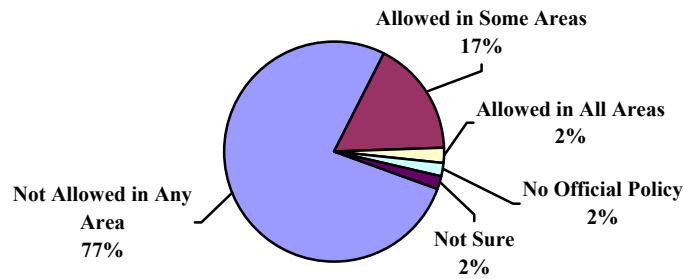
The Healthy People 2010 goal for worksites with formal smoking policies that prohibit smoking is 100%. (Objective 27-12)

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

2008 Findings

- Seventy-seven percent of respondents reported smoking is not allowed in any area at work while 17% reported smoking is allowed in some areas. Two percent reported smoking is allowed in all areas at work. Two percent of respondents reported there is no official policy about smoking at work.

Figure 22. Smoking Policy at Work for 2008



- Eighty-eight percent of respondents 35 to 44 years old and 86% of those 55 to 64 years old reported smoking is not allowed in any area at work compared to 64% of respondents 45 to 54 years old.
- Ninety percent of respondents with a college education reported smoking is not allowed in any area at work compared to 70% of those with some post high school education or 67% of respondents with a high school education or less.
- Eighty-four percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in any area at work compared to 71% of those in the middle 20 percent income bracket or 64% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report smoking is not allowed in any area at work compared to unmarried respondents (81% and 68%, respectively).

Table 36. Smoking Not Allowed at Work by Demographic Variables for 2008[Ⓞ]

	2008
TOTAL	77%
Gender	
Male	77
Female	77
Age ¹	
18 to 34	75
35 to 44	88
45 to 54	64
55 to 64	86
65 and older	73
Education ¹	
High School or Less	67
Some Post High School	70
College Graduate	90
Household Income ¹	
Bottom 40 Percent Bracket	64
Middle 20 Percent Bracket	71
Top 40 Percent Bracket	84
Marital Status ¹	
Married	81
Not Married	68
Smoking Status	
Nonsmoker	78
Smoker	72

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

¹demographic difference at $p \leq 0.05$ in 2008

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

2008 Findings

- Seventy-two percent of nonsmoking respondents reported in the past seven days they were never in the same room or rode in a car with someone who was smoking cigarettes. Twenty-four percent of respondents reported they were exposed to second-hand smoke one to three days while 2% reported four to six days. Two percent of nonsmoking respondents reported they were in the same room or rode in a car with someone who was smoking cigarettes all seven days.
- Eight percent of respondents with some post high school education and 6% of those with a high school education or less reported exposure to second-hand smoke on at least four of the past seven days compared to less than one percent of respondents with a college education.

- Unmarried respondents were more likely to report exposure to second-hand smoke on at least four days compared to married respondents (8% and 3%, respectively).

Table 37. Exposure to Second-Hand Smoke on at Least Four of the Past Seven Days by Demographic Variables for 2008 (Of Nonsmokers)^⓪

	Percent
TOTAL	4%
Gender	
Male	6
Female	3
Age	
18 to 34	8
35 to 44	0
45 to 54	5
55 to 64	5
65 and older	3
Education ¹	
High School or Less	6
Some Post High School	8
College Graduate	<1
Household Income	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	3
Top 40 Percent Bracket	2
Marital Status ¹	
Married	3
Not Married	8

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

¹demographic difference at $p \leq 0.05$ in 2008

Alcohol Use (Figures 23 - 25; Tables 38 - 41)

KEY FINDINGS: In 2008, 71% of respondents had an alcoholic drink in the past 30 days. In the past month, 5% were heavy drinkers while 29% were binge drinkers. Respondents in the bottom 40 percent household income bracket were more likely to be heavy drinkers. Respondents who were male or 18 to 44 years old were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year.

From 2003 to 2008, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2000 to 2008, there was no statistical change in the overall percent of respondents who binged. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2005 to 2008, there was a statistical decrease in the overall percent of respondents reporting someone in their household experienced a problem in connection with drinking in the past year.

Heavy Drinking in the Past Month

According to the Centers for Disease Control, heavy drinking is defined as more than 2 drinks per day in the past month for males (i.e. at least 61 drinks) and more than one drink per day for females (i.e. 31 drinks).

In 2007, 7% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Seventy-one percent of respondents had a drink in the past 30 days. Thirty-five percent reported they drank on at least five days, while 17% reported three to four days and 19% reported drinking on one or two days in the past 30 days.
- Fifteen percent of all respondents reported an average of four or more drinks per day on the days they drank while 11% reported three, 19% reported two and 26% reported one drink on average on the days they drank. Twenty-nine percent reported having no drinks in the past month.
- Combined, 5% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Ten percent of respondents in the bottom 40 percent household income bracket reported heavy drinking compared to 5% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who were heavy drinkers.
- Age was not a significant variable in any study year. From 2003 to 2008 there was a noted decrease in the percent of respondents 35 to 44 years old reporting heavy drinking.
- In 2008, respondents in the bottom 40 percent household income bracket were more likely to report heavy drinking. In all other study years, household income was not a significant variable.

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

	2003	2005	2008
TOTAL	5%	4%	5%
Gender			
Male	4	5	6
Female	5	4	4
Age			
18 to 34	6	4	7
35 to 44 ^a	6	4	0
45 to 54	6	4	6
55 to 64	2	6	6
65 and Older	2	5	3
Education			
High School or Less	5	5	7
Some Post High School	3	3	6
College Graduate	5	4	2
Household Income ³			
Bottom 40 Percent Bracket	4	5	10
Middle 20 Percent Bracket	6	3	5
Top 40 Percent Bracket	4	5	2
Marital Status			
Married	4	4	4
Not Married	6	4	7

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

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

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

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

Binge Drinking in Past Month

Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks for females and five or more drinks for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2008, Washington County defined binge drinking as five or more drinks, regardless of gender.

The Healthy People 2010 goal for adult binge drinking (5 or more drinks) is 6%. (Objective 26-11c)

In 2007, 23% of Wisconsin respondents reported binge drinking in the past month (males having five or more drinks on one occasion, females having four or more drinks on one occasion). Sixteen percent of U.S. respondents reported binge drinking in the past month (2007 Behavioral Risk Factor Surveillance).

2008 Findings

- Twenty-nine percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month than female respondents (39% and 19%, respectively).
- Thirty-eight percent of respondents 18 to 44 years old binged in the past month compared to 19% of those 55 to 64 years old or 7% of respondents 65 and older.

Year Comparisons

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

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who binged.
- Male respondents were more likely to have binged throughout all the study years.
- Generally, younger respondents were more likely to have binged throughout all the study years. From 2000 to 2008, there was a noted increase in the percent of respondents 35 to 44 years old reporting they have binged.
- In 2000, respondents with some post high school education were more likely to report binge drinking. In all other study years, education was not a significant variable.
- In 2005, respondents in the top 60 percent household income bracket were more likely to report binge drinking. In all other study years, household income was not a significant variable.
- In 2003, unmarried respondents were more likely to have binged. In all other study years, marital status was not a significant variable.

Table 39. Binge Drinking in Past Month by Demographic Variables for Each Survey Year^{①,②}

	2000	2003	2005	2008
TOTAL	28%	19%	21%	29%
Gender ^{1,2,3,4}				
Male	38	23	34	39
Female	17	15	10	19
Age ^{1,2,3,4}				
18 to 34	46	33	24	38
35 to 44 ^a	24	20	26	38
45 to 54	28	16	23	27
55 to 64	19	2	19	19
65 and Older	4	6	5	7
Education ¹				
High School or Less	28	18	19	20
Some Post High School	35	16	16	33
College Graduate	20	21	27	29
Household Income ³				
Bottom 40 Percent Bracket	20	19	11	22
Middle 20 Percent Bracket	28	17	24	29
Top 40 Percent Bracket	31	21	24	31
Marital Status ²				
Married	26	16	24	28
Not Married	30	24	17	29

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

^②In 2003, “4 or more drinks” for females and “5 or more” for males was used; in all other study years, “5 or more drinks” was used for both males and females.

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

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

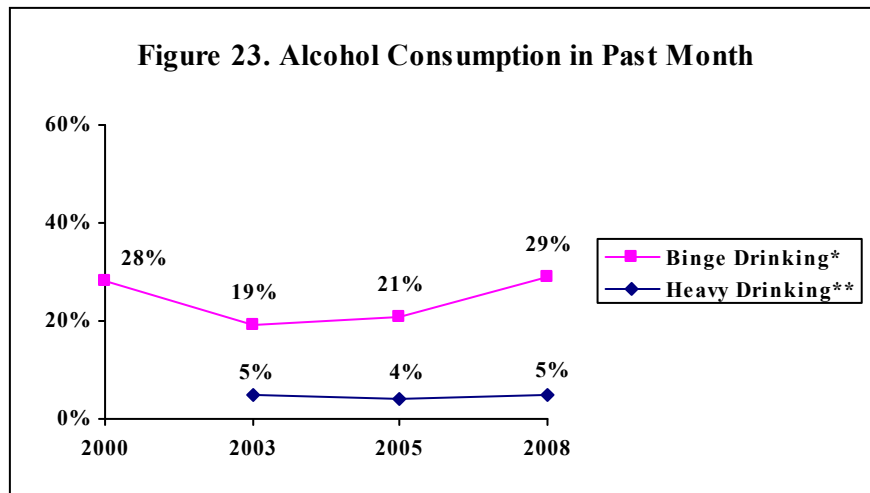
³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Alcohol Consumption Overall

- From 2003 to 2008, there was no statistical change in the overall percent of respondents reporting heavy drinking in the past month. From 2000 to 2008, there was no statistical change in the overall percent of respondents who binge. Please note: in 2003 the definition of binge drinking was four or more drinks for females and five or more for males. All other data years used the definition of five or more drinks regardless of gender.



*In 2003, “4 or more drinks” for females and “5 or more” for males was used; in all other years, “5 or more drinks” was used for both males and females.

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

Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink in Past Month

2008 Findings

- Three percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.
- In 2003, male respondents were more likely to report they were a driver or passenger when the driver perhaps had too much to drink. In 2005, gender was not a significant variable.
- In 2005, respondents with a high school education or less were more likely to report they were a driver or passenger when the driver perhaps had too much to drink. In 2003, education was not a significant variable.

- In 2003, respondents in the middle 20 percent household income bracket were more likely to report being a driver or passenger. In 2005, respondents in the bottom 40 percent household income bracket were more likely to report being a driver or passenger.
- In 2005, unmarried respondents were more likely to report they were a driver or passenger when the driver perhaps had too much to drink. In 2003, marital status was not a significant variable.

Table 40. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink by Demographic Variables for Each Survey Year^①

	2003	2005	2008 ^②
TOTAL	5%	5%	3%
Gender ¹			
Male	7	6	--
Female	2	3	--
Age			
18 to 34	8	7	--
35 to 44	6	5	--
45 to 54	2	5	--
55 to 64	0	4	--
65 and Older	0	2	--
Education ²			
High School or Less	4	8	--
Some Post High School	8	4	--
College Graduate	2	1	--
Household Income ^{1,2}			
Bottom 40 Percent Bracket	5	8	--
Middle 20 Percent Bracket	10	2	--
Top 40 Percent Bracket	1	2	--
Marital Status ²			
Married	3	2	--
Not Married	6	9	--

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

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

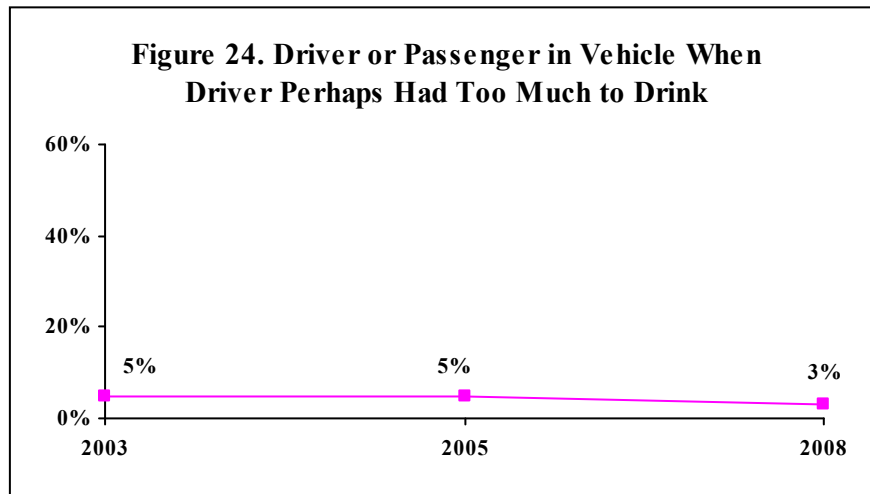
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.



Household Problem Associated with Alcohol in Past Year

2008 Findings

- Three percent of respondents reported they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking.

Year Comparisons

- From 2005 to 2008, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with drinking in 2008.

Table 41. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year^①

	2005	2008 ^②
TOTAL ^a	8%	3%
Household Income		
Bottom 40 Percent Bracket	8	--
Middle 20 Percent Bracket	9	--
Top 40 Percent Bracket	9	--
Marital Status		
Married	8	--
Not Married	8	--
Children in Household		
Yes	9	--
No	8	--

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

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

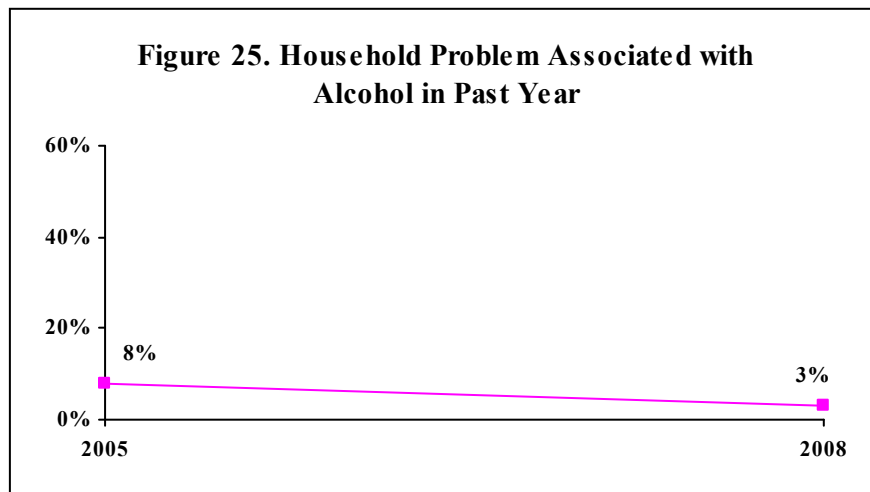
¹demographic difference at $p \leq 0.05$ in 2005

²demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2005 to 2008

Year Comparisons

- From 2005 to 2008, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.



Mental Health Status (Figures 26 & 27; Tables 42 & 43)

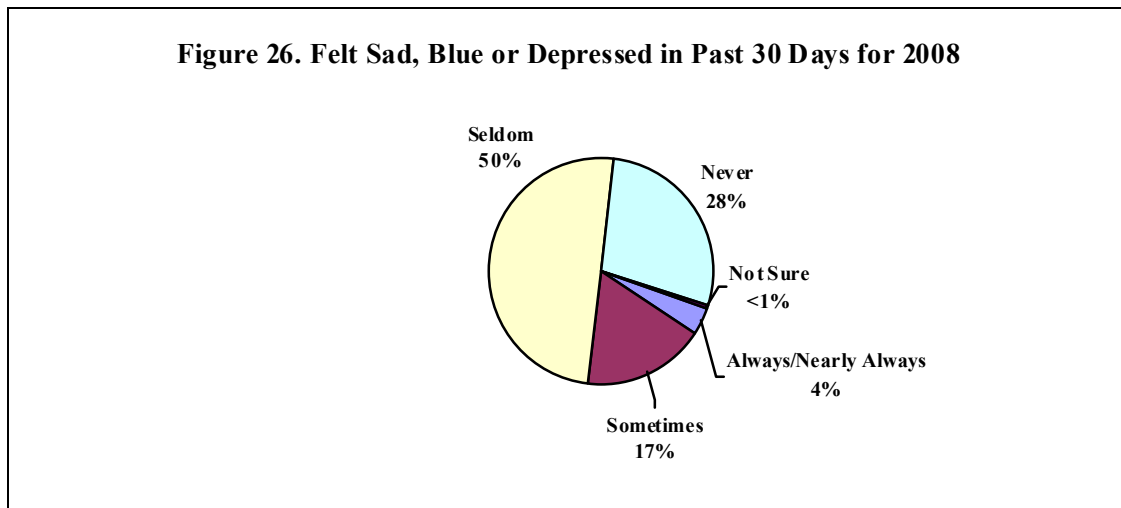
KEY FINDINGS: In 2008, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Five percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this.

From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.

Felt Sad, Blue or Depressed

2008 Findings

- Four percent of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. This equates up to 8,730 residents. Seventeen percent reported sometimes and the remaining 78% reported seldom (50%) or never (28%).



- Respondents with a high school education or less were more likely to report they always or nearly always felt sad, blue or depressed (9%) compared to those with some post high school education (3%) or respondents with a college education (less than one percent).
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported they always/nearly always felt sad, blue or depressed compared to 5% of those in the middle 20 percent income bracket or 0% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed compared to married respondents (11% and 1%, respectively).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.
- In 2000 and 2008, respondents with a high school education or less were more likely to report they always/nearly always felt sad, blue or depressed. In 2003, respondents with some post high school education were more likely to report this. In 2005, education was not a significant variable.
- In 2000 and 2008, respondents in the bottom 40 percent household income bracket were more likely to report they always/nearly always felt sad, blue or depressed. In 2003, respondents in the bottom 60 percent household income bracket were more likely to report this. In 2005, household income was not a significant variable.
- In 2000, 2003 and 2008, unmarried respondents were more likely to report they always/nearly always felt sad, blue or depressed. In 2005, marital status was not a significant variable.

Table 42. Always/Nearly Always Felt Sad, Blue or Depressed in Past 30 Days by Demographic Variables for Each Survey Year^①

	2000 ^②	2003	2005	2008
TOTAL	5%	5%	4%	4%
Gender				
Male	4	5	4	5
Female	5	5	4	3
Age				
18 to 34	5	5	0	2
35 to 44	4	5	6	3
45 to 54	4	2	5	9
55 to 64	2	9	6	4
65 and Older	9	8	3	3
Education ^{1,2,4}				
High School or Less	8	5	6	9
Some Post High School	3	9	2	3
College Graduate	2	2	4	<1
Household Income ^{1,2,4}				
Bottom 40 Percent Bracket	15	9	5	14
Middle 20 Percent Bracket	3	8	4	5
Top 40 Percent Bracket	2	2	3	0
Marital Status ^{1,2,4}				
Married	3	4	4	1
Not Married	10	9	3	11

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

^②In 2000, “past year” was used.

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

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

³demographic difference at $p \leq 0.05$ in 2005

⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Considered Suicide

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

2008 Findings

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, up to 7,760 residents may have considered suicide in the past year.

- No demographic comparisons were conducted as a result of the low percent of respondents reporting they considered suicide.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they considered suicide in all the study years.

Find Meaning and Purpose in Daily Life

2008 Findings

- A total of 5% reported they seldom or never find meaning and purpose in daily life. Forty-four percent of respondents reported they always find meaning and purpose, an additional 40% reported nearly always.
- Respondents with a high school education or less were more likely to report they seldom/never find meaning and purpose in daily life (14%) compared to those with a college education (1%) or respondents with some post high school education (less than one percent).
- Eight percent of respondents in the bottom 60 percent household income bracket reported they seldom or never find meaning and purpose in daily life compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they seldom/never find meaning and purpose in daily life compared to married respondents (10% and 3%, respectively).

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.
- In 2003, respondents who were male, 18 to 34 years old or 55 to 64 years old were more likely to report they seldom/never find meaning and purpose in daily life. In 2008, neither gender nor age was significant.
- In 2003, respondents with some post high school education were more likely to report they seldom or never find meaning and purpose in daily life. In 2008, respondents with a high school education or less were more likely to report this. From 2003 to 2008, there was a noted decrease in the percent of respondents with some post high school education reporting they seldom/never find meaning and purpose in daily life. In addition, there was a noted increase in the percent of respondents with a high school education or less reporting they seldom/never find meaning and purpose in daily life.
- In 2003 and 2008, respondents in the bottom 60 percent household income bracket were more likely to report they seldom/never find meaning and purpose in daily life.
- In 2008, unmarried respondents were more likely to report they seldom or never find meaning and purpose in daily life. In 2003, marital status was not a significant variable.

Table 43. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year^①

	2003	2005 ^②	2008
TOTAL	5%	3%	5%
Gender ¹			
Male	8	--	7
Female	3	--	3
Age ¹			
18 to 34	9	--	4
35 to 44	2	--	4
45 to 54	1	--	6
55 to 64	11	--	4
65 and Older	6	--	8
Education ^{1,3}			
High School or Less ^a	6	--	14
Some Post High School ^a	10	--	<1
College Graduate	<1	--	1
Household Income ^{1,3}			
Bottom 40 Percent Bracket	9	--	8
Middle 20 Percent Bracket	7	--	8
Top 40 Percent Bracket	2	--	2
Marital Status ³			
Married	4	--	3
Not Married	9	--	10

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

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

¹demographic difference at p≤0.05 in 2003

²demographic difference at p≤0.05 in 2005

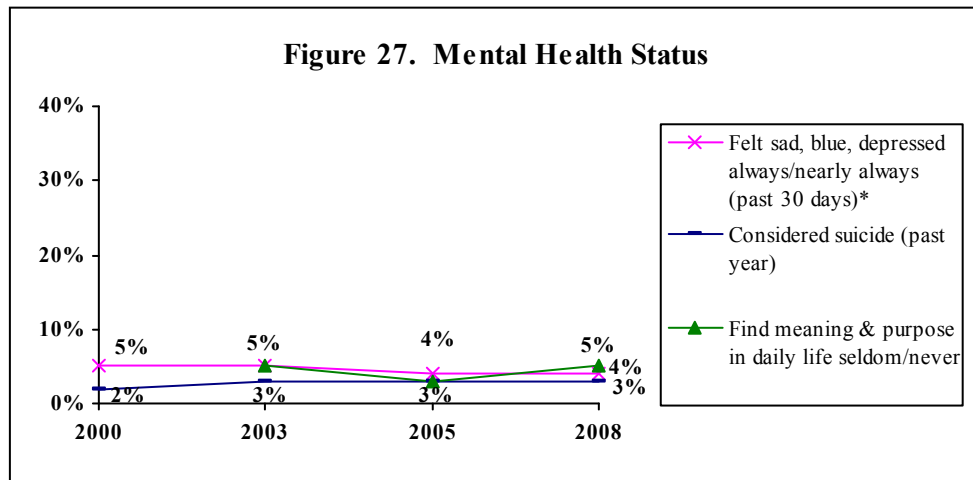
³demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2003 to 2008

Mental Health Status Overall

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.



*In 2000, “past year” was used.

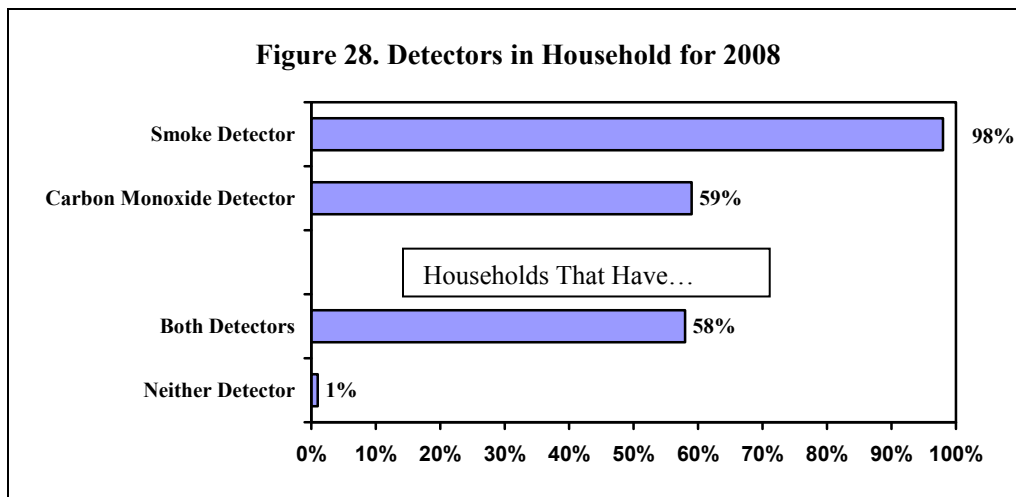
Detectors in Household (Figures 28 & 29; Table 44)

KEY FINDINGS: In 2008, 98% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-eight percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or married were more likely to report both detectors.

From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.

2008 Findings

- Ninety-eight percent of respondents reported a working smoke detector while 59% reported a working carbon monoxide detector in their home. Fifty-eight percent had both detectors. One percent had neither.



- Sixty-five percent of respondents in the top 40 percent household income bracket reported both detectors compared to 51% of those in the middle 20 percent income bracket or 44% of respondents in the bottom 40 percent household income bracket.
- Sixty-three percent of married respondents reported both detectors compared to 47% of unmarried respondents.

Year Comparisons

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.
- In 2005 and 2008, respondents in the top 40 percent household income bracket were more likely to report both a working smoke detector and carbon monoxide detector. In 2003, household income was not a significant variable. From 2003 to 2008, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting both detectors.
- In 2005 and 2008, married respondents were more likely to have both a working smoke detector and carbon monoxide detector. In 2003, marital status was not a significant variable. From 2003 to 2008, there was a noted increase in the percent of married respondents reporting both detectors.

Table 44. Both Working Smoke and Carbon Monoxide Detectors in Household by Demographic Variables for Each Survey Year^①

	2003	2005	2008
TOTAL ^a	45%	52%	58%
Household Income ^{2,3}			
Bottom 40 Percent Bracket	41	35	44
Middle 20 Percent Bracket	41	47	51
Top 40 Percent Bracket ^a	52	69	65
Marital Status ^{2,3}			
Married ^a	48	60	63
Not Married	38	40	47

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

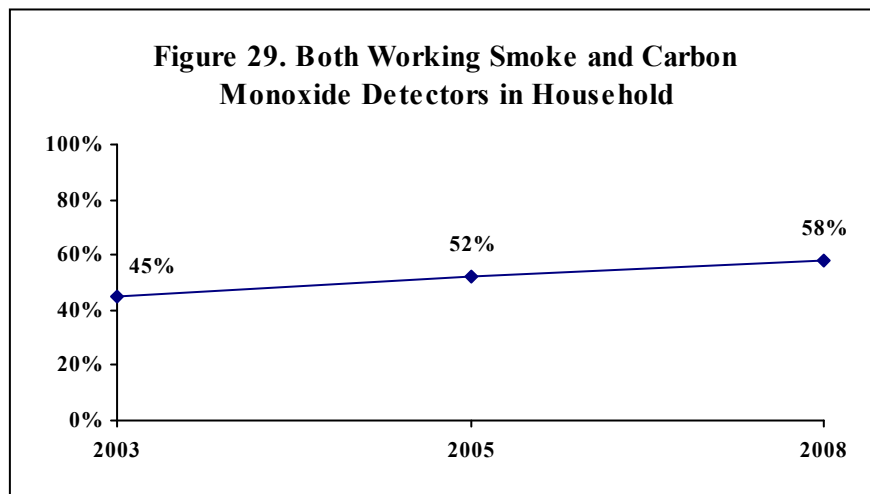
¹demographic difference at $p \leq 0.05$ in 2003

²demographic difference at $p \leq 0.05$ in 2005

³demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2003 to 2008

- From 2003 to 2008, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.



Presence of Firearms in Household (Figure 30; Tables 45 & 46)

KEY FINDINGS: In 2008, 38% of households had a firearm in or around the home; respondents in the middle 20 percent household income bracket were more likely to report this. Of all households, 17% had handguns in their home while 36% had rifles or shotguns. Respondents in the middle 20 percent household income bracket were more likely to report a handgun or rifle/shotgun in their home. Of all households, 1% had a loaded firearm. Less than one percent of all households had a firearm loaded and unlocked.

From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home. From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun in their home. From 2000 to 2008, there was a statistical decrease in the overall percent of respondents reporting a rifle or shotgun in their home. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2008, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm which was also unlocked.

Firearm in Household

In 2002, 44% of Wisconsin respondents and 33% of U.S. respondents reported any firearm in the household (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2008 Findings

- At the time of the survey administration, 38% of households had at least one firearm.
- Forty-four percent of respondents in the middle 20 percent household income bracket reported a firearm compared to 39% of those in the top 40 percent income bracket or 25% of respondents in the bottom 40 percent household income bracket.

Year Comparisons

- From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home.
- In 2000, respondents in the top 60 percent household income bracket were more likely to report having a firearm. In 2003 and 2005, respondents in the top 40 percent household income bracket were more likely to report having a firearm. In 2008, respondents in the middle 20 percent household income bracket were more likely to report having a firearm. From 2000 to 2008, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket having a firearm.
- In 2000, 2003 and 2005, married respondents were more likely to report having a firearm. In 2008, marital status was not a significant variable. From 2000 to 2008, there was a noted decrease in the percent of married respondents reporting a firearm.
- In 2003, respondents in households with children were more likely to report having a firearm. In all other study years, the presence of children was not a significant variable.

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

	2000	2003	2005	2008
TOTAL ^a	46%	43%	43%	38%
Household Income ^{1,2,3,4}				
Bottom 40 Percent Bracket	24	25	24	25
Middle 20 Percent Bracket	52	40	48	44
Top 40 Percent Bracket ^a	54	53	54	39
Marital Status ^{1,2,3}				
Married ^a	52	53	54	41
Not Married	30	23	23	33
Children in Household ²				
Yes	47	53	46	39
No	45	35	40	37

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Type of Firearm in Household

2008 Findings

- At the time of the survey administration, 17% of respondents reported handguns in their home while 36% of respondents reported rifles or shotguns.
- Respondents in the middle 20 percent household income bracket were more likely to report a handgun or a rifle/shotgun in their home.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun in their home. From 2000 to 2008, there was a statistical decrease in the overall percent of respondents reporting a rifle or shotgun in their home.
- In 2008, respondents in the middle 20 percent household income bracket were more likely to report a handgun in their home. In 2000, household income was not a significant variable in reporting a handgun in their home. In 2000, respondents in the top 60 percent income bracket were more likely to report a rifle or shotgun in their home. In 2008, respondents in the middle 20 percent household income bracket were more likely to report a rifle or shotgun in their home. From 2000 to 2008, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a rifle or shotgun in their home.

- In both study years, marital status was not a significant variable for reporting handguns in their home. In 2000, married respondents were more likely to report a rifle or shotgun in their home. In 2008, marital status was not a significant variable in reporting a rifle or shotgun. From 2000 to 2008, there was a noted decrease in the percent of married respondents reporting a rifle or shotgun.

Table 46. Type of Firearm in Household by Demographic Variables for Each Survey Year^⓪

	Handgun		Rifle or Shotgun	
	2000	2008	2000	2008
TOTAL	15%	17%	43% ^a	36% ^a
Household Income				
Bottom 40 Percent Bracket	10	9 ²	22 ¹	22 ²
Middle 20 Percent Bracket	18	24 ²	48 ¹	43 ²
Top 40 Percent Bracket	19	19 ²	51 ^{1,a}	38 ^{2,a}
Marital Status				
Married	17	18	50 ^{1,a}	39 ^a
Not Married	13	14	28 ¹	29
Children in Household				
Yes	16	16	46	37
No	16	18	42	35

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Loaded Firearm

In 2002, 3% of Wisconsin households and 8% of U.S. households had any loaded firearm in or around their home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

2008 Findings

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

Year Comparisons

- From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded firearm in the household in all study years.

Loaded Firearm Also Unlocked

Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.

The Healthy People 2010 goal for persons in homes with a firearm having a loaded and unlocked firearm is 16%. (Objective 15-04)

In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices www.pediatrics.org.)

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

2008 Findings

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

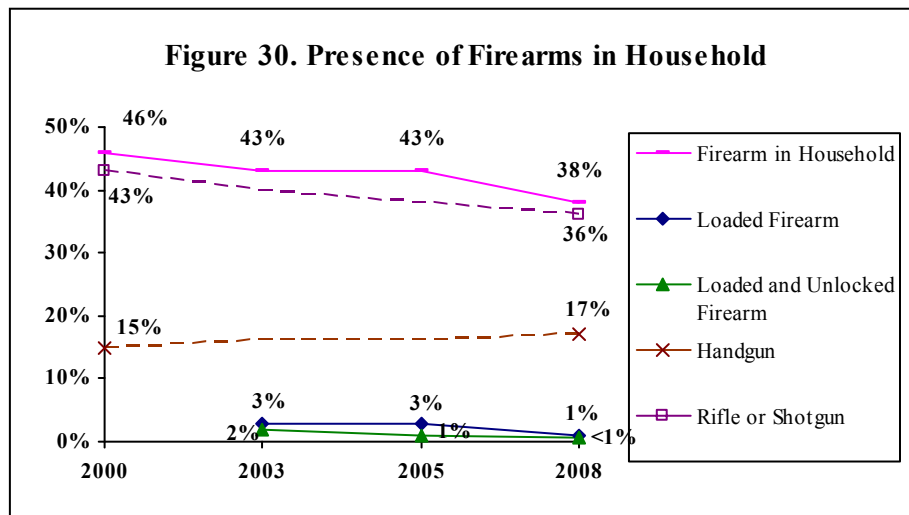
Year Comparisons

- From 2003 to 2008, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm which was also unlocked.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting a loaded and unlocked firearm in the household in all study years.

Presence of Firearms in Household Overall

Year Comparisons

- From 2000 to 2008, there was a statistical decrease in the overall percent of respondents who reported having firearms in or around their home. From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting a handgun in their home. From 2000 to 2008, there was a statistical decrease in the overall percent of respondents reporting a rifle or shotgun in their home. From 2003 to 2008, there was no statistical change in the overall percent of respondents who reported having a loaded firearm. From 2003 to 2008, there was a statistical decrease in the overall percent of respondents who reported having a loaded firearm which was also unlocked.



Personal Safety Issues (Figure 31; Tables 47 & 48)

KEY FINDINGS: In 2008, 4% of respondents reported someone made them afraid for their personal safety in the past year. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this.

From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues.

Afraid for Personal Safety

2008 Findings

- Four percent of respondents reported someone made them afraid for their personal safety in the past year.
- There were no statistically significant differences between demographic variables and feeling afraid for their safety in the past year.

- A stranger was most often mentioned as the perpetrator (8 responses) followed by an ex-spouse or friend (3 responses each). One respondent reported an acquaintance.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2000, respondents in the bottom 40 percent household income bracket were more likely to report being afraid for their personal safety. In all other study years, household income was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting someone made them afraid for their personal safety.
- In 2000, unmarried respondents were more likely to report being afraid for their personal safety. In all other study years, marital status was not a significant variable.

Table 47. Afraid for Personal Safety by Demographic Variables for Each Survey Year[ⓐ]

	2000	2003	2005	2008
TOTAL	5%	4%	8%	4%
Gender				
Male	3	4	8	3
Female	6	5	7	6
Age				
18 to 34	8	5	10	4
35 to 44	2	5	10	4
45 to 54	3	6	6	8
55 to 64	7	4	2	2
65 and Older	2	2	6	3
Education				
High School or Less	4	3	8	7
Some Post High School	5	7	7	4
College Graduate	5	3	8	3
Household Income ¹				
Bottom 40 Percent Bracket	14	6	11	6
Middle 20 Percent Bracket	1	7	7	0
Top 40 Percent Bracket ^a	2	3	7	7
Marital Status ¹				
Married	3	4	7	4
Not Married	9	4	9	5

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

¹demographic difference at p≤0.05 in 2000

²demographic difference at p≤0.05 in 2003

³demographic difference at p≤0.05 in 2005

⁴demographic difference at p≤0.05 in 2008

^ayear difference at p≤0.05 from 2000 to 2008

Pushed, Kicked, Slapped or Hit

2008 Findings

- Three percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in the past year.
 - Four respondents reported each of the following: an acquaintance or stranger. Two respondents reported a friend while one respondent reported brother or sister.

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No demographic comparisons were conducted between years as a result of the low percent of respondents reporting they were pushed, kicked, slapped or hit in all study years.

Combined Personal Safety Issues

2008 Findings

- A total of 7% of all respondents reported at least one of the two issues.
- Respondents 18 to 34 years old were more likely to report at least one of the two issues (13%) compared to those 65 and older (3%) or respondents 55 to 64 years old (2%).

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.
- In 2000 and 2008, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In all other study years, age was not a significant variable.
- Education was not a significant variable in any study year. From 2000 to 2008, there was a noted increase in the percent of respondents with a high school education or less reporting at least one of the two issues.
- In 2000, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the two issues. In all other study years, household income was not a significant variable. From 2000 to 2008, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting at least one of the two issues.
- In 2000, unmarried respondents were more likely to report at least one of the personal safety issues. In all other study years, marital status was not a significant variable.

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

	2000	2003	2005	2008
TOTAL	6%	5%	8%	7%
Gender				
Male	5	5	8	7
Female	7	5	8	7
Age ^{1,4}				
18 to 34	13	5	10	13
35 to 44	4	5	10	4
45 to 54	3	10	7	8
55 to 64	7	4	4	2
65 and Older	2	2	6	3
Education				
High School or Less ^a	4	4	8	11
Some Post High School	6	7	8	8
College Graduate	8	5	9	3
Household Income ¹				
Bottom 40 Percent Bracket	17	6	13	8
Middle 20 Percent Bracket	3	7	8	5
Top 40 Percent Bracket ^a	2	4	8	7
Marital Status ¹				
Married	3	4	7	6
Not Married	12	6	9	9

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

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

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

³demographic difference at $p \leq 0.05$ in 2005

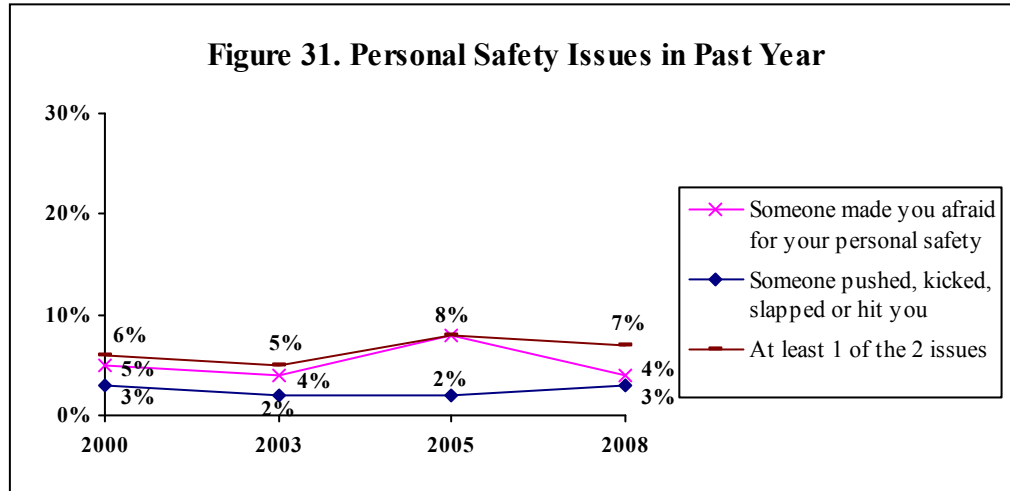
⁴demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2000 to 2008

Personal Safety Issues Overall

Year Comparisons

- From 2000 to 2008, there was no statistical change in the overall percent of respondents reporting any of the personal safety issues.



APPENDIX A: ADDITIONAL QUESTIONS

Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.

Risk Associated with Alcohol and Marijuana (Tables 49 & 50)

KEY FINDINGS: In 2008, 53% of respondents reported there is a great risk in harming themselves, physically or in other ways, if someone drinks four or five drinks nearly every day. Fifty-five percent reported a great risk if someone smokes marijuana regularly. Respondents who were female, 35 to 44 years old, 55 to 64 years old or with a college education were more likely to report a great risk for drinking. Respondents who were female, 35 to 44 years old or 65 and older were more likely to report a great risk for smoking marijuana regularly.

From 2005 to 2008, there was no statistical change in the overall percent of respondents reporting a great risk if someone drinks four or five drinks nearly every day or smokes marijuana regularly.

Alcohol Risk

2008 Findings

- Fifty-three percent of respondents reported people would do a great risk in harming themselves, physically or in other ways, if they drink four or five drinks nearly every day. Thirty-two percent of respondents reported moderate risk while 11% reported slight risk. Two percent reported no risk.
- Female respondents were more likely to report a great risk (68%) compared to male respondents (36%).
- Sixty-two percent of respondents 55 to 64 years old and 61% of those 35 to 44 years old reported a great risk if a person drank nearly every day compared to 42% of respondents 18 to 34 years old.
- Sixty percent of respondents with a college education reported a great risk compared to 52% of those with a high school education or less or 45% of respondents with some post high school education.

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a great risk if they drink four or five drinks nearly every day.
- In 2005 and 2008, female respondents were more likely to report a great risk. From 2005 to 2008, there was a noted decrease in the percent of male respondents reporting a great risk.
- In 2008, respondents 35 to 44 years old or 55 to 64 years old were more likely to report a great risk if a person drank nearly every day. In 2005, age was not a significant variable. From 2005 to 2008, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a great risk.
- In 2005 and 2008, respondents with a college education were more likely to report a great risk.
- Household income was not a significant variable in any study year. From 2005 to 2008, there was a noted decrease in the percent of respondents in the middle 20% household income bracket reporting a great risk.

Table 49. Great Risk Associated with Four or Five Drinks of Alcohol Nearly Every Day by Demographic Variables for Each Survey Year^⓪

	2005	2008
TOTAL	56%	53%
Gender ^{1,2}		
Male ^a	47	36
Female	64	68
Age ²		
18 to 34 ^a	57	42
35 to 44	54	61
45 to 54	54	49
55 to 64	62	62
65 and Older	56	56
Education ^{1,2}		
High School or Less	45	52
Some Post High School	58	45
College Graduate	66	60
Household Income		
Bottom 40 Percent Bracket	53	60
Middle 20 Percent Bracket ^a	62	44
Top 40 Percent Bracket	57	52
Marital Status		
Married	57	54
Not Married	56	49

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

¹demographic difference at $p \leq 0.05$ in 2005

²demographic difference at $p \leq 0.05$ in 2008

^ayear difference at $p \leq 0.05$ from 2005 to 2008

Marijuana Risk

2008 Findings

- Fifty-five percent of respondents reported people would do a great risk in harming themselves, physically or in other ways, if they smoke marijuana regularly. Twenty-eight percent of respondents reported moderate risk while 10% reported slight risk. Four percent reported no risk.
- Female respondents were more likely to report a great risk (65%) compared to male respondents (44%).
- Respondents who were 35 to 44 years old or 65 and older were more likely to report a great risk in harming themselves if someone smoked marijuana regularly (67% each) compared to respondents 45 to 54 years old (37%).

Year Comparisons

- From 2005 to 2008, there was no statistical change in the overall percent of respondents who reported a great risk if a person smokes marijuana regularly.
- In 2005 and 2008, female respondents were more likely to report a great risk if someone smoked marijuana regularly.
- In 2008, respondents 35 to 44 years old or 65 and older were more likely to report a great risk if a person smoked marijuana regularly. In 2005, age was not a significant variable.

Table 50. Great Risk Associated with Smoking Marijuana Regularly by Demographic Variables for Each Survey Year^⓪

	2005	2008
TOTAL	55%	55%
Gender ^{1,2}		
Male	49	44
Female	60	65
Age ²		
18 to 34	51	47
35 to 44	63	67
45 to 54	48	37
55 to 64	54	62
65 and Older	58	67
Education		
High School or Less	56	55
Some Post High School	57	56
College Graduate	52	55
Household Income		
Bottom 40 Percent Bracket	58	52
Middle 20 Percent Bracket	58	44
Top 40 Percent Bracket	50	60
Marital Status		
Married	53	57
Not Married	58	50

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

¹demographic difference at $p \leq 0.05$ in 2005

²demographic difference at $p \leq 0.05$ in 2008

³year difference at $p \leq 0.05$ from 2005 to 2008

Household Drinking Water (Tables 51 & 52)

KEY FINDINGS: In 2008, 35% of respondents reported the water source for their home was from a private or individual system or well. Eighty-six percent of respondents with a well reported their well has been tested. Fifty-eight percent of respondents with a well reported their last well test was within the past five years; respondents in the top 40 percent household income bracket were more likely to report this.

Home's Private Water

2008 Findings

- Thirty-five percent of respondents reported the water source for their home was from a private or individual system or well. Sixty-five percent of respondents reported the source of water was from the city or community water system.
- Eighty-six percent of respondents who have a well reported their well has been tested.
- There were no statistically significant differences between demographic variables and responses of reporting the well has been tested.

Table 51. Well Has Been Tested by Demographic Variables for 2008 (Of Those Who Have a Well)^⓪

	2008
TOTAL	86%
Household Income	
Bottom 40 Percent Bracket	81
Middle 20 Percent Bracket	80
Top 40 Percent Bracket	90
Marital Status	
Married	88
Not Married	83

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

¹demographic difference at $p \leq 0.05$ in 2008

Last Well Test

2008 Findings

- Fifty-eight percent of respondents who have a well reported their last well test was within the past five years (48% less than three years ago and 10% four to five years ago). An additional 10% reported six to ten years ago while 13% reported over ten years ago. Fourteen percent were not sure.
- Respondents in the top 40 percent household income bracket were more likely to report a test with the past five years compared to respondents in the bottom 60 percent household income bracket (70% and 47%, respectively).

Table 52. Well Tested Within Past Five Years by Demographic Variables for 2008^⓪

	2008
TOTAL	58%
Household Income ¹	
Bottom 60 Percent Bracket	47
Top 40 Percent Bracket	70
Marital Status	
Married	62
Not Married	49

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

¹demographic difference at $p \leq 0.05$ in 2008

APPENDIX B: QUESTIONNAIRE FREQUENCIES

WASHINGTON COUNTY
COMMUNITY HEALTH SURVEY

Conducted: August 1 through August 12, 2008

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

1. Generally speaking, would you say that your own health is...?

Poor	2%
Fair	9
Good.....	22
Very good.....	44
Excellent.....	23
Not sure	0

2. Currently, what is your primary type of health care coverage? [ONE BEST ANSWER]

No health care coverage	2%
An employer sponsored insurance plan	71
Private insurance bought directly from an insurance agent or insurance company.....	9
Medicaid including medical assistance, Title 19 or Badger Care.....	4
Medicare.....	13
Or something else.....	0
Not sure	<1

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

All.....	94%
Part	4
None	2
Not sure	0

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

All.....	91%
Part	6
None	3
Not sure	<1

5. When you are sick or need advice about your health, to which one of the following places do you usually go?

Doctor's or nurse practitioner's office 87%
 Public health clinic or community health center 6
 Hospital outpatient department 2
 Hospital emergency room 2
 Urgent care center 1
 Some other kind of place..... <1
 No usual place 2
 Not sure 0

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

Yes 43%
 No..... 56
 Not sure 1

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received a routine checkup?

	Less than a Year Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never	Not Sure
7. A routine checkup	62%	24%	5%	8%	0%	2%
8. Cholesterol testing	55	22	4	3	13	2
9. Visit to a dentist or dental clinic .	78	12	4	5	<1	0
10. Eye exam.....	49	29	7	10	4	<1

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

Yes 35%
 No..... 65
 Not sure <1

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

18 to 34 years old 28%
 35 to 44 years old 25
 45 to 54 years old 20
 55 to 64 years old 12
 65 and older..... 15

13. Have you ever had a pneumonia or pneumococcal shot? [61 Respondents 65 and Older]

Yes 68%
 No..... 28
 Not sure 3

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

	Yes	No	Not Sure
14. You have high blood pressure?	21%	79%	0%
15. Your blood cholesterol is high?	19	79	3
16. You had a stroke?.....	2	98	<1
17. You have heart disease or a heart condition?...	10	91	0
18. You had a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder or depression?	11	88	<1
19. You have cancer?.....	6	94	0
20. ...(if yes) [24 Respondents]: What type of cancer?	Melanoma/skin	7 respondents	
	Breast.....	5 respondents	
	Prostate	3 respondents	
	Cervical	3 respondents	
	Ductal	2 respondents	
	All others (1 response each)	6 respondents	
21. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	8	92	0

22. [IF DIABETES] A test for “A one C” measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C?” [30 Respondents]

Zero 3% →GO TO Q25
 1 to 3 times 77 →CONTINUE WITH Q23
 4 or more 20 →CONTINUE WITH Q23
 Not sure 0 →GO TO Q25

23. At your last appointment, what was your “A one C” level? [29 Respondents]

Less than 7 59%
 7 or higher 28
 Not sure 14

24. At your last appointment, what was your LDL level? [30 Respondents]

Less than 100 23%
 100 or higher 30
 Not sure 47

	Yes	No	Not Sure
25. Do you currently have asthma?	9%	91%	0%
26. ...(if yes), do you have a written asthma action plan? [35 Respondents].....	43	54	3

27. On an average day, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings	36%
Two servings	32
Three or more servings.....	32
Not sure	0

28. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings	40%
Two servings	33
Three or more servings.....	28
Not sure	0

29. Now thinking about the moderate physical exercise you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate?

Yes	87%
No.....	13
Not sure	<1

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

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No moderate activity	13%
Less than 5 times/week for 30 minutes or less than 30 minutes each time.....	44
5 times/week for 30 minutes or more.....	42
Not sure	1

32. Now thinking about the vigorous physical exercise you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

Yes	50%
No.....	50
Not sure	<1

33. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
34. On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No vigorous activity	50%
Less than 3 times/week for 20 minutes or less than 20 minutes each time	21
3 times/week for 20 minutes or more.....	28
Not sure	1

Q35 THROUGH Q37 FEMALES ONLY

Now I have some questions about women’s health.

35. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [122 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	70%
Within the past 2 years (1 year, but less than 2 years ago)	16
Within the past 3 years (2 years, but less than 3 years ago)	2
Within the past 5 years (3 years, but less than 5 years ago).....	2
5 or more years ago	2
Never.....	7
Not sure	0

36. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [36 Respondents 65 and Older]

Yes	78%
No.....	19
Not sure	3

37. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [157 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago).....	69%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 3 years (2 years, but less than 3 years ago)	4
Within the past 5 years (3 years, but less than 5 years ago).....	4
5 or more years ago	1
Never.....	4
Not sure	0

Q38 and Q39 MALES 40 AND OLDER ONLY

38. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since your last PSA test? [113 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	43%
Within the past 2 years (1 year, but less than 2 years ago)	17
Within the past 3 years (2 years, but less than 3 years ago)	2
Within the past 5 years (3 years, but less than 5 years ago).....	<1
5 or more years ago	6
Never.....	27
Not sure.....	4

39. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [112 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago).....	42%
Within the past 2 years (1 year, but less than 2 years ago)	23
Within the past 3 years (2 years, but less than 3 years ago)	12
Within the past 5 years (3 years, but less than 5 years ago).....	4
5 or more years ago	4
Never.....	15
Not sure.....	0

MALE & FEMALE RESPONDENTS 50 AND OLDER

40. For a sigmoidoscopy a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Have you ever had a... [148 Respondents 50 and Older]

Sigmoidoscopy.....	6%	→CONTINUE WITH Q41
Colonoscopy	44	→GO TO Q42
Both.....	23	→CONTINUE WITH Q41 & Q42
Or neither	25	→GO TO Q43
Not sure.....	1	→GO TO Q43

41. How long has it been since you had your last sigmoidoscopy? [148 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	4%
Within the past 2 years (1 year, but less than 2 years ago)	5
Within the past 5 years (2 years, but less than 5 years ago).....	6
Within the past 10 years (5 years but less than 10 years ago)...	10
10 years ago or more	4
Never.....	70
Not sure.....	<1

42. How long has it been since you had your last colonoscopy? [148 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago).....	22%
Within the past 2 years (1 year, but less than 2 years ago)	14
Within the past 5 years (2 years, but less than 5 years ago).....	18
Within the past 10 years (5 years but less than 10 years ago)...	10
10 years ago or more.....	3
Never.....	31
Not sure.....	1

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

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

Frequency of those who bicycle, use in-line roller skates or scooters [191 Respondents]

Never.....	58%
Seldom	3
Sometimes.....	2
Nearly always.....	6
Always	31
Not sure.....	0

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

Never.....	3%
Seldom	3
Sometimes.....	6
Nearly always.....	10
Always	78
Not sure.....	0

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

Never.....	28%
Seldom	50
Sometimes.....	17
Nearly always.....	3
Always	2
Not sure.....	<1

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

Never.....	2%
Seldom	3
Sometimes.....	11
Nearly always.....	40
Always	44
Not sure.....	<1

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

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

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

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

None	29%
One to two days.....	19
Three to four days	17
Five or more days.....	35
Not sure	0

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

None	29%
One drink.....	26
Two drinks	19
Three drinks	11
Four or more drinks.....	15
Not sure	0

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

None	72%
One time	14
Two or more times	15
Not sure	0

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

Yes	3%
No.....	98
Not sure	0

52. During the past year, has ANYONE IN YOUR HOUSEHOLD, INCLUDING YOURSELF, experienced any kind of problem such as legal, social, personal, physical or medical in connection with drinking?

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

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

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

Every day	14%	
Some days	3	
Not at all.....	83	→GO TO Q57
Not sure	<1	→GO TO Q57

54. [CURRENT SMOKERS] During the past 12 months, have you quit smoking for one day or longer because you were trying to quit? [69 Respondents]

Yes	62%
No.....	38
Not sure	0

55. [CURRENT SMOKERS] In the past 12 months, have you seen a doctor, nurse or other health professional? [68 Respondents]

Yes	82%	→CONTINUE WITH Q56
No.....	18	→GO TO Q57
Not sure	0	→GO TO Q57

56. In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [57 Respondents]

Yes	67%
No.....	33
Not sure	0

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

Smoking is not allowed anywhere inside your home..	81%
Smoking is allowed in some places or at some times .	8
Smoking is allowed anywhere inside your home or ...	2
There are no rules about smoking inside your home ..	9
Not sure	<1

58. Which of the following best describes your place of work's official indoor smoking policy? [304 Respondents Who Work]

Not allowed in any area.....	77%
Allowed in some areas	17
Allowed in all areas.....	2
No official policy	2
Not sure	2

59. In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking cigarettes? [331 Nonsmokers]

0 days 72%
 1 to 3 days 24
 4 to 6 days 2
 All 7 days 2
 Not sure 0

Another issue being discussed these days deals with firearms. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols or guns that cannot fire.

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

Yes 38%
 No 61
 Not sure <1

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

	Yes	No	Not sure	No firearms in HH/NA
61. Handguns	17%	20%	0%	63%
62. Rifles or shotguns.....	36	1	<1	63

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

Yes 1%
 No 36
 Not sure 1
 No firearms in the household/no answer 63

64. Are any of these loaded firearms also unlocked? By unlocked I mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock. [All Respondents]

Yes <1%
 No <1
 Not sure 0
 No firearms in the household/not loaded/no answer 99

The next questions deal with complementary and alternative therapy treatments. In the past three years, have you received complementary or alternative therapies such as . .

	Yes	No	Not Sure
65. Going to a chiropractor	25%	76%	0%
66. Having acupuncture	3	97	0
67. Massage therapy.....	25	75	0
68. Aroma therapy using essential oils	7	93	0

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

69. Gender [DERIVED, NOT ASKED]

Male	49%
Female.....	51

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

71. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	37%
Overweight.....	38
Obese.....	26

72. Are you Hispanic or Latino?

Yes	1%
No.....	99
Not sure	0

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

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

74. What is your current marital status?

Single and never married	18%
A member of an unmarried couple.....	2
Married.....	66
Separated.....	1
Divorced.....	5
Widowed	6
Not sure	<1

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

8th grade or less	<1%
Some high school	4
High school graduate or GED	26
Some college	18
Technical school graduate.....	14
College graduate	24
Advanced or professional degree	13
Not sure	<1

76. Do you have any children under 18 years old who currently live in your household?

Yes	44%
No.....	56
Not sure.....	0

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

Washington	100%
------------------	------

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

West Bend city	23%
Germantown village.....	18
Hartford city.....	9
Germantown town.....	7
West Bend town.....	7
Slinger village	6
Jackson town.....	5
Kewaskum village.....	5
Richfield town.....	4
All others (3% or less).....	18

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

53022.....	24%
53095.....	19
53090.....	17
53027.....	13
53037.....	7
53086.....	7
53040.....	6
All others (3% or less).....	7
No answer	0

Q80 THROUGH Q82 LANDLINE SAMPLE ONLY

80. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

Yes	7%
No.....	93
Not sure.....	0

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

One.....	98%
Two or more.....	3

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

Yes	77%
No.....	23
Not sure	0

83. What is your annual household income before taxes?

Less than \$10,000	3%
\$10,000 to \$20,000.....	4
\$20,001 to \$30,000.....	6
\$30,001 to \$40,000.....	10
\$40,001 to \$50,000.....	12
\$50,001 to \$60,000.....	8
\$60,001 to \$75,000.....	10
\$75,001 to \$90,000.....	10
\$90,001 to \$105,000.....	7
\$105,001 to \$120,000.....	4
\$120,001 to \$135,000.....	5
Over \$135,000.....	9
Not sure	3
No answer	11

84. Which of the following best describes you?

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

The next series of questions deal with personal safety issues.

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

Yes	4%	→CONTINUE WITH Q86
No.....	96	→GO TO Q87
Not sure	<1	→GO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [16 Respondents; More than 1 response accepted]

Stranger	8 responses
Ex-spouse	3 responses
Friend	3 responses
Acquaintance.....	1 response

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

Yes	3%	→CONTINUE WITH Q88
No.....	97	→GO TO Q89
Not sure	0	→GO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else?
[12 Respondents; More than 1 response accepted]

Acquaintance.....	4 responses
Stranger	4 responses
Friend	2 responses
Brother or sister.....	1 response

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

Smoke detector.....	98%
Carbon monoxide detector	59
Neither.....	1
Not sure	<1

Households that have both detectors..... 58%

ADDITIONAL QUESTIONS FOR WASHINGTON COUNTY

[Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.]

How much do you think people risk harming themselves, physically or in other ways, if they drink four or five drinks nearly every day? Would you say...

	No Risk	Slight Risk	Moderate Risk	Great Risk	Not Sure
A1. If they drink four or five drinks nearly every day?	2%	11%	32%	53%	3%
A2. if they smoke marijuana regularly?	4	10	28	55	3

A3. What is the source of your home's private water?

Private or individual system or well.....35%
 City or community water source65
 Other..... 0
 Not sure<1

A4. Has your well ever been tested? [138 Respondents]

Yes 86%
 No..... 5
 Not sure 9

A5. About how long has it been since it was tested? Would you say...? [138 Respondents]

Within the last 3 years..... 48%
 4 to 5 years ago 10
 6 to 10 years ago 10
 Over 10 years ago 13
 Never..... 5
 Not sure 14

APPENDIX C: SURVEY METHODOLOGY

SURVEY METHODOLOGY

2008 Community Health Survey

The 2008 Washington County Community Health Survey was conducted from August 1 through August 12, 2008. Respondents were scientifically selected so that the survey would be representative of all adults 18 years old and older. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included both listed and unlisted numbers where the respondent within each household was randomly selected by computer based on the number of adults in the household. 2) A cell-phone only sample where the person answering the phone was selected as the respondent. A reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2005 Community Health Survey

The 2005 Washington County Community Health Survey was conducted from May 26 through August 16, 2005. 400 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2003 Community Health Survey

The 2003 Washington County Community Health Survey was conducted from February 21 through May 30, 2003. 400 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.

2000 Community Health Survey

The 2000 Washington County Community Health Survey was conducted from September 8 through September 23, 2000. 403 random adults 18 years old or older within the county were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. At least 8 attempts were made to contact a respondent. Post-stratification was done by sex and age to reflect the 1998 census proportion of these characteristics in the area. With a sample size of 403, the margin of error is $\pm 5\%$. The margin of error for smaller subgroups is larger.