

Purpose

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

1. Gather specific base-line data on behavioral and lifestyle habits of the adult population of Washington County.
2. Gather base-line data on the prevalence of risk factors and disease conditions existing within the adult population. Select health status information will also be collected about respondent households.
3. Compare, where appropriate, health data of county residents to state measurements.

Methodology

The Washington County Community Health Study was conducted by JKV Research to gather information on the health practices and health-related behavioral risks of residents. Respondents were scientifically selected so that the survey would be representative of all county adults 18-years-old and older. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. A screener question verifying the household location in the county was included. Opinion Dynamics Corporation, Madison, Wisconsin, was contracted for the telephone interviewing phase. Articles in local newspaper including the *West Bend Daily News*, *Germantown Banner Press*, *Hartford Times-Press*, and *Kewaskum Statesman* were released shortly before the start of data collection to notify the households of the upcoming survey.

A total of 403 telephone interviews were completed between September 8 and September 23, 2000. With a sample size of 403 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-year-olds and older who lived in the Washington county. The margin of error for smaller subgroups will be larger. Data have been weighted by sex and age to reflect the 1998 estimate of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents.

The Washington County Health Survey was a community collaborative effort paid for by:

- Washington County Health Department
- United Way in Washington County
- Aurora Health Care
- St. Joseph's Hospital
- Community Memorial Hospital in Menomonee Falls
- Washington County Safe and Stable Families

JKV Research is under the direction of Janet Kempf Vande Hey, M.S. For further information about the survey, contact Janet at 920-687-9909.

Demographic Profile of Washington County Community Health Survey Report

Table 1. Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 24	10%
25 to 34	18
35 to 44	27
45 to 54	20
55 to 64	11
65 and older	14
Education	
Some high school or less	9%
High school graduate	37
Some college	18
Technical school graduate	9
College graduate and beyond	26
Household income	
\$30,000 or less	15%
\$30,001 to \$60,000	32
\$60,001 to \$90,000	28
More than \$90,000	26
Marital Status	
Married	74%
Not married	27
Children in Household	
Yes	39%
No	61
Region	
East of Hwy 41	64%
West of Hwy 41	36

What do the percentages mean?

Results of the Washington County Community Health Survey can be generalized to the adult population with telephones in the county. In 1990, the U.S. Census Bureau identified 68,478 adult residents in Washington County. The 1998 estimate of adults increased to 82,833. As a result, Washington County has seen significant growth in its adult population—17 percent.

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 in the county. One percentage point equals approximately 800 adults. So, when 12% of respondents reported their health was fair or poor, this roughly equates to 9,600 residents $\pm 4,000$ individuals. Meaning that from 5,600 to 13,600 residents may have fair or poor health in the county. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

The 1990 U.S. Census counted 32,977 households in Washington County. The Current Population Survey estimates an average household size of 2.61 individuals. With the 1998 estimate of 113,906 individuals, Washington County has an estimated 43,642 households. In certain questions of the Washington County Community Health Survey, respondents were asked to report information about their household. Using the updated estimate, each percentage point for household-level data represents approximately 440 households. For example, 46% of survey respondents reported that a firearm is kept in their household. Thus, the estimated number of households with a firearm would be 20,200.

Definitions

How was “overweight” determined? 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 greater than 27.8 for men and 27.3 for women is considered overweight.

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Executive 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 some highlights and should not replace reviewing the entire report.

Community Issues

The top three community concerns were health-related (underage drinking, drug abuse and smoking) rather than environmentally related issues. To complement the community concern of smoking, more respondents favored having an ordinance prohibiting smoking in eating establishments in their community than opposed such an ordinance.

Health Risks, Conditions and Behavior Overall

Overall, Washington County residents considered themselves to be generally healthy. Check-ups were at reasonable percentages, although there is always room for improvement. The health conditions that were most common included: high blood cholesterol, high blood pressure and heart disease. Some alternative treatments were becoming more mainstream, including nutritional supplements, chiropractors and massage therapy. Helmet usage was not very good for adults, whereas children's usage was better. Regular seat belt usage appeared at a high percent for both adults and children. For most health risks, conditions and behavior, there were few differences between the eastern and western part of the county.

Health Risks, Conditions and Behavior for Sub-Groups

There were smaller populations of the county that had some disadvantages. Although most of these findings may not be surprising, it is important to recognize the differences in order to begin to focus on improving these situations.

Respondents with lower income had several areas where they were less likely to either be accessing the health care system. The percent may be low in terms of households that did not have health care, however, respondents with lower income were more likely to not be covered. Their perceived health status was lower, they had more incidences of high blood pressure and heart disease and were significantly more likely to report feeling sad, blue or depressed and stress most of the time.

Respondents who were overweight were more likely to have reported a lower health status, have high blood cholesterol and high blood pressure. Generally overweight respondents did not pay more attention to their diet or exercise routine than those not overweight. Although the rate of overweight respondents was similar to the Wisconsin rate, if it has followed the pattern similar to Wisconsin, it has been steadily increasing. Thus, the amount of future health complications may increase, decreasing the quality of life of residents.

Younger respondents appeared to be taking more health and behavior risks. They were much more likely to be current smokers, not use seat belts and use alcohol more regularly, including "binge" drinking.

Older respondents had more of the health conditions. They perceived their health less positively and were more likely to have high blood cholesterol, high blood pressure and heart disease. Their behaviors, in most instances were better—seat belt usage, check-ups at the appropriate times as well as vaccinations were generally good.

Male respondents took more risks. They reported more drinking, not properly watching their food intake and were less likely to have had check-ups, specifically general physical and screening for prostate cancer (for those over the age of 40).

Female respondents—when there were differences between men and women, female results were generally better, however, it was not the case for feeling stressed out and managing that stress.

Safety

Even though the percentages were small, the number of households with firearms that were not locked should be of significant concern. About one-third of those households had children present.

Threats to personal safety were small, but again, any percent needs to be addressed.

As mentioned, these are just some of the highlights to this important study. The following pages provide more detailed findings. Dissemination of the entire report or particular sections is encouraged in order to help the county, local communities, agencies and other organizations continue to understand residents' needs and assist them in improving their quality of life.

Key Findings

Community and Family Health Issues (Figure 1, Table 2)

KEY FINDING: Respondents reported that in their community underage drinking was the problem of greatest magnitude. Smoking and drug use were a close second and third. When asked what health issue they worry about within their own family, cancer was the prevailing issue.

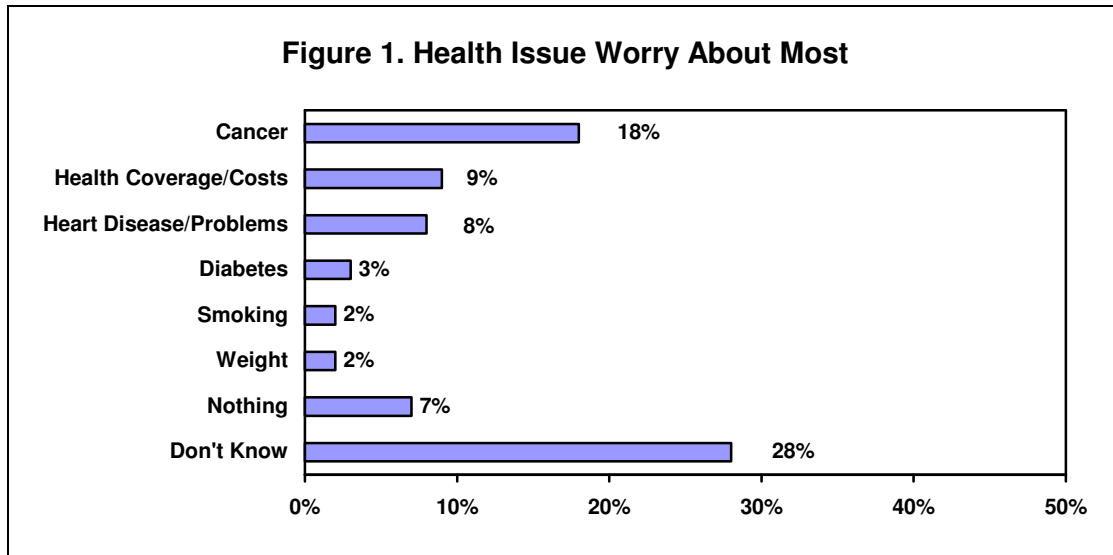
- Fifty-six percent of respondents reported that underage alcohol use was a major or moderate problem in their community. This was the largest percent in both categories. Over 40% reported smoking and drug use as major/moderate problems as well.
- Respondents 35 to 54 years of age were most likely to report that drinking water and food safety were a major/moderate problem (31%) compared to all other age groups (20%). Respondents 18 to 34 were more likely to report that access to affordable shots were problems in their community (18%) compared to 35 to 54 year olds (13%) and 55 and older (6%).
- Females were more likely to report that drinking water and food safety were major or moderate problems (30%) compared to 19% of males. In addition, four out of 10 males reported it was not a problem compared to 26% of females. Males reported not a problem more often than females for smoking (26% v 15%), although they were similar when it came to a major or moderate problem (44% males and 41% females).
- Twice as many respondents with children reported that access to affordable shots/vaccines was a major/moderate problem in their community than those without children in their household (18% v 9%).
- Respondents with lower income were more likely to report that their community has a major/moderate problem with environmental issues including as air quality (38% for those under \$30,000 compared to 21% for those with a household income of \$60,001 or more).
- Respondents in the western region of Washington County reported that drug use was a major/moderate problem more often than in the eastern region (51% and 42%, respectively).

Table 2. Problems in Your Community

	Major	Moderate	Minor/Not a Problem	Not Sure
Underage Alcohol Use	22%	34%	26%	19%
Smoking	16	27	39	19
Drug Use	15	30	32	23
Drinking Water and Food Safety	9	16	70	6
Depression	6	22	36	37
Environmental Issues Including Air Quality	5	20	65	10
Violence/Threat of Physical Harm	4	14	70	12
Access to Affordable Shots and Vaccines	3	10	72	15

Health Issue Respondents Worry About the Most

- The family issue respondents worried about the most was cancer. Twice as many mentioned cancer than health care coverage/costs and heart disease/problems. Diabetes, smoking and weight were mentioned by a small percentage. One-quarter did not know what to answer. The remaining percents were issues of concern for less than 2% of respondents.

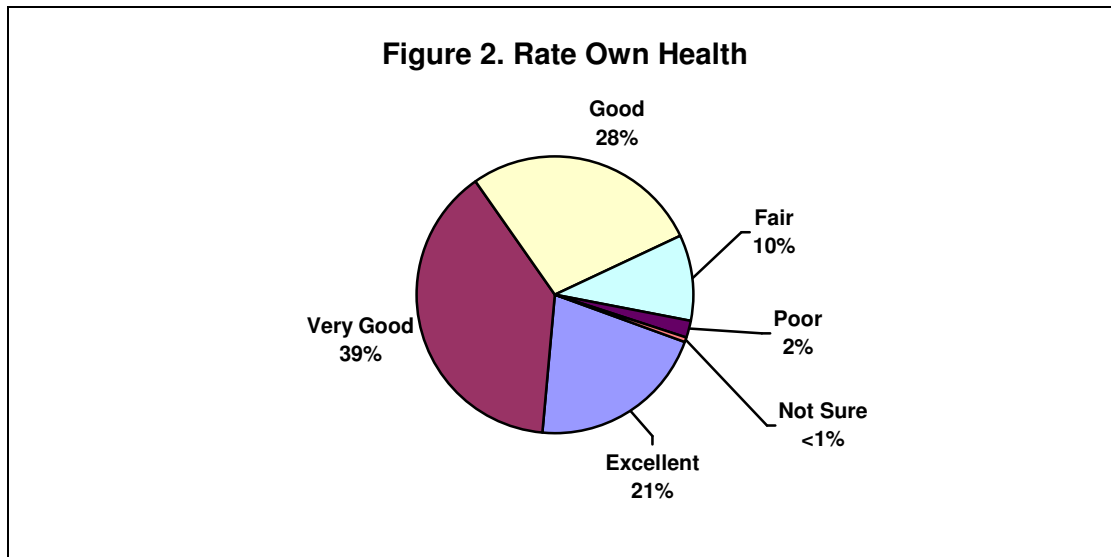


Rating Their Own Health (Figure 2, Table 3)

Fifty-nine percent of Wisconsin residents reported their health as excellent or good (1998 Wisconsin Behavioral Risk Factor Survey).

KEY FINDING: Over half of respondents reported their health as excellent or very good. Older respondents, those with lower household income, smokers and those classified as overweight were more likely to report fair or poor conditions.

- Sixty percent of respondents said their own health, generally speaking, was either excellent (21%) or very good (39%). A total of 12% reported their health was fair (10%) or poor (2%).



- As age increased, the likelihood of respondents stating that their health was excellent or very good decreased. Sixty-seven percent of respondents 18 to 34 years of age reported this compared to 40% of respondents aged 55 and older. Only 31% of respondents 65 and older reported their health was excellent or very good.
- Respondents with more household income were more likely to report they were in excellent or very good health. Seventy-three percent of respondents with a household income of more than \$60,000 reported their health condition as excellent/very good, in contrast to 65% of those with a household income of \$30,001 to \$60,000 and 38% who had less than \$30,001.
- Sixty-nine percent of those classified as not overweight reported their health was excellent or very good compared to 47% of those classified as overweight.
- Nonsmokers were more likely to report a better health condition than smokers. Two-thirds of nonsmokers reported their health as excellent/very good while 45% of smokers reported so.

Table 3. Rate Own Health by Demographic Variables

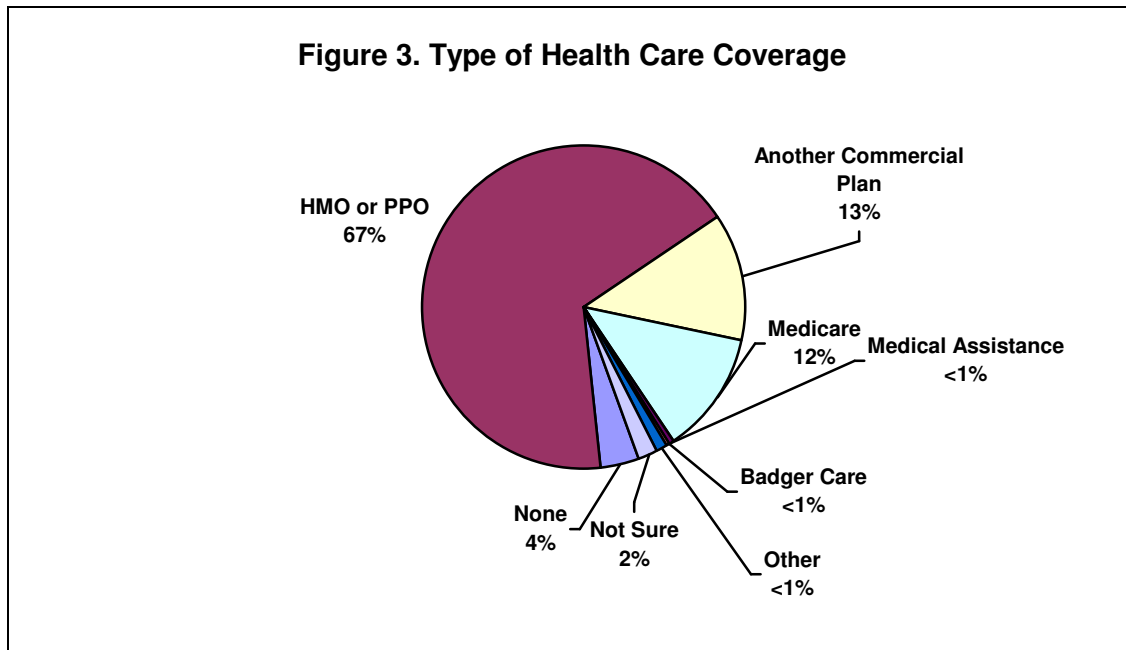
	Excellent	Very Good	Good	Fair or Poor
TOTAL	21%	39%	28%	12%
Gender				
Male	23	35	31	11
Female	20	43	25	13
Age**				
18 to 34	19	48	29	5
35 to 54	25	42	24	9
55 and older	17	23	33	25
Education				
High school graduate or less	20	36	31	14
Some college	23	35	31	11
College/technical school graduate and beyond	22	47	22	9
Household Income**				
\$30,000 or less	7	31	29	34
\$30,001 to \$60,000	19	46	28	8
\$60,001 or more	35	38	21	5
Smoker**				
Nonsmoker	25	41	24	11
Smoker	12	33	39	15
Overweight**				
Not Overweight	27	42	22	9
Overweight	12	35	39	14
Region				
East	21	40	28	12
West	23	38	27	12

*= p≤0.05; **= p≤0.01

Health Care Coverage (Figure 3)

KEY FINDING: A small percent, although important, reported they personally did not have health care coverage. Nearly one-in-ten reported that someone in their household was not covered. Households with lower income were nearly 3 times more likely to be not covered; those who were not married were 4 times more likely to be not covered.

- Only 4% of respondents, which equates up to an estimated 7,200 adults with the margin of error, reported they were not currently covered by any health insurance. Most reported they had a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO) (67%) or another commercial plan (13%). Twelve percent reported Medicare and 1% reported medical assistance or Badger Care.
- Nine percent of all respondents indicated that someone in their household was not covered by insurance. This equates to approximately 4,000 households.
- Twenty-two percent of respondents with a household income of less than \$30,001 reported that someone in their household was not covered compared to 8% of respondents whose household earnings were more than \$30,000.
- Respondents who were not married were four times more likely to report that someone in their household was not covered (22% v 5%). There were no differences for those who had children and those who did not.



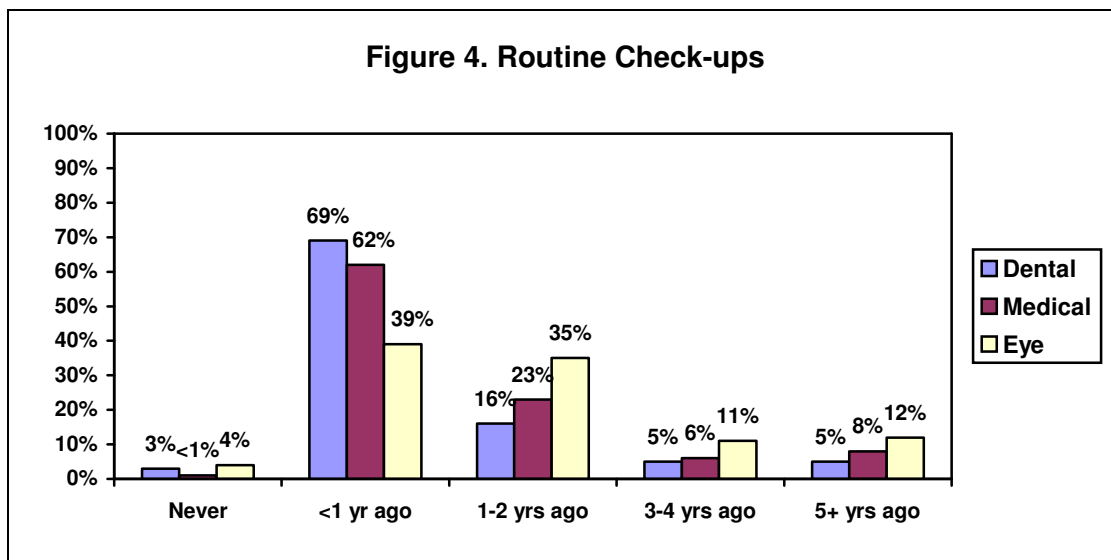
Medical Barriers

- Six percent of respondents reported that in the past 12 months they did not receive the medical care they needed. When asked why they did not receive the care, the most common cited reasons were cost, poor medical care and insurance did not cover it (7 responses each).

Routine Check-ups and Vaccinations (Figures 4 & 5, Tables 4 – 8)

KEY FINDING: Respondents were generally receiving routine check-ups. Younger respondents were more likely to have had a dental check-up, younger and older more likely to have had a medical check-up and older respondents an eye exam. As for vaccinations, males were more likely to have had one, while it varied by age. The influenza vaccination was more likely for older respondents and those with lower income. Finally, six out of ten senior citizens have had a pneumonia vaccination.

- Respondents were most likely to have had a dental check-up in the past year (69%) followed by a routine medical check-up (62%) and vision (39%). Over eight in ten respondents reported that in the past two years they've had a dental exam and routine medical check-up (85% each). Nearly three-quarters of respondents had a vision exam in the past two years (74%).



Dental Check-up.

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

- Fifty-nine percent of respondents whose annual household income was less than \$30,001 had a dental check-up or exam in the last year. This rate steadily increased to 80% of respondents with a household income of \$60,000 or more. Only those with a household income of less than \$30,001 reported they never had a dental check-up (9%).
- Respondents between the ages of 35 and 54 were most likely to have gone to the dentist in the past year (76%). The respondents least likely to have gone were those 65 and older (55%).

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.

- Respondents who had at least a college/technical degree were most likely to have gone to the dentist in the past year (79%).

Table 4. Dental Check-up by Demographic Variables

	<1 Yr Ago	1 to 2 Yrs Ago	3 to 4 Yrs Ago	5 or More Yrs Ago
TOTAL	69%	16%	5%	5%
Gender				
Male	69	20	5	3
Female	70	14	5	7
Age**				
18 to 34	64	26	5	4
35 to 54	76	15	5	4
55 and older	62	9	3	10
Education*				
High school graduate or less	62	20	4	7
Some college	69	13	10	3
College/technical school graduate and beyond	79	13	4	4
Household Income**				
\$30,000 or less	59	12	7	10
\$30,001 to \$60,000	71	19	4	5
\$60,001 or more	80	12	5	5
Region				
East	68	18	7	4
West	71	14	2	8

*= p<0.05; **= p<0.01

Medical Check-up.

Sixty percent of Wisconsin respondents reported in the past year they had a routine check-up.

- Adult respondents aged 25 to 44 were least likely to have had a medical exam in the past two years (77%) compared to all other age groups (88% to 93%).
- Female respondents were more likely to report they had a routine medical exam in the past two years (91%) compared to males (79%).

Table 5. Medical Check-up by Demographic Variables

	<1 Yr Ago	1 to 2 Yrs Ago	3 to 4 Yrs Ago	5 or More Yrs Ago
TOTAL	62%	23%	6%	8%
Gender**				
Male	49	30	7	13
Female	75	16	4	2
Age**				
18 to 24	81	7	7	5
25 to 34	52	27	4	14
35 to 44	47	30	10	13
45 to 54	69	24	3	3
55 to 64	73	18	7	2
65 and older	74	17	2	2
Education				
High school graduate or less	65	17	7	10
Some college	65	23	6	6
College/technical school graduate and beyond	58	30	4	6
Household Income				
\$30,000 or less	76	15	2	3
\$30,001 to \$60,000	58	23	5	11
\$60,001 or more	58	30	5	6
Region				
East	62	26	5	7
West	63	17	6	9

*= p<0.05; **= p<0.01

Eye Check-up.

Screening for diminished visual acuity with Snellen visual acuity chart is recommended for elderly persons. There is insufficient evidence to recommend for or against screening for diminished visual acuity among other asymptomatic persons.²

- Older respondents were more likely to have had an eye exam within the past year (55%) than 18 to 34 year olds (39%) and 35 to 54 year olds (28%).
- Respondents with less income were more likely to have had an exam in the past year. Forty-three percent of respondents with household income less than \$60,000 had an eye exam in the past year compared to 29% of respondents who had a household income of more than \$60,000.
- Respondents in the eastern part of the county were more likely to have had an eye exam in the past year (42%) compared to western county residents (34%).

Table 6. Eye Check-up by Demographic Variables

	<1 Yr Ago	1 to 2 Yrs Ago	3 to 4 Yrs Ago	5 or More Yrs Ago
TOTAL	39%	35%	11%	12%
Gender				
Male	33	37	12	14
Female	44	33	9	10
Age**				
18 to 34	39	25	16	12
35 to 54	28	41	12	16
55 and older	55	37	2	3
Education				
High school graduate or less	38	34	11	13
Some college	47	21	11	19
College/technical school graduate and beyond	35	44	10	6
Household Income*				
\$30,000 or less	43	36	10	7
\$30,001 to \$60,000	43	35	12	10
\$60,001 or more	29	38	11	15
Region*				
East	42	35	12	10
West	34	35	8	15

*= p<0.05; **= p<0.01

² “Chapter 33: Screening for Visual Impairment.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 373.

Tetanus Vaccination.

- Nearly three-quarters (73%) of respondents indicated they had a tetanus vaccination in the past 10 years.
- Respondents between the ages of 18 to 34 and 45 to 54 were most likely to have had a tetanus vaccination.
- Males were also more likely to have reported receiving a tetanus shot (80%) compared to females (67%).
- Respondents in the east were more likely to have reported a tetanus shot in the past 10 years (78%) than in the west (65%).

Table 7. Tetanus Vaccination in Past 10 Years by Demographic Variables

	Yes	No	Not Sure
TOTAL	73%	21%	6%
Gender**			
Male	80	17	3
Female	67	25	8
Age**			
18 to 24	88	2	10
25 to 34	83	16	1
35 to 44	69	27	5
45 to 54	81	15	4
55 to 64	65	28	7
65 and older	54	33	13
Education			
High school graduate or less	69	25	6
Some college	78	17	6
College/technical school graduate and beyond	78	17	5
Household Income			
\$30,000 or less	63	29	9
\$30,001 to \$60,000	75	21	5
\$60,001 or more	80	15	5
Region*			
East	78	17	5
West	65	28	7

*= p<0.05; **= p<0.01

Influenza Vaccination.

- Thirty-seven percent of respondents reported they plan on receiving a flu vaccination in the next year.
- As age increased so did the likelihood of the intent of receiving a flu vaccination. Only 15% of adults 18 to 24 reported the intent compared to 76% of those 65 years of age and older.
- Respondents with a college/technical degree were more likely to report they would be receiving a flu vaccine in the next year (48%) compared to 32% of those who had less than a college education.
- Respondents with a household income of less than \$30,001 were more likely to receive a flu vaccination (44%) compared to those with more than \$30,000 (34%).
- The most cited reasons for not getting a flu shot included: doesn't need one/don't get flu (n=84), allergic/shot makes me sick (n=28), don't want to (n=28), never got shot before (n=28) and not sure (n=41).

Table 8. Flu Vaccination in the Next Year by Demographic Variables

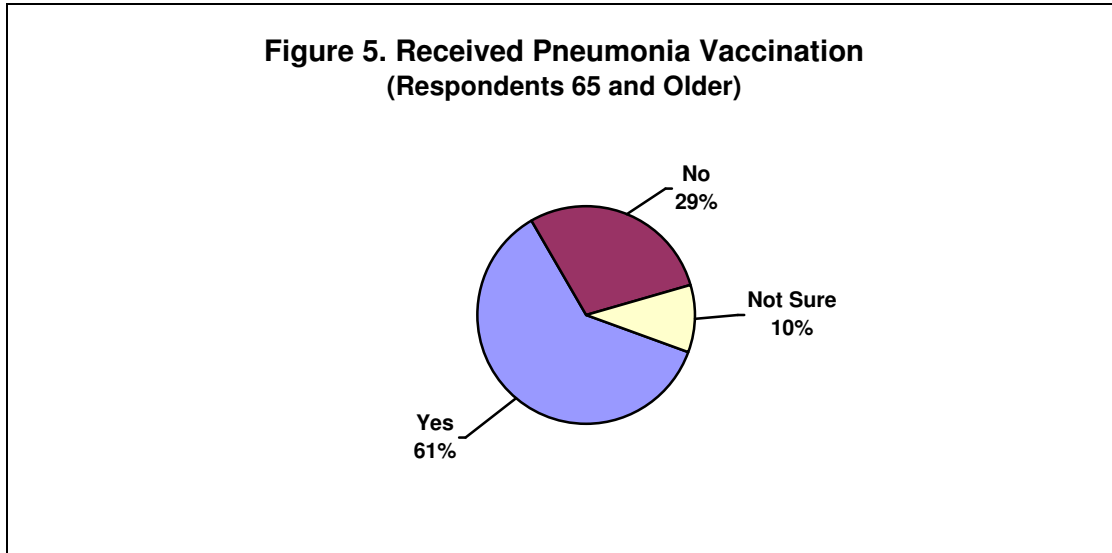
	Yes	No	Not Sure
TOTAL	37%	57%	6%
Gender			
Male	35	61	4
Female	40	53	7
Age**			
18 to 24	15	78	7
25 to 34	25	66	9
35 to 44	27	68	5
45 to 54	40	58	3
55 to 64	49	49	2
65 and older	76	16	7
Education*			
High school graduate or less	31	63	6
Some college	34	62	4
College/technical school graduate and beyond	48	47	6
Household Income*			
\$30,000 or less	44	44	12
\$30,001 to \$60,000	33	63	4
\$60,001 or more	36	61	4
Region			
East	36	60	4
West	40	52	8

*= p≤0.05; **= p≤0.01

Pneumonia Vaccination for Senior Citizens.

Respondents 65 and older were asked if they received a pneumonia vaccination, sometimes given to senior citizens.

- Sixty-one percent of respondents who were 65 and older reported they received a pneumonia vaccination. There were no statistically significant differences between male and female respondents.



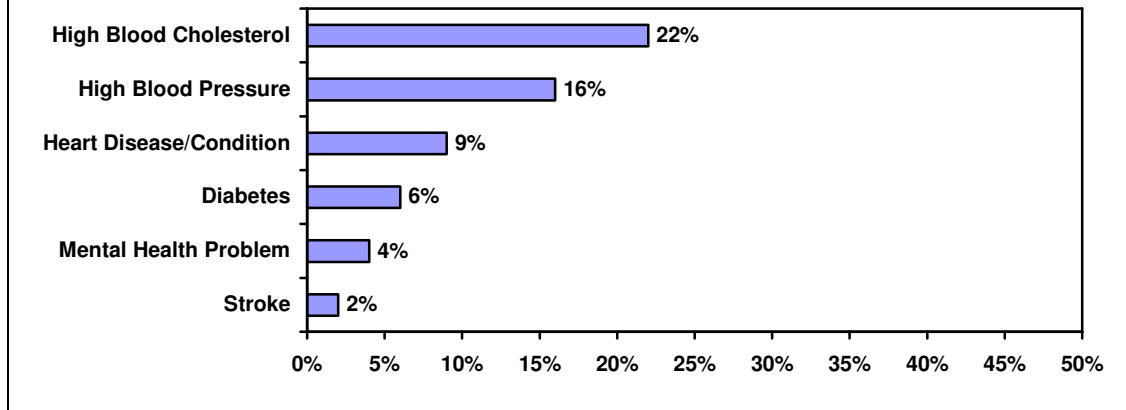
Prevalence of Select Health Conditions (Figure 6, Table 9)

Respondents were asked a series of questions regarding if they had been told or been treated for several different health conditions in the past three years.

KEY FINDING: High blood cholesterol, high blood pressure and heart disease/heart condition were the most often treated health conditions in the past three years. All of these conditions increased with age. High blood cholesterol and high blood pressure increased with weight. The incidence of high blood pressure and heart disease was higher in households with lower income.

- Respondents were most likely to report they have been told or been treated for high blood cholesterol (22%), high blood pressure (16%), heart disease or heart condition (9%) and diabetes not associated with a pregnancy (6%).

Figure 6. Told or Received Treatment in the Past 3 Years



- According to survey results, the likelihood of being told or treated for high blood cholesterol, high blood pressure and heart disease/condition increased as age increased.
- Respondents who were considered overweight were more likely to have high blood cholesterol and high blood pressure. In fact, overweight respondents were twice as likely to have these two conditions (34% and 25%, respectively) compared to not overweight respondents (16% and 11%).
- Respondents with household income of less than \$30,001 were more likely to report they have received treatment for or been told they have high blood pressure and heart disease/heart condition.

Table 9. Told or Received Treatment for in the Past 3 Years by Demographic Variables

	High Blood Cholesterol	High Blood Pressure	Heart Disease
TOTAL	22%	16%	9%
Gender			
Male	21	15	10
Female	23	16	7
Age			
18 to 24	0**	5**	7**
25 to 34	10**	3**	1**
35 to 44	18**	8**	1**
45 to 54	28**	23**	6**
55 to 64	28**	21**	18**
65 and older	39**	43**	28**
Household Income			
\$30,000 or less	23	26*	17*
\$30,001 to \$60,000	24	14*	6*
\$60,001 or more	21	13*	6*
Overweight			
Not overweight	16**	11**	7
Overweight	34**	25**	11

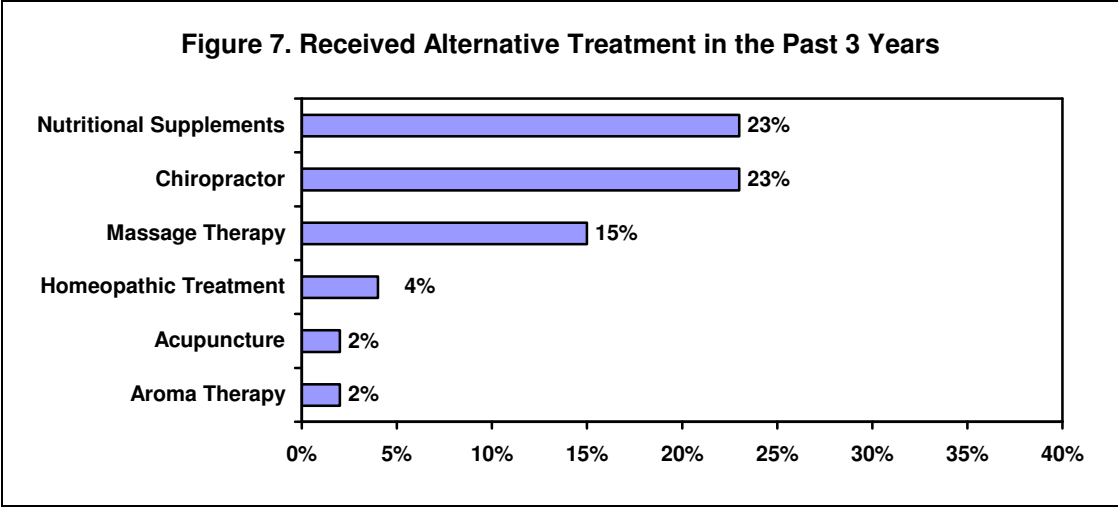
*= p<0.05; **= p<0.01

Prevalence of Select Alternative Treatments (Figure 7, Table 10)

Respondents were asked a series of questions regarding if they had received several different alternative treatments in the past three years.

KEY FINDING: Nearly one-quarter of respondents have taken nutritional supplements and gone to a chiropractor in the past three years. Females were more likely to have used two of the top three treatments (chiropractor and massage therapy). Nutritional supplements usage varied by age.

- Respondents were most likely to have taken nutritional supplements (23%), gone to a chiropractor (23%) and had massage therapy (15%).



- Females were more likely to have gone to a chiropractor (29% v 16%) and to have used massage therapy (19% v 10%).
- Respondents 55 to 64 were most likely to use nutritional supplements (37%) compared to 35 to 44 year olds (12%). At least one in five respondents in all other age groups used nutritional supplements. For both chiropractor and massage therapy, there were no statistically significant differences between age groups.
- Respondents who had a college degree or beyond were more likely to have received massage therapy (19%) compared to 17% of those who have some college education and 10% of those with up to a high school education. For both chiropractor and nutritional supplements, there were no statistically significant differences.
- Household income and region had no impact on whether the respondent had received any alternative treatments in the past 3 years.

Table 10. Received Alternative Treatment for in the Past 3 Years by Demographic Variables

	Nutritional Supplements	Chiropractor	Massage Therapy
TOTAL	23%	23%	15%
Gender			
Male	21	16**	10**
Female	25	29**	19**
Age			
18 to 24	27*	15	22
25 to 34	25*	23	16
35 to 44	12*	28	11
45 to 54	28*	28	21
55 to 64	37*	14	14
65 and older	22*	20	7
Education			
High School or less	20	22	10*
Some College	24	18	17*
College/technical graduate and beyond	26	26	19*
Household Income			
\$30,000 or less	26	22	17
\$30,001 to \$60,000	21	24	17
\$60,001 or more	23	27	17

*= p≤0.05; **= p≤0.01

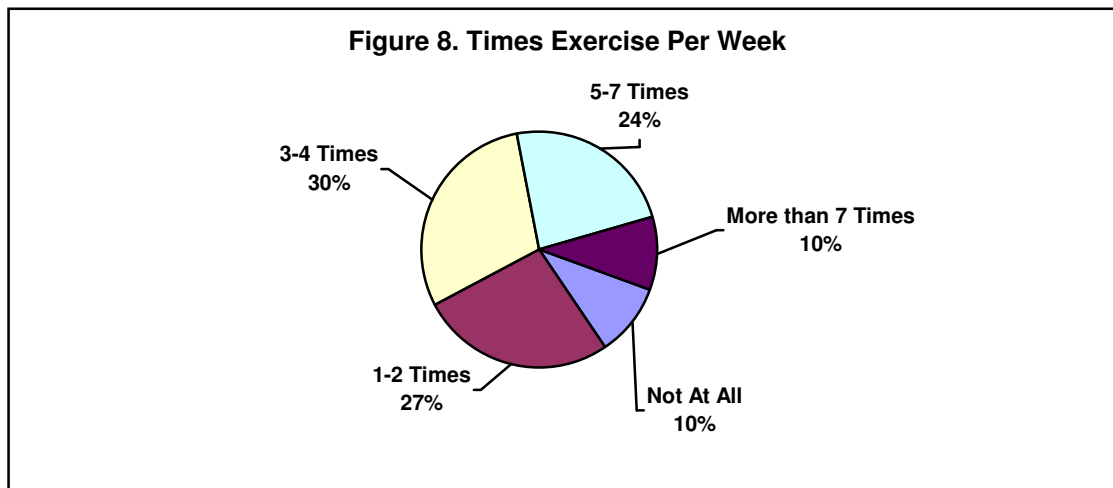
Physical Exercise and Body Weight (Figure 8)

KEY FINDING: Slightly less than 2/3 or respondents reported they exercise at least 3 times in a typical week. Sixty-nine percent report that when they exercise, they exercise for 20 minutes or more. Just over half of all respondents exercised 3 or more times for 20 minutes or more. The very youngest and the very oldest respondents were most likely to not exercise at all, but if younger respondents did exercise, they were more likely to exercise for more minutes. Those who were overweight were less likely to exercise for 20 minutes or more. Thirty-five percent of respondents were classified as overweight.

Physical Exercise.

The incorporation of regular physical activity into daily routines is recommended to prevent coronary heart disease, hypertension, obesity, and diabetes. This recommendation is based on the proven benefits of regular physical activity.³

- Fifty-four percent of respondents stated they exercise 3 or more times in a typical week. Ten percent reported they do not exercise in a typical week.
- Eighteen to 24 year olds and those 65 and older were least likely to exercise in a typical week (20% and 18%, respectively).
- Respondents with a high school education or less were most likely to not exercise in a typical week (13%) compared to all other education levels (8%). However, if they did exercise, they were more likely to exercise more than 5 times a week (43% and 25%, respectively).



- Twenty-one percent of respondents reported they exercise for less than 20 minutes at a time, 39% 20 to 39 minutes and 38% reported they exercise for 40 minutes or more.
- Younger respondents and those with higher levels of education were more likely to spend a longer period of time exercising.

³“Chapter 55: Counseling to Promote Physical Activity.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 611.

- Respondents who were overweight were least likely to have exercised for 20 minutes or more (59%) compared to respondents who were not overweight (75%).

Body Weight.

Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is between is greater or equal to 27.8 for men and 27.3 for women.⁴

Thirty-four percent of Wisconsinites were classified as overweight in 1998 (Wisconsin Behavioral Risk Factor Survey).

- According to the definition above, 35% of residents were considered overweight.
- Older respondents were more likely to be classified as overweight. Forty-five percent of respondents 55 and older were overweight compared to 5% of respondents 18 to 24 and 35% of respondents 25 to 54 years old.
- There were no statistically significant differences between men and women.

Nutrition and Diet (Tables 11 & 12)

KEY FINDING: Generally, females were more likely to report they watch their fat intake, and eat more fruit and vegetables than males. Younger respondents were more likely to eat at fast food restaurants.

Fat Intake.

- Forty-eight percent of respondents reported they make a conscious effort to reduce or limit their fat intake. Thirty-one percent reported they sometimes do while the remaining do so seldom or never (10% each).
- Females were more likely to report they watch their fat intake (53%) compared to males (42%).
- Generally, older respondents, except for 35 to 44 year olds, tended to consciously pay attention to limiting their fat intake.
- Respondents with at least some college education were most likely to always or nearly always watch their fat intake (51%) compared to respondents with an education level of high school or less (43%).
- Fifty percent of respondents from the east reported they always or nearly always make a conscious effort to watch their fat intake while 44% of those from the western portion of the county did so.
- Respondents who eat vegetables and fruit more frequently were more likely to watch their fat intake on a more regular basis. Those who ate fast food on a less frequent basis were more likely to watch their fat intake.

⁴ Body Mass Index = (kg/m²). Developed by the Centers for Disease Control (CDC).

Table 11. Limit Fat Intake by Demographic Variables

	Limit Fat Intake Always/Nearly Always
TOTAL	48%
Gender*	
Male	42
Female	53
Age**	
18 to 24	17
18 to 34	52
35 to 44	36
45 to 54	63
55 to 64	50
65 and older	64
Education**	
High School or less	43
Some College	52
College/technical graduate and beyond	51
Overweight	
Not overweight	45
Overweight	51
Region**	
East	50
West	44

*= $p \leq 0.05$; **= $p \leq 0.01$

Fruit Intake.

- When asked how often respondents eat fruit, 15% reported three or more times per day, 18% 2 times and 44% once per day. Twenty-four percent have fruit less than once per day.
- Females were more likely to eat fruit or drink fruit juice at least 2 times per day (40% v 26%). As a result, males were more likely to have fruit less than one time per day (27% v 21%).
- Respondents with some college were more likely to eat fruit at least once a day, but least likely to eat it three or more times per day.

Vegetable Intake.

- When asked how often respondents eat vegetables, 10% reported three or more times per day, 17% 2 times and 55% once per day. Nineteen percent have vegetables less than once per day.
- Females were twice as likely to eat vegetables 2 or more times per day (38% v 15%).

Fast Food Consumption.

- Seven percent of respondents reported they eat fast food every day while 54% reported at least once a week.
- As age increased, the likelihood of eating at a fast food restaurant every day and at least once a week decreased. Eighteen to twenty-four year olds were most likely to eat at a fast food restaurant at least once a week (78%) compared to respondents 65 and older (30%).
- Respondents with a household income of more than \$30,000 (65%) were more likely to eat at a fast food restaurant at least once a week compared to those with less than \$30,001 (46%).
- Respondents who live in the eastern portion of the county were more likely to eat at a fast food restaurant at least once a week (66%) compared to western county respondents (51%).

Table 12. Frequency of Eating Foods by Demographic Variables

	Fruit (per day)		Vegetables (per day)		Fast Food	
	1 time	2+times	1 time	2+ times	1+/month	1+/week
TOTAL	44%	33%	55%	27%	32%	61%
Gender						
Male	47**	26**	62**	15**	34	62
Female	40**	40**	48**	38**	29	61
Age						
18 to 24	48	38	54	17	20**	78**
25 to 34	29	39	54	25	31**	68**
35 to 44	41	30	56	25	26**	71**
45 to 54	46	36	54	37	39**	55**
55 to 64	43	30	55	25	27**	65**
65 and older	57	28	57	26	40**	30**
Education						
High School or less	43*	33*	56	22	29	62
Some College	62*	24*	59	23	42	56
College/technical graduate and beyond	36*	36*	52	34	29	65
Household Income						
\$30,000 or less	34	38	40	30	32**	46**
\$30,001 to \$60,000	47	31	62	20	29**	64**
\$60,001 or more	43	32	52	31	31**	66**
Overweight						
Not overweight	46	32	57	24	34	61
Overweight	39	35	51	31	24	66
Region						
East	45	34	60**	24**	27*	66*
West	41	32	45**	30**	40*	51*

*= p≤0.05; **= p≤0.01

Women’s Health (Tables 13 & 14)

KEY FINDING: Over 8 out of every ten women over the age of 50 have had a mammogram in the past two years. Less than one-half reported conducting a breast self-exam monthly while younger respondents were more likely to have had a pap smear in the past year.

Mammogram.

Routine screening for breast cancer every 1 to 2 years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.⁵

Sixty-seven percent of Wisconsin women over the age of 50 reported they had a mammogram in the past year (1998 Wisconsin BRFS).

- Thirty-two percent of all respondents have never had a mammogram and 61% had one 2 years ago or earlier.
- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past 2 years (84% 50 and older and 80% 40 to 49 years of age). Six percent of those who are 40 and older have never had one.
 - Of the respondents who were 40 or older, the reasons they did not get a mammogram within the past 2 years were they haven’t got around to it (n=3), and too young, not insured, don’t need, don’t like and haven’t thought about it (2 each). Four respondents reported they don’t know why.

Table 13. Time Since Last Mammogram by Age

	Less than 1 Year	1 to 2 Years	3 or More Years
TOTAL	39%	22%	7%
Age**			
18 to 39	15	15	0
40 to 49	35	45	14
50 and older	69	15	10

*= p≤0.05; **= p≤0.01

Breast Self-Exam.

- Forty-four percent of female respondents reported they do a breast self-exam monthly, while 25% do so every 2 or 3 months. Ten percent have never performed a breast self-exam.
- There were no statistically significant demographic variables among women and how recent they performed a breast self-exam.

⁵“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 73.

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 and should be repeated at least every 3 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.⁶

In Wisconsin, 68% of women reported they had a pap smear in the past year (1998 Wisconsin BRFSS).

- Eighty-one percent of respondents reported they had a pap smear in the past two years (62% less than a year ago, 19% one to two years ago).
- Younger respondents were more likely to have had a pap smear more recently than older respondents.

Table 14. Time Since Last Pap Smear by Age

	Less than 1 Year	1 to 2 Years	3 or More Years
TOTAL	62%	19%	17%
Age**			
18 to 39	73	19	9
40 to 49	50	30	20
50 and older	59	13	23

*= p≤0.05; **= p≤0.01

⁶“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 105.

Men’s Health Issue (Table 15)

KEY FINDING: Over one in five males 40 years old and older had been tested for prostate cancer in the past year. Another 29% have been tested within the past one to two years. Respondents with a higher education were more likely to have had one in the past year and past two years.

Prostate Cancer.

Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.⁷

- Sixty-three percent of male respondents reported they have never been tested or screened for prostate cancer. Twenty-nine percent had been tested within the past two years (14% less than 1 year ago and 15% 1 to 2 years ago).
- As age increased, so did the likelihood of being tested or screened for prostate cancer. Twenty-six percent of men 50 years of age and older had been tested and an additional 29% had one in the past 1 to 2 years.
- Respondents with more education were more likely to have been tested. Over half of respondents with a college education have been screened and were more likely to have been tested in the past year.

Table 15. Prostate Cancer Screening by Age and Education Level

	Less than 1 Year	1 to 2 Years	3 or More Years
TOTAL	14%	15%	8%
Age**			
18 to 39	1	5	2
40 to 49	21	11	9
50 and older	26	29	15
Education*			
High school or less	11	7	6
Some College	7	19	7
College/technical graduate and beyond	19	21	11

*= p<0.05; **= p<0.01

⁷“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

Colorectal Cancer (Table 16)

KEY FINDING: Two out of every five adults 50 years of age and older had been tested for colorectal cancer in the past two years. There is no difference between men and women.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.*⁸

- Sixty-five percent of respondents reported they had never been tested or screened for colorectal cancer. Twenty-five percent have been tested within the past two years (12% less than a year ago and 13% one to two years ago).
- Forty-five percent of respondents aged 50 and older reported having had a colorectal cancer screening in the past two years compared to 20% of respondents 40 to 49 years of age and 11% of respondents 18 to 39.
- Males and females 50 and older were equally as likely to have had a colorectal cancer screening.

Table 16. Colorectal Cancer Screening by Age

	Less than 1 Year	1 to 2 Years	3 or More Years
TOTAL	12%	13%	9%
Age**			
18 to 39	5	6	2
40 to 49	13	7	9
50 and older	20	25	17

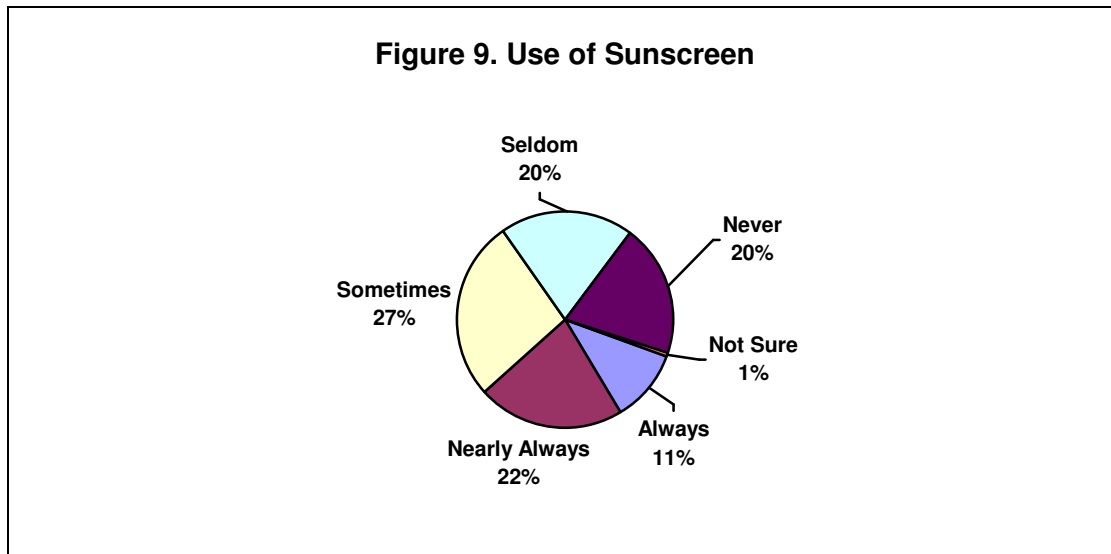
*= p≤0.05; **= p≤0.01

⁸“ Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2nd ed. Baltimore: Williams & Wilkins, 1996. page 89.

Skin Cancer (Figure 9)

KEY FINDING: A small percent of adults have been diagnosed with skin cancer. However, when exposing themselves to the sun, only 1/3 always or nearly always wear sunscreen.

- Four percent of respondents reported they have been diagnosed with skin cancer.
- About one-third of respondents always or nearly always use sunscreen. Twenty percent of respondents never use sunscreen when exposing to the sun.



Safety: Seat Belts and Bicycle Helmets (Tables 17 – 19)

KEY FINDING: Most respondents used seat belts with female respondents being more likely to do so than male respondents. Very few adult respondents wore a helmet while bicycling and/or in-line skating; children were reported more likely to wear a helmet.

Seat Belts.

- Eighty-four percent of respondents stated they use seat belts always or nearly always (68% and 16%, respectively).
- Respondents 18 to 24 were least likely to always or nearly always wear seat belts (34% and 22% respectively) compared to all other respondents (78% to 96%). Respondents 18 to 24 were three times more likely to report never using a seat belt compared to those 35 to 44 and 65 and older and more than 7 times as likely as those 45 to 64.
- Respondents with a technical or college degree were most likely to wear a seat belt always and nearly always. Respondents with some college were considerably more likely to report they never wear a seat belt.

Seat Belts and Children.

Respondents with children in the household were asked how often the child wore seat belts.

- Thirty-nine percent of respondents reported at least one child in the household.
 - Of the respondents who have children under the age of 18 in the household, 85% reported their child always wear a seat belt while 6% reported nearly always.

Table 17. Wear Seat Belt by Demographic Variables

	Always	Nearly Always	Sometimes	Seldom	Never
TOTAL	68%	16%	7%	3%	6%
Sex					
Male	62	20	8	4	7
Female	74	11	7	3	5
Age**					
18 to 24	34	22	17	5	22
25 to 34	69	9	9	10	4
35 to 44	69	13	9	2	7
45 to 54	75	16	5	1	3
55 to 64	73	23	2	2	0
65 and older	76	17	0	2	6
Education*					
High school or less	61	17	12	4	7
Some College	69	12	4	3	12
College/technical graduate and beyond	75	16	4	3	2

*= p≤0.05; **= p≤0.01

Bicycle Helmet Usage.

- Fifty-one percent of respondents rode a bike or used in-line roller skates.

Of respondents who rode a bike or in-line roller skate...

- Twenty-six percent of respondents who bicycle or in-line roller skate always (18%) or nearly always (8%) used a helmet.
- Respondents with higher income were more likely to always or nearly always use a helmet. Seventeen percent of respondents with less than \$60,000 always or nearly always use a helmet compared to 40% of respondents who have a household income of more than \$60,000.
- Respondents with at least some college were most likely to use a helmet (35%) compared to respondents with a high school education or less (10%).

Bicycle Helmets and Children.

- Thirty-nine percent of respondents reported at least one child in the household.
 - Eighty-nine percent of these respondents reported the child at home rides a bicycle or in-line skates.

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

- Of the respondents who had a child under the age of 18 and the child went bike riding or in-line skating, 47% said their child always wore a helmet. An additional 20% reported nearly always and 19% reported never.
- A respondent with a household income of more than \$60,000 reported their child always or nearly always wore a helmet more often than those with a household income of \$60,000 or less.

Table 18. Wear Helmet by Demographic Variables (Adults Who Rode a Bicycle or In-line Skated Only)

	Always	Nearly Always	Sometimes	Seldom	Never
TOTAL	18%	8%	4%	6%	64%
Education**					
High school or less	10	0	1	5	83
Some College	24	11	2	9	54
College/technical graduate and beyond	22	14	7	4	53
Household Income*					
\$60,000 or less	14	3	2	11	69
\$60,001 or more	26	14	5	0	56

*= p≤0.05; **= p≤0.01

Table 19. Children in Household Who Wear Helmet (Adults With Children Who Rode a Bicycle or In-line Skated Only)

	Always	Nearly Always	Sometimes	Seldom	Never
TOTAL	47%	20%	9%	6%	19%
Household Income**					
\$60,000 or less	28	32	9	4	28
\$60,001 or more	63	7	9	9	13

*= p≤0.05; **= p≤0.01

Use of Cigarettes and Tobacco Products (Tables 20 & 21)

KEY FINDING: Over a quarter of the respondents were current smokers with a majority of them smoking every day for the past month. Younger, less educated respondents and with lower income were most likely to be smokers. Nearly three-quarters of smokers reported their health care provider has talked to them about cigarettes and tobacco products. Over half of all households had a smoker present. One in five household allowed smoking indoors. Over one-half of all respondents favored an ordinance prohibiting smoking in their community. Respondents who were nonsmokers, with more income and with higher education were more likely to favor the ordinance. A small percent of households use cigars, chew, snuff or a pipe.

Current Smokers.

Twenty-three percent of Wisconsin residents were current smokers in 1998 (1998 BRFSS).

Current smoker is defined as having at least one cigarette in the past 30 days.

- Twenty-six percent of respondents were current smokers. Twenty-one percent smoked every day in the past month while the remaining five percent smoke sporadically throughout the month.
- Over half of young adult respondents (18 to 24 year olds) were smokers and were nearly six times more likely to be current smokers than respondents 65 and older (52% and 9%, respectively).
- As education increased, the likelihood of being a smoker decreased. Thirty-three percent of respondents with high school education or less were smokers compared to 19% of respondents with a technical or college degree.
- As income increased, the likelihood of being a smoker decreased. Thirty-two percent of respondents with household earnings of less than \$60,000 were smokers compared to 17% of those earning \$60,001 or more.
- There was no difference between the percent of men and women who were current smokers.

How Long Since You Smoked Tobacco Regularly or Daily.

- Fifty-six percent of all respondents reported they never have been a regular smoker. Sixteen percent considered themselves a regular smoker. For 8% it's been a year or less since they've been a regular smoker and 3% two to four years ago. The remaining 17% were regular smokers five years ago or more.

Table 20. Current Smokers by Demographic Variables

	Current Smokers
TOTAL	26%
Sex	
Male	27
Female	26
Age**	
18 to 24	52
25 to 34	41
35 to 44	28
45 to 54	19
55 to 64	18
65 and older	9
Education*	
High school or less	33
Some College	25
College/technical graduate and beyond	19
Household Income*	
\$30,000 or less	31
\$30,001 to \$60,000	32
\$60,001 or more	17

*= p≤0.05; **= p≤0.01

Doctor Talked to You about Tobacco.

- Forty-six percent of respondents reported that a doctor, nurse or health care provider asked or talked to them about whether they use cigarettes or other types of tobacco products.
- Seventy-three percent of smokers reported that their provider has talked to them about using cigarettes or other types of tobacco products. Thirty-five percent of nonsmokers reported likewise.
- Since smoking is correlated to age, it was not surprising that younger respondents were more likely to have had a discussion about cigarettes and other tobacco products.
- Interestingly, even though there was a similar percent of male and female smokers, females were more likely to say their health care provider has talked to them than males (53% and 35%, respectively).

Smoking Indoors.

- All respondents were asked if any smokers in their household smoked indoors. Forty-one percent reported that there were no smokers in the household, while 20% reported that smokers did smoke indoors and 38% reported smokers did not smoke indoors.

- Households with income of less than \$30,001 were more likely to say household smokers could smoke indoors (31%) compared to 24% of respondents with a household income of \$30,001 to \$60,000 and 8% of respondent with an income of more than \$60,000.
- There were no differences between those who have children living in the household and those who do not.

Ordinance Prohibiting Smoking in Eating Establishments.

- Over half of respondents favored an ordinance in their community prohibiting smoking in eating establishments (37% strongly favor, 20% moderately favor).
- Sixty-eight percent of nonsmokers were in favor of the ordinance compared to 27% of smokers.
- Respondents 45 to 54 were most favorable towards the ordinance (68%) while the youngest respondents, 18 to 24 year olds, were least favorable (44%).
- Respondents with higher income were more likely to favor the ordinance. Sixty-two percent of respondents who had a household income of \$60,001 or more favored the ordinance compared to 51% of those with earnings of less than \$30,001.
- As education increased, so did the favoring of the ordinance. Sixty-five percent of respondents with a technical or college degree favored it while 48% of those with a high school degree or less did so.
- Females were more likely to favor it (66%) than males (47%).

Table 21. Favor Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables

	Strongly Favor	Moderately Favor
TOTAL	37%	20%
Sex**		
Male	29	18
Female	45	21
Age*		
18 to 24	24	20
25 to 34	29	28
35 to 44	40	13
45 to 54	50	18
55 to 64	43	14
65 and older	30	25
Education*		
High school or less	33	15
Some College	37	23
College/technical graduate and beyond	43	22
Household Income*		
\$30,000 or less	25	26
\$30,001 to \$60,000	42	15
\$60,001 or more	43	19
Smoker**		
Nonsmoker	47	21
Smoker	11	16

*= p≤0.05; **= p≤0.01

Other Forms of Tobacco.

- Household usages of other forms of tobacco include: cigars (5% currently; 7% occasionally), chewing tobacco or snuff (4% currently, 2% occasionally) and pipe (less than 1% currently, 2% occasionally). Please note that the response category “occasionally” was volunteered.

Alcohol Use (Table 22)

KEY FINDING: Roughly three-quarters of all respondents reported having a drink in the past month. Nearly half had 3 or more drinks on an occasion while over one-quarter had 5 or more drinks on an occasion. Males and younger respondents were much more likely to have had more drinks on more occasions. Nearly one-in-ten households have had a problem in connection with alcohol. One quarter of respondents reported having had a health care provider talk to them about alcohol usage.

Drank Alcohol in the Past Month.

- Seventy-three percent of respondents reported they had at least one alcoholic beverage such as beer, wine, wine coolers or liquor in the past month.

Number of Days Drank Alcohol.

- Thirty-nine percent of respondents had consumed alcohol on one to four days in the past month, while 34% had consumed alcohol on 5 or more days throughout the month.
- Male respondents were more likely to have had alcohol in the past month, and more often. Forty-four percent of males reported drinking alcohol on five or more days compared to 24% of females.
- Respondents with more income were more likely to have had alcohol at all, and on more days. Forty-two percent of respondents with income of more than \$60,001 reported drinking on five days while only 24% of those with a household income of less than \$30,000 did so.
- There were no differences by age in terms of having any alcohol and the number of days had alcohol.

Number of Times Had 3 or More Drinks on an Occasion in Past Month.

- Forty-five percent of all respondents reported they had 3 or more drinks on an occasion in the past month.
- Males were more likely to have had 3 or more drinks (53% and 38%, respectively). They were also more likely to have had three or more drinks on 5 or more occasions (17% and 4%, respectively).
- The frequency of having three or more drinks decreased with age. Respondents between the ages of 18 and 24 were more than five times as likely to have had three or more drinks on an occasion than respondents 65 and older (66% and 13%, respectively).
- Respondents with a household income of \$30,001 or more were most likely to have had three or more alcoholic beverages on one occasion. They were also more likely to have had them on 5 or more occasions.

Number of Times Had 5 or More Drinks on an Occasion in Past Month.

The Center for Disease Control (CDC) considers five or more drinks at one time binge drinking. According to the 1998 BRFSS Prevalence Report, 22% of Wisconsin residents were reported as binge drinkers. When broken down by gender, females in Wisconsin had a binge drinking rate of 14% and males were at 31%.

- The rate of drinking five or more alcoholic beverages on an occasion among all respondents was 28%.
- Over half of respondents who had 3 or more drinks also had five or more drinks.
- Males were twice as likely as females to have had five or more drinks on an occasion (39% and 17%, respectively). Men were also more likely to report having 5 or more drinks on 5 or more times in the past month (9% and 2%, respectively).
- Respondents 18 to 24 years old were most likely to have had 5 or more drinks on an occasion (61%). It dropped considerably for those 25 to 34 (39%) and continued to drop to 4% for those 65 and older.

Table 22. Alcohol Consumption by Demographic Variables of All Respondents

	Drink in Past Month	3+ Drinks on an Occasion	5+ Drinks on an Occasion
TOTAL	73%	45%	28%
Sex			
Male	79*	53**	39**
Female	67*	38**	17**
Age			
18 to 24	69	66**	61**
25 to 34	73	50**	39**
35 to 44	80	52**	24**
45 to 54	76	53**	28**
55 to 64	67	30**	19**
65 and older	64	13**	4**
Education			
High school or less	73**	45	28
Some College	58**	41	31
College/technical graduate and beyond	80**	47	26
Household Income			
\$30,000 or less	59**	29*	20
\$30,001 to \$60,000	78**	50*	29
\$60,001 or more	86**	52*	31

*= p≤0.05; **= p≤0.01

Problems Associated with Alcohol.

- Nine percent of respondents reported that they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking.

Doctor or Nurse Discussed Use of Alcohol.

- Twenty-eight percent of respondents reported that during a health exam a doctor or nurse asked or talked to them about alcohol usage.
- Respondents who had fewer drinks per occasion were just as likely to have had a health provider discuss alcohol as respondents who had more drinks per occasion.

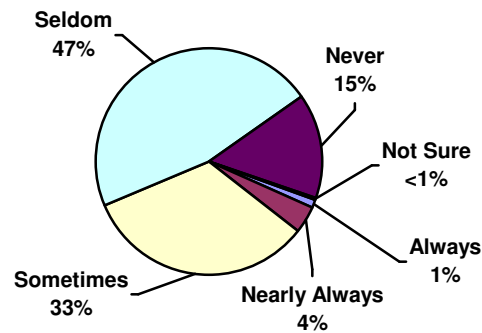
Mental Health Status (Figures 10 & 11)

KEY FINDING: A small percentage of respondents reported always or nearly always feeling sad. Respondents with lower income were more likely to feel sad, blue and depressed. A small fraction felt so overwhelmed that they considered suicide. One out of ten respondents felt stressed out most of the time. Females, respondents with lower income and younger respondents were most likely to feel stressed most of the time. However, the majority of respondents thought they were excellent or very good at managing stress.

Feeling Sad, Blue or Depressed.

- When asked “During the past year, about how often would you say you felt sad, blue or depressed?” five percent of survey respondents answered always or nearly always. This equates up to 8,000 county residents. Thirty-three percent reported sometimes and the remaining 62% reported seldom (47%) or never (15%).
- Respondents with a high school education or less were most likely to report always or nearly always (8%) compared to 2% of those with some college education or more.
- Respondents with less than \$30,000 household income were most likely to report always or nearly always feeling sad, blue or depressed (15%) compared to those with more than \$30,000 income (2%).

Figure 10. Felt Sad, Blue or Depressed in Past Year



Considered Suicide.

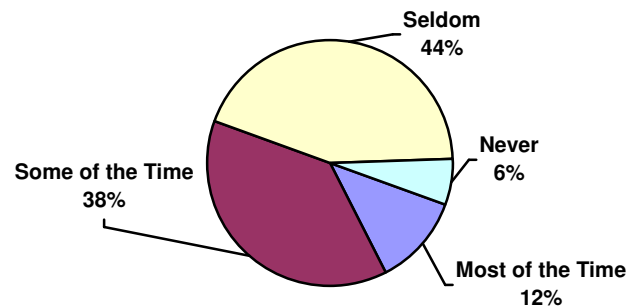
All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Washington County Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.

- Three percent of respondents reported that in the past year they have felt so overwhelmed that they considered suicide. Although this is a small percent, it approximates up to 6,400 residents considered suicide in the past year.

Stress.

- Twelve percent of respondents reported they feel stressed out most of the time, while 38% reported some of the time.
- Females were three times as likely to report they feel stressed out most of the time (18% and 6%, respectively).
- Respondents who were not married are twice as likely to report they feel stressed out most of the time (19% and 9%, respectively).
- Nearly one quarter of respondents with a household income of less than \$30,001 reported they feel stressed out most of the time (23%). This is in comparison to 10% of respondents who had a household income of more than \$30,001.
- Respondents 18 to 24 years of age were most likely to report they feel stressed out most of the time (29%). This was substantially different from those 25 to 34 (15%) and it generally declined to 6% at age 65 and older.

Figure 11. Often You Feel Stressed Out



Managing Stress.

- Over seven out of ten respondents reported they were either excellent (15%) or good (56%) at managing stress. Only 4% reported they were poor at managing stress.
- Males were more likely to report they are excellent or good at managing stress (77%) compared to females (65%).
- Fifty percent of respondents reported that the main reason they feel stressed out is job related stress. Twelve percent reported health concerns and 11% financial concerns. Four percent reported not enough time while three percent reported each daily concerns, children, and the death of someone they knew.

Presence of Firearms in Household

KEY FINDING: Nearly half of respondents reported that a firearm was in their household. Rifles or shotguns were more likely to be present than handguns. Married households and with higher incomes were more likely to have had a firearm. Over one in ten of all households had a firearm not locked up. One percent of all households had a loaded firearm.

Firearms in Household.

- At the time of the survey administration, 46% of households had one or more firearms.
- Married respondents were more likely to have a firearm (52%) compared to respondents who were not married (31%).
- Respondents with a higher household income were more likely to have a firearm compared to households with less income. Fifty-three percent of respondents with a household income of more than \$30,000 had a firearm while 24% of respondents with less than \$30,001 income.

Type of Firearm.

- Sixteen percent of all households reported having a handgun. Forty-three percent of all households reported having a rifle or shotgun.
- If a household had a handgun, nine out of ten times, they also had a rifle or shotgun.
- Seventeen percent of married households had a handgun compared to 13% of unmarried households. Fifty percent of married households had a rifle or shotgun while 28% of unmarried households did.
- Respondents with a household income of more than \$30,001 were most likely to have a handgun (19%) while only 10% of households with income of \$30,000 or less did. Fifty percent of respondents with a household income of \$30,001 or more had a rifle or shotgun compared to 22% of those with a household income of \$30,000 or less.

Firearms Locked Up.

- Sixteen percent of all households had a firearm that was not locked.

Firearms Kept Loaded.

- One percent of all households had a firearm that was kept loaded.

Firearms Kept Unlocked and Loaded.

- Less than one percent of households reported that a firearm was not locked and a firearm was kept loaded, although it cannot be determined if it was the same firearm.

Personal Safety Issues

KEY FINDING: Less than one in ten respondents felt that their safety was threatened or that they had been pushed, kicked, hit or slapped in the past year.

Afraid for Your Personal Safety.

- When asked “During the past year has anyone made you afraid for your personal safety,” four percent reported yes.
 - A stranger (38%), acquaintance (19%) and friend (14%) were most often mentioned as the perpetrator. Other categories included ex-spouse (5%), boy/girl friend (4%) and spouse (4%). Twenty percent reported someone else. Totals are more than 100% due to multiple responses.

Pushed, Kicked, Slapped or Hit.

- Three percent of respondents reported that they were pushed, kicked, slapped or hit in the past year.
 - A friend (38%), acquaintance (21%), and ex-spouse (15%) were identified. Someone else and refusal made up the remaining (18% and 23%, respectively). Totals are more than 100% due to multiple responses.

Combined Personal Safety Threats.

- A total of 6% of all respondents reported one of the two threats.

AIDS/HIV Risk (Table 23)

KEY FINDING: Nearly one quarter of respondents indicated that they thought they were at some level of risk of contracting HIV. If a respondent had more than one sexual partner in the past year, their perceived risk increased, with the majority considering the risk to be low.

Individual Respondent’s Risk.

Respondents were given situations in which people are more at risk for contracting HIV such as blood transfusions before 1985, men having sexual contact with other men, men and women with many sexual partners and IV drug users. Respondents were then asked at what level did they personally feel at risk of getting infected with HIV.

- Most respondents reported they were at no risk (77%), or at low risk (19%). Less than one percent each reported high or medium. Another less than one percent reported they were at high risk as a result of their profession, not as a result of the above activities.
- When asked how many different sexual partners a respondent had in the past year, 16% said they had no partner, 77% said they had one and 4% reported two or more and 3% refused to answer.

Condom Used Last Sexual Encounter.

- A condom was used the last sexual encounter by 15% of the respondents who had sex in the past year.
- Respondents who used a condom were more likely to perceive a higher risk of contracting HIV, the virus that causes AIDS.
- Since there are too few cases of multiple partners in the past year, it is not possible to determine if the number of partners influenced their perceptions of risk and condom use.

Table 23. Perceived HIV Risk by Number of Sexual Partners and Use of Condom in Last Sexual Encounter

	High/Medium Risk	Low Risk	No Risk
TOTAL	1%	19%	77%
Condom Used Last Sexual Encounter*			
Yes	4	35	61
No	1	17	82

*= p≤0.05; **= p≤0.01

APPENDIX A: QUESTIONNAIRE

WASHINGTON COUNTY COMMUNITY HEALTH SURVEY
Fall 2000

1. Generally speaking, would you say that your own health is excellent, very good, good, fair, or poor?

Excellent	1
Very good	2
Good	3
Fair.....	4
Poor.....	5
(Don't know/not sure).....	6
(No answer/refuse).....	7

2. What type of health care coverage do you currently have? [READ LIST]

No health care coverage.....	1	→ GO TO Q4
A prepaid plan such as a HMO, PPO.....	2	
Another Commercial Health Plan.....	3	
Medicare	4	
Medicare HMO.....	5	
Medical Assistance or Title 19	6	
Badger Care	7	
or Something else?.....	8	
(Don't know/not sure).....	9	
(No answer/refuse).....	10	

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

Yes	1
No	2
(Don't know/not sure).....	3
(No answer/refuse).....	4

4. Was there a time during the last 12 months that you felt you did not get the medical care you needed?

Yes	1	→ CONTINUE WITH Q5
No	2	→ GO TO Q6
(Don't know/not sure).....	3	→ GO TO Q6
(No answer/refuse).....	4	→ GO TO Q6

5. Why did you not receive the medical care you thought you needed?
-

6. About how long has it been since you last visited a doctor or clinic for a routine medical checkup or physical exam? Was it . . .

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 or more years ago, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

7. About how long has it been since you last visited a doctor or clinic for a checkup on you vision or eyesight? Was it . . .

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 or more years ago, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

8. About how long has it been since you last had a dental checkup? Was it . . .

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 or more years ago, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

9. Have you had a tetanus vaccination in the past 10 years?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

10. In the next year do you plan on receiving a flu vaccination?

- Yes 1 → GO TO Q12
- No 2 → CONTINUE WITH Q11
- (Don't know/not sure)..... 3 → GO TO Q12
- (No answer/refuse)..... 4 → GO TO Q12

11. Why do you not plan on receiving a flu vaccination?

12. In the past three years, have you received treatment for or been told. . .

	Yes	No	(DK/not sure)	(No answer/refuse)
a. You have high blood pressure?	1	2	3	4
b. Your blood cholesterol is high?	1	2	3	4
c. You had a stroke?	1	2	3	4
d. You have heart disease or a heart condition?	1	2	3	4
e. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	1	2	3	4
f. You had a mental health problem?	1	2	3	4

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

	Yes	No	(DK/not sure)	(No answer/refuse)
a. Going to a chiropractor?.....	1	2	3	4
b. Having acupuncture?	1	2	3	4
c. Massage therapy?	1	2	3	4
d. Aroma therapy?	1	2	3	4
e. Nutritional supplements?.....	1	2	3	4
f. Homeopathic treatment, also known as herbal treatment.....	1	2	3	4

14. What health issue affecting you or your family do you personally worry about the most?

15. How often do you make a conscious effort to reduce or limit you fat intake?

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom, or..... 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

16. How often do you eat fruit or drink fruit juice?

17. How often do you eat vegetables?

18. How often do you eat fast food from a fast food restaurant?

19. How many times in a typical week do you get physical exercise? Would you say. . .

- Once or twice a week..... 1
- 3 to 4 times a week 2
- 5 to 7 times a week 3
- More than 7 times per week, or 4
- Not at all 5 →GO TO Q21
- (Don't know/not sure)..... 6 →GO TO Q21
- (No answer/refuse)..... 7

20. How many minutes per session do you exercise? Would you say. . .

- Less than 20 minutes..... 1
- 20 to 39 minutes..... 2
- 40 or more minutes 3
- (Don't know/not sure)..... 4
- (No answer/refuse)..... 5

Some households face a variety of health issues. For each of the following, please indicate if it is a major, moderate, minor, or not a problem **for your community**. How much of a problem is smoking for your community?

	Major problem	Moderate problem	Minor problem	Not a problem	(DK/not sure)	(No answer/refuse)
21. Smoking	1	2	3	4	5	6
22. Underage alcohol use	1	2	3	4	5	6
23. Drug use	1	2	3	4	5	6
24. Depression.....	1	2	3	4	5	6
25. Violence or the threat of physical harm	1	2	3	4	5	6
26. Environmental issues including air quality	1	2	3	4	5	6
27. Drinking water and food safety	1	2	3	4	5	6
28. Access to affordable shots and vaccines [such as baby shots or flu shots]	1	2	3	4	5	6

Now I have some questions about [FEMALE RESPONDENT—women’s health], cancer screening, and other health and safety related topics. I want to assure you that all your responses are strictly confidential and while I understand that these topics may be personal, this information is an important aspect to understanding the health needs of Washington County residents.

ASK Q29-Q32 IF FEMALE RESPONDENTS ONLY
IF MALE, GO TO Q33

29. How often do you perform Breast *Self* Exam? Would you say. . . [

- Monthly..... 1
- Every 2 or 3 months..... 2
- Every 4 to 6 months 3
- Less frequently than that or 4
- Never..... 5
- (Don’t know/not sure)..... 6
- (No answer/refuse)..... 7

30. How long has it been since you had you last mammogram? Was it. . .

- Less than a year ago..... 1 **→GO TO Q32**
- 1 to 2 years ago 2 **→GO TO Q32**
- 3 years ago or more, or 3 **→CONTINUE WITH Q31**
- never 4 **→CONTINUE WITH Q31**
- (Don’t know/not sure)..... 5 **→CONTINUE WITH Q31**
- (No answer/refuse)..... 6 **→GO TO Q32**

31. What is the most important reason why you have not had a mammogram in that last three years?

- (Too young) 1
- (Not insured)..... 2
- (Don’t Need)..... 3
- (Too Expensive)..... 4
- (No Time) 5
- (Don’t Like) 6
- (Don’t know) 7
- (Other _____)..... 8
- (No answer/refuse)..... 9

32. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? Was it . . .

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 years ago or more, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

33. Have you ever been tested or screened for colo-rectal cancer? (IF NO, CIRCLE #5. IF YES, ASK: When was the last time you were tested or screened for colo-rectal cancer? Was it . . .)

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 years ago or more, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

ASK Q34 IF MALE RESPONDENTS ONLY
IF FEMALE,GO TO Q35

34. Have you ever been tested or screened for prostate cancer? (IF NO, CIRCLE #5. IF YES, ASK: When was the last time you were tested or screened for prostate cancer? Was it . . .) [READ LIST]

- Less than a year ago..... 1
- 1 to 2 years ago 2
- 3 to 4 years ago 3
- 5 years ago or more, or 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

35. Have you ever been diagnosed with skin cancer?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

36. When exposing yourself to the sun would you say you use sunscreen . . .

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom or..... 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

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

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom 4
- Never..... 5
- (Do not ride/skate) 6
- (Don't know/not sure)..... 7
- (No answer/refuse)..... 8

38. How often do you use seat belts when you drive or ride in a motor vehicle? Would you say always, nearly always, sometimes, seldom, or never?

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

39. Are there any children under 18 years old currently living in your household?

- Yes 1
- No 2 →GO TO Q42
- (Don't know/not sure)..... 3 →GO TO Q42
- (No answer/refuse)..... 4 →GO TO Q42

40. How often do the children in your household wear a helmet when they bicycle or use in-line roller skates?

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom 4
- Never..... 5
- (Do not ride/skate) 6
- (It depends) 7
- (Don't know/not sure)..... 8
- (No answer/refuse)..... 9

41. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never?

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

42. During the **past year**, about how often would you say you felt sad, blue, or depressed? Would you say. . .

- Always 1
- Nearly always 2
- Sometimes..... 3
- Seldom 4
- Never..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

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

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

44. Generally speaking, about how often would you say you feel stressed out? Would you say...

- Most of the time 1
- Some of the time 2
- Seldom or..... 3
- Never..... 4
- (Don't know/not sure)..... 5
- (No answer/refuse)..... 6

45. How would you rate yourself in terms of managing stress? Are you doing an excellent, good, fair, or poor job at managing stress?

- Excellent 1
- Good 2
- Fair 3
- Poor 4
- (Don't know/not sure)..... 5
- (No answer/refuse)..... 6

46. What is the main reason you feel stressed out?

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.

47. During the past month, on how many days did you drink any alcoholic beverages? [IF NONE, GO TO Q50]

48. Considering all types of alcoholic beverages, how many times during the past month did you have 3 or more drinks on occasion? [IF NONE, GO TO Q50]

49. Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

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

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

51. During a health exam has a doctor or nurse ever asked you or talked to you individually about whether you use alcohol?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

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

52. During the past 30 days, on how many days did you smoke at least one cigarette?

53. About how long, if ever, has it been since you last smoked cigarettes regularly or on a daily basis?

54. Of the following tobacco products other than cigarettes, which do YOU OR MEMBERS OF YOUR HOUSEHOLD currently use?

	Yes	(Occasionally)	No	(DK/Not sure)	(No answer/refuse)
a. Snuff or Chewing tobacco	1	2	3	4	5
b. Cigars.....	1	2	3	4	5
c. Pipe.....	1	2	3	4	5

55. Do any smokers who live in your household smoke indoors at home, not including your porch or garage?

- Yes 1
- No 2
- No smokers in household..... 3
- (Don't know/not sure)..... 4
- (No answer/refuse)..... 5

56. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments? Would you strongly favor, moderately favor, moderately oppose, or strongly oppose such an ordinance?

- Strongly favor 1
- Moderately favor..... 2
- Moderately oppose..... 3
- Strongly oppose 4
- (Don't know/not sure)..... 5
- (No answer/refuse)..... 6

57. Has your current doctor, nurse, or health care provider asked you or talked to you individually about whether you smoke cigarettes or use other types of tobacco products?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

Now, I would like to ask you a few questions about safety and firearms.

58. Are firearms of any type kept in your household?

- Yes 1 →CONTINUE WITH Q59
- No 2 →GO TO Q62
- (Don't know/not sure)..... 3 →GO TO Q62
- (No answer/refuse)..... 4 →GO TO Q62

59. Are any of these. . .

	Yes	No	(DK/Not sure)	(No answer/refuse)
a. Handguns.....	1	2	3	4
b. Rifles or shotguns.....	1	2	3	4

60. Are ALL of the firearms in your household kept locked up, such as in a locked cabinet, locked gun case, or stored with a trigger lock?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

61. Are any of these guns kept loaded?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

Now, I have a few questions to ask about yourself.

62. In what year were you born?

63. (IF BORN IN 1935 or BEFORE) Have you had a pneumonia vaccination? It is sometimes given to senior citizens.

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

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

_____ pounds

65. About how tall are you, without shoes?

_____ feet ____ inches

66. What is your current marital status? Are you . . .

- Single, never married..... 1
- Living together..... 2
- Married 3
- Separated..... 4
- Divorced, or 5
- Widowed..... 6
- (Don't know/not sure)..... 7
- (No answer/refuse)..... 8

67. What is your racial heritage? Are you . . .

- White..... 1
- Black 2
- Asian or Pacific Islander..... 3
- American Indian or Alaska Native 4
- Or are you of another race?..... 5
- (Don't know/not sure)..... 6
- (No answer/refuse)..... 7

68. Are you of Spanish or Hispanic origin?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

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

- 8th grade or less 1
- Some high school..... 2
- High school graduate or GED..... 3
- Some college..... 4
- Technical school graduate 5
- College graduate or..... 6
- Advanced or professional degree..... 7
- (Don't know/not sure)..... 8
- (No answer/refuse)..... 9

70. What is your annual household income before taxes? Is it . . .

- Less than \$10,000 1
- \$10,000 to \$20,000 2
- \$20,001 to \$30,000 3
- \$30,001 to \$40,000 4
- \$40,001 to \$50,000 5
- \$50,001 to \$60,000 6
- \$60,001 to \$75,000 7
- \$75,001 to \$90,000 8
- Over \$90,000 9
- (Don't know/not sure)..... 10
- (No answer/refuse)..... 11

The next series of questions deal with personal safety issues.

71. During the past year has anyone made you afraid of you personal safety?

- Yes 1 →CONTINUE WITH Q72
- No 2 →GO TO Q73
- (Don't know/not sure)..... 3 →GO TO Q73
- (No answer/refuse)..... 4 →GO TO Q73

72. 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.

- Spouse..... 1
- Separated spouse..... 2
- Ex-spouse 3
- Boyfriend or Girlfriend 4
- Parent 5
- Brother or sister 6
- Friend 7
- Acquaintance 8
- Stranger 9
- Someone Else..... 10
- (Don't know/not sure)..... 11
- (No answer/refuse)..... 12

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

- Yes 1 →CONTINUE WITH Q74
- No 2 →GO TO Q75
- (Don't know/not sure)..... 3 →GO TO Q75
- (No answer/refuse)..... 4 →GO TO Q75

74. 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?

- Spouse..... 1
- Separated spouse..... 2
- Ex-spouse 3
- Boyfriend or Girlfriend 4
- Parent 5
- Brother or sister 6
- Friend..... 7
- Acquaintance 8
- Stranger 9
- Someone Else..... 10
- (Don't know/not sure)..... 11
- (No answer/refuse)..... 12

The next few questions are about the health risks of HIV, the virus that causes AIDS. Please remember that your responses are strictly confidential and you don't have to answer every question if you do not want to.

75. Some people are more at risk of being infected with HIV than others including people who have had blood transfusions before 1985, men who have sexual contact with other men, men and women with many sexual partners, and IV drug users. Would you say your risk of getting infected with HIV is high, medium, low, or none?

- High 1
- Medium..... 2
- Low 3
- None..... 4
- (Don't know/not sure)..... 5
- (No answer/refuse)..... 6

76. During the past 12 months, with how many people have you had sexual intercourse? [ENTER NUMBER]

- None..... 0 →GO TO END
- (Don't know/not sure)..... 7
- (No answer/refuse)..... 8

77. Was a condom used the last time you had sexual intercourse?

- Yes 1
- No 2
- (Don't know/not sure)..... 3
- (No answer/refuse)..... 4

78. In the past year have you had sexual contact with males, females, or both males and females?

- Males..... 1
- Females 2
- Both males and females 3
- (Don't know/not sure)..... 4
- (No answer/refuse)..... 5

79. Respondent gender [DERIVED, NOT ASKED]

- Male 1
- Female..... 2

80. Zip Code