Washington County Community Health Survey

Summer 2003

Commissioned by:
Aurora Health Care

In Partnership with:
Washington County Health Department

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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. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. 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 is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care in partnership with local health departments to identify areas of greatest need.

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. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 400 telephone interviews were completed between February 21 and May 30, 2003. 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. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and 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) 687-9909 or janet.vandehey@jkvresearch.com. For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or mark.huber@aurora.org.

Demographic Profile of Washington Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	47%
Female	53
Age	
18 to 34	26%
35 to 44	28
45 to 54	21
55 to 64	12
65 and Older	13
Education	
High School Graduate or Less	43%
Some Post High School	27
College Graduate	30
Household Income	
$30,000 or Less	21%
$30,001 to $60,000	43
$60,001 or More	32
Not Sure/No Answer	3
Married	68%

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 2000, the U.S. Census Bureau identified 86,163 adult residents in the county.

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 900 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equates to 8,100 residents ±4,500 individuals. Meaning that from 3,600 to 12,600 residents may have fair or poor health in the county. Because the margin of error is ±5%, events or health risks that are small will include zero.

The 2000 Census counted 43,842 households in Washington County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 440 households. For example, 12% 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 5,280.

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.

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter^2. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. <u>This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Washington County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.</u>

Current smoker is defined as someone who smoked a cigarette in the past 30 days.

Recently, the "binge drinking" definition changed. Previously, the Centers for Disease Control (CDC) considered binge drinking as five or more drinks at one time, regardless of gender. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The new definition is based on weight and metabolism differences between the sexes. At this time, there is no state or national statistic based on the new binge drinking definition.

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

Washington County	2003
Excellent	28%
Very Good	36%
Good	26%
Fair or Poor	9%

Other Research: Excellent/Very Good	*2001*
Wisconsin	*57%*
Nation	*56%*

Health Care Coverage

Washington County	2003
Personally Not Covered	6%
Household Member Not Covered (current)	12%
Household Member Not Covered (past yr)	15%

Other Research: Personally Not Covered	*2001*
Wisconsin	*10%*
Nation	*13%*

Advance Care Plan

Washington County	2003
Yes	32%

Routine Checkups

Washington County	2003
Routine Checkup (2 years or less)	82%
Cholesterol Test (2 years or less)	68%
Dental Checkup (past year)	76%
Eye Exam (2 years or less)	77%

Vaccinations

Washington County	2003
Flu shot (past year)	30%
Pneumonia (ever—65 years or older)	67%

Alternative Treatment in Past 3 Years

Washington County	2003
Chiropractor	22%
Massage Therapy	17%
Meditation	7%
Aroma Therapy	6%
Movement Therapy	4%
Acupuncture	<1%

Risk Conditions in the Past 3 Years

Washington County	2003
High Blood Pressure	21%
High Blood Cholesterol	16%
Heart Disease/Condition	8%
Diabetes	7%
Asthma (Current)	5%

Moderate Physical Activity/Week

Washington County	2003
Inactive	21%
Insufficient	53%
Recommended	25%

Other Research: Recommended Physical Activity	*2000*
Wisconsin	*27%*
Nation	*26%*

Nutrition and Diet

Washington County	2003
Fruit Intake (2 or more servings/day)	69%
Vegetable Intake (3 or more servings/day)	29%
Fried Food/Fast Food (a few times/week)	55%
Overweight	59%

Other Research: Overweight	*2001*
Wisconsin	*59%*
Nation	*58%*

Women's Health

Washington County	2003
Mammogram (50+; past year)	67%
Pap Smear (past year)	62%

Other Research: Wisconsin	*2001*
Mammogram (50+; past year)	*69%*
Pap Smear (past year)	*66%*

Reduce Risk of Skin Cancer

Washington County	2003
Avoid Artificial Sources of UV Light	68%
Use Sunscreen with SPF 15 or Higher	64%
Wear Sun Protective Clothing	49%
Avoid Sun Between 10 a.m. and 4 p.m.	43%

Men's Health

Washington County	
Digital Rectal Exam (Within Past Year)	2003
40 to 49 Years Old	20%
50 and Older	42%

Other Tests

Washington County	2003
Blood Stool Test (50+; within past 2 years)	52%
Sigmoidoscopy or Colonoscopy (50+; within past 2 years)	32%

Safety

Washington County	
Wear Seat Belt Always/Nearly Always	2003
Adult	87%
Children	95%
Wear Bicycle Helmet Always/Nearly Always (Of Those Who Ride Bike or In-Line Skate)	
Adult	19%
Children	64%
Detectors	
Smoke Detector	53%
Carbon Monoxide	<1%
Both	45%
Neither	1%

Tobacco Use

Washington County	2003
Current Smokers	18%
Quit Smoking 1 Day or More in Past Year Because Trying to Quit (smokers)	51%
Health Care Provider Advisement to Quit Smoking (smokers)	39%
Smoking Indoors or in Vehicle	18%
Smoking Preference in Restaurants	
Smoke-free	64%
Allow Smoking	10%
No Preference	26%
Ordinance Prohibiting Smoking in Eating Establishments	
Moderately Favor	23%
Strongly Favor	35%

Other Research: Current Smokers	*2001*
Wisconsin	*24%*
Nation	*23%*

Alcohol Use

Washington County	
Of all Respondents	**2003**
Drink in Past Month	**64%**
3+ Drinks on Occasion in Past Month	**32%**
Binge in Past Month [5+ Drinks (Male): 4+ Drinks (Female)]	**19%**
Drive or Ride When Driver Had Perhaps Too Much to Drink (past month)	**4%**

Other Research: Had 5+ Drinks at One Time	***2001***
Wisconsin	***26%***
Nation	***15%***

Mental Health Status

Washington County	
Felt Sad, Blue or Depressed in Past 30 Days	**2003**
Always/Nearly Always	**6%**
Never	**33%**
Managing Stress	
Excellent/Good	**80%**
Poor	**4%**
Find Meaning and Purpose in Daily Life	
Never/Seldom	**5%**
Considered Suicide (past year)	**3%**

Firearms in Household

Washington County	
Of all Households…	**2003**
Have a Firearm	**43%**
Have a Loaded Firearm	**3%**
Have a Loaded Firearm Unlocked	**2%**

Personal Safety in Past Year

Washington County	**2003**
Afraid for Their Safety	**4%**
Pushed/Kicked/Slapped/Hit	**1%**

Additional Questions

Washington County	
Awareness of/Experience with Health Dept.	**2003**
Aware of/No Experience	**65%**
Aware of/Limited Services	**24%**
Aware of/Extensive Services	**4%**
Someone in Household…	
Not Taken Prescribed Medication Due to Cost	**7%**
No Access to Adequate/Appropriate Food **(past 30 days)**	**<1 %**

Overall Health and Health Care Key Findings

Sixty-four percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a household income of less than $60,001 or physically inactive respondents were more likely to report fair or poor conditions.

Six percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less, a household income of less than $30,001 or unmarried respondents were more likely to personally not have health care coverage. Twelve percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Respondents with a household income of less than $60,001 or unmarried respondents were more likely to have someone not covered currently or in the past twelve months. Sixty percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-two percent of respondents had an advance care plan; older respondents were more likely to report this.

Seventy-six percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine medical checkup, 52% an eye exam and 48% reported a cholesterol test. Female respondents were more likely to report a routine checkup, dental checkup or eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 45 to 54 years old were more likely to report a dental checkup or eye exam. Respondents with a college education were more likely to report a dental exam or eye exam in the past year; respondents with some post high school education were more likely to report a cholesterol test. Respondents with a household income of $30,001 to $60,000 were more likely to report a cholesterol test or an eye exam in the past year while respondents with at least $30,001 were more likely to report a dental checkup. Married respondents were more likely to report having a cholesterol test or dental checkup in the past year.

Thirty percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or those with some post high school education. Sixty-seven percent of respondents 65 and older had a pneumonia vaccination.

Health Risk Factors Key Findings

Out of nine health conditions listed, the most often treated conditions in the past three years were high blood pressure, high blood cholesterol, heart disease/heart condition or diabetes. Female respondents were more likely to report having asthma. Generally, older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition, diabetes or cancer (not skin). Respondents with lower household income were more likely to report heart disease/condition. Married respondents were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Physically inactive respondents were more likely to report heart disease/condition or diabetes.

Six percent of respondents reported always or nearly always feeling sad, blue or depressed. Respondents with some post high school education or a household income of less than $30,001 were more likely to feel sad, etc. Twenty-eight percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life; respondents 55 to 64 years old, with some post high school education or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide.

Behavioral Risk Factors Key Findings

Out of six alternative treatments listed, chiropractic care or massage therapy were the most often mentioned treatments in the past three years. Female respondents were more likely to report massage therapy, aroma therapy or movement therapy. Respondents 45 to 54 years old were more likely to report massage therapy or aroma therapy. Respondents with a household income of at least $60,001 or married respondents were more likely to report massage therapy. Unmarried respondents were more likely to report meditation.

Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Respondents who were 45 to 54 years old, with a household income of $30,001 to $60,000 or married were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (40% overweight and 19% obese). Male respondents, those 65 and older, with at least a post high school education or married respondents were more likely to be classified as overweight.

Sixty-nine percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents who were 65 and older or those with a college education were more likely to eat fruit. Fifty-five percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, or those with a household income of at least $60,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Eighty-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-two percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 54 years old, with higher household income or married were more likely to have had a pap smear within the past three years.

Twenty percent of males 40 to 49 years old and 42% of males 50 and older had a digital rectal exam in the past year.

Fifty-two percent of respondents 50 years of age and older had their blood stool tested within the past two years while 32% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun from 10 a.m. to 4 p.m. Female respondents or unmarried respondents were more likely to report avoiding the sun between 10 a.m. and 4 p.m. Respondents who were 18 to 54 years old, with a college education or with higher household income were more likely to report using sunscreen.

Eighty-seven percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with at least some post high school education, or married respondents were more likely to report wearing seat belts always. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 19% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

Eighteen percent of respondents were current smokers. Respondents 18 to 34 years old, 55 to 64 years old or those with some post high school education were more likely to be smokers. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 39% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-four percent of all respondents preferred a smoke-free restaurant; 58% favored a community ordinance prohibiting smoking in eating establishments. Respondents 35 to 44 years old, 65 and older, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Respondents 35 to 44 years old, with at least a post high school education, with a household income of $30,001 to $60,000, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Four percent of respondents used snuff or chewing tobacco; males were more likely to report this.

Sixty-four percent of respondents had an alcoholic drink in the past 30 days. In the past month, 32% had three or more drinks at least on one occasion while 19% binged. Respondents who were male, 18 to 34 years old or unmarried respondents were more likely to have reported at least three drinks on three or more occasions. Younger respondents were more likely have binged at least once in the past month. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; male respondents were more likely to report this. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke alarm while 45% had a working carbon monoxide detector. Married respondents or those with a household income of at least $60,001 were more likely to report both a smoke alarm and a carbon monoxide detector.

Forty-three percent of households had a firearm in their household. Households with higher income or married households were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Four percent of respondents reported someone had made them afraid for their personal safety while 1% reported they had been pushed, kicked, hit or slapped in the past year.

Additional Questions Key Findings

Six percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents 65 and older were more likely to report services.

Seven percent of respondents reported someone in their household had not taken their prescribed medication due to prescription costs.

Less than one percent of respondents reported that their household did not have access to adequate and appropriate food in the past 30 days.

Key Findings

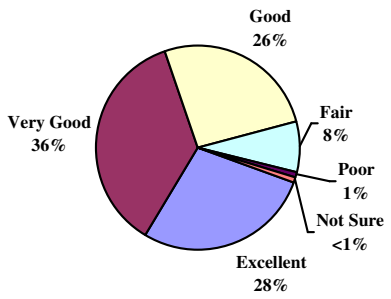
Rating Their Own Health (Figure 1; Table 2)

KEY FINDING: Sixty-four percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a household income of less than $60,001 or physically inactive respondents were more likely to report fair or poor conditions.

Fifty-seven percent of Wisconsin residents reported their health as excellent or very good while 11% reported fair or poor. Fifty-six percent of respondents nationwide reported their health as excellent or very good while 14% reported fair or poor (2001 Behavioral Risk Factor Surveillance).

- Sixty-four percent of respondents said their own health, generally speaking, was either excellent (28%) or very good (36%). A total of 9% reported their health was fair (8%) or poor (1%).

Figure 1. Rate Own Health



- As age increased, so did the likelihood of reporting fair or poor condition. Five percent of respondents 18 to 34 years old reported this compared to 13% of those 55 to 64 years old or 23% of respondents 65 and older.

- As education increased, so did the likelihood of reporting their health as excellent. Twenty-one percent of respondents with a high school education or less reported excellent compared to 26% of those with some post high school or 39% with a college degree.

- Twelve percent of respondents with a household income of less than $30,001 and 11% of respondents with an income of $30,001 to $60,000 reported fair/poor health compared to 4% of those with a household income of more than $60,000.

- Married respondents and unmarried respondents were similar in rating their health fair or poor, however, married respondents were more likely to report excellent/very good (68%) compared to unmarried respondents (57%).

- Inactive respondents were more likely to report fair/poor (13%) compared to respondents who engaged in the recommended amount of physical activity (5%).

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	9%	26%	36%	28%
Gender				
Male	8	27	36	29
Female	11	25	37	28
Age*				
18 to 34	5	23	33	39
35 to 44	7	23	43	28
45 to 54	9	24	39	28
55 to 64	13	36	31	20
65 and Older	23	33	31	14
Education**				
High School or Less	9	34	36	21
Some Post High School	12	30	32	26
College Graduate	8	11	42	39
Household Income**				
$30,000 or Less	12	40	19	29
$30,001 to $60,000	11	24	40	25
$60,001 or More	4	21	42	33
Marital Status*				
Married	10	22	41	27
Not Married	8	35	27	30
Overweight				
Not Overweight	10	26	31	33
Overweight	9	26	40	25
Physical Activity*				
Inactive	13	38	30	19
Insufficient	10	22	41	27
Recommended	5	22	34	39
Smoker				
Nonsmoker	9	25	37	29
Smoker	12	32	33	23

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

Health Care Coverage (Figure 2)

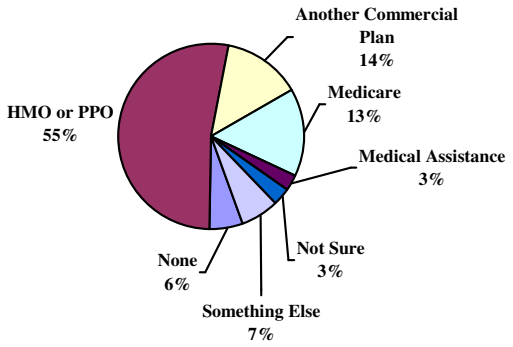
KEY FINDING: Six percent of respondents reported they personally did not have health care coverage. Respondents with a high school education or less, a household income of less than $30,001 or unmarried respondents were more likely to personally not have health care coverage. Twelve percent reported someone in their household currently was not covered while 15% reported in the past 12 months someone was not covered. Respondents with a household income of less than $60,001 or unmarried respondents were more likely to have someone not covered currently or in the past twelve months. Sixty percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice. Thirty-two percent of respondents had an advance care plan; older respondents were more likely to report this.

Personally Not Covered

In 2001, 10% of respondents in Wisconsin reported they personally did not have health insurance. Thirteen percent of the nation reported so (2001 Behavioral Risk Factor Surveillance).

- Six percent of respondents reported they were not currently covered by any health insurance. Fifty-five percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Fourteen percent reported another commercial plan, 13% reported Medicare and 3% reported medical assistance.

Figure 2. Type of Health Care Coverage



- Eleven percent of respondents with a high school education or less reported they were not personally covered by health insurance compared to 5% of respondents with some post high school education or <1% of college graduates.

- Respondents with a household income of less than $30,001 were more likely to personally have no coverage (13%) compared to respondents with a household income of $30,001 to $60,000 (6%) or at least $60,001 (2%).

- Unmarried respondents were more likely to report to no personal coverage (10%) compared to married respondents (4%).

Someone in Household Currently Not Covered

- Twelve percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 5,280 households.

- Seventeen percent of respondents with a household income of $30,000 or less and 16% of those with an income of $30,001 to $60,000 reported someone in their household was not covered by health insurance compared to 4% of respondents with a household income of $60,001 or more.

- Unmarried respondents were more likely to have someone not covered (20%) compared to married respondents (9%).

Someone in Household Not Covered in the Past 12 Months

- Fifteen percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.

- Twenty-one percent of respondents with a household income of $30,001 to $60,000 and 19% of respondents with a household income of $30,000 or less reported someone in their household was not covered in the past 12 months compared to 6% of those with a household income of $60,001or more.

- Unmarried respondents were more likely to report someone not covered in the past 12 months (25%) compared to married respondents (11%).

Primary Health Care Services

- Sixty percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twenty-eight percent reported walk-in or urgent care while 6% reported community health center and 3% reported hospital emergency room.

- Sixty-eight percent of respondents with a college education reported a medical doctor, etc., compared to 58% of those with some post high school or 55% with a high school education or less. Walk-in or urgent care was similar across all education levels (28% high school education or less, 29% post high school and 27% college education).

Advance Care Plan

- Thirty-two percent of respondents reported they had an advance care plan stating their end of life health care wishes.

- Older respondents were more likely to report having an advance care plan. Twenty-two percent of respondents 18 to 34 years old reported this compared to 26% of respondents 35 to 44 years old, 40% of those 45 to 54 years old, 35% of those 55 to 64 years old and 48% of respondents 65 and older.

Routine Checkups (Tables 3 - 6)

KEY FINDING: Seventy-six percent of all respondents reported a visit to the dentist in the past year while 64% reported having a routine medical checkup, 52% an eye exam and 48% reported a cholesterol test. Female respondents were more likely to report a routine checkup, dental checkup or eye exam in the past year. Respondents 65 and older were more likely to report a routine checkup or cholesterol test in the past year while respondents 45 to 54 years old were more likely to report a dental checkup or eye exam. Respondents with a college education were more likely to report a dental exam or eye exam in the past year; respondents with some post high school education were more likely to report a cholesterol test. Respondents with a household income of $30,001 to $60,000 were more likely to report a cholesterol test or an eye exam in the past year while respondents with at least $30,001 were more likely to report a dental checkup. Married respondents were more likely to report having a cholesterol test or dental checkup in the past year.

Routine Checkup

Sixty-five percent of Wisconsin respondents reported in the past year they had a routine checkup, 14% 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).

- Sixty-four percent of residents reported they had a routine checkup in the past year. An additional 18% had a checkup in the past one to two years.

- Female respondents were more likely to report they had a routine checkup in the past year (73%) than male respondents (54%).

- Forty-seven percent of respondents 35 to 44 years old reported a routine checkup in the past year compared to 85% of respondents 65 and older.

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	64%	18%	7%	10%	<1%
Gender**					
Male	54	19	10	16	<1
Female	73	16	4	5	1
Age**					
18 to 34	64	27	7	3	0
35 to 44	47	15	9	25	3
45 to 54	66	18	7	7	1
55 to 64	76	9	7	9	0
65 and Older	85	11	2	2	0
Education					
High School or Less	66	13	6	12	2
Some Post High School	62	18	12	7	0
College Graduate	62	23	3	11	<1
Household Income					
$30,000 or Less	66	16	6	11	1
$30,001 to $60,000	65	15	9	11	<1
$60,001 or More	60	23	5	10	<1
Marital Status					
Married	63	18	7	10	<1
Not Married	67	16	6	10	<1

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

Cholesterol Test

Forty-eight percent of Wisconsin respondents reported in the past year they had their cholesterol checked (2001 Behavioral Risk Factor Surveillance).

- Forty-eight percent of respondents reported having their cholesterol tested within the past year. Twenty percent reported one to two years ago. Seventeen percent reported never.

- Older respondents were more likely to report a test in the past year. Twenty-seven percent of respondents 18 to 34 years old reported this compared to 75% of respondents 65 and older.

- Respondents with some post high school education were more likely to report having a cholesterol test (55%) compared to those with a high school education or less (43%) or college graduates (49%).

- Fifty percent of respondents with a household income of $30,001 to $60,000 and 48% of respondents with a household income of less than $30,001 reported having a cholesterol test compared to 44% of respondents with an income of $60,000 or more.

- Married respondents were more likely to report a cholesterol test in the past year (53%) compared to unmarried respondents (36%).

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	48%	20%	6%	8%	17%
Gender					
Male	43	18	6	11	20
Female	53	21	5	5	14
Age**					
18 to 34	27	20	3	7	42
35 to 44	38	23	8	16	13
45 to 54	58	22	7	4	3
55 to 64	68	9	4	6	13
65 and Older	75	14	6	0	2
Education**					
High School or Less	43	19	4	7	24
Some Post High School	55	14	6	6	18
College Graduate	49	26	9	10	6
Household Income*					
$30,000 or Less	48	15	5	2	29
$30,001 to $60,000	50	17	6	9	15
$60,001 or More	44	26	5	11	11
Marital Status**					
Married	53	20	6	9	10
Not Married	36	20	5	6	32

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

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]

In 1999, 75% of Wisconsin residents reported they visited the dentist or dental clinic within the past year for any reason. Sixty-eight percent of nation reported this (1999 Behavioral Risk Factor Surveillance).

- Seventy-six percent of residents reported a dental visit in the past year. An additional 15% had a visit in the past one to two years.

[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.

- Female respondents were more likely to report having a dental checkup in the past year (81%) compared to male respondents (71%).

- Respondents 45 to 54 years old were more likely to have had a dental checkup in the past year (83%) compared to all other respondents (range 73% to 76%).

- As education increased, so did the likelihood of reporting a dental checkup in the past year. Sixty-nine percent of respondents with a high school degree or less reported a dental checkup in the past year compared to 78% of respondents with some post high school education and 85% of those with a college degree.

- Sixty-two percent of respondents with a household income of $30,000 or less reported having a dental checkup in the past year compared to 82% of respondents with a household income of $30,001 to $60,000 or 81% of those with an income of at least $60,001.

- Married respondents were more likely to report a dental checkup in the past year (80%) compared to unmarried respondents (66%).

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	76%	15%	4%	4%	<1%
Gender**					
Male	71	18	8	3	<1
Female	81	13	<1	5	0
Age*					
18 to 34	73	16	9	2	0
35 to 44	74	20	<1	6	0
45 to 54	83	12	2	1	1
55 to 64	76	13	7	4	0
65 and Older	75	10	2	12	0
Education*					
High School or Less	69	16	6	8	<1
Some Post High School	78	15	6	2	0
College Graduate	85	14	<1	<1	0
Household Income**					
$30,000 or Less	62	23	4	11	0
$30,001 to $60,000	82	10	5	3	0
$60,001 or More	81	14	3	<1	<1
Marital Status*					
Married	80	13	3	4	0
Not Married	66	20	6	6	<1

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

Eye Exam

- Fifty-two percent of respondents had an eye exam in the past year, while 25% reported one to two years ago. Five percent reported never.

- Female respondents were more likely to have had an eye exam in the past year (55%) compared to male respondents (47%).

- Thirty-six percent of respondents 18 to 34 years old and 48% of respondents 35 to 44 years old reported an eye exam in the past year compared to 64% of those 45 to 54 years old or 62% of respondents 55 and older.

- Fifty-five percent of respondents who had a college degree reported having an eye exam in the past year compared to 51% of those with some post high school education and 50% of respondents with a high school education or less.

- Forty-five percent of respondents whose annual household income was $30,000 or less had an eye exam in the last year compared to 54% of respondents with a household income of $30,001 to $60,000 or 51% of respondents with a household income of more than $60,000.

- Unmarried respondents were more likely to report never having had an eye exam (11%) compared to married respondents (2%).

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	52%	25%	9%	10%	5%
Gender*					
Male	47	21	12	12	8
Female	55	28	7	8	2
Age**					
18 to 34	36	27	14	8	15
35 to 44	48	25	7	18	<1
45 to 54	64	24	2	7	2
55 to 64	62	20	11	7	0
65 and Older	62	27	8	4	0
Education*					
High School or Less	50	24	6	13	8
Some Post High School	51	24	17	6	3
College Graduate	55	27	5	9	3
Household Income**					
$30,000 or Less	45	23	9	11	11
$30,001 to $60,000	54	20	13	9	4
$60,001 or More	51	31	3	13	2
Marital Status**					
Married	52	27	9	11	2
Not Married	51	21	9	8	11

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

Vaccinations (Figure 3; Table 7)

KEY FINDING: Thirty percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for older respondents or those with some post high school education. Sixty-seven percent of respondents 65 and older had a pneumonia vaccination.

Influenza Vaccination

Thirty-three percent of Wisconsin respondents reported in the past 12 months they had a flu shot. Nationally, 32% reported this (2001 Behavioral Risk Factor Surveillance).

- Thirty percent of respondents had a flu vaccination in the past year.
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (71%) compared to respondents 18 to 34 years old (12%) or those 35 to 44 years old (20%).

- Respondents with some post high school education were more likely to report receiving a flu vaccination (39%) compared to college graduates (32%) or respondents with a high school education or less (23%).

Table 7. Flu Vaccination by Demographic Variables

	Percent
TOTAL	30%
Gender	
Male	28
Female	32
Age**	
18 to 34	12
35 to 44	20
45 to 54	28
55 to 64	54
65 and Older	71
Education**	
High School or Less	23
Some Post High School	39
College Graduate	32
Household Income	
$30,000 or Less	39
$30,001 to $60,000	27
$60,001 or More	27
Marital Status	
Married	32
Not Married	27

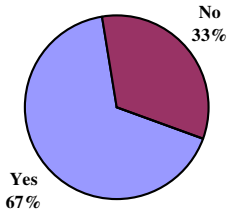
*= $p \leq 0.05$; **= $p \leq 0.01$

Pneumonia Vaccination

Sixty-six percent of Wisconsin respondents 65 and older and 61% of respondents nationwide reported they have received a pneumonia shot (2001 Behavioral Risk Factor Surveillance).

- Sixteen percent of all respondents had a pneumonia vaccination.
- Sixty-seven percent of respondents who were 65 and older reported they received a pneumonia vaccination.

Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older)

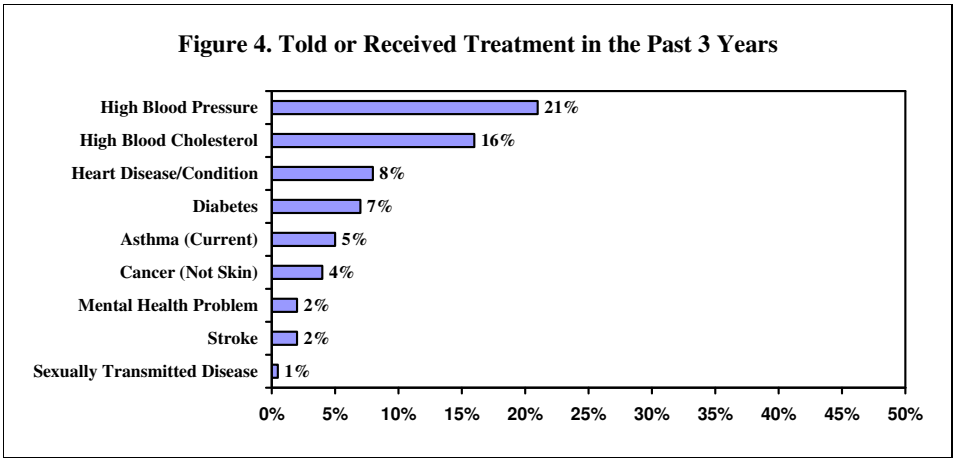


Prevalence of Select Health Conditions (Figure 4; Table 8)

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. Current diagnosis of asthma was asked.

KEY FINDING: Out of nine health conditions listed, the most often treated conditions in the past three years were high blood pressure, high blood cholesterol, heart disease/heart condition or diabetes. Female respondents were more likely to report having asthma. Generally, older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition, diabetes or cancer (not skin). Respondents with lower household income were more likely to report heart disease/condition. Married respondents were more likely to report high blood cholesterol. Overweight respondents were more likely to report high blood pressure or high blood cholesterol. Physically inactive respondents were more likely to report heart disease/condition or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (21%), high blood cholesterol (16%), heart disease/heart condition (8%) or diabetes (7%) in the past three years.



- Female respondents were more likely to report current asthma than male respondents (9% and 2%, respectively).

- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol, heart disease/ condition, diabetes or cancer (not skin) increased as age increased

- Respondents with lower household income reported heart disease/condition more often. Twelve percent of respondent with a household income of less than $30,001 reported this compared to 8% of those with an income of $30,001 to $60,000 or 2% with a household income of $60,001 or more.

- Married respondents were more likely to report high blood cholesterol than unmarried respondents (19% and 8%, respectively).

- Respondents who were considered overweight were more likely to report high blood pressure or high blood cholesterol.

- Physically inactive respondents were more likely to report heart disease/condition or diabetes.

Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables

	High Blood Pressure	High Blood Cholesterol	Heart Disease or Condition	Diabetes	Asthma (Current)	Cancer (Not Skin)
TOTAL	21%	16%	8%	7%	5%	4%
Gender						
Male	20	15	8	7	2**	2
Female	21	16	8	7	9**	5
Age						
18 to 34	3**	2**	0**	4**	5	1**
35 to 44	12**	11**	6**	0**	6	0**
45 to 54	24**	17**	4**	5**	2	6**
55 to 64	44**	30**	15**	16**	7	4**
65 and Older	51**	39**	27**	17**	8	10**
Education						
High School or Less	21	13	10	8	7	3
Some Post High School	22	18	8	6	6	3
College Graduate	20	15	5	4	2	5
Household Income						
$30,000 or Less	26	14	12*	9	7	4
$30,001 to $60,000	21	16	8*	4	5	4
$60,001 or More	14	16	2*	6	4	2
Marital Status						
Married	22	19**	7	6	5	3
Not Married	18	8**	9	7	6	6
Overweight						
Not Overweight	10**	10**	5	3	3	4
Overweight	27**	20**	9	8	6	3
Physical Activity						
Inactive	27	19	19**	13**	8	5
Insufficient	18	15	5**	6**	3	4
Recommended	23	15	5**	2**	7	1

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

Diabetes

- Ninety-eight percent of the 26 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

Asthma

- Of the 21 respondents who currently have asthma, 53% had an asthma action plan.

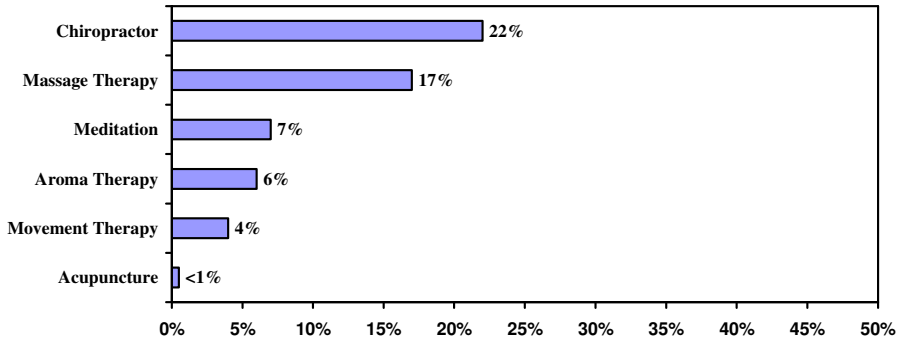
Prevalence of Select Alternative Treatments (Figure 5; Table 9)

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

KEY FINDING: Out of six alternative treatments listed, chiropractic care or massage therapy were the most often mentioned treatments in the past three years. Female respondents were more likely to report massage therapy, aroma therapy or movement therapy. Respondents 45 to 54 years old were more likely to report massage therapy or aroma therapy. Respondents with a household income of at least $60,001 or married respondents were more likely to report massage therapy. Unmarried respondents were more likely to report meditation.

- Respondents were more likely to have used chiropractic care (22%) or massage therapy (17%) in the past three years.

Figure 5. Received Alternative Treatment in Past Three Years



- Female respondents were more likely to have used massage therapy, aroma therapy or movement therapy in the past three years.

- Respondents 45 to 54 years old were more likely to have used massage therapy or aroma therapy in the past three years.

- Respondents with a household income of at least $60,001 were more likely to report massage therapy (25%) compared to respondents with an income of $30,001 to $60,000 (14%) or less than $30,001 (11%).

- Married respondents were more likely to have reported massage therapy while unmarried respondents were more likely to have reported meditation.

Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables

	Chiropractor	Massage Therapy	Meditation	Aroma Therapy	Movement Therapy
TOTAL	22%	17%	7%	6%	4%
Gender					
Male	21	9**	9	2**	2*
Female	24	23**	7	9**	7*
Age					
18 to 34	16	16*	8	2**	4
35 to 44	26	11*	6	5**	3
45 to 54	27	29*	7	13**	6
55 to 64	22	9*	9	2**	2
65 and Older	25	17*	6	8**	4
Education					
High School or Less	20	13	6	6	2
Some Post High School	28	16	6	4	5
College Graduate	21	22	10	7	7
Household Income					
$30,000 or Less	24	11*	6	6	4
$30,001 to $60,000	24	14*	9	5	4
$60,001 or More	20	25*	6	8	6
Marital Status					
Married	25	20*	5*	6	4
Not Married	17	9*	12*	6	5

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

Physical Well Being and Body Weight (Figure 6; Tables 10 & 11)

KEY FINDING: Twenty-five percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 21% were classified as inactive. Respondents who were 45 to 54 years old, with a household income of $30,001 to $60,000 or married were more likely to meet the recommended activity level. Fifty-nine percent of respondents were classified as overweight (40% overweight and 19% obese). Male respondents, those 65 and older, with at least a post high school education or married respondents were more likely to be classified as overweight.

Physical Activities in Past Month

- Seventy-three percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

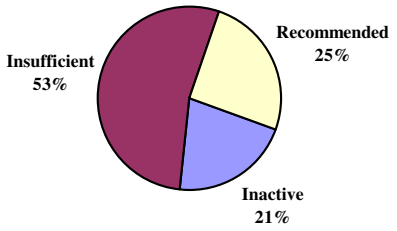
Moderate Physical Activities in Usual Week

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

In 2000, 22% of Wisconsin residents were classified as inactive. Fifty-one percent had insufficient physical activity while 27% met the recommended amount of physical activity. In the nation, 28% were classified as inactive, 46% insufficient and 26% recommended (2000 Behavioral Risk Factor Surveillance).

- Twenty-five percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-three percent did some activity, but not to the extent of the recommendation while 21% were classified as inactive.

Figure 6. Moderate Physical Activities/Week



- Respondents 45 to 54 years old were more likely to meet the recommended amount of moderate physical activity in a week (32%) compared to respondents 65 and older (16%). Forty-five percent of respondents 65 and older were classified as inactive.

- Respondents with a household income of $30,001 to $60,000 were more likely to meet the recommendation (29%) compared to respondents with an income of at least $60,001 (25%) or those with less than $30,001 (17%). Forty percent of respondents with a household income of $30,000 or less were classified as inactive.

- Married respondents were more likely to meet the recommendation than unmarried respondents (28% and 19%, respectively). Thirty percent of unmarried respondents were inactive compared to 18% of married respondents.

Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables

	Inactive	Insufficient	Recommended
TOTAL	21%	53%	25%
Gender			
Male	24	50	25
Female	19	56	25
Age**			
18 to 34	13	60	28
35 to 44	19	56	25
45 to 54	12	56	32
55 to 64	29	47	24
65 and Older	45	39	16
Education			
High School or Less	27	47	26
Some Post High School	18	55	28
College Graduate	16	62	22
Household Income**			
$30,000 or Less	40	43	17
$30,001 to $60,000	19	52	29
$60,001 or More	11	64	25
Marital Status**			
Married	18	54	28
Not Married	30	51	19
Overweight			
Not Overweight	20	57	24
Overweight	23	50	27

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

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 greater or equal to 25.0. A BMI of 30.0 or more is considered obese.[2] Body Mass Index is calculated by using kilograms/meter^2. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Fifty-nine percent of Wisconsinites were classified as at least overweight in 2001 (37% overweight, 22% obese). Sixty-six percent of males in Wisconsin were classified as at least overweight while 52% of females were. In the nation, 58% were classified as at least overweight (37% overweight and 21% obese) (2001 Behavioral Risk Factor Survey).

[2] Body Mass Index = (kg/m^2). Developed by the Centers for Disease Control (CDC).

- According to the definition, 59% of Washington County residents were considered overweight (40% overweight and 19% obese).

- Male respondents were more likely to be classified as overweight (70%) compared to female respondents (49%).

- As age increased, so did the likelihood of being overweight. Forty-seven percent of respondents 18 to 34 years old were overweight compared to 78% of respondents 65 and older.

- Sixty-six percent of respondents with a college education and 65% of those with some post high school education were classified as overweight compared to 51% of respondents with a high school education or less.

- Sixty-three percent of married respondents were classified as overweight compared to 52% of unmarried respondents.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	59%
Gender**	
Male	70
Female	49
Age**	
18 to 34	47
35 to 44	54
45 to 54	67
55 to 64	67
65 and Older	78
Education*	
High School or Less	51
Some Post High School	65
College Graduate	66
Household Income	
$30,000 or Less	51
$30,001 to $60,000	63
$60,001 or More	61
Marital Status*	
Married	63
Not Married	52
Moderate Physical Activities	
Inactive	63
Insufficient	56
Recommended	62

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

Nutrition and Diet (Tables 12 & 13)

KEY FINDING: Sixty-nine percent of respondents eat two or more servings of fruit while 29% eat three or more servings of vegetables on an average day. Female respondents were more likely to eat fruit or vegetables. Respondents who were 65 and older or those with a college education were more likely to eat fruits. Fifty-five percent of respondents eat fried/fast food at least a few times a week; males, younger respondents, or those with a household income of at least $60,001 were more likely to report this. Eating habits were not significantly different for those classified as overweight and those not overweight.

Fruit Intake

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.

- Sixty-nine percent of respondents eat two or more servings of fruit per day. Thirty percent reported one serving or less.

- Female respondents were more likely to eat two or more servings of fruit per day compared to male respondents (78% and 59%, respectively).

- Respondents 65 and older were more likely to eat two or more servings of fruit per day (79%) compared to respondents 18 to 34 years old (60%).

- Eighty-one percent of college respondents reported eating two or more servings of fruit a day compared to 66% of those with some post high school education or 64% of those with a high school education or less.

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.

- Twenty-nine percent of respondents eat three or more servings of vegetables per day. Seventy-one percent reported two servings or less.

- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (35% and 21%, respectively).

Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	30%	69%	71%	29%
Gender				
Male	40**	59**	78**	21**
Female	22**	78**	63**	35**
Age				
18 to 34	40*	60*	74	26
35 to 44	26*	74*	72	27
45 to 54	34*	65*	70	27
55 to 64	26*	70*	73	27
65 and Older	21*	79*	58	42
Education				
High School or Less	35*	64*	72	26
Some Post High School	34*	66*	71	29
College Graduate	20*	81*	67	32
Household Income				
$30,000 or Less	26	74	64	35
$30,001 to $60,000	35	65	73	25
$60,001 or More	28	71	71	29
Marital Status				
Married	31	68	71	28
Not Married	30	70	70	29
Overweight				
Not Overweight	27	73	72	28
Overweight	33	66	69	31
Moderate Physical Activities				
Inactive	25	74	69	28
Insufficient	28	72	73	26
Recommended	38	61	66	34

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

Fried Food/Fast Food Intake

- Nine percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty-six percent reported a few times per week. Thirty-five percent reported a few times per month while 10% reported hardly ever or never.

- Male respondents were more likely to report eating fried/fast foods at least a few times per week (65%) compared to female respondents (47%).

- Younger respondents were more likely to eat fried/fast foods. Seventy-five percent of respondents 18 to 34 years old reported eating fried/fast food at least a few times per week compared to 44% of those 55 to 64 years old or 25% of those 65 and older.

- Respondents with a household income of at least $60,001 were more likely to report eating fried/fast food at least a few times per week (64%) compared to respondents with a household income of $30,001 to $60,000 (58%) or those with a household income of $30,000 or less (38%).

Table 13. Frequency of Eating Fried/Fast Food by Demographic Variables

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	35%	55%
Gender**		
Male	25	65
Female	43	47
Age**		
18 to 34	21	75
35 to 44	32	61
45 to 54	45	45
55 to 64	46	44
65 and Older	48	25
Education		
High School or Less	38	51
Some Post High School	36	55
College Graduate	30	61
Household Income**		
$30,000 or Less	51	38
$30,001 to $60,000	34	58
$60,001 or More	25	64
Marital Status		
Married	33	58
Not Married	39	51
Overweight		
Not Overweight	40	48
Overweight	33	58
Moderate Physical Activities		
Inactive	38	55
Insufficient	29	61
Recommended	45	44

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

Women's Health (Tables 14 & 15)

KEY FINDING: Eighty-eight percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-two percent of all female respondents reported a pap smear within the past three years. Respondents who were 18 to 54 years old, with higher household income or married were more likely to have had a pap smear within the past three years.

Mammogram

Routine screening for breast cancer every one to two 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.[3]

Sixty-nine percent of Wisconsin women 50 years of age or older reported they had a mammogram in the past year (2001 Behavioral Risk Factor Surveillance).

- Twenty-nine percent of all female respondents never had a mammogram while 60% had a mammogram within the past two years (44% within past year and 16% more than one year but less than two years).

- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past two years (88% of those 50 and older; 80% of those 40 to 49 years of age).

    - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: too young (four responses), don't like or not recommended by provider (three responses each) or don't need (two responses).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	44%	16%	10%	29%
Age**				
18 to 39	12	7	12	67
40 to 49	62	18	8	12
50 and Older	67	21	7	3

*= p≤0.05; **= p≤0.01

[3]"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 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.[4]

In Wisconsin, 66% of women reported they had a pap smear in the past year (2001 Wisconsin Behavioral Risk Factor Surveillance).

- Sixty-two percent of respondents in Washington County reported they had a pap smear within the past year. An additional 20% reported between one year and less than three years.

- Sixty-three percent of respondents 65 and older and 76% of respondents 55 to 64 years old reported a pap smear within the past three years compared to 87% or 89% of all other age groups.

- Seventy percent of respondents with a household income of $30,000 or less reported having a pap smear within the past three years compared to 81% of those with an income of $30,001 to $60,000 or 98% of respondents with a household income of $60,001 or more.

- Married respondents were more likely to have had a pap smear within the past three years (91%) compared to unmarried respondents (63%). Twelve percent of unmarried respondents never had a pap smear.

[4]"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.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	62%	17%	3%	11%	4%
Age*					
18 to 34	67	20	2	0	9
35 to 44	70	15	2	13	0
45 to 54	70	14	5	8	3
55 to 64	54	18	4	18	7
65 and Older	47	13	3	25	3
Education					
High School or Less	52	21	3	14	8
Some Post High School	65	19	4	11	0
College Graduate	77	11	4	7	2
Household Income*					
$30,000 or Less	61	7	2	22	7
$30,001 to $60,000	57	19	5	11	6
$60,001 or More	73	23	2	2	2
Marital Status**					
Married	70	18	3	8	<1
Not Married	43	17	3	19	12

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

Men's Health (Table 16)

KEY FINDING: Twenty percent of males 40 to 49 years old and 42% of males 50 and older had a digital rectal exam in the past year.

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.[5]

Digital Rectal Exam

- Fifty-one percent of all male respondents never had a digital rectal exam. Twenty-one percent had an exam in the past year while 14% reported within the past two years (one year but less than two years).

- Forty-two percent of men 50 years of age and older had an exam less than a year ago while 20% of men 40 to 49 years old reported this.

[5]"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.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	21%	14%	14%	51%
Age**				
18 to 39	6	8	6	80
40 to 49	20	18	16	47
50 and Older	42	19	23	14

*= p≤0.05; **= p≤0.01

Other Tests (Tables 17 & 18)

KEY FINDING: Fifty-two percent of respondents 50 years of age and older had their blood stool tested within the past two years while 32% reported a sigmoidoscopy or colonoscopy within the past two years.

Screening for colorectal cancer is recommended for all persons aged 50 and older.[6]

Blood Stool Test

- Fifty-five percent of all respondents never had a blood stool test. Twenty-nine percent were tested within the past two years (18% less than a year ago and 11% more than one year ago, but less than two).

- Fifty-two percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 30% of respondents 40 to 49 years of age and 10% of respondents 18 to 39 years old. Twenty-seven percent of respondents 50 and older reported never compared to 80% of respondents 18 to 39 years old.

- Thirty-two percent of respondents with some post high school education and 31% of college graduates reported a blood stool test within the past two years compared to 26% of respondents with a high school education or less. Sixty percent of respondents with a high school education or less and 58% of respondents with a college education reported never compared to 46% of those with some post high school education.

[6]" 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.

Table 17. Time Since Last Blood Stool Test by Demographic Variables

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	18%	11%	12%	55%
Gender				
Male	16	11	14	58
Female	19	11	11	53
Age**				
18 to 39	4	6	6	80
40 to 49	12	18	14	55
50 and Older	38	14	19	27
Education*				
High School or Less	16	10	9	60
Some Post High School	20	12	22	46
College Graduate	17	14	10	58
Household Income				
$30,000 or Less	21	11	14	54
$30,001 to $60,000	16	12	18	51
$60,001 or More	17	9	6	65
Marital Status				
Married	17	11	13	55
Not Married	18	13	12	56

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

Sigmoidoscopy or Colonoscopy Exam

- Sixty-seven percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Seventeen percent were examined within the past two years (11% less than a year ago and 6% more than one year ago, but less than two).

- A total of 32% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 16% of respondents 40 to 49 years of age or 4% of respondents 18 to 39 years old. Thirty-nine percent of respondents 50 and older reported never compared to 91% of respondents 18 to 39 years old.

Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	6%	9%	7%	67%
Gender					
Male	12	4	8	9	67
Female	10	7	9	6	68
Age**					
18 to 39	3	<1	4	2	91
40 to 49	8	8	3	10	71
50 and Older	22	10	19	11	39
Education					
High School or Less	11	5	7	5	73
Some Post High School	12	6	12	7	63
College Graduate	12	7	9	10	63
Household Income					
$30,000 or Less	12	4	14	4	67
$30,001 to $60,000	10	6	9	8	67
$60,001 or More	11	6	6	8	70
Marital Status					
Married	11	6	7	9	66
Not Married	11	5	12	2	70

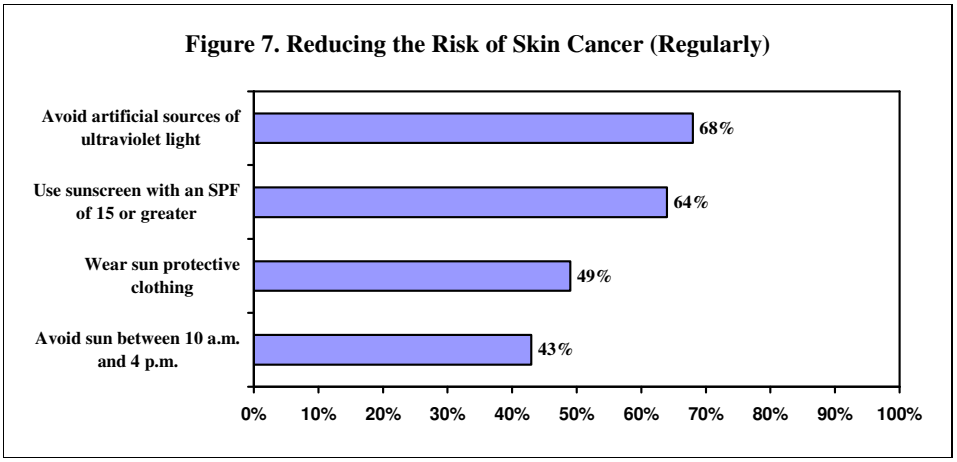
*= p≤0.05; **= p≤0.01

Reducing the Risk of Skin Cancer (Figure 7; Table 19)

KEY FINDING: To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun from 10 a.m. to 4 p.m. Female respondents or unmarried respondents were more likely to report avoiding the sun between 10 a.m. and 4 p.m. Respondents who were 18 to 54 years old, with a college education or with higher household income were more likely to report using sunscreen.

- To reduce the risk of skin cancer, 68% of respondents regularly avoid artificial sources of ultraviolet light, 64% use sunscreen with a SPF of 15 or higher, 49% wear sun protective clothing while 43% avoid the sun between 10 a.m. and 4 p.m.

- Eleven percent of respondents did not reduce their risk by any of these four measures. Nineteen percent reported one measure. Twenty-five percent reported two of the four actions while 27% reported three and 18% reported they did all four measures regularly.



- Female respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. (50%) compared to male respondents (36%).

- Seventy-two percent of respondents 18 to 34 years old and 70% of respondents 35 to 54 years old reported using sunscreen compared to 43% who were 65 and older.

- Respondents with a college education were more likely to use sunscreen (73%) compared to high school education or less (61%) or some post high school education (59%).

- Respondents with a household income of at least $60,001 were more likely to use sunscreen (76%) than respondents with a household income of $30,001 to $60,000 (64%) or respondents with $30,000 or less (51%).

- Unmarried respondents were more likely to report avoiding the sun from 10 a.m. to 4 p.m. (53%) than married respondents (39%).

Table 19. Reducing Risk of Skin Cancer (Regularly) by Demographic Variables

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	68%	64%	49%	43%
Gender				
Male	67	59	45	36**
Female	70	68	52	50**
Age				
18 to 34	74	72**	42	41
35 to 44	63	70**	47	41
45 to 54	71	70**	59	42
55 to 64	63	44**	44	49
65 and older	69	43**	56	52
Education				
High School or Less	67	61*	48	43
Some Post High School	72	59*	51	49
College Graduate	66	73*	47	40
Household Income				
$30,000 or Less	55	51**	48	49
$30,001 to $60,000	72	64**	50	44
$60,001 or More	72	76**	49	38
Marital Status				
Married	68	66	49	39**
Not Married	69	59	48	53**

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

Safety: Seat Belts and Bicycle Helmets (Tables 20 & 21)

KEY FINDING: Eighty-seven percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with at least some post high school education, or married respondents were more likely to report wearing seat belts always. Ninety-three percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 19% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 51% reported their child always wore a helmet.

Seat Belts

- Eighty-seven percent of respondents stated they wore seat belts always or nearly always (74% and 13%, respectively).

- Female respondents were more likely to report always (80%) compared to male respondents (67%).

- Respondents 65 and older were more likely to report always (90%) compared to respondents 18 to 34 years old (63%).

- Seventy-seven percent of respondents with at least some post high school education reported they always wore seatbelts compared to 69% of respondents who had a high school education or less.

- Married respondents were more likely to report always (78%) compared to unmarried respondents (66%).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	3%	3%	8%	13%	74%
Gender**					
Male	3	3	13	14	67
Female	2	3	3	12	80
Age**					
18 to 34	5	1	14	18	63
35 to 44	0	6	6	15	74
45 to 54	4	1	6	12	77
55 to 64	4	0	13	7	76
65 and older	2	0	2	6	90
Education*					
High School or Less	5	5	10	12	69
Some Post High School	2	0	11	10	77
College Graduate	<1	3	3	16	77
Household Income					
$30,000 or Less	5	6	9	7	73
$30,001 to $60,000	4	2	8	13	73
$60,001 or More	0	2	7	16	75
Marital Status*					
Married	2	2	7	11	78
Not Married	5	5	9	16	66

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

Children and Seat Belts

- Forty-four percent of respondents reported at least one child in the household.

  Of the households who have children…

  - Ninety-three percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 2% reported nearly always.

  - There were no statistically significant differences between children wearing seat belts and household income level or marital status.

Bicycle Helmet Usage

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

  Of respondents who ride a bike, use in-line roller skates or scooters…

  - Nineteen percent of respondents who bicycled, in-line roller skated or rode scooters always (17%) or nearly always (2%) used a helmet. Sixty-two percent reported never.

  - Fourteen percent of respondents with a household income of $30,000 or less reported always compared to 17% of those with an income of $30,001 to $60,000 or 21% with a household income of $60,001 or more.

Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, In-line Skate or Scooter)

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	62%	8%	10%	2%	17%
Gender					
Male	61	10	9	1	19
Female	64	7	11	3	15
Age					
18 to 34	58	16	13	0	13
35 to 44	64	1	6	4	25
45 to 54	57	6	17	3	17
55 and older	70	7	7	4	11
Education					
High School or Less	58	10	13	0	20
Some Post High School	64	2	12	6	16
College Graduate	66	11	5	3	15
Household Income*					
$30,000 or Less	77	6	0	3	14
$30,001 to $60,000	69	4	8	2	17
$60,001 or More	46	16	15	3	21
Marital Status					
Married	59	9	11	4	18
Not Married	70	7	9	0	15

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

Children and Helmets

- Forty percent of all respondents reported at least one child in the household and a child who rides/skates.

  Of children who ride a bike, use in-line roller skates or a scooter…

  - Fifty-one percent of respondents reported their child always wore a helmet while 13% reported nearly always. Twenty-two percent reported never.

  - Seventy-six percent of respondents with a household income of $60,001 or more reported always or nearly always compared to 54% of those with an income of less than $60,001. Thirty percent of respondents with a household income of less than $60,001 reported never compared to 12% of respondents with a household income of $60,001 or more.

  - Married respondents were more likely to report their child always wearing a helmet (55%) compared to unmarried respondents (32%). Reporting never was somewhat similar (21% married and 24% unmarried).

Cigarettes and Tobacco Products (Figure 8; Tables 22 & 23)

KEY FINDING: Eighteen percent of respondents were current smokers. Respondents 18 to 34 years old, 55 to 64 years old or those with some post high school education were more likely to be smokers. Fifty-one percent of current smokers quit smoking for one day or longer in the past 12 months; 39% reported a health professional advised them to quit smoking. Eighteen percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-four percent of all respondents preferred a smoke-free restaurant; 58% favored a community ordinance prohibiting smoking in eating establishments. Respondents 35 to 44 years old, 65 and older, who were married or nonsmokers were more likely to prefer a smoke-free restaurant. Respondents 35 to 44 years old, with at least a post high school education, with a household income of $30,001 to $60,000, who were married or nonsmokers were more likely to favor a community ordinance to prohibit smoking in eating establishments. Four percent of respondents used snuff or chewing tobacco; males were more likely to report this.

Current Smokers

Twenty-four percent of adult Wisconsin residents and 23% of respondents throughout the nation were current smokers in 2001. In Wisconsin, 25% of males and 22% of females were classified as smokers. In the nation 25% were male and 21% were female. In Wisconsin, 33% of 18 to 34 year olds were smokers, 29% of 35 to 49 year olds, 19% of 50 to 64 year olds and 6% of 65 years of age or older (2001 Behavioral Risk Factor Surveillance).

- Eighteen percent of respondents in Washington County were current smokers. Five percent smoked between one and 29 days while the remaining 13% smoked every day.

- Twenty-three percent of respondents 18 to 34 years old and 22% of respondents 55 to 64 years old were smokers compared to 4% of those 65 and older.

- Respondents with some post high school education were more likely to be smokers (23%) compared to a high school education or less (19%) or those with a college degree (9%).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	18%
Gender	
Male	18
Female	16
Age*	
18 to 34	23
35 to 44	16
45 to 54	17
55 to 64	22
65 and older	4
Education*	
High School or Less	19
Some Post High School	23
College Graduate	9
Household Income	
$30,000 or Less	19
$30,001 to $60,000	18
$60,001 or More	16
Marital Status	
Married	16
Not Married	21

*= p≤0.05; **= p≤0.01

Number of Times Quit Smoking in Past 12 Months As a Result of Trying to Quit

Of current smokers…

- Fifty-one percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- There were no statistically significant differences between demographic variables and respondents quitting smoking for at least one day as a result of trying to quit.

Doctor, Nurse or Other Health Professional Advisement to Quit Smoking

Of current smokers…

- Thirty-nine percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.
- There were no statistically significant differences between demographic variables and a health professional advising respondents to quit smoking.

Smoking Indoor or in Vehicle

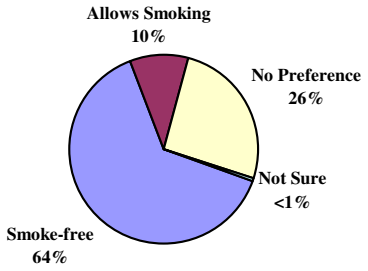
- All respondents were asked if any smokers in their household smoke indoors or inside their vehicles when others are present. Eighteen percent reported indoor smoking or vehicle smoking occurs.

- There was no statistically significant difference between households with children and households without children.

Smoking Preference in Restaurants

- Sixty-four percent of respondents reported they prefer to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Twenty-six percent reported they did not have a preference.

Figure 8. Smoking Preference in Restaurants



- Respondents 35 to 44 years old or 65 and older were more likely to report they preferred smoke-free restaurants (77% each) compared to respondents 45 to 54 years old (67%), 55 to 64 years old (58%) or 18 to 34 years old (45%). Eighteen percent of respondents 55 to 64 years old preferred restaurants that allow smoking compared to 11% of those 18 to 34 years old or 10% of those 45 to 54 years old. Six percent of respondents 35 to 44 years old and 4% of those 65 and older reported the preference for restaurants that allow smoking.

- Married respondents were more likely to prefer smoke-free restaurants (72%) than unmarried respondents (47%). Twelve percent of unmarried respondents preferred restaurants that allow smoking compared to 9% of married respondents.

- Seventy-three percent of nonsmokers preferred smoke-free restaurants compared to 21% of smokers. Thirty-eight percent of smokers reported restaurants that allow smoking while 4% of nonsmokers reported this.

Community Ordinance Prohibiting Smoking in Eating Establishments

- Fifty-eight percent of respondents favored a community ordinance prohibiting smoking in eating establishments (35% strongly favor, 23% moderately favor).

- Respondents 35 to 44 years old were more likely to favor an ordinance (67%) compared to respondents 65 and older (51%).

- Respondents with at least some post high school education were more likely to favor an ordinance (60%) compared to respondents with a high school education or less (55%).

- Respondents with a household income of $30,001 to $60,000 were more likely to favor an ordinance (68%) compared to respondents with a household income of $60,000 or more (57%) or less than $30,001 (41%).

- Married respondents were more likely to favor an ordinance than unmarried respondents (61% and 51%, respectively).

- Sixty-four percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 29% of smokers. Nonsmokers were much more likely to strongly favor (39%) compared to smokers (13%).

Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables

	Moderately Favor	Strongly Favor
TOTAL	23%	35%
Gender		
Male	22	32
Female	25	37
Age**		
18 to 34	28	25
35 to 44	27	40
45 to 54	25	33
55 to 64	9	44
65 and older	16	35
Education*		
High School or Less	25	30
Some Post High School	22	38
College Graduate	22	38
Household Income**		
$30,000 or Less	16	25
$30,001 to $60,000	29	39
$60,001 or More	23	34
Marital Status**		
Married	21	40
Not Married	28	23
Smoking Status**		
Nonsmoker	25	39
Smoker	16	13

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

Snuff or Chewing Tobacco

- Four percent of respondents reported they currently use snuff or chewing tobacco.

- Male respondents were more likely to report they used snuff or chewing tobacco (8%) compared to female respondents (0%).

Alcohol Use (Table 24)

KEY FINDING: Sixty-four percent of respondents had an alcoholic drink in the past 30 days. In the past month, 32% had three or more drinks at least on one occasion while 19% binged. Respondents who were male, 18 to 34 years old or unmarried respondents were more likely to have reported at least three drinks on three or more occasions. Younger respondents were more likely have binged at least once in the past month. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; male respondents were more likely to report this. Five percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Had a Drink in the Past Month

- Sixty-four percent of respondents had a drink in the past 30 days. Thirty-two percent reported they drank at least on five days, while 12% reported three to four days, and 20% reported drinking on one or two days in the past 30 days.

- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while 12% reported three, 22% reported two and 18% reported one drink on average on the days they drank. Thirty-five percent reported having no drinks in the past month.

Three or More Drinks on an Occasion in Past Month

- Thirty-two percent of all respondents had three or more drinks on an occasion in the past month. Fifteen percent reported this one to two times and 17% reported three or more times.

- Male respondents were more likely to have three or more drinks (36%) than female respondents (27%). Males were much more likely to have three or more drinks on at least three occasions (28%) compared to female respondents (7%).

- Respondents 18 to 34 years old were more likely to have had three or more drinks and more often. Fifty-one percent of respondents 18 to 34 years old reported three or more drinks (23% one to two occasions and 28% three or more occasions) compared to 14% of respondents 65 and older (8% one to two occasions and 6% three or more occasions).

- Unmarried respondents were more likely to have three or more drinks on at least three occasions (23%) compared to married respondents (14%).

Binge Drinking in Past Month

Recently, the binge drinking definition changed. Previously, the Center for Disease Control (CDC) considered five or more drinks at one time binge drinking. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The definition has changed as a result of weight and metabolism differences between men and women. At this time, there is no state or national data based on the new binge drinking definition.

Under the old definition, in 2001, 26% of Wisconsin residents reported having five or more drinks at one time in the past month. Nationally 15% of respondents reported binge drinking in the past month. When broken down by gender, 15% of females and 37% of males in Wisconsin binged. Nationally, 7% of females and 23% of males binged in the past month (2001 Behavioral Risk Factor Surveillance).

- Nineteen percent of all respondents binged in the past month.

- Respondents 18 to 34 years old were more likely to have binged (33%) compared to respondents 65 and older (4%) or 55 to 64 years old (2%).

Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	15%	17%	19%
Gender			
Male	8**	28**	23
Female	20**	7**	15
Age			
18 to 34	23**	28**	33**
35 to 44	11**	20**	20**
45 to 54	15**	13**	16**
55 to 64	11**	4**	2**
65 and Older	8**	6**	6**
Education			
High School or Less	19	15	18
Some Post High School	12	16	16
College Graduate	10	19	22
Household Income			
$30,000 or Less	14	18	19
$30,001 to $60,000	10	19	17
$60,001 or More	20	14	23
Marital Status			
Married	17*	14*	16
Not Married	10*	23*	24

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

Driven or Ridden When Driver Had Perhaps Too Much to Drink in Past Month

- Four percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.

- Male respondents were more likely to report this than female respondents (7% and 2%, respectively).

Family Problem Associated with Alcohol in Past Year

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

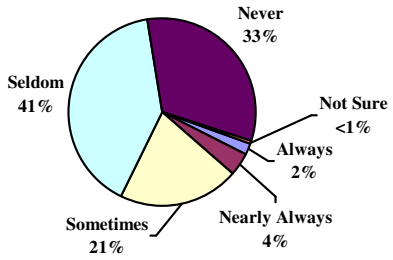
Mental Health Status (Figures 9 & 10; Table 25)

KEY FINDING: Six percent of respondents reported always or nearly always feeling sad, blue or depressed. Respondents with some post high school education or a household income of less than $30,001 were more likely to feel sad, etc. Twenty-eight percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life; respondents 55 to 64 years old, with some post high school education or unmarried respondents were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide.

Feeling Sad, Blue or Depressed

- When asked "During the past 30 days, about how often would you say you felt sad, blue or depressed," six percent of survey respondents answered always or nearly always. This equates up to 9,900 community residents. Twenty-one percent reported sometimes and the remaining 74% reported seldom (41%) or never (33%).

Figure 9. Felt Sad, Blue or Depressed in Past 30 Days



- Respondents with some post high school education were more likely to report feeling sad, blue or depressed always/nearly always (9%) compared to respondents with a high school education or less (5%) or college graduates (2%).

- Respondents with a household income of less than $30,001 were more likely to report feeling sad, blue or depressed always/nearly always (9%) compared to respondents with a household income of $30,001 to $60,000 (6%) or at least $60,001 (2%).

Considered Suicide

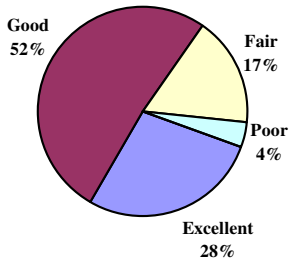
All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Washington Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.

- Three percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 7,200 residents who considered suicide in the past year.

Managing Stress

- Twenty-eight percent reported they were excellent at managing stress. Fifty-two percent reported good while 17% reported fair and 4% reported poor.

Figure 10. Managing Stress



- Male respondents were more likely to report poor (5%) compared to female respondents (2%). When looking at fair/poor, male and female respondents were similar (20% each); however, male respondents were more likely to report excellent (36%) compared to female respondents (21%).

Finding Meaning and Purpose in Daily Life

- Forty-two percent of respondents reported they always find meaning and purpose in their daily life, an additional 38% reported nearly always. Fifteen percent reported sometimes while 5% reported seldom and less than one percent reported never.

- Respondents 55 to 64 years old or 18 to 34 years old were more likely to never/seldom find meaning and purpose in life (11% and 9%, respectively) compared to respondents 35 to 44 years old (2%) or 45 to 54 years old (1%).

- Respondents with some post high school education were more likely to report never/seldom (10%) compared to those with a high school education or less (6%) and college graduates (<1%).

- Unmarried respondents were more likely to report never/seldom (9%) compared to married respondents (4%).

Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables

	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	15%	38%	42%
Gender				
Male	8	15	36	39
Female	3	14	39	44
Age**				
18 to 34	9	20	24	47
35 to 44	2	13	44	39
45 to 54	1	11	48	40
55 to 64	11	9	33	48
65 and older	6	19	37	39
Education**				
High School or Less	6	20	30	45
Some Post High School	10	13	38	39
College Graduate	<1	8	48	41
Household Income				
$30,000 or Less	9	15	29	46
$30,001 to $60,000	5	17	39	39
$60,001 or More	2	12	40	43
Marital Status*				
Married	4	12	42	42
Not Married	9	21	29	42

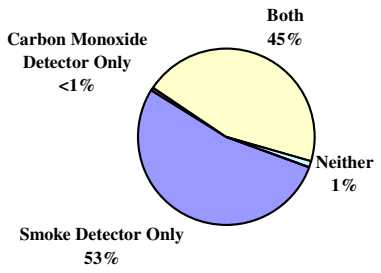
*= p≤0.05; **= p≤0.0

Detectors in Household (Figure 11; Table 26)

KEY FINDING: Ninety-eight percent of households had a working smoke alarm while 45% had a working carbon monoxide detector. Married respondents or those with a household income of at least $60,001 were more likely to report both a smoke alarm and a carbon monoxide detector.

- Forty-five percent of respondents reported a working smoke alarm and a working carbon monoxide detector in their home. Fifty-three percent reported only a working smoke alarm while less than one percent had only a carbon monoxide detector. One percent reported neither.

Figure 11. Detectors in Household



- Fifty-four percent of respondents with a household income of at least $60,001 reported having both a smoke detector and a carbon monoxide detector compared to 42% of respondents with $30,001 to $60,000 or 41% with a household income of $30,000 or less. Four percent of respondents with a household income of $30,001 to $60,000 reported having neither compared to 0% of all other income levels.

- Married households were more likely to have both detectors (48%) compared to unmarried households (39%).

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
TOTAL	53%	<1%	45%	1%
Household Income*				
$30,000 or Less	58	1	41	0
$30,001 to $60,000	54	0	42	4
$60,001 or More	46	0	54	0
Marital Status*				
Married	51	<1	48	<1
Not Married	58	0	39	3

*= p≤0.05; **= p≤0.01

Presence of Firearms in Household

KEY FINDING: Forty-three percent of households had a firearm in their household. Households with higher income or married households were more likely to have a firearm. Of all households, 3% had a loaded firearm. Two percent of all households had a firearm loaded and unlocked.

Firearm in Household

In a recent Gallup survey, four in 10 American households had a gun somewhere on the property (2001 Research Alert)

- At the time of the survey administration, 43% of households had one or more firearm.

- Households with higher income were more likely to own a firearm compared to households with less income. Twenty-five percent of respondents with a household income of less than $30,001 had a firearm compared to 43% of those with a household income of $30,001 to $60,000 or 54% of those with at least $60,001.

- Married households were more likely to have a firearm (53%) compared to unmarried households (23%).

Loaded Firearm

- Three percent of all households had a loaded firearm.

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 <u>not</u> counted as a lock.

- Two percent of all households had a loaded firearm also unlocked.

Personal Safety Issues

KEY FINDING: Four percent of respondents reported someone had made them afraid for their personal safety while 1% reported they had been pushed, kicked, hit or slapped in the past year.

Afraid for Personal Safety

- When asked "During the past year has anyone made you afraid for your personal safety," four percent reported yes.

- There were no statistically significant differences between demographic variables and feeling afraid for their personal safety.

    - An acquaintance (eight responses) was most often mentioned as the perpetrator. Respondents reported each of the following: stranger (five responses), spouse, ex-spouse or friend (one response each)

Pushed, Kicked, Slapped or Hit

- One percent of respondents reported they were pushed, kicked, slapped or hit in the past year.

    - A stranger was reported by two respondents while ex-spouse, boyfriend or girlfriend, friend or acquaintance was reported by one respondent each.

Combined Personal Safety Threats

- A total of 5% of all respondents reported at least one of the two threats.

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.

Awareness of and Experience with Public Health Department (Table 27)

KEY FINDING: Six percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents 65 and older were more likely to report services.

- Six percent of respondents were not aware of the public health department prior to the interview. Sixty-five percent were aware of the department but had no experience with it. Twenty-four percent received limited services from the health department and 4% received more extensive services.

- Respondents 65 and older were more likely to have received services from the public health department. Four percent of respondents 65 and older reported extensive services while 42% reported limited services. Five percent of respondents 18 to 34 years old reported extensive services and 10% reported limited services.

Table 27. Awareness of and Experience with Public Health Department by Demographic Variables

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	6%	65%	24%	4%
Gender				
Male	9	64	22	5
Female	4	65	26	4
Age**				
18 to 34	6	79	10	5
35 to 44	4	59	34	4
45 to 54	6	70	22	2
55 to 64	11	63	17	9
65 and older	8	46	42	4
Education				
High School or Less	8	62	25	5
Some Post High School	6	68	20	6
College Graduate	4	67	27	2
Household Income				
$30,000 or Less	7	59	28	5
$30,001 to $60,000	6	68	22	5
$60,001 or More	7	67	22	4
Marital Status				
Married	7	62	28	3
Not Married	6	71	17	6

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

Prescription Medications Not Taken Due to Cost

KEY FINDING: Seven percent of respondents reported someone in their household had not taken their prescribed medication due to prescription costs.

- Seven percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs.

- There were no statistically significant differences between household income or marital status and household members not taking their prescribed medication due to prescription costs.

Access to Adequate and Appropriate Food

KEY FINDING: Less than one percent of respondents reported that their household did not have access to adequate and appropriate food in the past 30 days.

- When asked "Was there a time in the past 30 days that your household did not have access to adequate and appropriate food," less than one percent of respondents reported yes.

APPENDIX B: QUESTIONNAIRE FREQUENCIES

WASHINGTON COUNTY
COMMUNITY HEALTH SURVEY
Conducted: February 21 through May 30, 2003
(Due to rounding, some questions may total more/less than 100%)

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

Poor	1%
Fair	8
Good	26
Very good	36
Excellent	28
Not sure	<1

2. What is your primary type of health care coverage?

No health care coverage	6%
Medical Assistance or Title 19	3
Badger Care	0
Medicare	13
A prepaid plan such as a HMO, PPO	55
Another commercial health plan	14
Something else	7
Not sure	3

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

Not all members covered	12%
All members covered	88
Not sure	0

4. During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?

Not all members covered	15%
All members covered	85
Not sure	0

5. Where do you go to get most of your health care services?

Medical doctor, internist, OBGYN, family practice	60%
Walk-in or urgent care clinic	28
Community health center	6
Hospital emergency room	3
Other	4
Not sure	<1

6. Do you have an advance care plan stating your end of life health care wishes?

Yes 32%
No..... 66
Not sure 2

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.....	64%	18%	7%	10%	<1%	<1%
8.	Cholesterol testing	48	20	6	8	17	3
9.	Visit to a dentist/dental clinic..	76	15	4	4	<1	<1
10.	Eye exam.....	52	25	9	10	5	<1

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

Yes 30%
No..... 70
Not sure 0

12. Have you ever had a pneumonia or pneumococcal shot?

Yes 16%
No..... 82
Not sure 2

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

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		Yes	No	Not sure
13.	You have high blood pressure?.....	21%	79%	0%
14.	Your blood cholesterol is high?.....	16	82	3
15.	You had a stroke?	2	98	<1
16.	You have heart disease or a heart condition? ...	8	92	0
17.	You have diabetes (men) You have diabetes not associated with a pregnancy (women)	7	94	0
18.	……if yes, have you had your blood sugar tested in the past year? [26 Respondents]	98	2	0
19.	You had a mental health problem?	2	98	<1
20.	You had cancer, other than skin cancer	4	96	0
21.	You had a sexually transmitted disease	1	99	0

	Yes	No	Not sure
22. Have you ever been told by a doctor, nurse or other health care provider that you have asthma?.....	9%	92%	0%
23. Do you still have asthma? [All Respondents] ...	5	94	<1
24. ….(if yes), do you have an asthma action plan? [21 Respondents]	53	43	5

25. 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 30%
    Two servings 35
    Three or more servings..... 34
    Not sure ..... <1

26. 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 38%
    Two servings 33
    Three or more servings..... 29
    Not sure ..... <1

27. How often do you eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken?

    A few times per month..... 35%
    A few times per week..... 46
    Daily or nearly so 9
    Hardly ever or never..... 10
    Not sure ..... <1

28. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

    Yes 73%
    No..... 27
    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 79%
    No..... 21
    Not sure 0

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

One	3%
Two	8
Three	25
Four	13
Five	12
Six	4
Seven	14
Not sure	<1
No moderate exercise/no answer	21

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?

Less than 30 minutes	12%
30 to 44 minutes	28
45 to 59 minutes	8
60 or more minutes	30
Not sure	<1
No moderate exercise/no answer	21

Q32 THROUGH Q34 FEMALES ONLY

32. How long has it been since you had your last mammogram? [213 Respondents]

Within the past year (anytime less than 12 months ago)	44%	➔GO TO Q34
Within the past 2 years (1 year, but less than 2 years ago)	16	➔GO TO Q34
Within the past 3 years (2 years, but less than 3 years ago)	2	➔GO TO Q34
Within the past 5 years (3 years, but less than 5 years ago)	2	**➔CONTINUE WITH Q33**
5 or more years ago	6	**➔CONTINUE WITH Q33**
Never	29	**➔CONTINUE WITH Q33**
Not sure	1	**➔CONTINUE WITH Q33**

33. What is the most important reason why you have not had a mammogram in the last three years? [15 Respondents 40 years old or older]

Too young .....4 responses
Not recommended by provider.....3 responses
Don't like .....3 responses
Don't need.....2 responses
No time..... 1 response
Not sure .....2 responses

[60 Respondents 18 to 39 years old]

Too young .....50 responses
Don't need.....3 responses
Not recommended by provider.....2 responses
No time.....2 responses
Don't like ..... 1 response
Not sure .....2 responses

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [213 Respondents]

Within the past year (anytime less than 12 months ago)..... 62%
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) 3
Within the past 5 years (3 years, but less than 5 years ago)..... 3
5 or more years ago 8
Never..... 4
Not sure 2

Q35 MALES ONLY

35. 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? [187 Respondents]

Within the past year (anytime less than 12 months ago)..... 21%
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)..... 10
5 or more years ago 4
Never..... 51
Not sure ..... <1

ALL RESPONDENTS

36. A blood stool test is a test that may use a special kit to determine whether the stool contains blood. How long has it been since you had your last blood stool test?

Within the past year (anytime less than 12 months ago)..... 18%
Within the past 2 years (1 year, but less than 2 years ago) 11
Within the past 5 years (2 years, but less than 5 years ago)..... 7
5 or more years ago 5
Never 55
Not sure 3

37. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Within the past year (anytime less than 12 months ago)..... 11%
Within the past 2 years (1 year, but less than 2 years ago) 6
Within the past 5 years (2 years, but less than 5 years ago)..... 9
Within the past 10 years (5 years but less than 10 years ago)... 2
10 years ago or more 5
Never 67
Not sure ..... <1

Do you regularly…

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m...	43%	56%	<1%
39. Wear sun-protective clothing when exposed to sunlight?	49	51	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater	64	36	0
41. Avoid artificial sources of ultraviolet light?	68	31	<1

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

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Do not ride/skate/scoot 52%

Frequency of those who bicycle, use in-line roller skates or scooters [192 Respondents]

Never 62%
Seldom 8
Sometimes 10
Nearly always 2
Always 17
Not sure 0

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43. 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?

Never	3%
Seldom	3
Sometimes	8
Nearly always	13
Always	74
Not sure	0

44. How many children under 18 years old currently live in your household?

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One	15%	
Two	21	
Three or more	8	
None	56	➜GO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [174 Respondents]

Do not ride/skate/scoot 9%

Frequency of those who bicycle, use in-line roller skates or scooters [159 Respondents]

Never	22%
Seldom	7
Sometimes	6
Nearly always	13
Always	51
It depends	<1
Not sure	<1

46. 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? [174 Respondents]

Never	2%
Seldom	<1
Sometimes	2
Nearly always	2
Always	93
Not sure	<1

47. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed? Would you say always, nearly always, sometimes, seldom, or never?

Never	33%
Seldom	41
Sometimes	21
Nearly always	4
Always	2
Not sure	<1

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

Poor	4%
Fair	17
Good	52
Excellent	28
Not sure	0

49. How often would you say you find meaning and purpose in your daily life? Would you say always, nearly always, sometimes, seldom, or never?

Never	<1%
Seldom	5
Sometimes	15
Nearly always	38
Always	42
Not sure	<1

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

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Yes	3%
No	98
Not sure	0

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

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

None	35%
One to two days	20
Three to four days	12
Five or more days	32
Not sure	<1

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

None	35%
One drink	18
Two drinks	22
Three drinks	12
Four or more drinks	11
Not sure	1

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

None	68%
One to two times	15
Three or more times	17
Not sure	<1

54. [FEMALES] Considering all types of alcoholic beverages, how many times during the past month did you have four or more drinks on an occasion? [MALES FIVE OR MORE DRINKS]

None	81%
Once	8
Two or more times	11
Not sure	<1

55. In the last month, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes	4%
No	95
Not sure	<1

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

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Yes	5%
No	95
Not sure	0

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

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

0 days	83%
1 to 29 days	5
30 days	13
Not sure	0

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [69 Respondents]

0 days	49%
At least 1 day	51
Not sure	0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [69 Respondents]

Yes	39%
No	55
Not sure	6

60. Do you currently use snuff or chewing tobacco?

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Yes	4%
No	96
Not sure	0

61. Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?

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Yes	18%
No	36
No smokers in the household	46
Not sure	0

62. Some people prefer to eat in smoke-free restaurants, other people prefer to eat in restaurants that allow smoking. Which do you prefer?

Smoke-free restaurants	64%
Restaurants that allow smoking	10
No preference	26
Not sure	<1

63. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments?

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Strongly oppose	17%
Moderately oppose	20
Moderately favor	23
Strongly favor	35
Not sure	5

Another issue being discussed these days deals with firearms.

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

Yes 43%
No..... 57
Not sure 0

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

Yes 3%
No..... 40
Not sure ..... <1
No firearms in the household/no answer..... 57

66. 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 2%
No..... <1
Not sure 0
No firearms in household/not loaded/no answer..... 98

The next questions deal with alternative therapy treatments.

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

		Yes	No	Not sure
67.	Going to a chiropractor?	22%	77%	<1%
68.	Having acupuncture?.....	<1	99	0
69.	Massage therapy?.....	17	83	<1
70.	Aroma therapy?.....	6	94	0
71.	Movement therapy, such as yoga or tai' chi?.....	4	96	<1
72.	Meditation?	7	92	<1

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

73. Gender [DERIVED, NOT ASKED]

Male 47%
Female..... 53

74. In what year were you born? [CALCULATE AGE]

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18 to 34 years old	26%
35 to 44 years old	28
45 to 54 years old	21
55 to 64 years old	12
65 and older	13

75. About how much do you weigh, without shoes?
76. About how tall are you, without shoes?
[CALCULATE BODY MASS INDEX (BMI)]

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Not overweight	41%
Overweight	40
Obese	19

77. What is your racial heritage?

White	98%
Black, African American or Negro	1
Asian or Pacific Islander	<1
American Indian or Alaska Native	0
Another race	<1
Multiple races	0
Not sure	0

78. Are you of Spanish or Hispanic origin?

Yes	<1%
No	99
Not sure	0

79. What is your current marital status?

Single, never married	23%
A member of an unmarried couple	2
Married	66
Separated	<1
Divorced	4
Widowed	5
Not sure	0

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

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8th grade or less	1%
Some high school	5
High school graduate or GED	37
Some college	20
Technical school graduate	7
College graduate	21
Advanced or professional degree	9

81. What county do you live in [FILTER]

Washington	100%

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

West Bend city	28%
Hartford city	11
Richfield town	9
Addison town	5
Jackson town	5
Trenton town	5
Hartford town	4
Jackson village	4
Kewaskum village	4
Slinger village	4
West Bend town	4
All others (3% or less)	19

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

53095	20%
53090	19
53027	14
53037	8
53040	7
53086	6
53033	5
53076	4
All others (3% or less)	7
No answer	11

84. What is you annual household income before taxes?

Less than $10,000	4%
$10,000 to $20,000	7
$20,001 to $30,000	10
$30,001 to $40,000	13
$40,001 to $50,000	16
$50,001 to $60,000	14
$60,001 to $75,000	13
$75,001 to $90,000	8
Over $90,000	11
Not sure	1
No answer	2

The next series of questions deal with personal safety issues.

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

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Yes	4%	➜CONTINUE WITH Q86
No	96	➜GO TO Q87
Not sure	0	➜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. [17 Respondents; More than 1 response accepted]

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Acquaintance	8 responses
Stranger	5 responses
Spouse	1 response
Ex-spouse	1 response
Friend	1 response

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

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Yes	1%	➜CONTINUE WITH Q88
No	99	➜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? [5 Respondents; More than 1 response accepted]

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Stranger	2 responses
Friend	1 response
Acquaintance	1 response
Ex-spouse	1 response
Boyfriend or girlfriend	1 response

89. Finally, do you have working smoke detectors, carbon monoxide detectors, both or neither in your home or apartment?

Smoke detectors	53%
Carbon monoxide detectors	<1
Both	45
Neither	1
Not sure	0

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.]

A1. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now	6%
Aware of the health department, but have had no experience with programs or services	65
Aware of the health department and have received limited service like a flu shot or other immunization	24
Aware of the health department and have received more extensive services	4
Not sure	<1

A2. Have you or anyone in your household not taken your prescribed medication due to prescription costs?

Yes	7%
No	93

A3. Was there a time in the past 30 days that your household did not have access to adequate and appropriate food?

Yes	<1%
No	99