

Washington County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Washington County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care, Children’s Hospital of Wisconsin, Columbia St. Mary’s Health System, and Froedtert Health in partnership with the Washington County Health Department and the Center for Urban Population Health. Additional data is available at www.aurora.org, www.chw.org, www.columbia-stmarys.org/Serving_Our_Community, www.communitymemorial.com/about_us/benefit.cfm, and www.co.washington.wi.us.

Overall Health						Vaccinations (65 and Older)					
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>
Excellent	21%	28%	20%	23%	15%	Flu Vaccination (past year)		71%	40%	67%	66%
Very Good	39%	36%	43%	44%	36%	Pneumonia (ever)	61%	65%	61%	68%	73%
Fair or Poor	12%	10%	12%	12%	19%	<i>Other Research: (2010)</i>					
<i>Other Research: (2010)</i>						<i>Flu Vaccination (past year)</i>					
<i>Fair or Poor</i>						<i>Pneumonia (ever)</i>					
						<i>WI U.S.</i>					
Health Care Coverage						Health Conditions in Past 3 Years					
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>
Not Covered						High Blood Pressure	16%	21%	25%	21%	28%
Personally (currently)	4%	6%	3%	2%	10%	High Blood Cholesterol	22%	16%	21%	19%	21%
Personally (past 12 months)				6%	11%	Diabetes	5%	7%	6%	8%	9%
Household Member (past 12 months)		15%	12%	8%	12%	Mental Health Condition				11%	8%
<i>Other Research: (2010)</i>						<i>Heart Disease/Condition</i>					
<i>Personally Not Covered (currently)</i>						<i>Asthma (Current)</i>					
						<i>Cancer</i>					
						<i>Stroke</i>					
						<i>Condition Controlled Through Medication,</i>					
						<i>Exercise or Lifestyle Changes</i>					
						<i>High Blood Pressure</i>					
						<i>High Blood Cholesterol</i>					
						<i>Diabetes</i>					
						<i>Mental Health Condition</i>					
						<i>Heart Disease/Condition</i>					
						<i>Asthma (Current)</i>					
						<i>Physical Health</i>					
						<i>Washington County</i>					
						<i>Physical Activity/Week</i>					
						<i>Moderate Activity (5 times/30 min)</i>					
						<i>Vigorous Activity (3 times/20 min)</i>					
						<i>Recommended Moderate or Vigorous</i>					
						<i>Overweight</i>					
						<i>Fruit Intake (2+ servings/day)</i>					
						<i>Vegetable Intake (3+ servings/day)</i>					
						<i>Other Research:</i>					
						<i>Overweight (2010)</i>					
						<i>Recommended Mod. or Vig. Activity (2009)</i>					
						<i>WI U.S.</i>					
Routine Procedures						Women’s Health					
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Washington County	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	
Routine Checkup (2 yrs. ago or less)	85%	82%	84%	86%	80%	Mammogram (40+; within past 2 years)	85%	75%	85%	76%	
Cholesterol Test (4 years ago or less)		73%	77%	81%	74%	Bone Density Scan (65 and older)		59%	78%	78%	
Dental Checkup (past year)	69%	76%	76%	78%	71%	Pap Smear (18 - 65; within past 3 years)	86%	91%	90%	83%	
Eye Exam (past year)	39%	52%	41%	49%	42%	<i>Other Research: (2010)</i>					
<i>Other Research:</i>						<i>Mammogram (40+; within past 2 years)</i>					
<i>Routine Checkup (≤2 years; 2000)</i>						<i>Pap Smear (18+; within past 3 years)</i>					
<i>Cholesterol Test (≤5 years; 2010)</i>											
<i>Dental Checkup (past year; 2010)</i>											

Men's Health (40 and Older)						Alcohol Use in Past Month					
Washington County	<u>2005</u>	<u>2008</u>	<u>2011</u>			Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>
Prostate Cancer Screening						Binge Drinker	28%	19%	21%	29%	33%
Within Past 2 Years	55%	74%	70%			Driver/Passenger When Driver					
						Perhaps Had Too Much to Drink		5%	5%	3%	3%
Colorectal Cancer Screenings (50 and Older)						Other Research: (2010)					
Washington County	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>						<u>WI</u>	<u>U.S.</u>
Blood Stool Test (within past year)	38%	26%	--	15%		Binge Drinker				22%	15%
Sigmoidoscopy (within past 5 years)			15%	10%							
Colonoscopy (within past 10 years)			64%	69%		Household Problems Associated With...					
Screening in Recommended Time Frame			69%	74%		Washington County	<u>2005</u>	<u>2008</u>	<u>2011</u>		
						Alcohol	8%	3%	1%		
Cigarette Use						Marijuana					2%
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Gambling					2%
Current Smokers (past 30 days)	26%	17%	20%	17%	17%	Cocaine, Heroin or Other Street Drugs					<1%
Other Tobacco Products (past 30 days)				7%		Misuse of Prescription or OTC Drugs					0%
Of Current Smokers...											
Quit Smoking 1 Day or More in Past						Children in Household					
Year Because Trying to Quit	51%	51%	62%	62%		Washington County					<u>2011</u>
Saw a Health Care Professional Past Year						Personal Health Doctor/Nurse who					
And Advised to Quit Smoking	81%	67%	77%			Knows Child Well and Familiar with History					84%
						Visited Personal Health Professional for					
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>		Preventive Care (past 12 months)					82%
<i>Current Smokers (2010)</i>			19%	17%		Did Not Receive Care Needed (past 12 months)					
<i>Tried to Quit (2005)</i>			49%	56%		Dental Care					7%
						Medical Care					<1%
Exposure to Smoke						Specialist					0%
Washington County	<u>2008</u>	<u>2011</u>				Current Asthma					6%
Smoking Policy at Home						Children 5 to 17 Years Old					
Not allowed anywhere			81%	80%		Fruit Intake (2+ servings/day)					71%
Allowed in some places or at some times			8%	7%		Vegetable Intake (3+ servings/day)					21%
Allowed anywhere			2%	2%		Physical Activity (60 min./5 or more days)					63%
No rules inside home			9%	12%		Safe in Community/Neighborhood (seldom/never)					0%
Nonsmokers' Second-Hand Smoke						Children 8 to 17 Years Old					
Exposure in Past Seven Days			28%	16%		Unhappy, Sad or Depressed					
						Always/Nearly Always (past 6 months)					3%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>			<u>WI</u>	<u>U.S.</u>		Experienced Some Form of Bullying (past 12 months)					19%
<i>Smoking Prohibited at Home</i>			75%	79%		Verbally Bullied (past 12 months)					18%
						Physically Bullied (past 12 months)					9%
Mental Health Status						Cyber Bullied (past 12 months)					6%
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Community Health Issues					
Felt Sad, Blue or Depressed						Washington County					<u>2011</u>
Always/Nearly Always (past 30 days)	5%	5%	4%	4%	3%	Alcohol or Drug Use					64%
Find Meaning and Purpose in Daily Life						Chronic Diseases					61%
Seldom/Never			5%	3%	5%	Teen Pregnancy					26%
Considered Suicide (past year)	2%	3%	3%	3%	2%	Mental Health or Depression					26%
						Infectious Diseases					24%
Personal Safety in Past Year						Violence					14%
Washington County	<u>2000</u>	<u>2003</u>	<u>2005</u>	<u>2008</u>	<u>2011</u>	Infant Mortality					4%
Afraid for Their Safety	5%	4%	8%	4%	4%	Lead Poisoning					2%
Pushed, Kicked, Slapped, or Hit	3%	2%	2%	3%	3%						
At Least One of the Safety Issues	6%	5%	8%	7%	6%						

--Not asked in 2008

Overall Health and Health Care Key Findings

In 2011, 51% of respondents reported their health as excellent or very good; 19% reported fair or poor. Respondents who were 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket, unmarried, overweight, inactive or smokers were more likely to report fair or poor conditions. *From 2000 to 2011, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2011, 10% of respondents reported they were not currently covered by health care insurance; respondents who were male, 18 to 34 years old, with some post high school education, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eleven percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2000 to 2011, the overall percent statistically increased for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care insurance. From 2008 to 2011, the overall percent statistically increased for respondents who reported no current personal health care insurance at least part of the time in the past 12 months. From 2003 to 2011, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.*

In 2011, 15% of respondents reported they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the care in the past 12 months; respondents who were female, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Fourteen percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs. Nineteen percent of respondents reported that they did not get the dental care they needed sometime in the last 12 months; respondents who were 35 to 44 years old, 55 to 64 years old, with some post high school education, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve percent of respondents reported that they did not get the medical care they needed sometime in the last 12 months; respondents who were 35 to 44 years old, with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report this. One percent of respondents reported that they did not get the mental health care they needed sometime in the last 12 months.

In 2011, 43% of respondents reported they receive most of their health information from a doctor followed by 27% who reported the internet. Respondents who were female or 35 to 44 years old were more likely to report a doctor as their main source of health information. Respondents 18 to 34 years old were more likely to report the internet. Eighty-one percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female or in the middle 20 percent household income bracket were more likely to report this. Thirty-eight percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan. *From 2005 to 2011, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2011, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2011, 80% of respondents reported a routine medical checkup two years ago or less while 74% reported a cholesterol test four years ago or less. Seventy-one percent of respondents reported a visit to the dentist in the past year while 42% reported an eye exam in the past year. Respondents who were 65 and older, in the top 40 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, in the top 60 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were 45 to 54 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 2000 to 2011, there was a statistical decrease in the overall percent of respondents reporting a routine checkup two years ago or less. From 2003 to 2011, there was no statistical change in the overall percent of respondents reporting a cholesterol test four years ago or less. From 2000 to 2011, there was no statistical change in the overall percent of respondents reporting a dental checkup in the past year or an eye exam in the past year.*

In 2011, 44% of respondents had a flu vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2011, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2000 to 2011, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2011, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (28% and 21%, respectively). Respondents who were 65 and older, overweight or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older or inactive were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 40 percent household income bracket or inactive were more likely to report heart disease/condition. Female respondents were more likely to report a mental health condition. Respondents who were 65 and older, with a high school education or less, who were in the bottom 40 percent household income bracket, overweight, did not meet the recommended amount of physical activity or who were smokers were more likely to report diabetes. Female respondents were more likely to report current asthma. *From 2000 to 2011, there was a statistical increase in the overall percent of respondents who reported high blood pressure. From 2000 to 2011, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, heart disease/condition, diabetes or stroke. From 2008 to 2011, there was no statistical change in the overall percent of respondents who reported a mental health condition or cancer. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported current asthma.*

In 2011, 3% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 2000 to 2011, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2011, 30% of respondents did moderate physical activity five times a week for 30 minutes while 26% did vigorous activity three times a week for 20 minutes. Combined, 40% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Seventy percent of respondents were classified as overweight. Respondents who were male or with some post high school education were more likely to be classified as overweight. *From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2008 to 2011, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2008 to 2011, there was a statistical decrease in the overall percent of respondents who met the recommended amount of physical activity. From 2000 to 2011, there was a statistical increase in the overall percent of respondents being overweight.*

In 2011, 58% of respondents reported two or more servings of fruit while 22% reported three or more servings of vegetables on an average day. Respondents who were female, 35 to 44 years old, with a college education, who were in the top 60 percent household income bracket, not overweight or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Female respondents were more likely to report at least three servings of vegetables on an average day. *From 2003 to 2011, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day.*

In 2011, 76% of female respondents 40 and older reported a mammogram within the past two years. Seventy-eight percent of female respondents 65 and older had a bone density scan. Eighty-three percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2011, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2005 to 2011, there was no statistical change in the*

overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2011, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.

In 2011, 70% of male respondents 40 and older had a prostate cancer screening within the past two years with either a digital rectal exam (DRE) or a Prostate-Specific Antigen (PSA) test. From 2005 to 2011, there was a statistical increase in the overall percent of male respondents 40 and older who reported a prostate cancer screening within the past two years.

In 2011, 15% of respondents 50 and older reported a blood stool test within the past year. Ten percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 69% reported a colonoscopy within the past ten years. This results in 74% of respondents meeting current colorectal cancer screening recommendations. From 2003 to 2011, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year. From 2008 to 2011, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years. From 2008 to 2011, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame.

In 2011, 17% of respondents were current smokers; respondents who were 18 to 44 years old, with some post high school education or less or in the bottom 60 percent household income bracket were more likely to be a smoker. Seven percent reported other tobacco use such as cigars, pipes, chewing tobacco or snuff in the past 30 days; respondents who were male or 18 to 34 years old were more likely to report this. In the past 12 months, 62% of current smokers quit smoking for one day or longer because they were trying to quit. Seventy-seven percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. From 2000 to 2011, there was a statistical decrease in the overall percent of respondents who were current smokers. From 2003 to 2011, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2005 to 2011, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.

In 2011, 80% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were nonsmokers or households with children were more likely to report smoking is not allowed anywhere inside the home. Sixteen percent of nonsmoking respondents reported they were exposed to second-hand smoke in the past seven days; respondents 55 to 64 years old were more likely to report this. From 2008 to 2011, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home. From 2008 to 2011, there was a statistical decrease in the overall percent of respondents who reported they were exposed to second-hand smoke in the past seven days.

In 2011, 33% of respondents were binge drinkers in the past month. Respondents who were male, 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. From 2000 to 2011, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink in the past month.

In 2011, 1% of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking in the past year. Two percent of respondents each reported someone in their household experienced a problem with marijuana or gambling. Less than one percent of respondents reported someone in their household experienced a problem in connection with cocaine, heroin or other street drugs. Zero percent of respondents reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs. From 2005 to 2011, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.

In 2011, 4% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old or unmarried were more likely to report this. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 6% reported at least one of these two situations; respondents who were 18 to 34 years old or unmarried were more likely to report this. From 2000 to 2011, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2000 to 2011, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.

Children in Household

In 2011, a random child was selected for the respondent to talk about the child's health issues. Eighty-four percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 82% reporting their child visited their personal doctor or nurse for preventive care during the past 12 months. Seven percent of respondents reported there was a time in the last 12 months their child did not receive the dental care needed while less than one percent reported their child did not receive the medical care needed. Zero percent reported their child did not visit a specialist they needed to see. Seventy-one percent of respondents reported their 5 to 17 year old child ate two or more servings of fruit on an average day while 21% reported three or more servings of vegetables. Sixty-three percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Six percent of respondents reported their child currently had asthma. Three percent of respondents reported their 8 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Zero percent of respondents reported their child was seldom or never safe in their community or neighborhood. Nineteen percent reported their 8 to 17 year old child experienced some form of bullying. Eighteen percent reported verbal bullying, 9% reported physical bullying and 6% reported cyber bullying.

Community Health Issues

In 2011, respondents were asked to pick the top three health issues in the county out of eight listed. The most often cited were alcohol or drug use (64%), chronic diseases (61%) and mental health/depression or teen pregnancy (26% each). Female respondents were more likely to select chronic diseases as a top health issue. Respondents who were 18 to 34 years old, with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report teen pregnancy. Respondents 35 to 44 years old were more likely to report infectious diseases. Respondents with a high school education or less were more likely to report violence as one of the top health issues. Respondents in the middle 20 percent household income bracket were more likely to report infant mortality.