

**FOX VALLEY**  
COMMUNITY HEALTH  
IMPROVEMENT COALITION

# Winnebago County

## Behavioral Risk Factor Surveillance System Study

### 2015 Report

# **THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM IN WINNEBAGO COUNTY**

## **2015 KEY FINDINGS SUMMARY**

### **Methodology:**

The Behavioral Risk Factor Surveillance System Survey was conducted by the St. Norbert College Strategic Research Institute (SRI) to gather information on the health practices and health related behavioral risks of residents of Winnebago County, Wisconsin. A total of 401 telephone interviews were completed between January 15, 2015 and March 12, 2015. Respondents were scientifically selected so that the survey would be representative of all of the county's adult population 18-years-old and older. The sample of random telephone numbers, obtained from Survey Sampling International (SSI), Shelton, Connecticut was selected from both listed and unlisted numbers. Respondents within each household were randomly selected using the Troidahl-Carter household selection technique. Up to eight attempts were made to contact a respondent at each household. The sample also included 25% cell only numbers which were also obtained by random sampling.

With a sample size of 401 we can be 95 percent sure that the sample percentage reported will not vary by more than +/- 5 percent from what would have been obtained by interviewing all persons 18-years-old and older who live within Winnebago County. The margin of error for smaller subgroups will be larger.

The report contains percentages that are rounded up at the .5 level and down for levels below .5, thus leading to some overall percentages not equaling 100%. Decimal point reporting for percentages is not necessary because this level of precision does not significantly impact the percentage rates and can affect table and chart readability.

Modifications of the draft questionnaire (based on the Center for Disease Control Risk Behavior Survey Instrument), including additional questions, were made by SRI in consultation with the Fox Cities Community Health Improvement Coalition.

With the gaining popularity of cell phone only usage and identified lower representation of younger age cohorts, respondent data was weighted by age and gender to realign the sample with the 2010 census age distribution. This process allows a better and more accurate comparison to state and national results and will better represent people of all age and gender groups in Winnebago County.

The Behavioral Risk Factor Surveillance System Survey was a community collaborative effort paid for by Aurora Health Care, Ministry Health Care, ThedaCare Health System and the Winnebago County Health Department.

## What do the percentages represent?

Results of the Behavioral Risk Factor Surveillance System Survey of Winnebago County can be generalized to the overall adult population (persons 18-years-old or older) of Winnebago County. In 2010, the U.S. Census Bureau recorded 130,862 adults age 18 or older in Winnebago County who were 18 or older in 2010.

When using percentages from the Winnebago County Behavioral Risk Factor Survey, it is important to keep in mind what each percentage point actually represents in terms of the adult population in the area. One percentage point is approximately equal to at least 1,309 individuals. For example, 47 percent of survey respondents said they always get the social and emotional support they need, therefore, 47 percent of the 2010 adult population represents 61,505 persons.

The 2010 U.S. Census recorded 73,329 households in Winnebago County. In some questions asked in the Behavior Risk Survey, respondents were asked to report information about their household. Each percentage point for household-level data represents at least 733 households.

**Although all questions were analyzed by demographic variables only those shown to be statistically significant have been included within this report.**

---

David G. Wegge, Executive Director  
Craig Stencel, Director of Operations  
Keri Pietsch, Research Assistant

100 Grant Street  
De Pere, WI 54115  
920.403.3960  
[dave.wegge@snc.edu](mailto:dave.wegge@snc.edu)



## Summary Findings

### Fox Cities Behavioral Risk Factor Surveillance System Survey

1. **Overall Health Rating** - Over half (54%) of the residents of Winnebago County felt their overall health was either very good or excellent. Almost two-thirds (61%) said there were no days in the past 30 days that their physical health was not good, while 59% indicated they had no days of poor mental health. However, 34% indicated they were kept from usual activities by poor physical or mental health during the past 30 days for 3 or more days.
2. **Health Care Access** - The vast majority of respondents have some type of health care coverage (95%). People are also generally seeing doctors more often for annual physicals or checkups. However, up to 8% of respondents indicated they themselves or someone in their household are not taking medications due to the cost and 22% currently have health care bills being paid off over time.
3. **Weight/Diet/Exercise** - Respondent's BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 31% were obese, 27% were overweight, and 42% were neither overweight nor obese. Additionally, the plurality of respondents said they eat two servings of vegetables per day and one serving of fruit per day. Seventy-six percent (76%) said they participated in physical activities or exercises during the past month; 82% reported they do moderate exercise in a typical week and 42% reported they do vigorous exercise in a typical week.
4. **Inadequate Sleep** - Thirty-five percent (35%) percent of respondents reported sleeping 8 hours or more in a 24-hour period while 14% reported sleeping 5 hours or less on average within a 24-hour period.
5. **Asthma** - Fifteen percent (15%) of all respondents said they had been told they had asthma. Of those who ever had it, 61% said they still have it.
6. **Depressive Disorder** - Twenty-three percent (23%) of respondents reported ever being told they have a depressive disorder.
7. **Diabetes** - Nine percent (9%) of respondents said a doctor told them they had diabetes, with another 2% saying yes, but only during pregnancy. The vast majority, 87%, said they had never been told they had diabetes.
8. **Oral Health** - The majority (81%) of respondents had been to a dentist within the past year, which is similar to 2011 levels (80%). Additionally, 5% said they had not visited a dentist in at least 5 years.
9. **Tobacco Use** - The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or every day, 44% said they had tried to quit for at least one day in the past year. Four

percent (4%) reported using chewing tobacco, snuff, or snus, while 8% use electronic cigarettes.

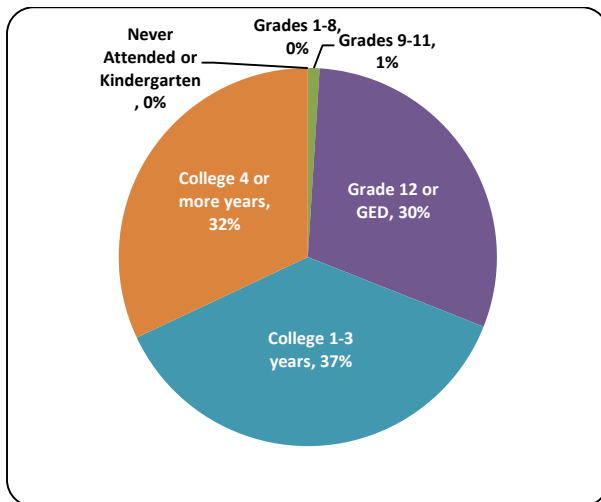
10. **Alcohol Consumption** - Sixty percent (60%) of respondents reported drinking at least one drink of any alcoholic beverage at least one day in the past 30 days. Eighteen percent (18%) of respondents reported drinking at least one alcoholic beverage 15 or more days per month in the past 30 days. During the past 30 days when respondents drank, 33% reported having an average of one drink while 11% indicated 5 or more drinks.
11. **Immunization** - Thirty-nine percent (39%) of respondents reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.
12. **Falls** - Seventy-two percent (72%) of respondents reported zero falls in the past 12 months while 14% reported one fall, 6% reported two falls, and 8% three or more falls. Of those who reported having fallen, 47% reported that their fall had not caused an injury.
13. **Seatbelt Use** - A large percentage (81%) of respondents reported always using their seatbelt while driving or riding in a car.
14. **Drinking and Driving** - The majority of respondents (95%) reported never driving while perhaps having too much to drink while 1% each reported 1, 2, 3, 4, or 5 or more times in which they've driven when they perhaps had too much to drink.
15. **Women's Health Issues** - Ninety-one percent (91%) of women had breast exams and 88% had pap tests. Additionally, 92% of women age 40 had a mammogram.
16. **Colorectal Cancer Screening** - A large percentage of respondents (60%) have never used a blood stool home testing kit while more respondents (83%) have had a colonoscopy/sigmoidoscopy.
17. **Alcohol Screening & Brief Intervention (ASBI)** - The majority (67%) of respondents reported a health care provider did ask them during a routine checkup how much they drink while only 8% reported being advised to reduce or quit drinking at their last checkup.
18. **Social Context** - In the past 12 months, 16% of respondents were always or usually worried about having enough money to pay their rent/mortgage while 14% reported being always or usually worried about having enough money to buy nutritious meals. Over 50% reported never being worried about having enough money for rent/mortgage or for nutritious meals.
19. **Hypertension and Cholesterol Awareness** - Twenty-nine percent (29%) of respondents said they had high blood pressure, while 31% of those who had ever had their cholesterol checked said they had high cholesterol.
20. **Emotional Support** - Slightly under half of respondents (47%) feel they always receive the social and emotional support they need.

21. **Screen Time** - *Forty-six percent (46%) of respondents spend 1-2 hours a day in front of an electronic screen at home or for leisure while 14% reported 6 hours or more.*
22. **Sugar Drinks** - *Between 51% and 59% of respondents did not drink any sugar drinks in the past 30 days. Of those that did, between 8% and 10% reported having 5 or more on any occasion, while most only had 1 or 2 drinks on average (23%) to 34%.*
23. **Family Dining** - *Only 2% of respondents reported never eating a household meal together in the past week while 33% reported eating a meal together more than 7 times.*

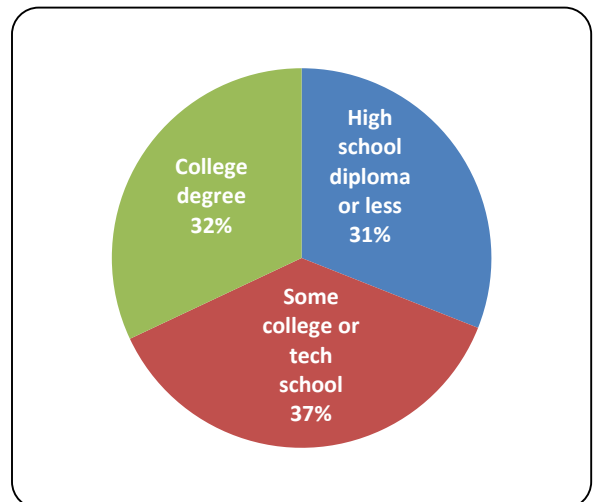
## Demographics

- ◆ Fifteen percent (15%) of respondents were age 18-24, 17% age 25-34, 16% age 35-44, 20% 45-54, 15% 55-64, and 17% were age 65 years old and older.
- ◆ Ninety-five percent (95%) of respondents reported their ethnic heritage to be white, 2% reported black, and 1% reported Asian, Pacific Islander. No respondent reported their ethnic heritage to be American Indian, Alaska Native. One percent (1%) of respondents in addition to classifying their ethnic heritage also indicated being Hispanic/Latino.
- ◆ Forty-six percent (46%) of respondents reported being married, 13% divorced, 9% widowed, 3% separated, 27% had never been married, and 2% are currently a member of an unmarried couple.
- ◆ No respondent reported their education status to be Kindergarten or never attended school or grades 1-8. One percent (1%) reported their highest grade or year of school they had completed to be grades 9-11, 30% reported grade 12 or GED, 37% reported 1-3 years of college, and 32% reported 4 or more years of college. Education categories were later combined to better assess statistical significance. Please see Figures 1 and 2 below.

**Figure 1 – Education Status**

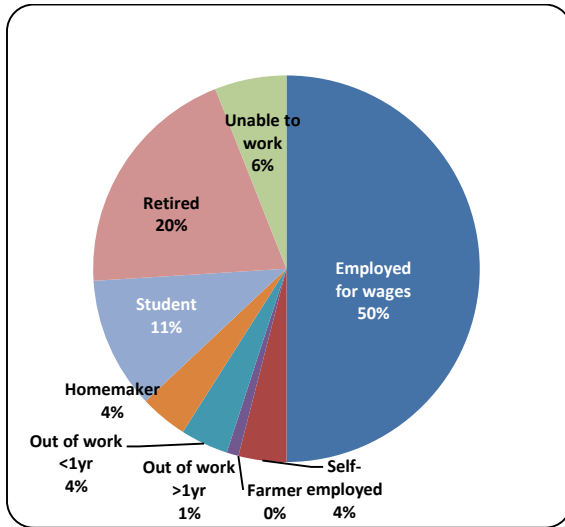


**Figure 2 – Education Recoded**

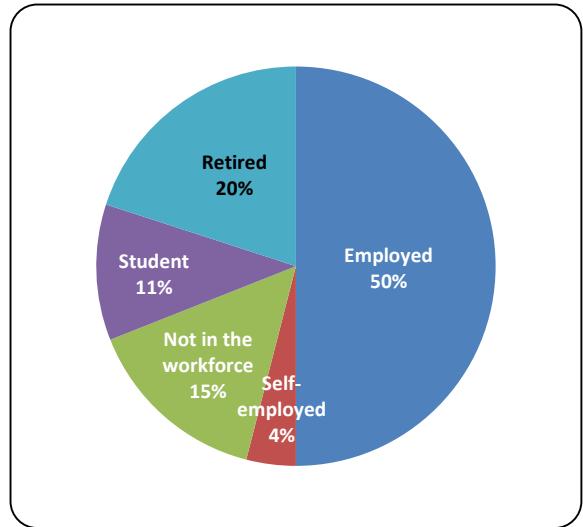


- ◆ Fifty percent (50%) of respondents reported currently being employed for wages, 20% are retired, 11% are students, 6% are unable to work, 4% each are self-employed, have been out of work for less than 1 year, or a homemaker, and 1% reported being out of work for more than 1 year. No respondent reported that they are a farmer. Employment categories were later combined to better assess statistical significance. Please see Figures 3 and 4 below.

**Figure 3 – Employment Status**

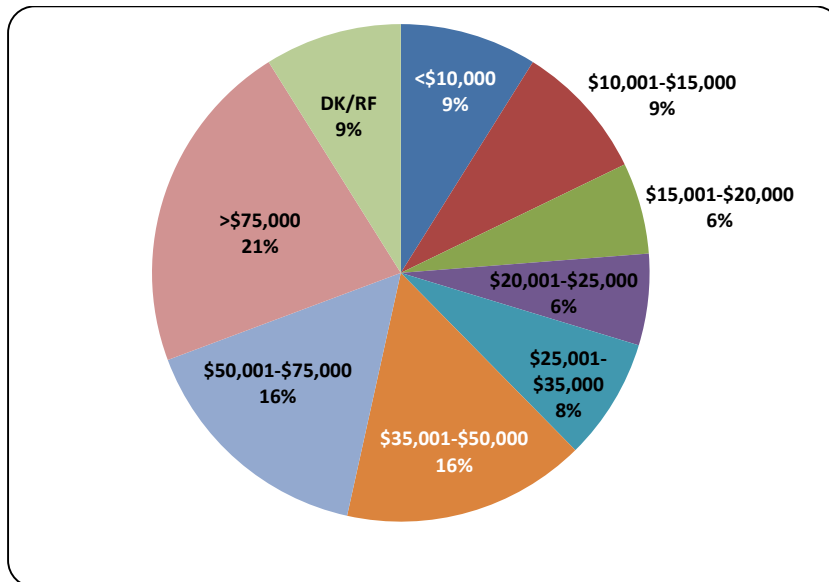


**Figure 4 – Employment Recoded**



- ◆ As for annual household income, 9% each reported it to be less than \$10,000 or \$10,001 to \$15,000, 6% each said \$15,001 to \$20,000 or \$20,001 to \$25,000, 8% stated \$25,001 to \$35,000, 16% each reported \$35,001 to \$50,000 or \$50,001 to \$75,000, and 22% of respondents said their annual household income is more than \$75,000. Nine percent (9%) of respondents either didn't know or refused to report their annual household income. Please see Figure 5 below.

**Figure 5 – Annual Household Income**



- ◆ Sixty-four percent (64%) of respondents reported they don't have any children under the age of 18 years old currently living in their household. Twenty-seven percent (27%) reported having 1-2 children under the age of 18 living with them, 7% reported 3-4 children, and 2% reported 5 or more.



- ◆ Fifty-two percent (52%) of respondents were from Oshkosh, 11% were from Neenah, and 10% were from Menasha. All other cities, villages, or towns garnered 6% or less. Please see Table 1 below.

**Table 1 – Demographic Location**

Algoma (town)	4%	Neenah	11%	Rushford	1%
Allenville	<1%	Nekimi	<1%	Vinland	2%
Black Wolf	2%	Nepeuskum	<1%	Waukau	<1%
Butte des Morts	1%	Omro	6%	Winchester	1%
Clayton	4%	Oshkosh	52%	Winneconne	5%
Larsen	<1%	Pickett	1%	Winnebago	<1%
Menasha	10%	Poygan	<1%	Wolf River	1%

- ◆ Half of respondents interviewed were male and the other half were female.

### **Overall Health Rating**

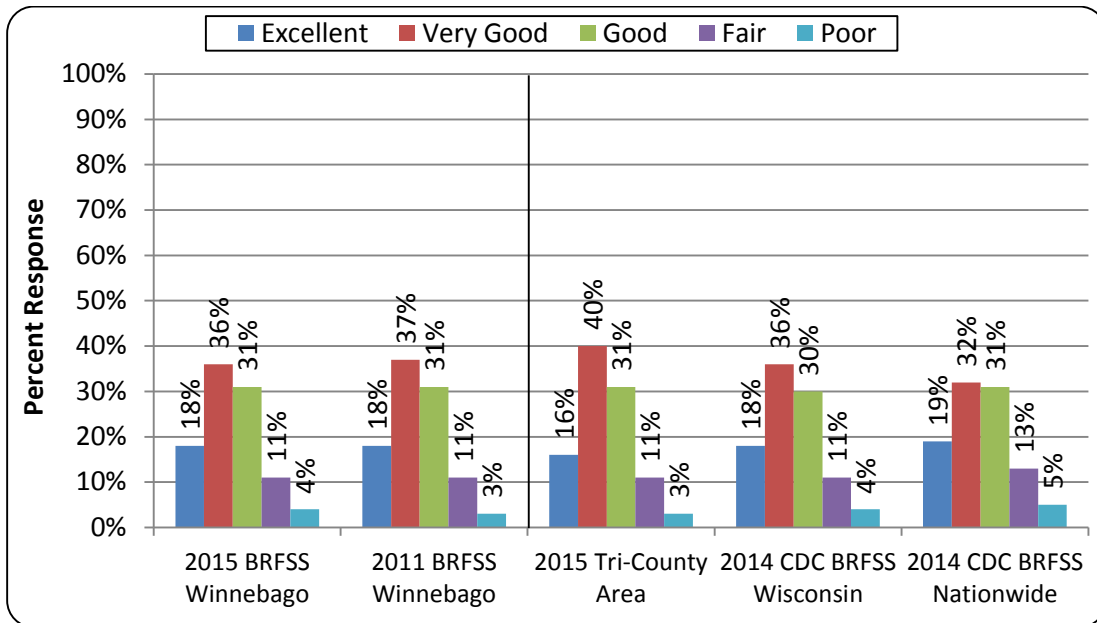
#### **Key Finding #1**

***Over half (54%) of the residents of Winnebago County felt their overall health was either very good or excellent. Almost two-thirds (61%) said there were no days in the past 30 days that their physical health was not good, while 59% indicated they had no days of poor mental health. However, 34% indicated they were kept from usual activities by poor physical or mental health during the past 30 days for 3 or more days.***

#### **Overall Ratings**

- ◆ Over half (54%) of respondents felt their overall general health was either very good or excellent, this is similar to 2011. Only 4% responded that it was poor in 2015. Please see Figure 6 below.

**Figure 6 – “Would you say that in general your health is...”**



- ◆ For respondents age 18-24, there was a plurality split at 38% for those who rated their general health as excellent or very good. Many respondents age 25-34 (39%) and 65 and over (39%) rated their general health as only good while more respondents age 35-44 (42%), 55-64 (41%), or 45-54 (34%) rated their general health as very good. Twenty-six percent (26%) of respondents age 65 and over rated their health as only fair or poor.
- ◆ Sixty-three percent (63%) of respondents with a college degree reported their general health as excellent or very good. Interestingly, more respondents with a high school diploma or less (56%) reported their general health as excellent or very good than respondents with some college or tech school (46%). Seven percent (7%) of respondents with some college or tech school reported their general health as poor.
- ◆ The only income category in which most respondents reported their general health as excellent was those who make less than \$10,000 (39%). Many respondents who make \$10,001 to \$15,000 (38%) or \$15,001 to \$20,000 (46%) reported their general health as only good while between 36% and 44% of respondents who make \$25,001 or more reported their general health as very good. There was plurality split at 23% for respondents who make \$20,001 to \$25,000 at very good, good, fair, or poor. Please see Table 2 below.

**Table 2 – Income by General Health**

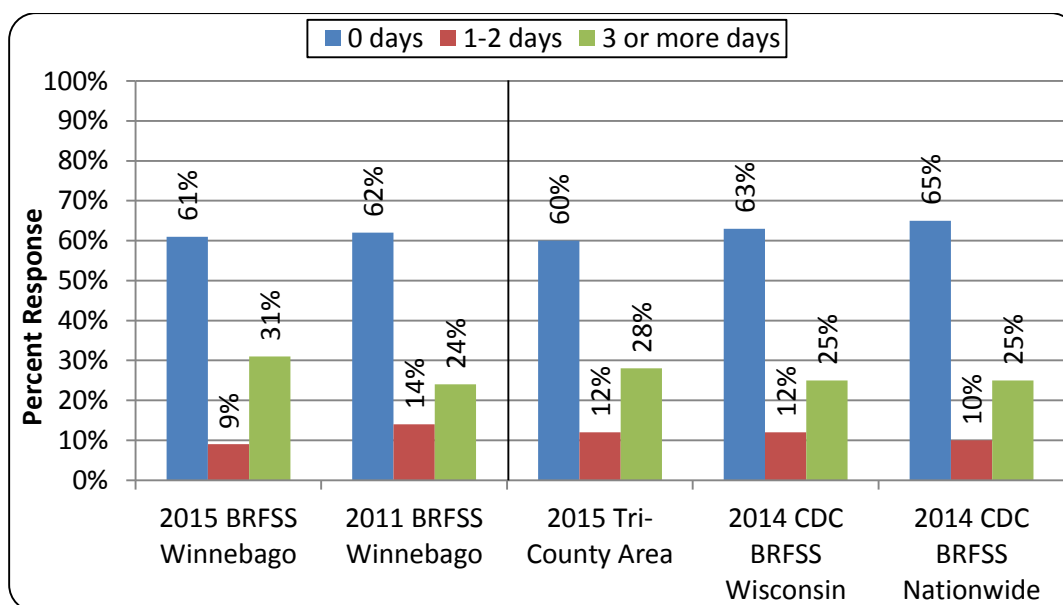
General Health Status	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Excellent	39%	14%	18%	9%	9%	22%	10%	21%
Very Good	27	30	14	23	44	36	43	44
Good	21	38	46	23	27	30	21	30
Fair	9	8	23	23	15	11	10	6
Poor	3	11	0	23	6	2	6	0

- ◆ Almost half (49%) of respondents who are employed reported their general health as very good while 42% of respondents who are self-employed, 42% who are students, and 32% who are not in the workforce reported their general health as only good. There was a plurality split at 32% for respondents who are retired between the general health ratings of very good and good. Sixteen percent (16%) each of respondents who are self-employed or not in the workforce rated their general health as poor.

**Physically Unhealthy Days**

- ◆ Sixty-one percent (61%) of respondents in 2015 said that there was no time in the past 30 days that their physical health (including illness or injury) was not good. This is down only 1% from 2011, which was 62%. Nine percent (9%) reported their physical health as not good 1-2 days during the past 30 days and 31% reported 3 days or more, which is 7% higher than in 2011 (24%). Please see Figure 7 below.

**Figure 7 – “Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”**



- ◆ There is a general decrease in the percentage of respondents in terms of having no physically unhealthy days in the past 30 days as age increases up until age 55; 92% of respondents age 18-24 reported no physical unhealthy days while only 41% age 45-54 reported the same. Sixty-two percent of respondents age 55-64 and 52% age 65 and over reported not having any physically unhealthy days within the past 30 days. The only age cohort in which the most respondents reported 3 or more physically unhealthy days are respondents age 45-54 (44%). Please see Table 3 below.

**Table 3 – Age by Number of Physically Unhealthy Days**

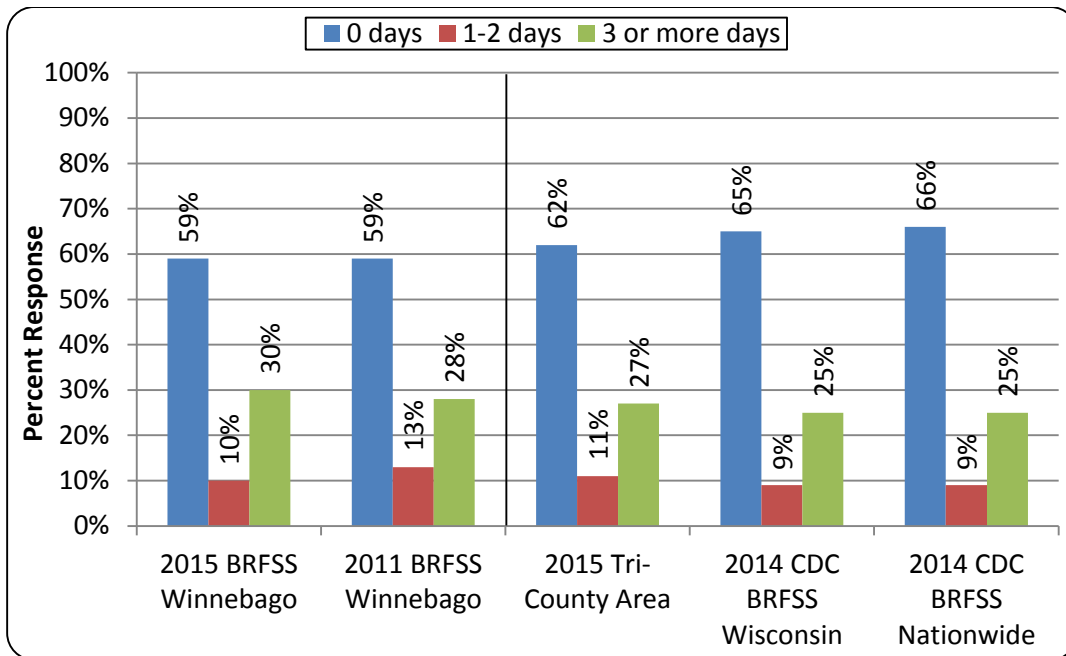
<b>Physically Unhealthy Days</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65 and over</b>
0 days	92%	72%	52%	41%	62%	52%
1-2 days	0	4	11	15	10	10
3 or more days	8	24	38	44	28	38

- ◆ The majority of respondents with a college degree (55%), a high school diploma or less (62%), or some college or tech school (65%) reported not having any physically unhealthy days within the past 30 days. Thirty-one percent (31%) each of respondents with a high school diploma or less or some college or tech school and 30% with a college degree reported 3 or more physically unhealthy days in the past 30 days.
- ◆ The majority or plurality of all income categories, except those making \$20,001 to \$25,000, reported not having any physically unhealthy days in the past 30 days; 46% who make \$25,001 to \$35,000 to 76% who make \$10,001 to \$15,000 annually. The majority of respondents who make \$20,001 to \$25,000 (59%) reported having 3 or more physically unhealthy days within the past 30 days.
- ◆ When taking a look at employment status, 55% of respondents who are retired, 64% who are employed, and 100% who are students reported not having any physically unhealthy days within the past 30 days. Forty-four percent (44%) of respondents who are self-employed and 59% who are not in the workforce reported 3 or more physically unhealthy days.
- ◆ A larger percentage of males (71%) than females (51%) said they did not have any physically unhealthy days within the past 30 days. More females (37%) than males (25%) reported having 3 or more physically unhealthy days within the past 30 days.

**Mentally Unhealthy Days**

- ◆ When asked how many days respondents felt stress, depression, or problems with emotions, 59% of respondents said they did NOT suffer from this during the last 30 days. Ten percent (10%) said they did suffer for 1 or 2 days. However, there was an increase in the number of respondents indicating poor mental health for 3 or more days (up 2% since 2011). Please see Figure 8 below.

**Figure 8 – “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”**



- ◆ Even though age was statistically significant, no general pattern emerged. The majority of respondents from all age cohorts, except those age 25-34, said they have not had any mentally unhealthy days within the past 30 days; 54% age 35-44 to 81% age 65 and over. Just over half (51%) of respondents age 25-34 reported having 3 or more mentally unhealthy days within the past 30 days. Please see Table 4 below.

**Table 4 – Age by Number of Mentally Unhealthy Days**

Physically Unhealthy Days	18-24	25-34	35-44	45-54	55-64	65 and over
0 days	62%	34%	54%	55%	73%	81%
1-2 days	0	15	14	15	7	9
3 or more days	38	52	32	30	20	10

- ◆ As for total household income, between 52% and 69% of respondents in all income categories reported not having any mentally unhealthy days within the past 30 days. Respondents who make \$15,001 to \$20,000 were the only ones that did not fall between those percentages; 30% reported no days and 52% reported 3 or more days.
- ◆ When analyzing employment by number of mentally unhealthy days, it was found that respondents who are retired had the highest percentage reporting no mentally unhealthy days within the past 30 days (81%), followed by those who are a student (68%), self-employed (53%), employed (52%), and not in the

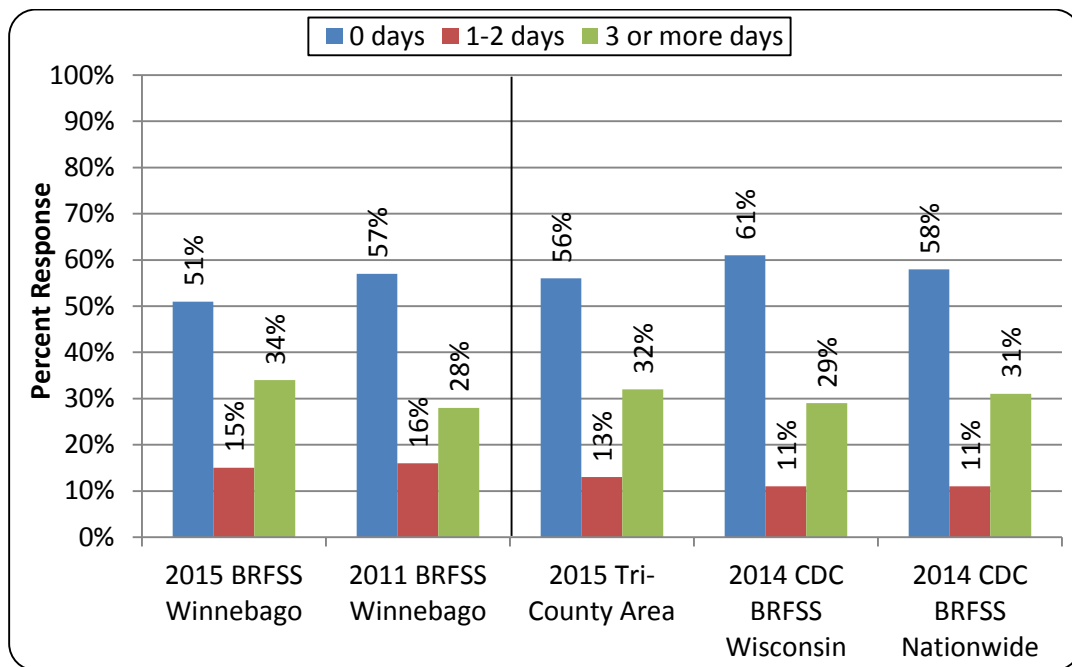
workforce (48%). Respondents who are employed had the highest percentage in terms of having 3 or more mentally unhealthy days in the past 30 days (36%).

- ◆ More males (65%) than females (54%) said they did not have any mentally unhealthy days within the past 30 days while more females (36%) than males (25%) reported 3 or more days.

### Number of Days Poor Physical or Mental Health Kept You From Normal Activities

- ◆ Fifty-one percent (51%) of respondents indicated they did not have any days that physical or emotional problems kept them from their normal activities during the past 30 days, a 6% decline since 2011 (57%). Fifteen percent (15%) of respondents indicated 1-2 days and 34% said 3 or more days, a 6% increase from 2011 (28%). Please see Figure 9 below.

**Figure 9 – “During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”**



- ◆ Forty-one percent (41%) each of respondents age 18-24 reported no days or 1-2 days in which poor physical or mental health kept them from doing their usual activities in the past 30 days. Seventy-five percent (75%) of respondents age 25-34, 56% 65 and over, 49% 35-44, and 48% age 55-64 reported not having any days in which poor physical or mental health during the past 30 days kept them from doing their usual activities. Almost half (49%) of respondents age 45-54 reported 3 or more days that their poor physical or mental health prevented them from doing their usual activities.

- ◆ Over half of respondents with some college or tech school (55%) and a college degree (58%) said there were no days in which poor physical or mental health kept them from doing their usual activities during the past 30 days. Only 38% of respondents with a high school diploma or less reported no days while 41% reported 3 or more days.
- ◆ In terms of respondents who reported not having any days in which poor physical or mental health kept them from their usual activities in the past 30 days, respondents who earn less than \$10,000 annually had the lowest percentage (17%) while respondents who earn more than \$75,000 had the highest (72%). All other income categories fluctuate between 20% and 66% for not having any days in which their usual activities are affected by poor physical or mental health. Sixty percent (60%) of respondents making \$20,001 to \$25,000 reported having 3 or more days in which their poor physical or mental health prevented them from doing their usual activities within the past 30 days. Please see Table 5 below.

**Table 5 – Income by Prevention of Usual Activities**

<b>Number of Days</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
0 days	17%	41%	47%	20%	37%	42%	66%	72%
1-2 days	28	29	0	20	21	24	7	8
3 or more days	56	29	53	60	42	34	27	21

- ◆ The majority and plurality of respondents who are self-employed (47%), employed (59%), retired (60%), or a student (69%) reported no days in which poor physical or mental health kept them from doing their usual activities. The majority of respondents not in the workforce (76%) reported 3 or more days in the past 30 days.
- ◆ Having children in the household under age 18 had an impact on how many days the respondent's poor physical or mental health kept them from doing their usual activities. Fifty-one percent (51%) each of respondents who do and do not have children living with them reported no days in which their poor physical or mental health kept them from doing their usual activities in the past 30 days. Interestingly, more respondents who have children living with them (38%) compared to those who don't (27%) reported 3 or more days.

### **Health Care Access**

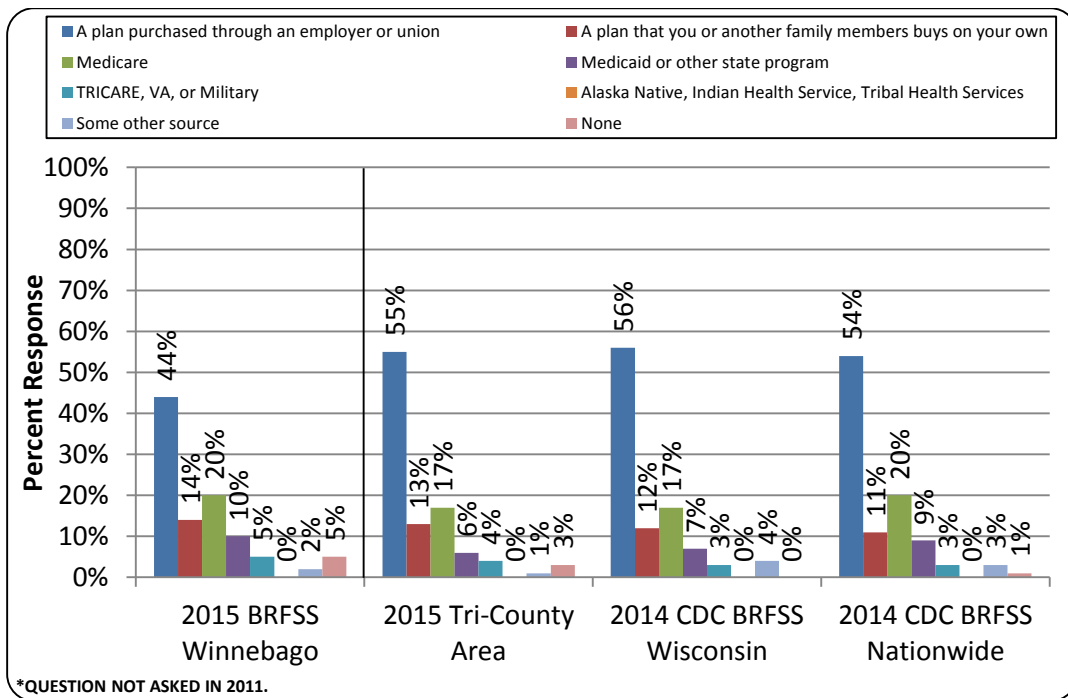
#### **Key Finding #2**

***The vast majority of respondents have some type of health care coverage (95%). People are also generally seeing doctors more often for annual physicals or checkups. However, up to 8% of respondents indicated they themselves or someone in their household are not taking medications due to the cost and 22% currently have health care bills being paid off over time.***

## Primary Source of Health Care Coverage

- ◆ Under half (44%) of respondents in 2015 reported their primary source of health care coverage to be a plan purchased through an employer or union while another 20% reported Medicare as their primary source of health care coverage. Fourteen percent (14%) reported a plan that they or another family member buys on their own, 10% reported Medicaid or other state program, 5% TRICARE, VA, or Military, and 2% stated having some other source. Five percent (5%) of respondents reported not having any health care coverage. Please see Figure 10 below.

**Figure 10 – “What is the primary source of your health care coverage? Is it...**



- ◆ The majority of respondents age 25-64 (49% to 79%) reported their primary source of health care coverage to be a plan purchased through an employer or union. The plurality of respondents age 18-24 (45%) reported their primary source of health care coverage to be a plan that you or a family member buys on their own and the majority of respondents 65 and over (84%) reported Medicare as their primary source of health care coverage.
- ◆ Sixty-two percent (62%) of respondents who have a college degree reported their primary source of health care coverage to be a plan purchased through an employer or union. Forty-one percent (41%) of respondents with a high school diploma or less and 32% with some college or tech school also reported having a plan purchased through an employer or union.
- ◆ The majority of respondents who earn \$35,001 or more annually (50% to 81%) reported their primary source of health care coverage as a plan purchased



through an employer or union. Many respondents who earn \$15,001 to \$20,000 (48%), \$25,001 to \$35,000 (36%), or \$20,001 to \$25,000 (33%) reported Medicare as their primary source of health care coverage. Thirty-two percent (32%) of respondents who earn \$10,001 to \$15,000 reported Medicaid or some other state program and 26% each of respondents who earn less than \$10,000 annually reported a plan that they or another family member buys on their own or they don't have any type of health care coverage.

- ◆ A large percentage of respondents who are employed (75%) have their health care coverage purchased through an employer or union. The majority (70%) of those retired and the plurality of those who are self-employed (44%) have Medicare. The plurality of those who are not in the workforce split between a plan purchased through an employer or union (23%) and Medicaid or some other state program like Badgercare (23%) while the plurality of students (61%) reported a plan that they or a family member buys on their own. Please see Table 6 below.

**Table 6 – Employment Status by Primary Source of Health Care Coverage**

Primary Source of Health Care Coverage	Employed	Self-employed	Not in the workforce	Student	Retired
A plan purchased through an employer or union	75%	17%	23%	2%	13%
A plan that you or a family member buys on your own	5	17	14	61	10
Medicare	2	44	15	12	70
Medicaid or other state program like Badgercare	8	17	23	19	1
Tricare, VA, or military	5	0	11	0	3
Alaska Native, Indian Health Service, Tribal Health Services	0	0	2	0	0
Some other source	3	0	0	0	3
None, we don't have coverage	4	6	12	7	1

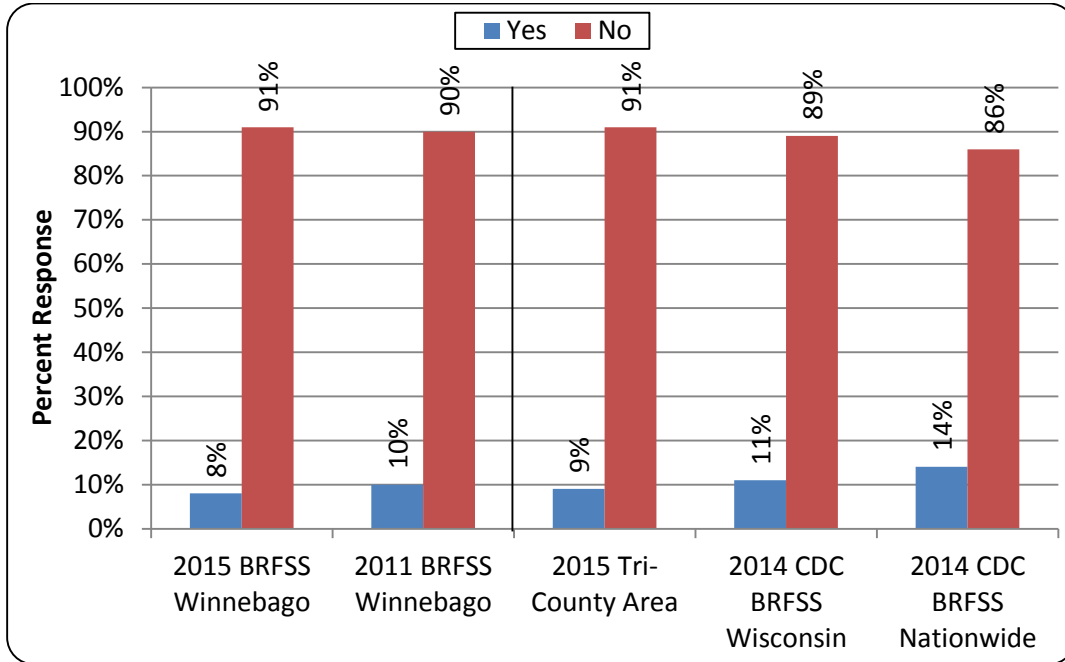
- ◆ Most males (43%) and females (46%) reported their primary source of health care coverage to be a plan purchased through an employer or union.
- ◆ When comparing having children in the household under 18 years old and the respondents primary source of health care coverage, it was found that the majority or plurality of respondents with children (59%) and without children (36%) had a plan purchased through an employer or union. The next highest category for respondents without children living with them was Medicare (28%) and the next highest category for respondents living with children was Medicaid or some other state program such as Badgercare (15%).

### Doctor's Cost

- ◆ Interestingly, even with a high percentage of coverage, in 2015, 8% of respondents said there was at least one time in the past 12 months when they

did not go to the doctor when needed because they could not afford the cost, which is the same as 2011. Please see Figure 11 below.

**Figure 11 – “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”**



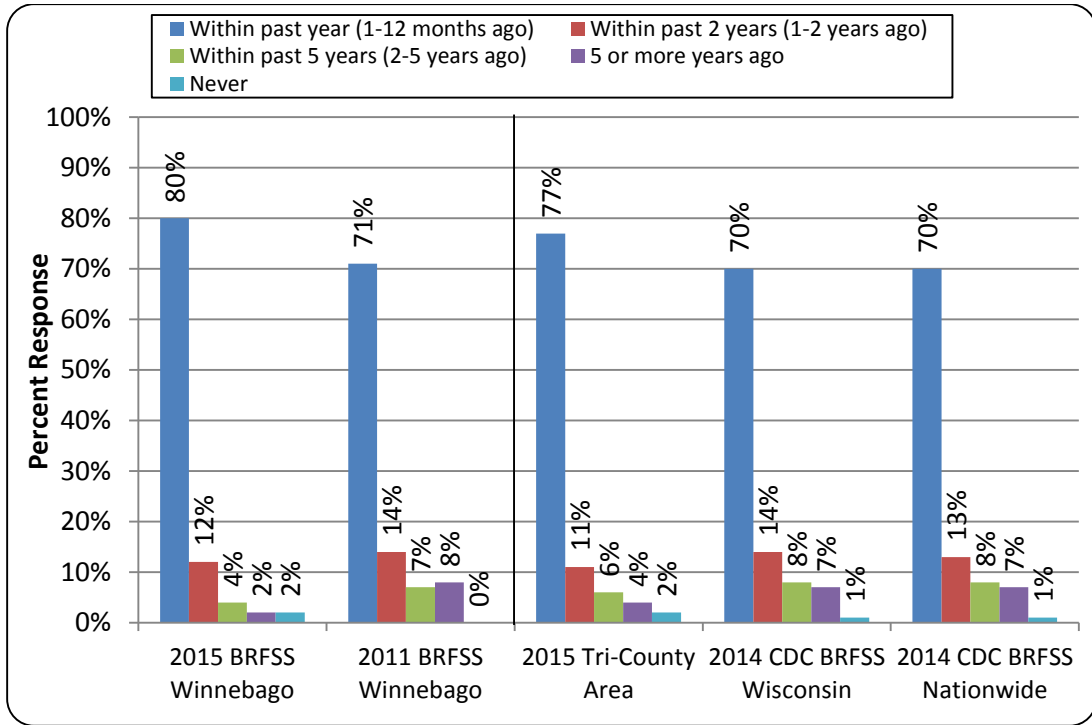
- ◆ The majority of respondents from all age categories reported no, there was not a time in the past 12 months when they needed to see a doctor but couldn't because of the cost. The highest percentage reporting yes was for those age 45-54 at 14%.
- ◆ When analyzing total household income, those making \$15,001 to \$20,000 had the highest percentage who reported there was a time in the past 12 months when they needed to see a doctor but couldn't because of the cost (26%), followed by those with an annual household income of \$25,001 to \$35,000 (24%) and those making \$20,001 to \$25,000 (14%). All other income categories garnered 8% or less in terms of not seeing a doctor in the past 12 months because of cost.
- ◆ Sixteen percent (16%) of respondents who are not in the workforce reported not going to a doctor in the past 12 months when it was needed because of cost followed by 9% who are employed, 5% who are self-employed, and 1% who are retired. No respondent who is a student said they did not see a doctor in the past 12 months because of cost.

### Last Routine Checkup

- ◆ As seen in the Figure 12 below, a larger number of respondents have seen the doctor within the past year for a routine physical or checkup in 2015 compared to

2011. Twelve percent (12%) of respondent have seen a doctor with the past 2 years for a routine physical or checkup, 6% reported 2 or more years, and 2% stated never. Please see Figure 12 below.

**Figure 12 – “About how long has it been since you last visited a doctor for a routine checkup?”**



- ◆ There is a general increase in the percentage of respondents who have had a routine checkup within the past year as age increases. This percentage increased from 70% (age 18-24) to 96% (65 and over). Ten percent (10%) of respondents age 25-34 reported never having a routine checkup by a doctor.
- ◆ Seventy-four percent (74%) of respondents with some college or tech school, 84% with a college degree, and 85% with a high school diploma or less reported having their last routine checkup or physical within the past year. Five percent (5%) of respondents with some college or tech school stated they never had a routine checkup by a doctor.
- ◆ Even though annual household income was statistically significant by when a respondent had their last routine checkup, no specific pattern is witnessed. The majority of respondents from all income categories reported having a routine checkup by a doctor within the past year with respondents who make less than \$10,000 annually showing the lowest percentage (53%) and respondents making \$20,001 to \$25,000 showing the highest percentage (100%). Please see Table 7 below.

**Table 7 – Income by Last Routine Checkup**

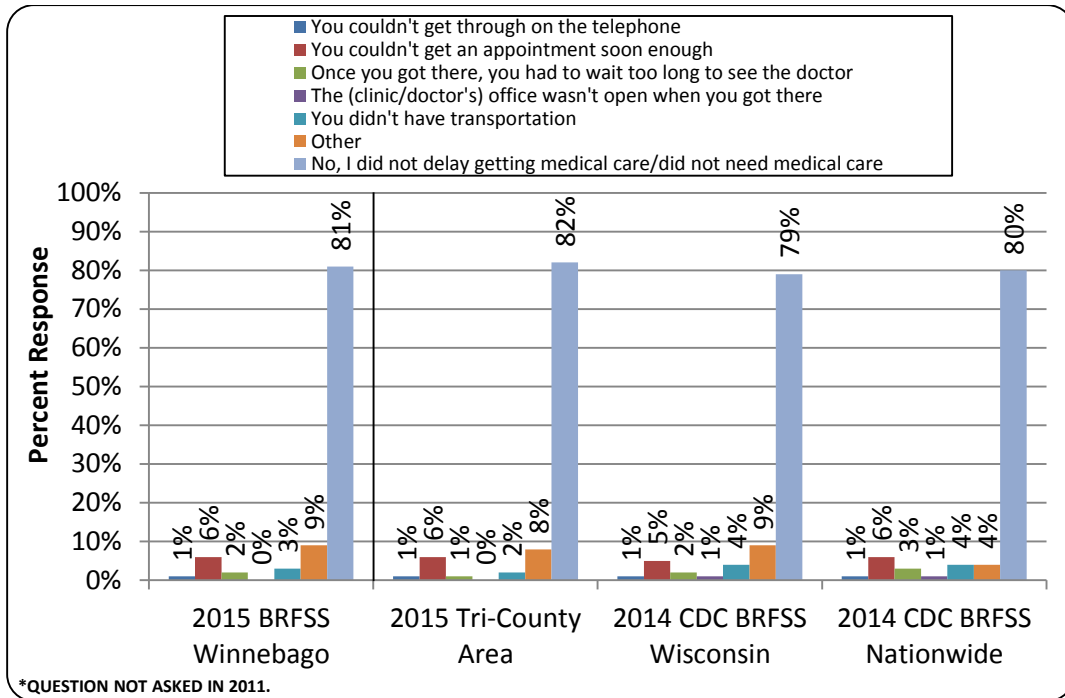
<b>Last Routine Checkup</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
Within past year (1-12 months)	53%	95%	96%	100%	76%	73%	81%	83%
Within past 2 years (1-2 years)	35	3	4	0	6	9	16	10
Within past 5 years (2-5 years)	12	3	0	0	3	8	2	3
5 or more years ago	0	0	0	0	15	2	2	0
Never	0	0	0	0	0	8	0	3

- ◆ Fifty-four percent (54%) of respondents who are students, 74% who are self-employed, 81% who are employed, 83% who are not in the workforce, and 94% who are retired reported their last routine checkup to be within the past year.
- ◆ More females (84%) than males (77%) reported having their last routine checkup within the past year. No female reported never having a routine checkup while 4% of males reported never having a routine checkup.

**Reasons Other than Cost for Delay of Medical Care**

- ◆ Other than cost, respondents provided other reasons why they delayed getting the medical care they need. Overall, a large percentage (81%) reported they did NOT delay getting medical care or did not need medical care in the past 12 months. However, of those that did delay getting care, 6% reported a delay because they couldn't get an appointment soon enough, 3% said they didn't have transportation, 2% stated that once they got there they had to wait too long to see the doctor, and 1% reported that they couldn't get through on the telephone. Nine percent (9%) indicated "other" various reasons. Please see Figure 13 below.

**Figure 13 – Have you delayed getting medical care for any of the following reasons in the past 12 months?”**

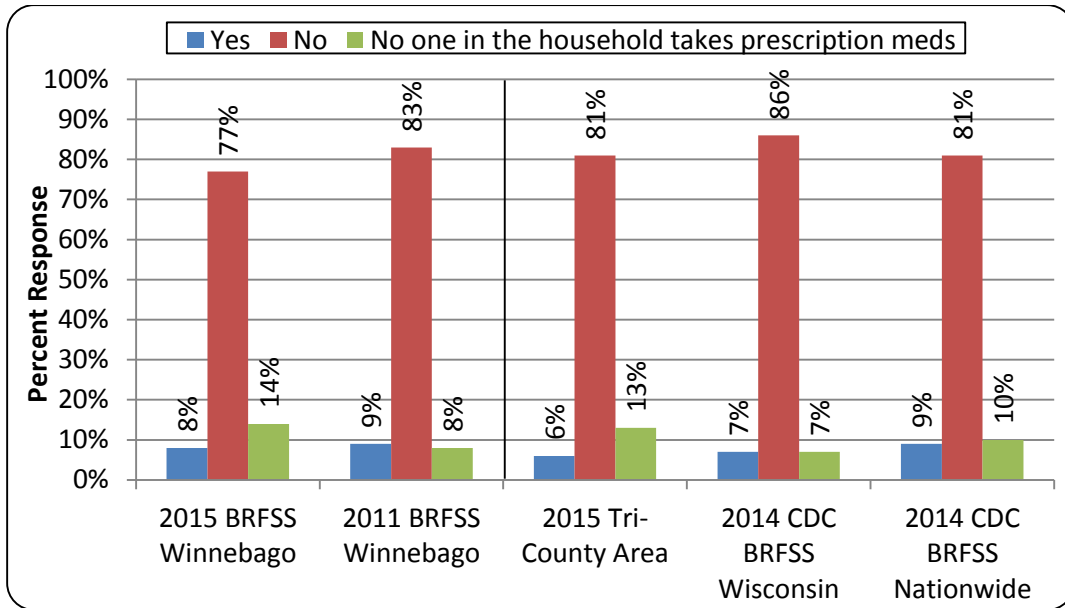


- ◆ Between 70% and 95% of respondents from all income levels reported that they did not delay getting medical care or did not need medical care; respondents with an annual household income of \$15,001 to \$20,000 had the lowest percentage (70%) in terms of not delaying to get medical care or not needing medical care while those making \$10,001 to \$15,000 had the highest (95%). Fifteen percent (15%) of those making less than \$10,000 reported delaying medical care because they didn't have transportation and another 12% reported a delay because they couldn't get an appointment soon enough. Thirteen percent (13%) each of respondents who make \$15,001 to \$20,000 said they delayed getting medical care because once they got there, they had to wait too long to see a doctor or because of some "other" reason.
- ◆ Sixty-seven percent (67%) of respondents who are not in the workforce reported not delaying getting medical care or did not need medical care in the past 12 months compared to 95% of respondents who are self-employed. Nine percent (9%) each of respondents who are not in the workforce or a student reported a delay in getting medical care because they couldn't get an appointment soon enough.

### Medication Cost

- ◆ Eight percent (8%) of respondents did not take their medication in the past 12 months as prescribed because of the cost. Ninety-one percent (91%) had no issues or did not need medication in the last 12 months. Please see Figure 14 below.

**Figure 14 – “Was there a time during the past 12 months when you did not take your medication as prescribed because of cost?”**

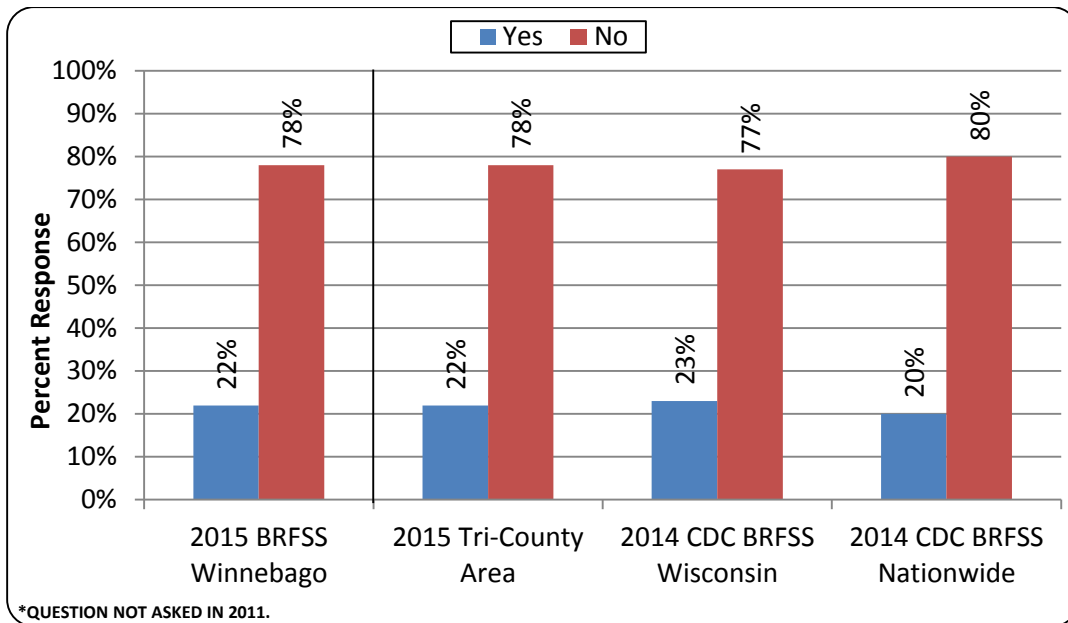


- ◆ The majority of respondents age 18 or older have not delayed taking their medication as prescribed because of cost. Of those who did not take their medication as prescribed because of cost, 4% were age 65 and over, 5% were 55-64, 6% were 35-44, 15% were 18-24, and 19% were age 45-54.
- ◆ A response rate of 13% or below was observed for all household income levels who reported not taking their medication as prescribed because of cost with those making \$20,001 to \$25,000 at 13% and those making \$75,001 or more at 1%. Respondents making \$10,001 to \$15,000 didn't fall in this range; 30% of respondents with an annual household income of this amount reported not taking their medication as prescribed because of cost.
- ◆ Seventeen percent (17%) of respondents who are not in the workforce, 11% who are students, 8% who are employed, 5% who are self-employed, and 3% who are retired reported that in the past 12 months they did not take their medication as prescribed because of cost.
- ◆ More females (10%) than males (7%) reported not taking their medication as prescribed in the past 12 months because of cost.

### Health Care Bills Being Paid Off Over Time

- ◆ Twenty-two percent (22%) of respondents currently have health care bills being paid off over time while 78% do not. Please see Figure 15 below.

**Figure 15 – “Do you currently have any health care bills that are being paid off over time?”**



- ◆ Currently, 40% of respondents age 35-44, 35% 45-54, 17% 55-64, 15% 25-34, and 13% age 65 years old and older have health care bills being paid off over time. Only 8% of respondents age 18-24 currently have health care bills being paid off over time.
- ◆ The majority of respondents across all total household income levels currently do not have medical bill being paid off over time. Of those who do have bills being paid off over time, those with an annual household income of \$20,001 to \$25,000 have the highest percentage at 41%, followed by those making \$35,001 to \$50,000 and \$15,001 to \$20,000, each of which are at 35%. Interestingly, respondents making less than \$10,000 annually had the lowest percentage in terms of having health care bills being paid off over time at only 9%.
- ◆ Forty-one percent (41%) of respondents who are not in the workforce currently have health care bills being paid off over time, followed by 24% who are employed, 16% who are self-employed, and 11% who are students. Only 9% of respondents who are retired said that they currently have health care bills being paid off over time.
- ◆ Having children under the age of 18 in the household was also statistically significant with currently having healthcare bills being paid off over time. Thirty percent (30%) of respondents with children said they have health care bills that are being paid off over time compared to 17% who don't have children under the age of 18 living with them.

**Weight/Diet/Exercise**

**Key Finding #3**

**Respondent’s BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 31% were obese, 27% were overweight, and 42% were neither overweight nor obese. Additionally, the plurality of respondents said they eat two servings of vegetables per day and one serving of fruit per day. Seventy-six percent (76%) said they participated in physical activities or exercises during the past month; 82% reported they do moderate exercise in a typical week and 42% reported they do vigorous exercise in a typical week.**

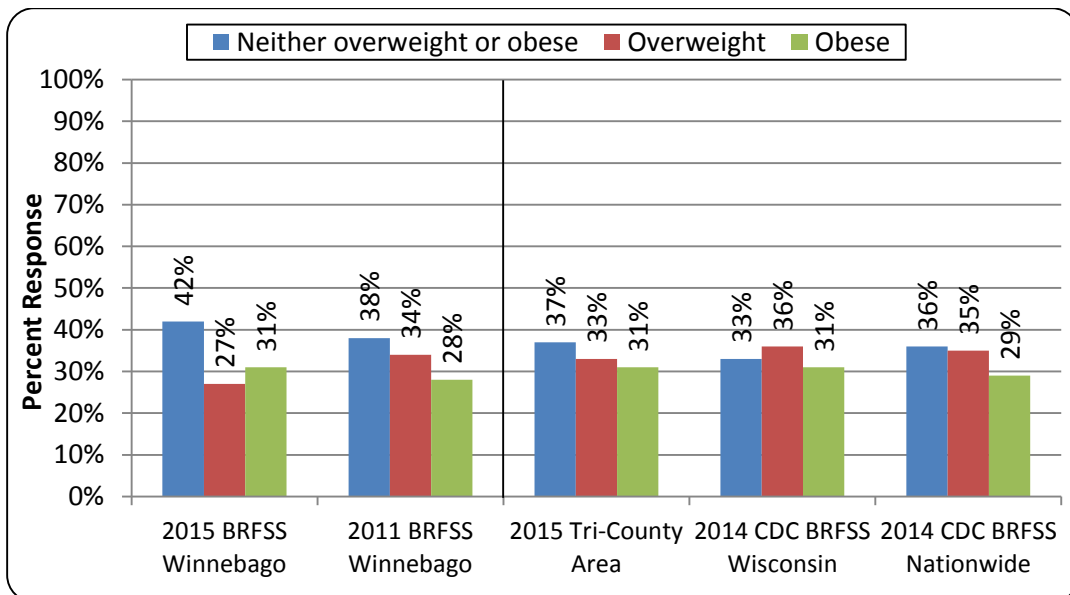
**Weight - BMI – Body Mass Index**

- ◆ The Body Mass Index (BMI) is calculated by the Centers for Disease Control (CDC) as an indicator of body fat. The CDC calculation for BMI is:

$$BMI = \left\{ \frac{\text{Weight in Pounds}}{(\text{Height in inches})(\text{Height in inches})} \right\} \times 703$$

- ◆ We asked respondents their weight (rounding up for fractions) and their height (in feet and inches) without shoes on. We then calculated their BMIs. According to the CDC categories, respondents fell into the following categories according to Figure 16 and Table 8 below.

**Figure 16 – BMI is calculated as {weight in pounds/(height in inches)(height in inches)} X 703**



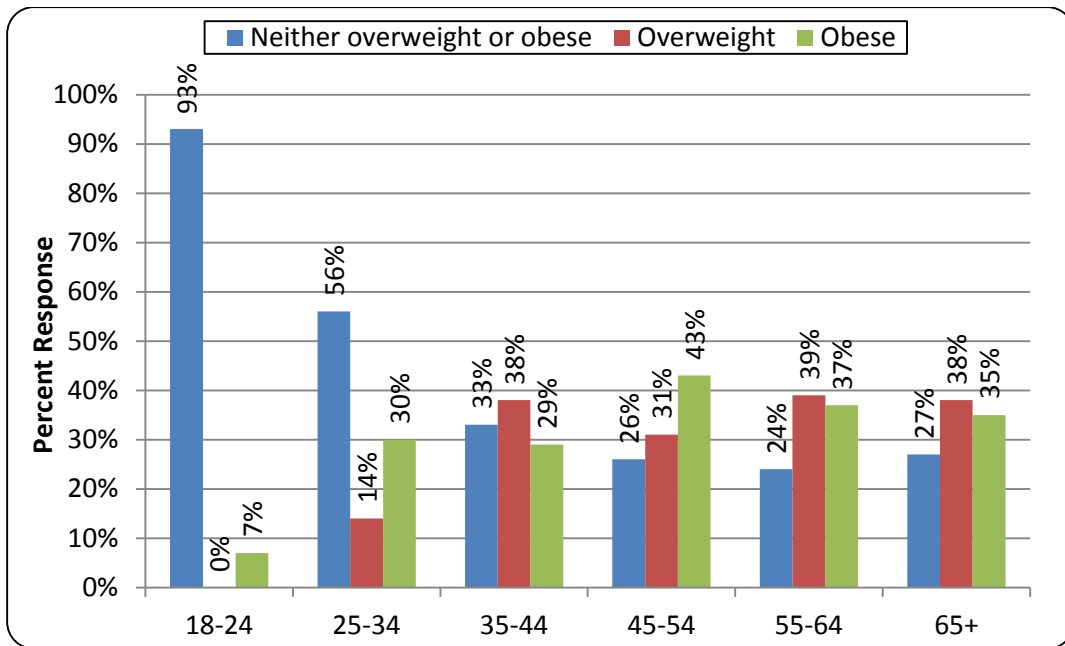


**Table 8 – Respondent’s BMI**

BMI range:		Percentage of respondents
Underweight	(Below 18.5)	4%
Normal	(18.5 - 24.9)	38
Overweight	(25.0 – 29.9)	27
Obese	(30.0 +)	31

- ◆ The BMI range for respondents went from a low of 17.36 to a high of 57.10. The weight range was from 90 to 398 pounds. The mean BMI was 27.5 and median was 26.5 with a standard deviation of 6.4.
- ◆ Those age 45 to 54 were the most likely to be “obese” (43%) and respondents age 55-64 were most likely considered to be “overweight” (39%), followed closely by those 35-44 (38%) and 65 and over (65%) according to CDC definitions. The youngest adults (18-24) were most likely to be “normal” weight (93%). Note: the “underweight” category was not included because there were so few people that when broken down further into demographic categories, the percentages look very large for a single respondent. Please see Figure 17 below.

**Figure 17 – BMI is calculated as {weight in pounds/(height in inches)} X 703**



- ◆ Annual household income was statistically significant with BMI, but no discernible pattern occurred. The majority or plurality of respondents who earn \$35,001 to \$50,000 (37%), \$50,001 to \$75,000 (48%), less than \$10,000 (65%), or \$10,001 to \$15,000 (72%) were considered “normal” weight. Respondents who make more than \$75,000 (40%) annually were the only income category that fell into the “overweight” category. Forty-one percent (41%) each of respondents who

earn \$15,001 to \$20,000 or \$20,001 to \$25,000 and 43% who earn \$25,001 to \$35,000 are considered “obese” according to the CDC. Please see Table 9 below.

**Table 9 – Income by BMI**

<b>BMI</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
Neither overweight or obese	65%	72%	27%	32%	27%	37%	48%	31%
Overweight	9	8	32	27	30	30	21	40
Obese	27	19	41	41	43	33	31	29

- ◆ More males (51%) than females (33%) are considered “normal” weight while more females (67%) than males (49%) are considered “overweight” or “obese.”
- ◆ Interesting results were found when analyzing BMI and overall rating of general health. The plurality of respondents who are “normal” weight (44%) rated their general health as very good while the plurality of respondents who are “overweight” (38%) or “obese” (43%) rated their general health as only good. Please see Table 10 below.

**Table 10 – BMI by General Health**

<b>General Health</b>	<b>Normal</b>	<b>Overweight</b>	<b>Obese</b>
Excellent	32%	11%	7%
Very Good	44	34	25
Good	17	38	43
Fair	6	11	19
Poor	2	5	7

- ◆ More respondents who are “normal” weight (73%) than “overweight” (53%) or “obese” (52%) reported that they did not have any physically unhealthy days within the past 30 days. Thirty-eight percent (38%) each of respondents who are “overweight” or “obese” said they had 3 or more physically unhealthy days within the past 30 days.
- ◆ More respondents who are “obese” (24%) than “overweight” (14%) or “normal” weight (10%) reported that they have asthma.
- ◆ When comparing BMI to respondents who participated in physical activities or exercises in the past month other than their regular job, the majority of respondents who are “normal” weight (83%), “overweight” (78%), and “obese” (66%) reported some type of physical activity or exercise in the past month.
- ◆ When looking at high blood pressure, although the majority of respondents from each BMI category had never been told they had high blood pressure by a doctor, nurse, or other health professional, those who are “normal” weight had

the lowest percentage (16%) of having high blood pressure while those who are “overweight” had the highest percentage (38%). In terms of high blood cholesterol, fewer respondents who are “normal” weight (17%) had never been told they have high blood cholesterol while 37% of respondents who are “obese” and 39% who are “overweight” were told they have high blood cholesterol.

- ◆ Many respondents from all BMI categories reported not drinking any sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks during the past 30 days (between 41% and 76%). On the days in which respondents did drink these sugary drinks, 17% of respondents who are “normal” weight drank an average of 5 or more drinks, which was more than respondents who are “overweight” (4%) or “obese” (6%).
- ◆ The plurality of respondents who are “normal” weight (35%) reported eating an average of 2 servings of fruit per day while the plurality of respondents who are “overweight” (41%) and “obese” (32%) reported eating an average of 1 serving. Respondents who are “obese” had the highest percentage in terms of not eating any fruits per day (16%). Please see Table 11 below.

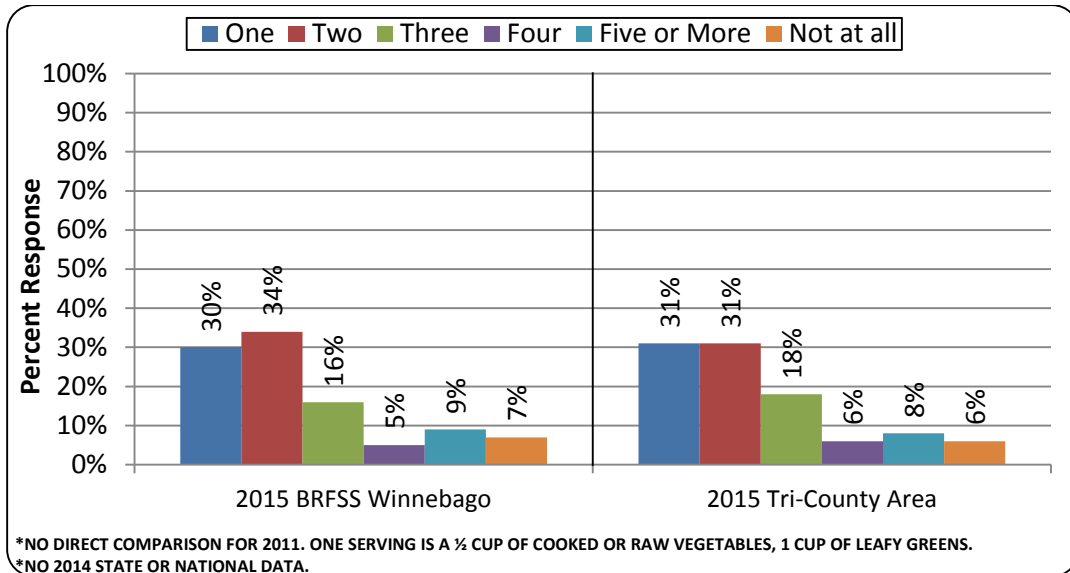
**Table 11 – BMI by Servings of Fruit**

<b>Number of Servings</b>	<b>Normal</b>	<b>Overweight</b>	<b>Obese</b>
1 serving	34%	41%	32%
2 servings	35	35	23
3 servings	13	13	23
4 servings	6	5	3
5 or more servings	4	1	3
None	9	6	16

### **Vegetables**

- ◆ On average, 30% of respondents eat one serving of vegetables a day, 34% eat two, 16% eat three, 5% eat four, 9% eat five or more, and 7% eat none. Please see Figure 18 below.

**Figure 18 – “On average, how many servings of vegetables do you eat?” Would you say...**



- ◆ When looking at age, the majority of respondents age 18 or older reported eating an average of one or two servings of vegetables per day (between 52% and 78%). Respondents age 25-34 had the highest percentage of respondents who reported eating 5 or more servings of vegetables per day (15%) and those age 18-24 had the highest percentage in terms of not eating any vegetables (15%). Please see Table 12 below.

**Table 12 – Age by Servings of Vegetables**

Servings of Vegetables	18-24	25-34	35-44	45-54	55-64	65 and over
1 serving	39%	19%	17%	30%	32%	41%
2 servings	39	33	41	33	32	29
3 servings	0	24	20	17	13	17
4 servings	0	5	5	5	15	4
5 or more servings	7	15	13	10	3	3
None	15	5	5	5	5	6

- ◆ There is a plurality split for respondents with a high school diploma or less for eating one and two servings per day, each of which had a 38% response rate. The plurality of those with some college or tech school (33%) and a college degree (33%) fell into the one serving per day category.
- ◆ Many respondents from all income levels reported eating between one and two servings of vegetables on an average day (between 29% and 48%), except those making \$35,001 to \$50,000, in which the plurality reported eating 3 servings of vegetables per day (32%). Interestingly, respondents with an annual household income of less than \$10,000 and \$75,001 or more had the highest percentages in terms of eating 5 or more servings of vegetables on an average day (18%

each) while respondents who earn less than \$10,000 annually were the income cohort that was the least likely to eat any vegetables on an average day (24% reported eating none). Please see Table 13 below.

**Table 13 – Income by Servings of Vegetables**

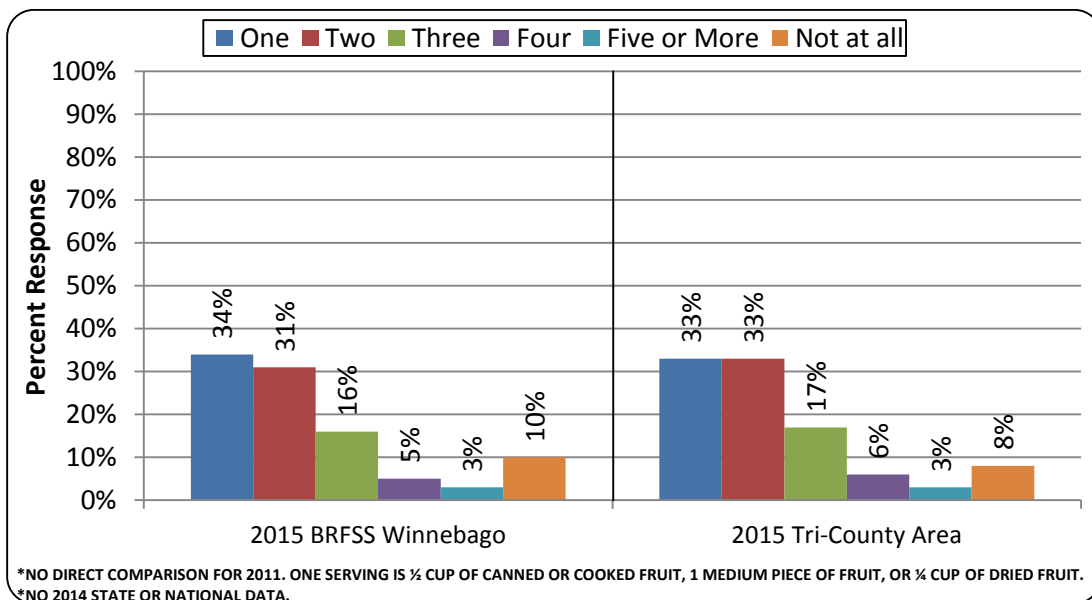
Servings of Vegetables	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
One	38%	39%	46%	26%	38%	21%	36%	15%
Two	15	36	36	48	44	29	38	32
Three	3	8	0	4	9	32	16	23
Four	3	0	0	4	3	11	3	9
Five or more	18	0	14	9	3	3	5	18
None	24	17	5	9	3	5	2	3

- ◆ Many respondents who are employed (41%) reported eating two servings of vegetables on an average day. Alternatively, many respondents who are not in the workforce (37%), a student (37%), or retired (38%) reported eating only one serving of vegetables per day. There was a plurality split at 28% for respondents who are self-employed in terms of eating one or two servings of vegetables on an average day.

### Fruits

- ◆ When asked about the average number of servings of fruit they eat per day, not counting juice, 34% reported one, 31% two, 16% three, 5% reported four, 3% reported five or more, and 10% reported none. Please see Figure 19 below.

**Figure 19 – “On an average day, not counting juice, how many servings of fruit do you eat?”**



- ◆ The plurality of respondents age 25-34 (41%), 65 and over (40%), 45-54 (39%), 55-64 (35%), and 35-44 (30%) reported eating an average of one serving of fruit per day, not counting juice while 38% of respondents age 18-24 said they eat an average of two servings of fruit on an average day. Fifteen percent (15%) each of respondents age 18-24 reported eating an average of four servings per day or no servings while 6% age 35-44 reported an average of five or more. Please see Table 14 below.

**Table 14 – Age by Servings of Fruit**

Servings of Fruit	18-24	25-34	35-44	45-54	55-64	65 and over
1 serving	23%	41%	30%	39%	35%	40%
2 servings	38	34	29	28	33	30
3 servings	8	20	29	13	12	15
4 servings	15	0	2	1	7	5
5 or more servings	0	0	6	5	2	3
None	15	5	6	14	12	8

- ◆ Many respondents with a high school diploma or less (43%) or a college degree (34%) reported eating an average of one serving of fruit per day while more respondents with a college degree (42%) reported eating two servings of fruit on an average day. Twelve percent (12%) of respondents with a high school diploma or less reported not eating any fruit on an average day.
- ◆ The only income category in which more respondents reported not eating any fruit on an average day were those who make less than \$10,000 annually (32%). All other income categories reported eating between one or two servings of fruit on an average day (between 50% and 87%). Please see Table 15 below.

**Table 15 – Income by Servings of Fruit**

Servings of Fruit	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
One	21%	46%	32%	46%	39%	43%	39%	27%
Two	29	24	55	32	22	22	41	32
Three	6	8	0	9	12	22	10	27
Four	12	0	0	5	15	2	3	3
Five or more	0	0	0	0	6	5	3	5
None	32	22	13	9	6	7	3	6

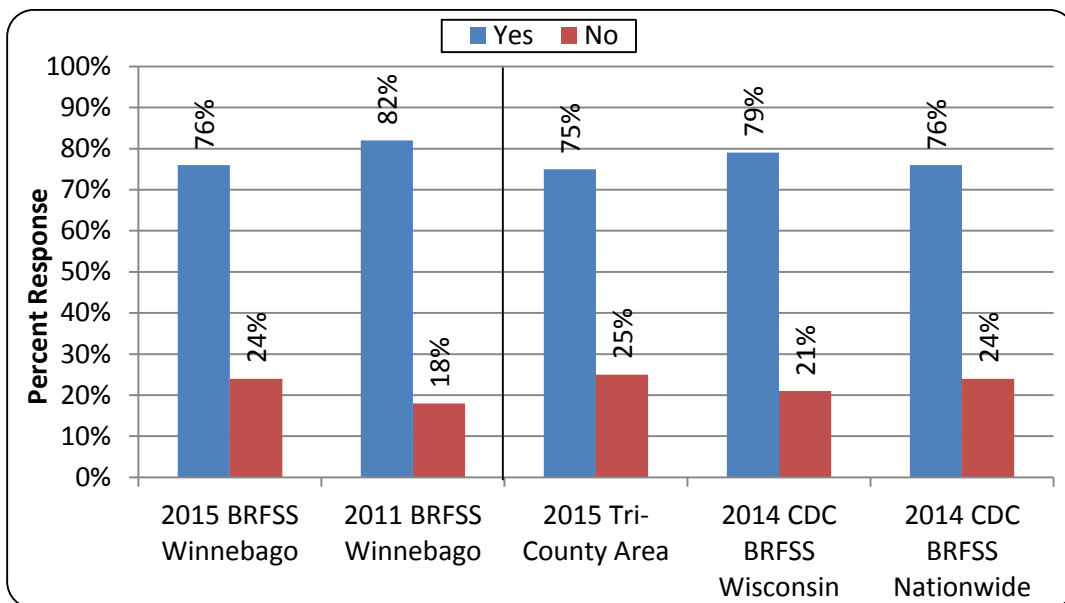
- ◆ Half of respondents who are self-employed reported eating only one serving of fruit on an average day, followed by 41% who are retired, and 36% who are employed. Thirty-three percent (33%) of respondents who are students and 36% who are not in the workforce reported eating two servings of fruit on an average day. Twenty-eight percent (28%) of respondents who are students reported that they do not eat any servings of fruit on an average day.
- ◆ More males (41%) than females (29%) reported eating one serving of fruit per day and slightly more females (33%) than males (31%) reported two servings.

Also, many more females (24%) than males (9%) reported eating an average of three servings of fruit per day.

### Exercise Participation Outside of Regular Job

- ◆ During the past month, other than their regular job, 76% of respondents reported participating in any physical activities or exercises. This is down 6% from 2011. Twenty-four percent (24%) reported not doing any exercise during the past month. Please see Figure 20 below.

**Figure 20 – “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?”**



- ◆ When looking at exercise participation and age, the general trend found was that as age increased, the amount of respondents participating in any physical activities or exercises outside their regular job also decreased (93% for those age 18-24 down to 66% participation age 65 and over).
- ◆ Respondents with a college degree or some college or tech school both had an 82% response rate in terms of respondents who reported exercising in the past month other than at their regular job. Only 67% with a high school diploma or less reported exercising outside of their job.
- ◆ Fifty-seven percent (57%) to 91% of respondents across all income groups reported that they exercise outside of their regular job, with respondents making less than \$10,000 at 91% and those making \$20,001 to \$25,000 at 57%.
- ◆ All respondents who are students (100%), 90% who are self-employed, 80% who are employed, and 70% who are retired reported exercising during the past

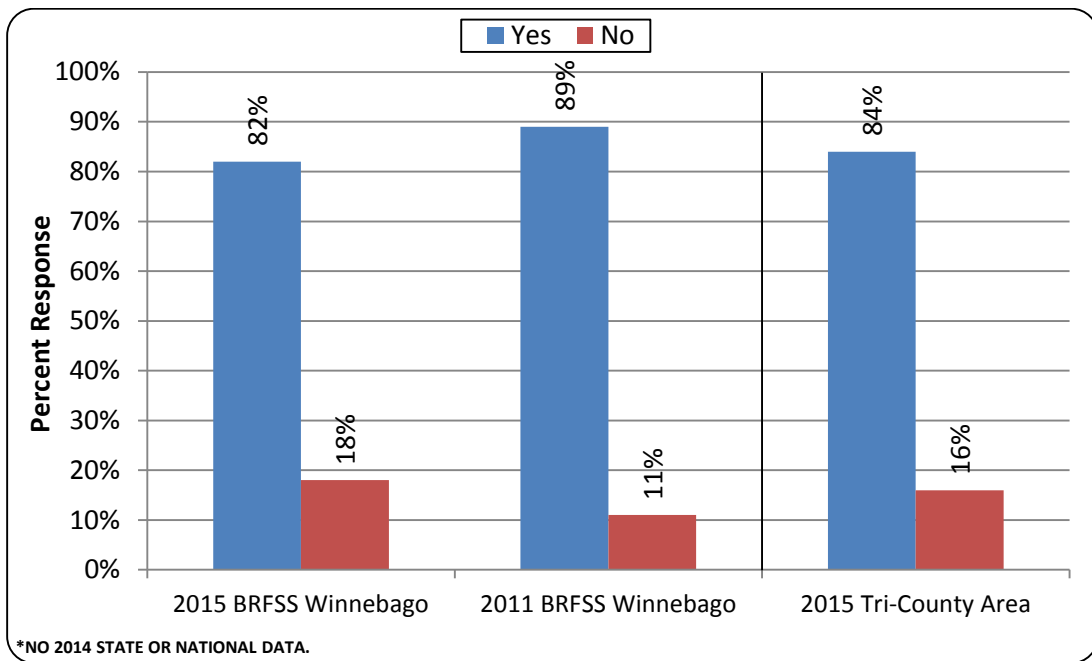
month other than at their regular job. Just over half of respondents who are not in the workforce reported exercising outside of their regular job (53%).

- ◆ More males (82%) than females (70%) reported exercising outside of their regular job within the past month.

### Moderate Exercise Participation

- ◆ Of those who reported participating in any physical activities or exercises during the past month other than their regular job, 82% reported doing at least 10 minutes of moderate activities at a time during a usual week. This is down 7% from 2011 (89%). Moderate exercise included things such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate. Please see Figure 21 below.

**Figure 21 – “Now thinking about the moderate activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time...”**



- ◆ More respondents with a college degree (90%) reported doing moderate activities for at least 10 minutes at a time during a usual week than those with some college or tech school (82%) or a high school diploma or less (73%).
- ◆ Even though annual household income was statistically significant by moderate exercise participation, no discernible pattern occurred. Sixty-one percent (61%) or more of respondents reported doing moderate activity for at least 10 minutes at a time during a usual week with those making more than \$75,000 at the highest percentage (96%), and those making \$10,001 to \$15,000 at the lowest (61%).

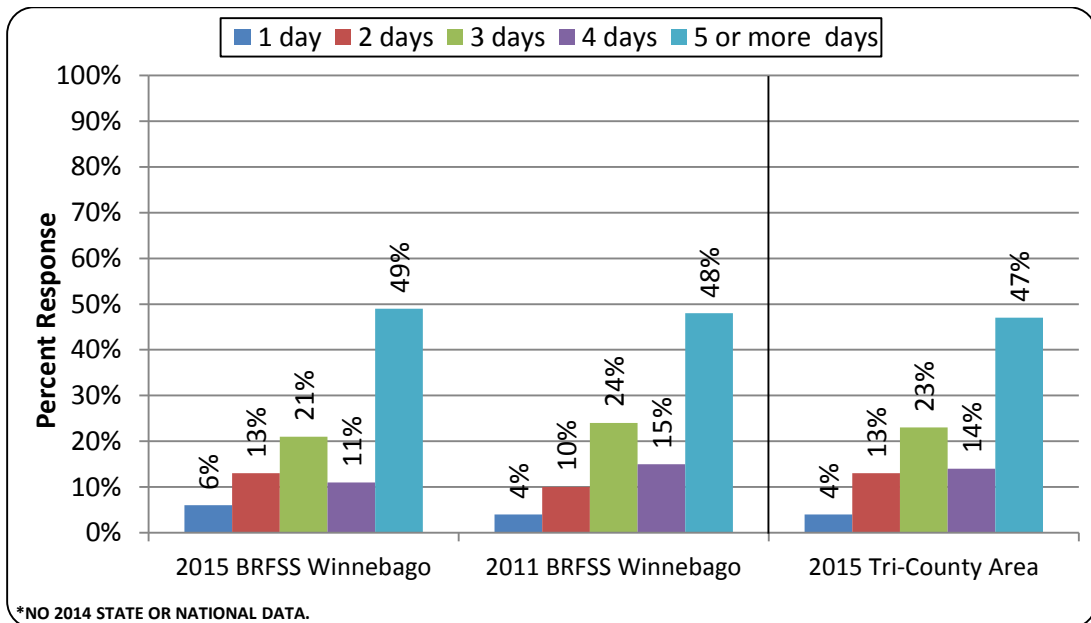


- ◆ Over 70% of respondents who are a student (71%), retired (81%), employed (88%), or self-employed (100%) reported participating in at least 10 minutes at a time of moderate activity a week while only 63% of respondents who are not in the workforce reported the same.

### Moderate Exercise Days per Week

- ◆ Of those who participated in moderate activities, almost half (49%) of respondents reported an average of 5 or more days per week in which they do their moderate activities for at least 10 minutes at a time, which is similar to 2011. Eleven percent (11%) reported 4 days, 21% 3 days, 13% 2 days, and 6% reported 1 day. Please see Figure 22 below.

**Figure 22 – “How many days per week do you do these moderate activities for at least 10 minutes at a time...”**



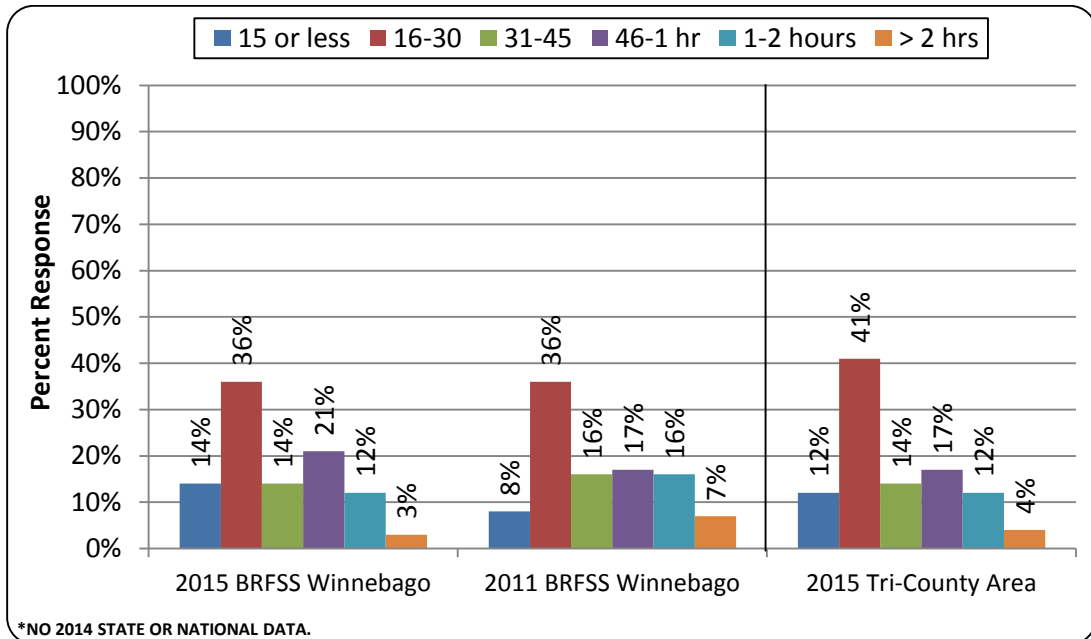
- ◆ The majority or plurality of respondents across all age categories reported 5 or more days per week in which they do their moderate activities for at least 10 minutes at a time. The lowest percentage for 5 or more days per week was for those age 45-54 at 43% while those age 18-24 had the highest percentage at 59%; all other age categories were between 44% and 54%. Eleven percent (11%) each of respondents age 18-24 and 25-34 reported doing moderate activity for only one day a week.
- ◆ Forty-five percent (45%) to 65% of respondents from all employment categories reported doing moderate activities for at least 10 minutes at a time 5 or more days per week. Twenty-six percent (26%) of respondents who are students reported doing moderate exercise for only 1 day per week.

- ◆ More males (52%) than females (46%) reported doing moderate exercise for at least 10 minutes at a time 5 or more days per week. More males (8%) than females (4%) also reported doing moderate exercise for one 1 day per week.

### Moderate Exercise Minutes

- ◆ When asked on the days in which respondents do their moderate activities for at least 10 minutes at a time, how much total time do they spend doing these activities, 14% reported 15 minutes or less, 36% reported 16-30 minutes, 14% said 31-45 minutes, 21% reported 46 minutes to 1 hour, 12% stated 1-2 hours, and 3% reported more than 2 hours. The percentage of respondents who reported 15 minutes or less increased 6% from 2011. However, those who reported more than 2 hours decreased 6%. Please see Figure 23 below.

**Figure 23 – “On the days do 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?”**



- ◆ Most respondents age 25 and over reported doing their moderate exercise for 16-30 minutes per day. Respondents who are age 35-44 (51%) had the highest percentage in the 16-30 minutes category while those age 65 and over had the lowest (28%). Thirty percent (30%) of respondents age 18-24 reported doing moderate activities 46 minutes to 1 hour on the days in which they exercise.
- ◆ For the 16-30 minutes category, as education status increased, so did the percentage of respondents in this category. Thirty percent (30%) of respondents with a high school diploma or less reported 16-30 minutes, followed by 36% with some college or tech school, and 40% with a college degree. Nineteen percent

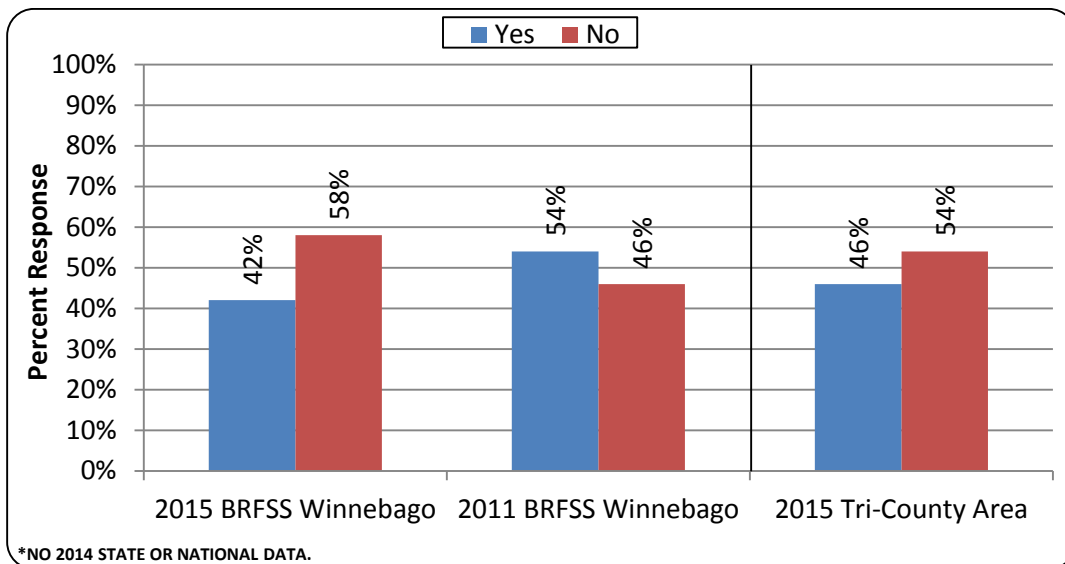
(19%) of respondents with some college or tech school reported doing only 1-15 minutes of moderate exercise on the days in which they exercise.

- ◆ More females (46%) than males (26%) reported doing moderate exercise for 16-30 minutes on the days in which they exercise, while more males (24%) than females (18%) said 46 minutes to 1 hour.

### Vigorous Exercise Participation

- ◆ Respondents were further asked about their vigorous exercise participation when they are not working. Vigorous exercise (of least 10 minutes at a time) included things such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. A smaller percentage of respondents reported doing at least 10 minutes of vigorous activities at a time (42%) compared to those who don't (58%). This pattern is reversed from 2011 (54% said yes and 46% said no). Please see Figure 24 below.

**Figure 24 – “Now thinking about the vigorous exercise you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time...”**



- ◆ In general, as age increased, the number of respondents who reported doing at least 10 minutes of vigorous exercise at a time decreased from 70% age 18-24 to 18% age 65 and over.
- ◆ Forty-six percent (46%) of respondents with some college or tech school and 47% with a college degree reported doing at least 10 minutes of vigorous exercise at a time in a usual week compared to only 33% with a high school diploma or less.
- ◆ The majority of respondents who earn less than \$10,000 annually (66%), \$50,001 to \$75,000 (59%), or \$15,001 to \$20,000 (57%) reported doing vigorous

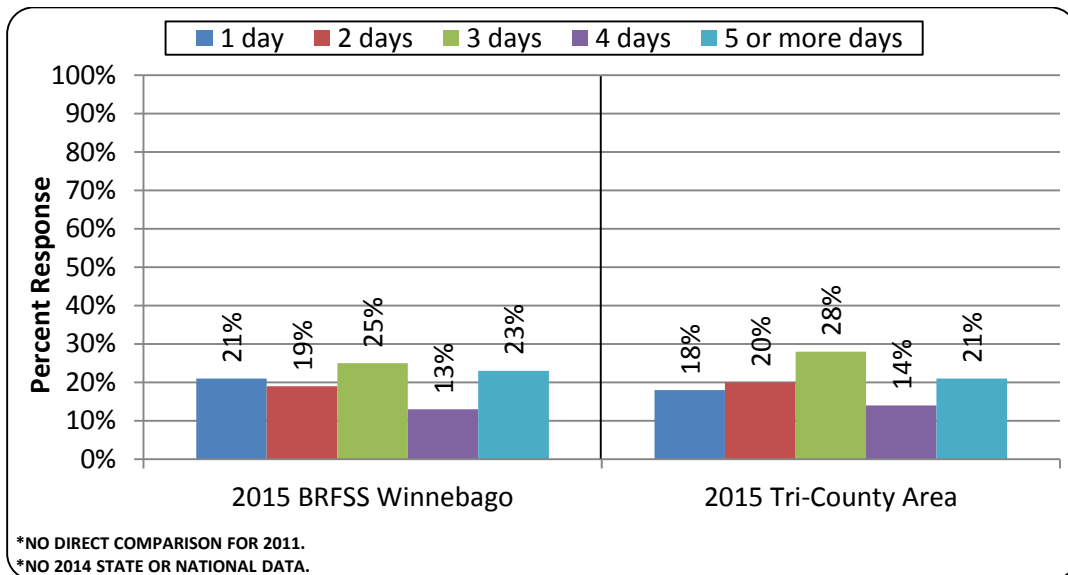
exercise for at least 10 minutes at a time in a usual week. All other age categories fell between 22% and 43% with those making \$25,001 to \$35,000 at 22%.

- ◆ Respondents who are students (71%) or self-employed (58%) are the only two employment categories in which the majority of respondents reported doing at least 10 minutes at a time of vigorous activity in a usual week. Under half of respondents who are employed (45%), not in the workforce (31%), or retired (21%) reported doing at least 10 minutes at a time of vigorous activities.
- ◆ More males (48%) than females (36%) reported vigorous activities for at least 10 minutes at a time in a usual week.

### Vigorous Exercise Days

- ◆ When asked how many days per week they do their vigorous activities for at least 10 minutes at a time, 21% of respondents reported 1 day, 19% reported 2 days, 25% 3 days, 13% 4 days, and 23% reported 5 or more days. Please see Figure 25 below.

**Figure 25 – “How many days per week do you do these vigorous activities for at least 10 minutes at a time?”**



- ◆ Forty-one percent (41%) of respondents age 25-34, 37% age 55-64, and 27% age 35-44 reported an average of 5 or more days in terms of doing vigorous activities for at least 10 minutes at a time during the period of one week. More respondents age 18-24 (33%) reported 2 days whereas many respondents age 45-54 (28%) or 65 and over (46%) reported 3 days.
- ◆ The plurality of respondents with a college degree (29%) reported an average of 1 day a week in which they participate in at least 10 minutes of vigorous exercise

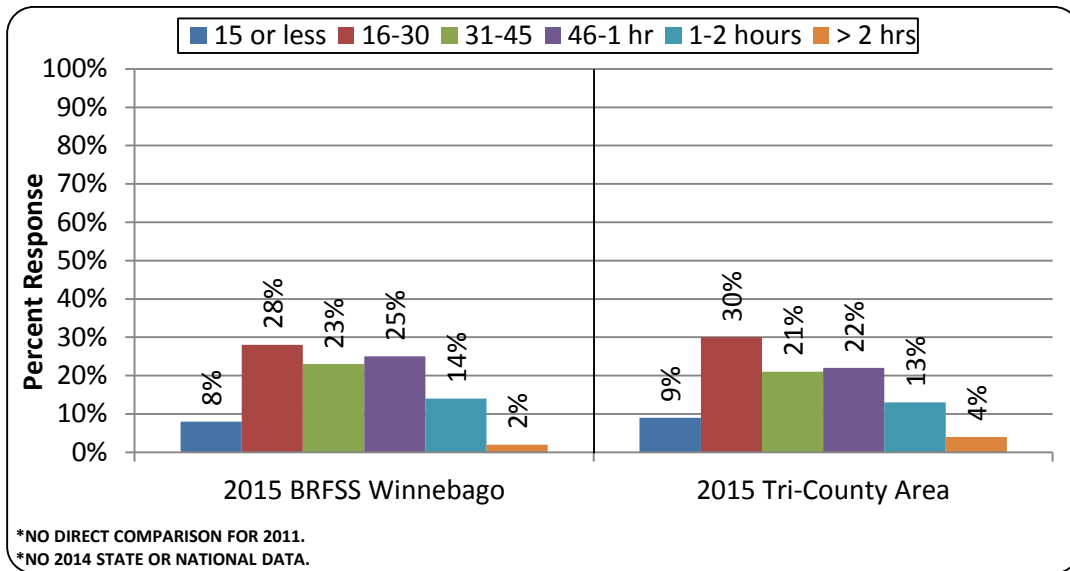
at a time. The plurality of respondents with a high school diploma or less (36%) reported 2 days and those with some college or tech school (36%) reported 3 days.

- ◆ More respondents who are students (37%) reported doing at least 10 minutes of vigorous exercise at a time for 5 or more days per week. Fifty-three percent (53%) of respondents who are retired and 41% who are not in the workforce reported 3 days per week.

### Vigorous Exercise Minutes

- ◆ On the days in which the respondents reported doing at least 10 minutes of vigorous exercise at a time, 8% reported a total of 15 minutes or less per day, 28% reported 16-30 minutes, 23% 31-45 minutes, 25% 46 minutes to 1 hour, 14% 1-2 hours, and 2% reported more than 2 hours. Please see Figure 26 below.

**Figure 26 – “On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”**



- ◆ There is a plurality split at 33% for respondents age 18-24 who reported either 31-45 minutes or 46 minutes to 1 hour of vigorous activities per day. There was also a plurality split at 31% for respondents age 25-34 who either reported 31-45 minutes or 1-2 hours of vigorous activities. Forty-two percent (42%) each of respondents age 55-64 and 65 and over, and 29% age 45-54 reported 16-30 minutes per day whereas 34% of respondents age 34-44 reported an average of 46 minutes to 1 hour.
- ◆ One-third (33%) of respondent with a high school diploma or less reported either doing vigorous exercise for 16-30 minutes or 46 minutes to 1 hour. Many

respondents with a college degree (36%) reported doing 16-30 minutes of vigorous exercise.

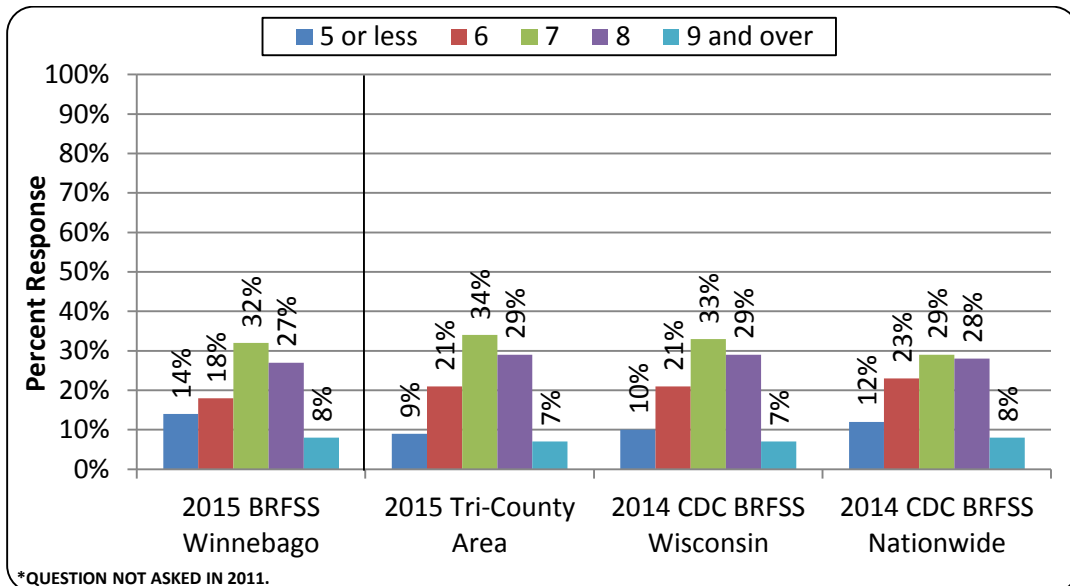
- ◆ Forty-one percent (41%) of respondents who are self-employed reported doing vigorous activities for 1-2 hours at a time whereas 35% of respondents who are employed and 36% who are retired reported only 16-30 minutes. Thirty-three percent (33%) of respondents who are students reported 31-45 minutes and 32% who are not in the workforce reported 46 minutes to 1 hour.
- ◆ More males (28%) reported doing moderate activities for 46 minutes to 1 hour at a time compared to more females (32%) who reported only 16-31 minutes at a time.

### ***Inadequate Sleep***

**Key Finding #4** *Thirty-five percent (35%) percent of respondents reported sleeping 8 hours or more in a 24-hour period while 14% reported sleeping 5 hours or less on average within a 24-hour period.*

- ◆ When respondents were asked how many hours of sleep they get in a 24-hour period, 14% reported 5 hours or less, 18% stated 6 hours, 32% said 7 hours, 27% reported 8 hours, and 8% said 9 hours or more. Please see Figure 27 below.

**Figure 27 – “On average, how many hours of sleep do you get in a 24-hour period?”**



- ◆ Many respondents age 25-34 reported getting 5 hours or less of sleep within a 24-hour period. There was a plurality split between 7 hours and 8 hours for respondents who are age 18-24 (38% each) and age 65 and over (29% each). Most respondents age 35-44 reported 6 hours (30%) or 8 hours (33%) and the plurality of respondents age 45-54 (44%) reported getting an average of 7 hours of sleep within a 24-hour period. Please see Table 16 below.

**Table 16 – Age by Hours of Sleep**

<b>Hours of Sleep</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65 and over</b>
5 or less hours	15%	<b>34%</b>	13%	9%	7%	10%
6 hours	0	<b>28</b>	<b>30</b>	15	18	17
7 hours	<b>38</b>	<b>28</b>	18	<b>44</b>	<b>34</b>	<b>29</b>
8 hours	<b>38</b>	9	<b>33</b>	<b>21</b>	<b>31</b>	<b>29</b>
9 or more hours	8	0	6	11	10	15

- ◆ The plurality of respondents who have an annual household income of less than \$10,000 reported an average of 5 hours of sleep or less within a 24-hour period whereas those earning \$10,001 to \$15,000 (43%) and 38% who make \$50,001 to \$75,000 reported getting an average of 8 hours. Most respondents (72%) making \$75,001 or more reported sleeping an average of 7-8 hours in a 24-hour period. Please see Table 17 below.

**Table 17 – Income by Hours of Sleep**

<b>Hours of Sleep</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
5 or less hours	<b>38%</b>	20%	<b>22%</b>	14%	<b>24%</b>	14%	7%	5%
6 hours	3	14	<b>26</b>	<b>41</b>	<b>21</b>	<b>21</b>	<b>20</b>	14
7 hours	<b>35</b>	<b>20</b>	<b>39</b>	<b>23</b>	<b>27</b>	<b>35</b>	<b>30</b>	<b>42</b>
8 hours	9	<b>43</b>	9	9	15	<b>21</b>	<b>38</b>	<b>30</b>
9 or more hours	15	3	4	14	12	10	7	10

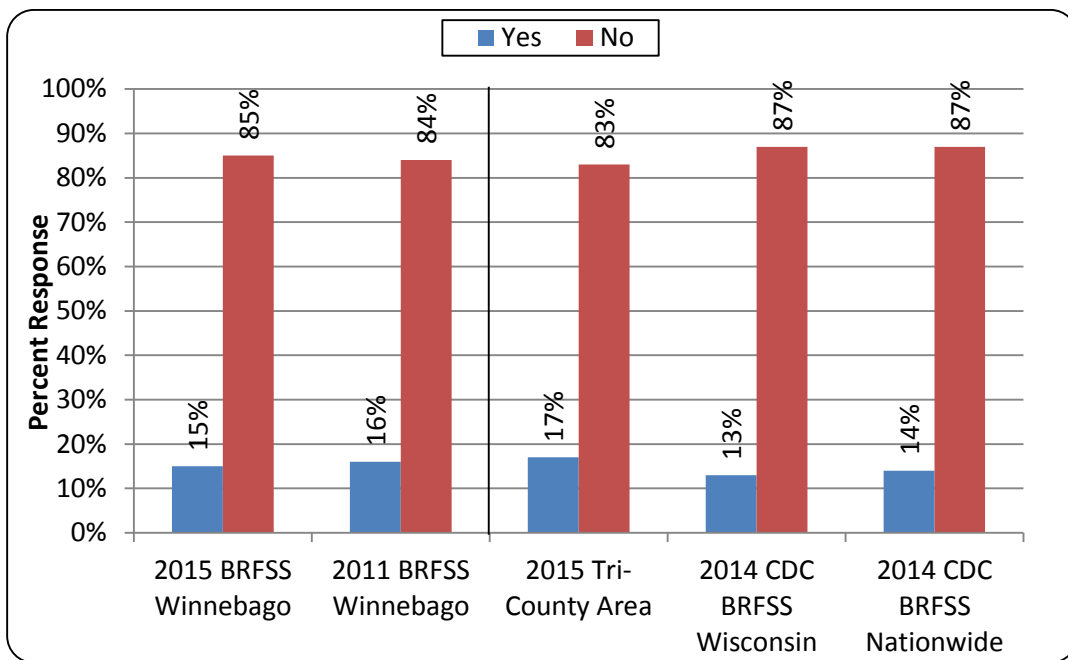
- ◆ The plurality of respondents who are employed (38%), self-employed (37%), or retired (31%) reported getting an average of 7 hours of sleep in a 24-hour period while the plurality of respondents not in the workforce (24%) or a student (44%) reported 8 hours.
- ◆ More males (39%) reported getting an average of 7 hours of sleep within a 24-hour period, which is one hours less than the plurality of females (29% reported 8 hours).

## Asthma

**Key Finding #5** *Fifteen percent (15%) of all respondents said they had been told they had asthma. Of those who ever had it, 61% said they still have it.*

- ◆ Fifteen percent (15%) of respondents said they have been told by a doctor, nurse, or other health professional they have asthma. The general trend since 2000 shows that the prevalence of asthma has been slowly increasing. Please see Figure 28 below.

**Figure 28 – “Have you ever been told by a doctor, nurse, or other health professional that you have asthma?”**



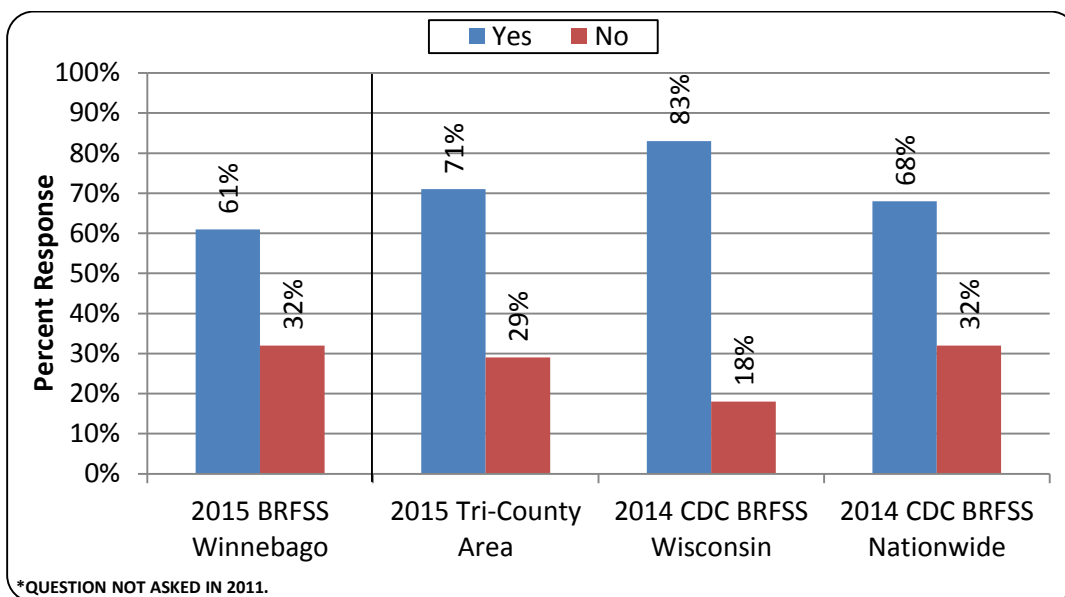
- ◆ No student reported ever having asthma, while 26% of those who are self-employed have. Between 14% and 22% of respondents who are retired (14%), employed (16%), or not in the workforce (22%) said they had ever had asthma.
- ◆ More females (19%) than males (11%) reported ever having asthma.

## Still Have Asthma

- ◆ Of those who reported ever having asthma, 61% still have asthma. Please see Figure 29 below.



**Figure 29 – “Do you still have asthma?”**



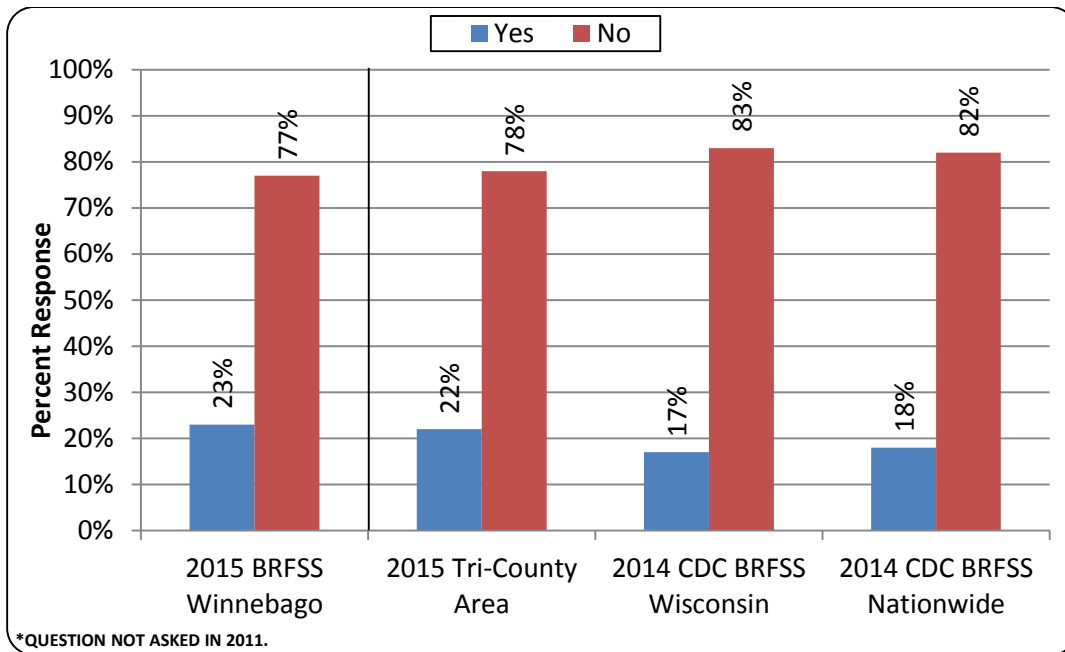
- ◆ Twenty-five percent (25%) of respondents age 25-34 reported they still have asthma, followed by 69% age 35-44, 85% age 45-54, 86% age 55-64, and 73% age 65 and over. No respondent age 18-24 reported still having asthma. As can be seen, in general, as age increased, so did the number of respondents who reported still having asthma.

### ***Depressive Disorder***

**Key Finding #6**      ***Twenty-three percent (23%) of respondents reported ever being told they have a depressive disorder.***

- ◆ Twenty-three percent (23%) of respondents reported being told by a doctor, nurse, or other health professional they had a depressive disorder, including depression, major depression, dysthymia, or minor depression. Please see Figure 30 below.

**Figure 30 – “Have you ever been told by a doctor, nurse, or other health professional you have a depressive disorder, including depression, major depression, dysthymia, or minor depression?”**



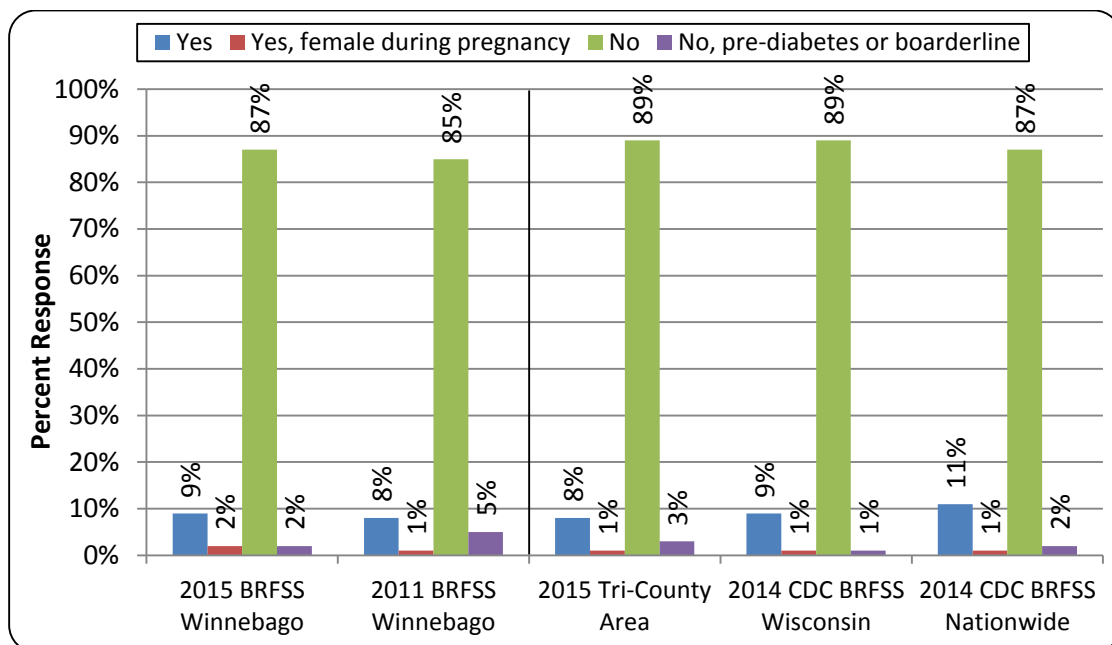
- ◆ Even though age was statistically significant by respondents who reported having a depressive disorder, no discernible pattern occurred. Thirty-three percent (33%) each of respondents age 25-34 or 45-54 reported they’ve been told they have a depressive disorder, followed by 25% age 35-44, 22% age 55-64, 16% age 65 and over, and only 7% age 18-24.
- ◆ In general, as total household income increased, the number of respondents told they have a depressive disorder stayed relatively the same. All income categories, except those making \$15,001 to \$20,000 (70%) fell between 17% and 27% in terms of ever being told they have a depressive disorder.
- ◆ Those who are self-employed had the greatest percentage of being told they had a depressive disorder at 47% while those who are a student had the lowest (7%). Seventeen percent (17%) of those who are retired, 21% who are employed, and 43% who are not in the workforce were told they have a depressive disorder.
- ◆ More females (30%) than males (17%) were told they have a depressive disorder.

## Diabetes

**Key Finding #7** *Nine percent (9%) of respondents said a doctor told them they had diabetes, with another 2% saying yes, but only during pregnancy. The vast majority, 87%, said they had never been told they had diabetes.*

- ◆ Nine percent (9%) of respondents said they had been told by a doctor that they had diabetes, with a further 2% of respondents reporting diabetes only during pregnancy, and 2% said they had been told they were borderline. The vast majority, 87%, said they had never been told they had diabetes or pre-diabetes. Please see Figure 31 below.

**Figure 31 – “Have you ever been told by a doctor that you have diabetes?”**



- ◆ Eighty-two percent (82%) or above of respondents age 18-64 had never been told by a doctor that they have diabetes. Two percent (2%) age 35-44, 8% 45-54, 12% 55-64, and 29% age 65 and over reported having diabetes. No respondent age 18-24 or 25-34 reported having diabetes.
- ◆ In general, as total household income increased, the percentage of respondents diagnosed with diabetes decreased. Twelve percent (12%) with an annual household income of less than \$10,000 were told by a doctor they have diabetes while 5% with an annual household income of \$75,001 or more were told they have diabetes. The only income category which does not as closely follow this pattern is those making \$15,001 to \$20,000 in which 18% of respondents reported being told they have diabetes and 14% of respondents from this same income category reported they were told they have diabetes but only during pregnancy. Please see Table 18 below.

**Table 18 – Income by Diabetes**

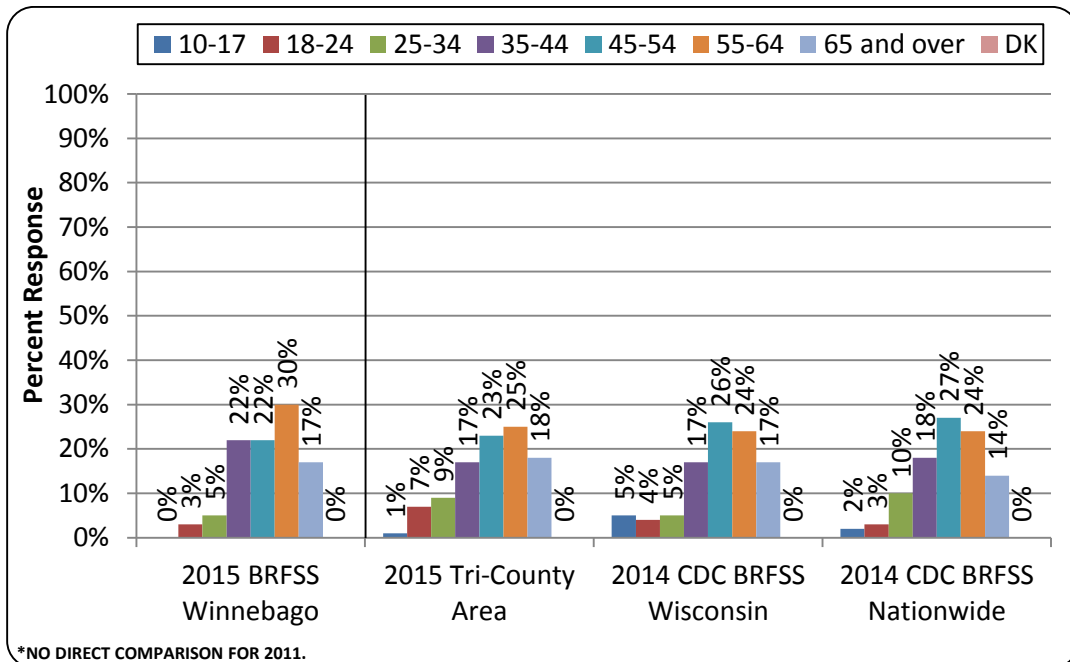
Diagnosed with Diabetes	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Yes	12%	11%	18%	14%	9%	8%	3%	5%
Yes, but female told only during pregnancy	0	0	14	0	0	0	0	3
No	88	84	68	77	91	87	97	90
No, pre-diabetes or borderline diabetes	0	5	0	9	0	5	0	2

- ◆ The majority of respondents from all employment categories were never told by a doctor they have diabetes. No student respondent was told they have diabetes while 4% who are employed, 11% who are self-employed, 12% who are not in the workforce, and 24% who are retired were told they have diabetes.

**Diabetes Age**

- ◆ Of those who reported having diabetes, 0% were told at the age of 10-17, 3% at 18-24, 5% at 25-34, 22% at 35-44, 22% at 45-54, 30% at 55-64, and 17% said they were told at age 65 or over. Please see Figure 32 below.

**Figure 32 – “How old were you when you were told you have diabetes?”**

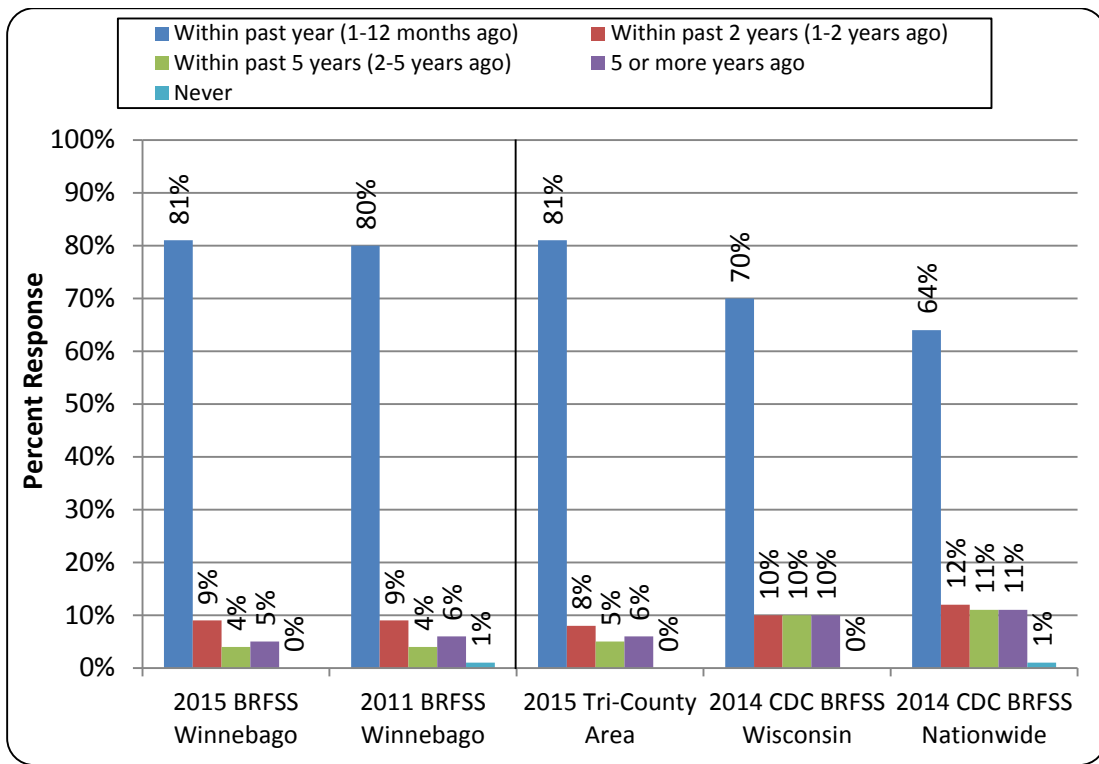


**Oral Health**

**Key Finding #8** *The majority (81%) of respondents had been to a dentist within the past year, which is similar to 2011 levels (80%). Additionally, 5% said they had not visited a dentist in at least 5 years.*

- ◆ The majority of respondents (81%) have seen a dentist within the past year, which is similar to 2011 (80%).

**Figure 33 – “How long has it been since you last visited a dentist/dental clinic for any reason?”**



- ◆ Between 80% and 87% of respondents age 35-64 have been to the dentist or a dental clinic within the past year. All respondents age 18-24 reported visiting a dentist or dental clinic within the past year compared to only 63% age 25-34. Twenty-eight percent (28%) of respondents age 25-34 reported visiting a dentist or dental clinic 1-2 years ago and 10% age 45-54 reported their last visit to a dentist or dental clinic 5 or more years ago.

## Tobacco Use

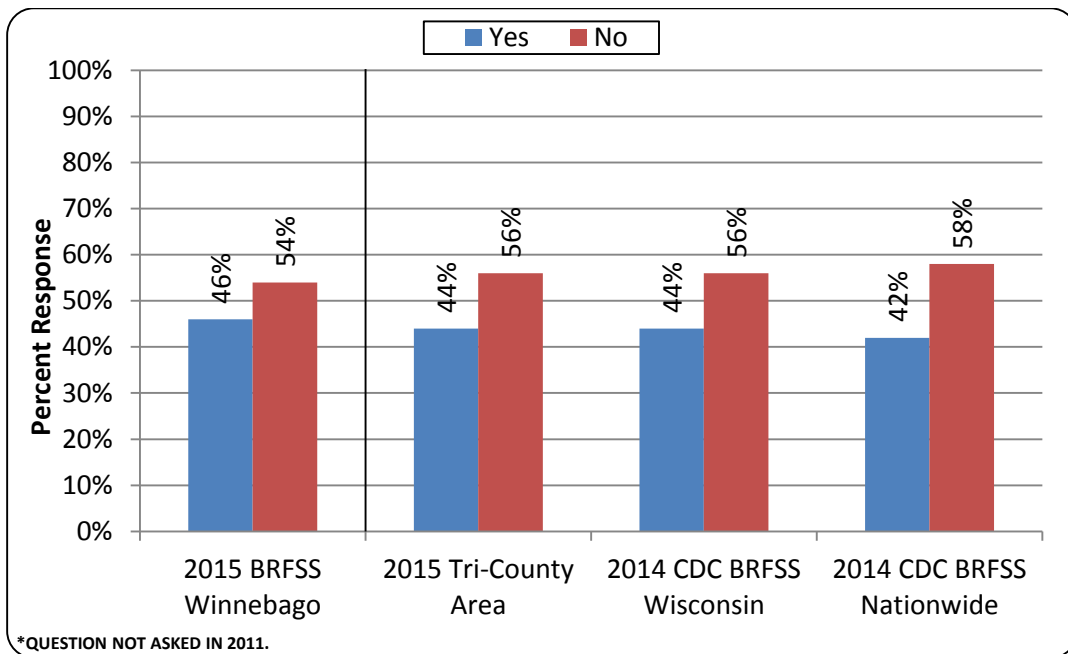
### Key Finding #9

*The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or every day, 44% said they had tried to quit for at least one day in the past year. Four percent (4%) reported using chewing tobacco, snuff, or snus, while 8% use electronic cigarettes.*

### Smoking – 100 cigarettes in entire life

- ◆ The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Please see Figure 34 below.

**Figure 34 – “Have you smoked at least 100 cigarettes in your entire life?”**



- ◆ The majority of respondents 18-24 and 35 and over (54% to 70%) reported not smoking at least 100 cigarettes in their entire life while the majority of respondents 25-34 (72%) DID report having smoked at least 100 cigarettes in their life.
- ◆ A higher percentage of those with a high school diploma or less (58%) reported having smoked at least 100 cigarettes in their lifetime than those with some college or tech school (48%) or those with a college degree (32%).
- ◆ The majority of respondents making \$25,000 or less and \$35,001 to \$50,000 reported smoking at least 100 cigarettes in their lifetime (51% to 70%). Thirty-four percent (34%) of respondents making \$50,001 to \$75,000, 37% making more

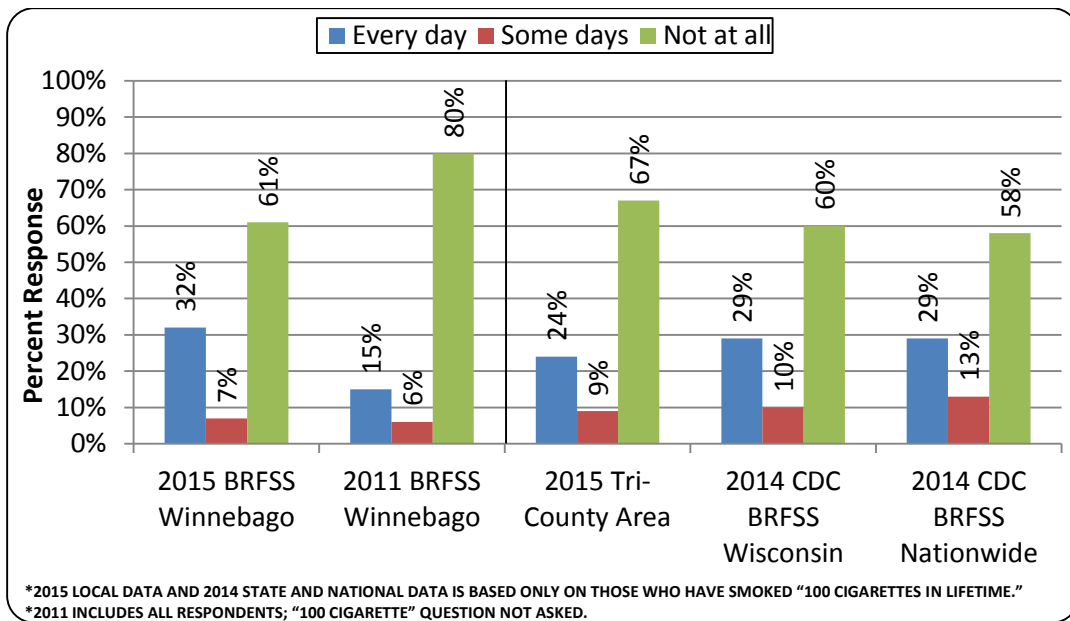
than \$75,000, and 44% who earn \$25,001 to \$35,000 annually reported smoking at least 100 cigarettes in their life.

- ◆ More males (52%) than females (41%) reported smoking 100 cigarettes in their lifetime.

### Current Smoking Days

- ◆ Of those who had smoked at least 100 cigarettes in their entire life, 61% said they currently do not smoke at all, while 7% said they smoke some days and 32% said they smoke every day. Of those who currently smoke some days or every day, 44% said they had tried to quit for at least one day in the past year. Please see Figure 35 below.

**Figure 35 – “Do you now smoke cigarettes every day, some days, or not at all?”**



- ◆ Fifty-three percent (53%) of respondents age 25-34 who reported smoking at least 100 cigarettes in their life smoke every day while the majority or plurality of those age 18-24 and 35 or older (47% to 81%) reported that they now do not smoke at all. Please see Table 19 below.

**Table 19 – Age by Current Smoking**

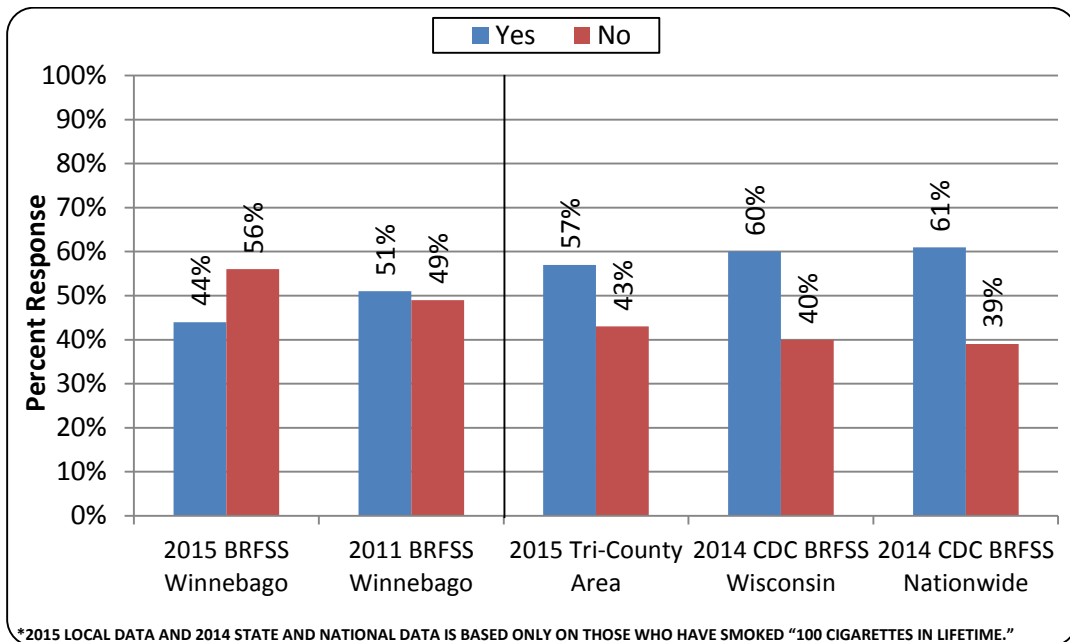
Age	18-24	25-34	35-44	45-54	55-64	65 and over
Everyday	26%	53%	25%	39%	17%	16%
Some days	26	0	14	3	8	3
Not at all	47	47	61	58	75	81

- ◆ Seventy-three percent (73%) of respondents who are self-employed and 69% who are students reported that they currently smoke every day. Most respondents who are not in the workforce (49%), employed (67%), or retired (83%) reported that they currently do not smoke at all.

### Stopped Smoking

- ◆ Of respondents who reported smoking every day or some days, the majority (56%) have stopped smoking for one day or longer because they were trying to quit while 44% have not tried to quit smoking during the past 12 months. Please see Figure 36 below.

**Figure 36 – “During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?”**



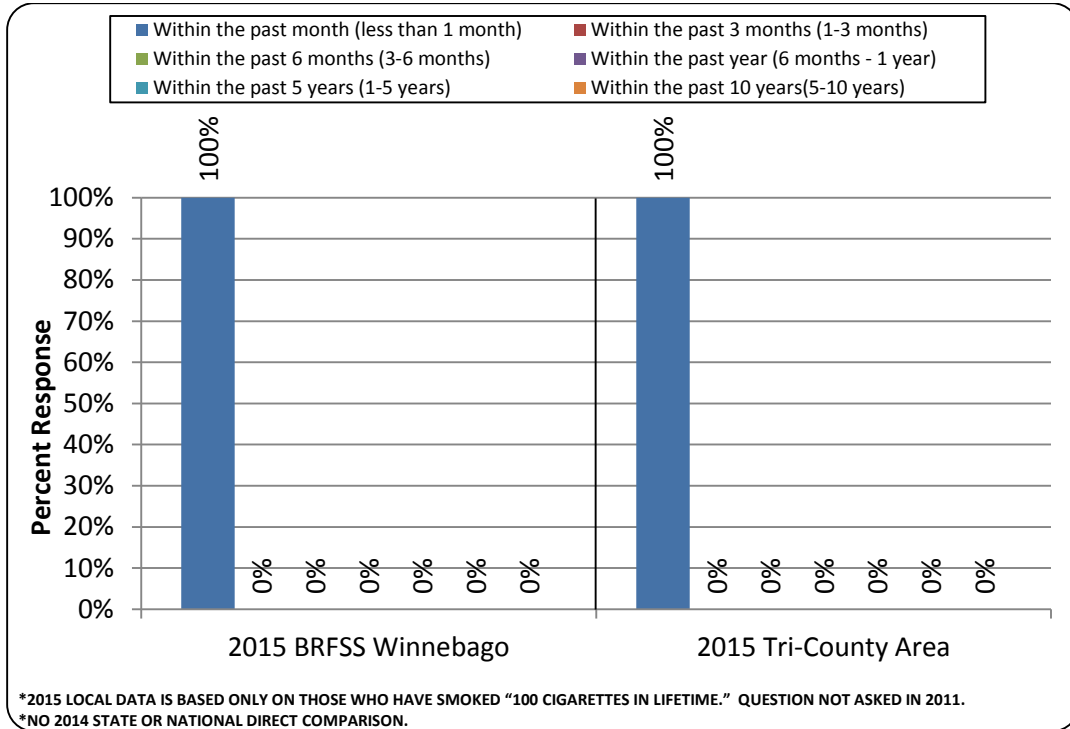
- ◆ Seventy-seven percent (77%) of respondents with some college or tech school said they have stopped smoking for one day or longer because they were trying to quit smoking, followed by 42% who have a college degree. Only 10% of respondents with a high school diploma or less reported that they did stop smoking for one day or longer during the past 12 months because they were trying to quit smoking.
- ◆ The majority of respondents making \$25,001 to \$25,000 (57%), \$10,001 to \$15,000, \$50,001 to \$75,000, or \$15,001 to \$20,000 (100%) reported having stopped smoking for one day or longer because they were trying to quit smoking.



## Tobacco Use

- ◆ Of the respondents who reported smoking every day or some days, all respondents reported smoking their last cigarette, even one or two puffs, within the past month. This question was not significant by any demographic variables. Please see Figure 37 below.

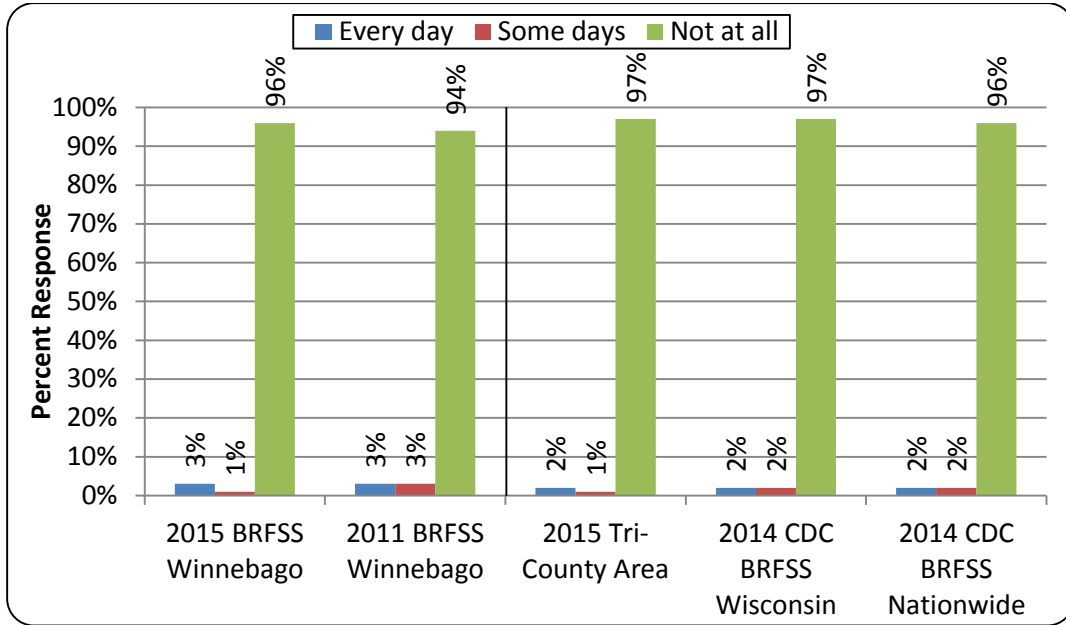
**Figure 37 – “How long has it been since you last smoked a cigarette, even one or two puffs?”**



## Chewing Tobacco, Snuff, or Snus

- ◆ Three percent (3%) of respondents reported using chewing tobacco, snuff, or snus every day and 1% reported using some days while 96% reported not at all. Please see Figure 38 below.

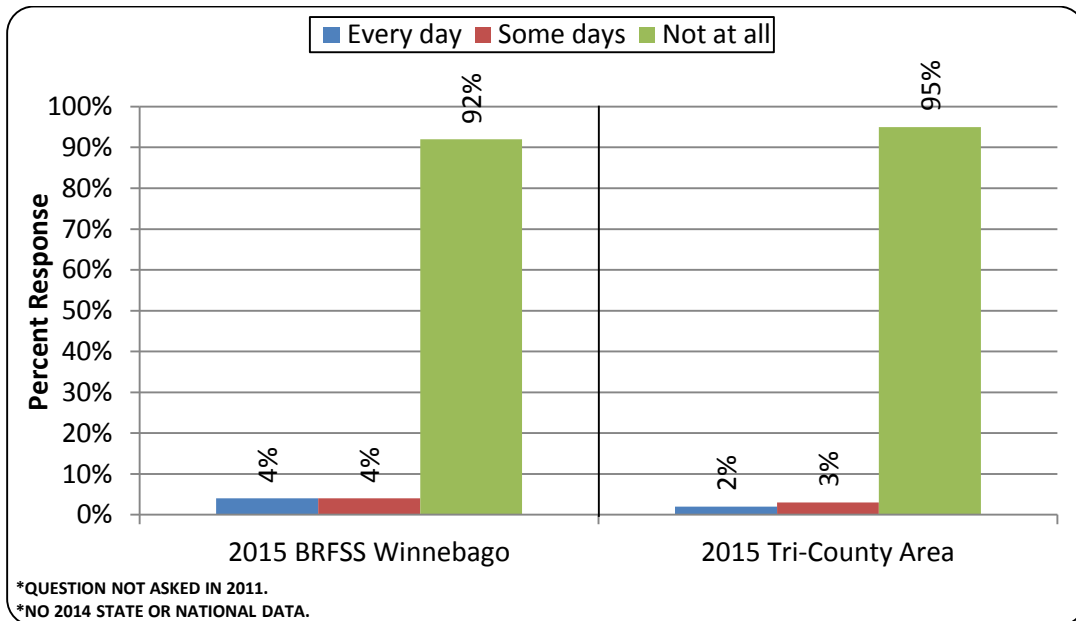
**Figure 38 – “Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?”**



### Electronic Cigarettes

- ◆ Ninety-two percent (92%) of respondents reported not using electronic cigarettes while 4% reported every day and 4% some days. Please see Figure 39 below.

**Figure 39 – “Do you currently use electronic cigarettes (e-cigarettes, NJOY, Bluetip) every day, some days, or not at all?”**



- ◆ Those age 18-24 had the largest response rates for using electronic cigarettes every day (8%) and respondents age 25-34 had the highest response rates for using electronic cigarettes some days (10%).
- ◆ Even though there is a small percentage of individuals who use electronic cigarettes, statistical significance was still found for education status. Six percent (6%) of respondents with a high school diploma or less reported using electronic cigarettes every day while 10% of respondents with some college or tech school reported using electronic cigarettes some days. However, most respondents from all education categories reported not using electronic cigarettes at all (90% to 96%).
- ◆ No discernible pattern occurred when analyzing income by respondents who use electronic cigarettes. Nine percent (9%) of respondents who earn less than \$10,000 reported using electronic cigarettes every day while 17% who make \$15,001 to \$20,000 said they currently use electronic cigarettes some days.
- ◆ Respondents who are students had the highest percentage who reported using electronic cigarettes (7% every day; 12% some days) followed by respondents who are self-employed (17% some days). No respondent who is retired reported that they currently use electronic cigarettes at all.
- ◆ More males (12%) than females (4%) reported using electronic cigarettes every day or some days.

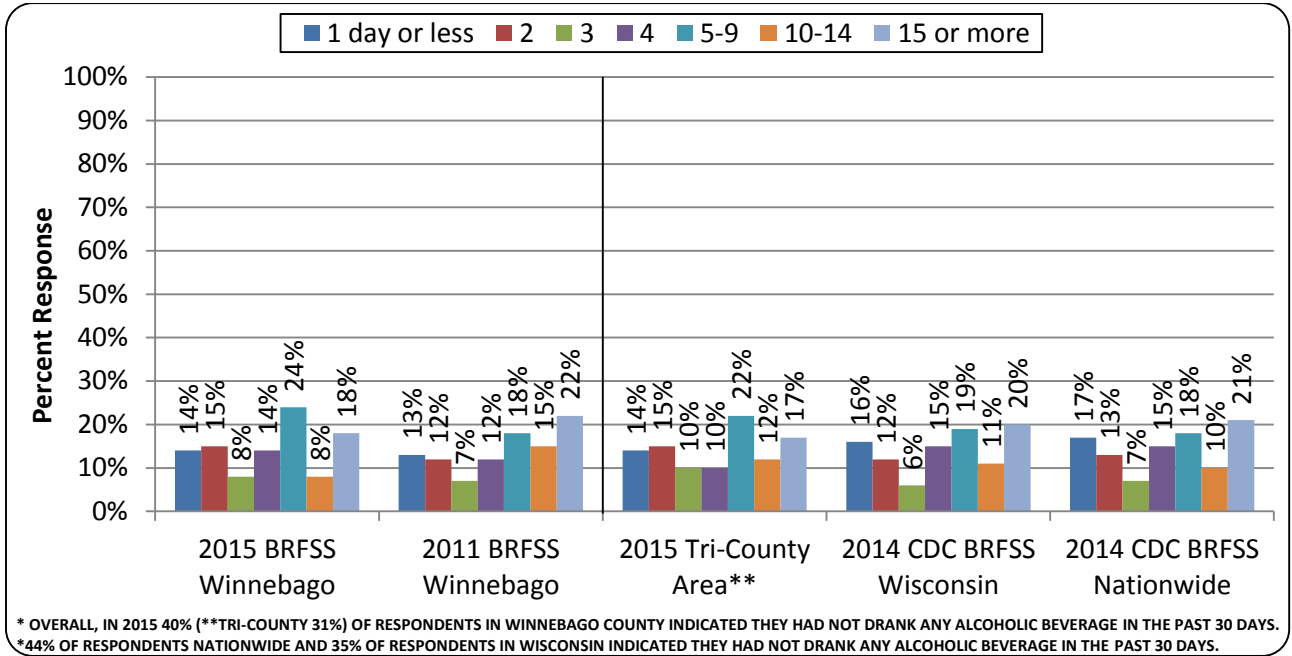
### ***Alcohol Consumption***

**Key Finding #10**      ***Sixty percent (60%) of respondents reported drinking at least one drink of any alcoholic beverage at least one day in the past 30 days. Eighteen percent (18%) of respondents reported drinking at least one alcoholic beverage 15 or more days per month in the past 30 days. During the past 30 days when respondents drank, 33% reported having an average of one drink while 11% indicated 5 or more drinks.***

### **Average Number of Days Drinking in Past 30 Days**

- ◆ Overall, in 2015, 40% of respondents indicated that they had not drank any alcoholic beverage in the past 30 days. Of those who did drink, 14% of respondents said 1 day or less when asked how many days per month they had at least one alcoholic beverage in the past 30 days. Fifteen percent (15%) of respondents reported 2 days, 8% 3 days, 14% 4 days, 24% 5-9 days, 8% 10-14 days, and 18% reported 15 or more days in the past 30 days. Please see Figure 40 below.

**Figure 40 – “During the past 30 days, how many days per month did you have at least one drink of any alcoholic beverage?”**



- ◆ Of respondents who had reported drinking at least one alcoholic beverage during the past 30 days, the majority who are age 18-24 (52%) reported drinking 5 to 9 days. Many respondents age 65 and over (34%) reported drinking 15 or more days in the past 30 days. There was a plurality split at 24% for respondents age 25-34 between 5 to 9 days and 15 or more days and there was a plurality split at 20% between 2 days and 5 to 9 days for respondents age 35-44. Please see Table 20 below.

**Table 20 – Age by Average Number of Days Drinking**

Average Number of Days Drinking	18-24	25-34	35-44	45-54	55-64	65 and over
1 or less days	0%	15%	15%	16%	17%	16%
2 days	33	7	20	18	7	8
3 days	0	15	10	9	5	8
4 days	15	15	9	18	12	13
5 to 9 days	52	24	20	18	24	16
10 to 14 days	0	0	17	7	14	5
15 or more days	0	24	9	16	21	34

- ◆ The majority of respondents who had reported drinking at least one alcoholic beverage during the past 30 days with an annual household income of less than \$10,000 (60%) reported drinking 2 days in the past 30 days while those with an annual household income of \$20,001 to \$25,000 had a plurality response rate of 42% for drinking 15 or more days in the past 30 days. Please see Table 21 below.

**Table 21 – Income by Average Number of Days Drinking in Past 30 Days**

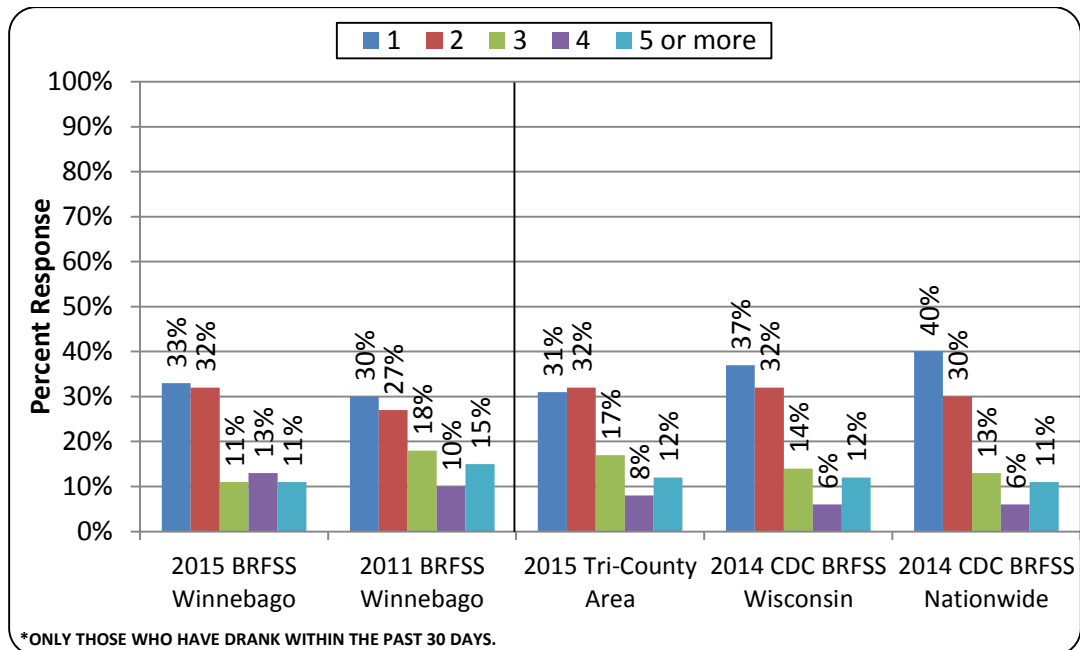
Number of Days	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
1 or less days	0%	5%	33%	0%	13%	18%	10%	16%
2 days	60	23	17	0	7	9	10	11
3 days	20	5	0	8	20	15	15	1
4 days	0	18	33	8	13	21	10	13
5 to 9 days	0	46	8	25	33	9	29	30
10 to 14 days	7	0	0	17	0	3	5	16
15 or more days	13	5	8	42	13	27	22	13

- ◆ Of respondents who had reported drinking an alcoholic beverage in the past 30 days, 35% of respondents who are retired reported drinking 15 or more days, 56% who are students and 22% who are employed reported drinking 5-9 days, 50% who are self-employed reported drinking 4 days, and 32% of respondents who are not in the workforce reported drinking 2 days in the past 30 days.

**Average Number of Drinks**

- ◆ Of those who did drink in the past 30 days, 33% drank an average of 1 drink, 32% an average of 2 drinks, 11% an average of 3 drinks, 13% an average of 4 drinks, and 11% an average of 5 or more drinks on the day they drink. Please see Figure 41 below.

**Figure 41 –“During the past 30 days, on the days when you drank, about how many drinks did you drink on average?”**



- ◆ The majority of respondents age 18-24 reported having an average of 4 drinks on average in the past 30 days (67%) while no respondents age 18-24 reported an average of 1 drink or 3 drinks. Respondents who reported drinking the most were respondents age 18-24 (19% said 5 or more drinks), followed by respondents age 45-54 (16% said 5 or more drinks). The majority of respondents 65 and over reported an average of 1 drink (61%).
- ◆ Those with a high school diploma or less (29%) had a plurality of an average of 1 drink on the days they drank in past 30 days. The plurality of respondents with some college or tech school (34%) or a college degree (42%) reported an average of 2 drinks. Twenty percent (20%) of respondents with a high school diploma or less also reported 5 or more drinks.
- ◆ No discernible pattern exists when comparing total household income and the average number of drinks a respondent had on the days in which they drank. The majority of those with an annual household income of less than \$10,000 (57%) and the plurality of respondents who make \$10,001 to \$15,000 (39%) reported an average of 4 drinks in the past 30 days. The majority of respondents who make \$20,001 or more reported drinking 1 drink or 2 drinks on an occasion. Please see Table 22 below.

**Table 22 – Income by Average Number of Drinks on an Occasion**

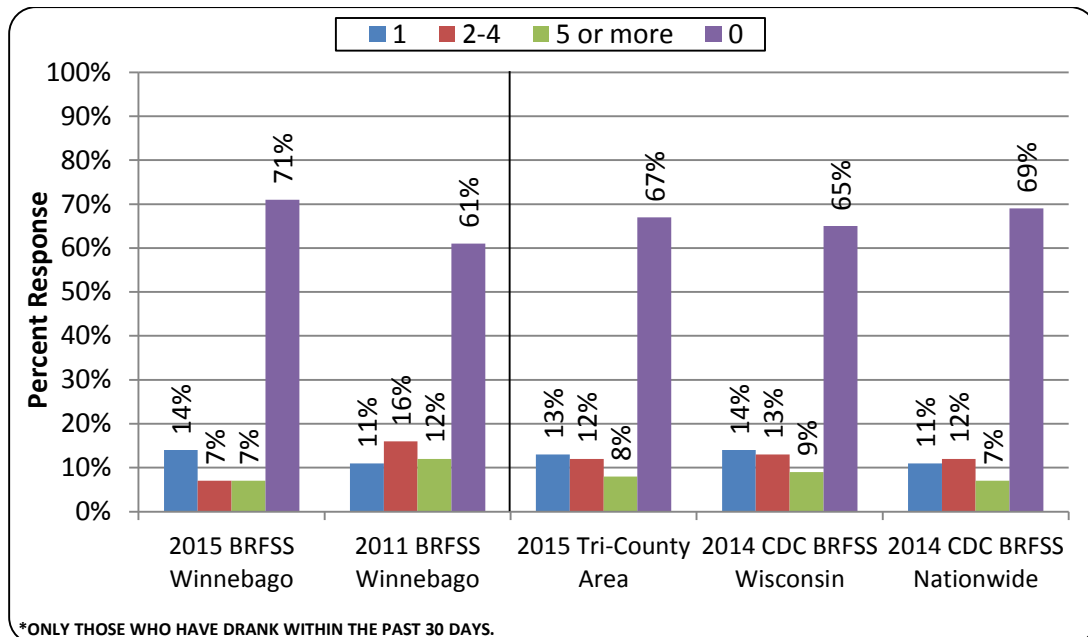
<b>Number of Days</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
1 drink	0%	9%	73%	62%	20%	35%	41%	31%
2 drinks	36	5	18	23	47	44	36	34
3 drinks	0	22	9	7	13	9	5	17
4 drinks	57	39	0	0	0	3	12	7
5 or more drinks	7	26	0	8	20	9	7	10

- ◆ Many respondents who are not in the workforce (29%), retired (52%), or self-employed (60%) reported drinking an average of 1 drink on the days in which they drank. The plurality of those who are employed (39%) reported drinking 2 drinks while the majority of respondents who are students (52%) reported drinking an average of 4 drinks.
- ◆ More females (46%) than males (20%) reported drinking an average of 1 drink on the days in which they drank in the past 30 days while more males (18%) than females (3%) reported drinking an average of 5 or more drinks.

### **5 or More Drinks on an Occasion**

- ◆ The majority of respondents (71%) did not have 5 or more drinks on an occasion in the past 30 days. This percentage is up from 2011 in which 61% reported not having 5 or more drinks on occasion in the past 30 days. Fourteen percent (14%) reported having 5 or more drinks on an occasion once, 7% reported 2-4 times, and another 7% reported 5 or more times. Please see Figure 42 below.

**Figure 42 – “Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?”**



- ◆ In general, as age increased, so did the number of respondents who reported zero times in terms of having 5 or more drinks on an occasion; from 32% age 18-24 to 92% age 65 and over. As for respondents age 18-24, there is a plurality split at 32% between zero times and 1 time in which they had 5 or more drinks on an occasion. This age group also had the highest percentage in terms of having 5 or more drinks on an occasion 5 or more times in the past 30 days (18%). Please see Table 23 below.

**Table 23 – Age by 5 or More Drinks on an Occasion**

5 or More Drinks on an Occasion	18-24	25-34	35-44	45-54	55-64	65 and over
1 time	32%	31%	15%	7%	5%	3%
2 to 4 times	18	0	11	2	12	0
5 or more times	18	0	0	16	10	5
0 times	32	69	74	75	73	92

- ◆ Sixty-four percent (64%) of respondents with some college or tech school, 66% with a high school diploma or less, and 84% with a college degree reported an average of zero times in term of having 5 or more drinks on one occasion during the past 30 days. Respondents with a high school diploma or less had the highest number who reported having 5 or more drinks on an occasion 5 or more times during the past 30 days at 15%.
- ◆ The majority of respondents from all income reported zero times in terms of the number of times in the past 30 days in which they had 5 or more drinks. respondents who earn \$10,001 to \$15,000 had the highest percentage in terms

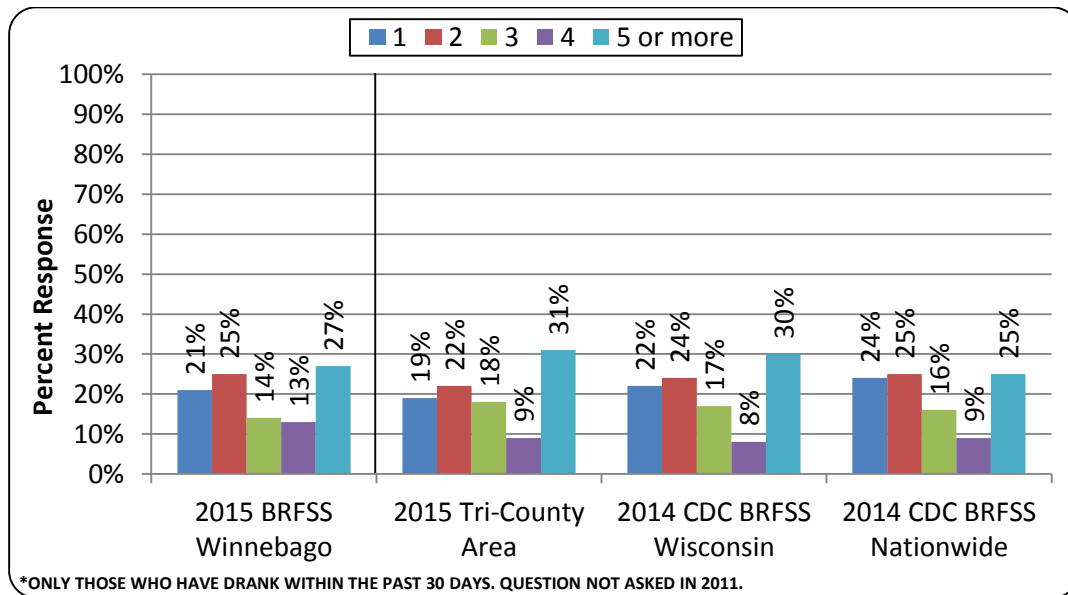
of binge drinking the most (23% reported 5 or more times) and respondents who earn less than \$10,000 annually reported binge drinking the least (31% at only 1 time).

- ◆ A large percentage (59% or more) of respondents across all employment categories reported NOT drinking 5 or more drinks on an occasion in the past 30 days. No respondent who is self-employed or a student reported binge drinking in the past 30 days while 19% of respondents who are students reported either binge drinking 2 to 4 times (19%) or 5 or more times (19%).
- ◆ More females (80%) than males (62%) reported zero times in terms of having 5 or more drinks on any occasion in the past 30 days. More males (13%) than females (2%) reported binge drinking 5 or more times in the past 30 days.

### Largest Number of Drinks on an Occasion

- ◆ During the past 30 days, 27% said the largest number of drinks they had on any occasion was 5 or more drinks. Thirteen percent (13%) reported 4 drinks, 14% 3 drinks, 25% 2 drinks, and 21% reported 1 drink. Please see Figure 43 below.

**Figure 43 – “During the past 30 days, what is the largest number of drinks you had on an occasion?”**



- ◆ Most respondents age 18-24 (68%) reported their largest number of drinks on an occasion to be 5 or more drinks while most respondents who are 65 years old and older (46%) reported only 1 drink. The plurality of respondents age 35-44 (31%) and 55-64 (33%) reported their largest number of drinks on an occasion to be 2 drinks.
- ◆ Respondents with some college or tech school reported drinking the most on a single occasion; 34% reported their largest number of drinks as 5 or more,



followed by 30% with a high school diploma or less. Many respondents with a college degree (29%) reported their largest number of drinks on an occasion as only 2 drinks.

- ◆ Just under half of respondents who earn \$10,001 to \$15,000 annually (46%) reported their largest number of drinks on a single occasion to be 5 or more drinks, followed by 41% who earn \$25,001 to \$35,000, 40% who make less than \$10,000, 36% who make \$20,001 to \$25,000, and 24% who make more than \$75,000 per year. Respondents who reported the smallest number of drinks on an occasion are those making \$15,001 to \$20,000 at 36% while there is a four way plurality split at 23% for respondents at 1 drink, 2 drinks, 3 drinks, and 5 or more drinks for respondents who earn \$35,001 to \$50,000 annually. Please see Table 24 below.

**Table 24 – Income by Largest Number of Drinks**

<b>Number of Drinks</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
1 drink	7%	8%	36%	21%	8%	23%	27%	22%
2 drinks	33	4	27	29	33	23	39	21
3 drinks	0	4	27	14	8	23	15	18
4 drinks	20	38	9	0	8	10	0	15
5 or more drinks	40	46	0	36	41	23	20	24

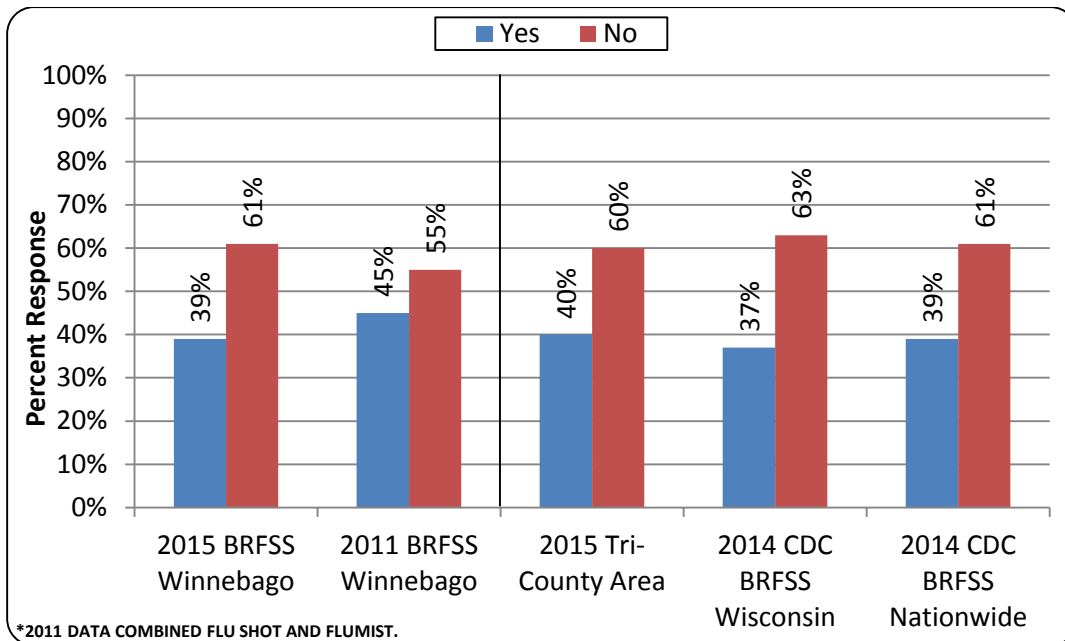
- ◆ Those who are self-employed had a plurality split at 30% in terms of respondents who had either 1 drink or 3 drinks as their largest number of drinks on an occasion. Thirty-seven percent (37%) of respondents who are not in the workforce and 30% who are employed reported 5 or more drinks as their largest number of drinks on an occasion, 44% of students reported 4 drinks, and 38% of respondents who are retired reported only 1 drink.
- ◆ More males (36%) reported their largest number of drinks on an occasion as 5 or more drinks while more females (33%) reported only 2 drinks.

### **Immunization**

**Key Finding #11** *Thirty-nine percent (39%) of respondents reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.*

- ◆ Respondents were asked whether they had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months. The majority (61%) of respondents said they had not while 39% said they had. Please see Figure 44 below.

**Figure 44 – “During the past 12 months, have you had either a flu shot or flu vaccine that was sprayed in your nose?”**



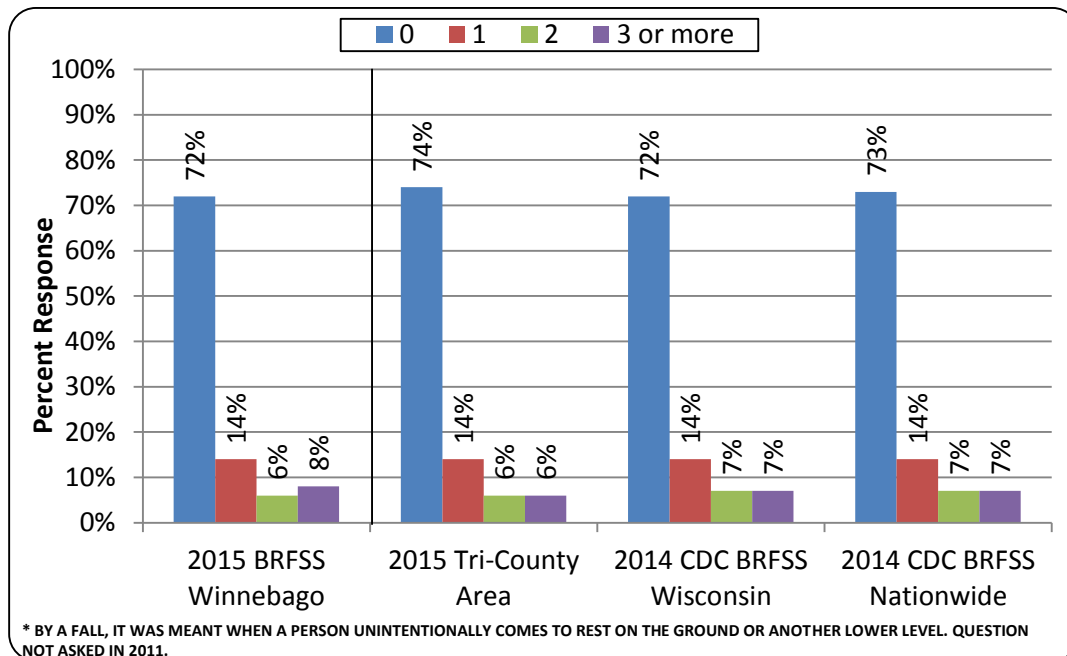
- ◆ In general, as age increased, so did the number of respondents who reported having either the flu shot or flu vaccine sprayed in their nose in the past 12 months (8% age 18-24 up to 69% age 65 and over). Respondents age 25-34 did not follow this pattern; 38% reported having the flu shot or flu vaccine within the past 12 months, which is the same as respondents age 45-54 (38%).
- ◆ Those with a higher education level were found to have had either the flu shot or flu vaccine sprayed in their nose within the past 12 months; this percentage increases from 32% with a high school diploma or less to 50% with a college degree.
- ◆ Even though total household income was statistically significant with respondents having the flu shot or flu vaccine within the past 12 months, no discernible pattern was found. Over half of respondents who make \$15,001 to \$20,000 annually (56%) or \$20,001 to \$25,000 (59%) reported getting the flu shot or vaccine in the past 12 months. All other income levels fell between 24% and 49% with respondents making \$10,001 to \$15,000 or \$25,001 to \$35,000 both at 24%.
- ◆ The only employment category in which the majority of respondents reported receiving the flu shot or flu vaccine sprayed in their nose in the past 12 months are those who are retired (66%). Less than half of respondents who are self-employed (42%), employed (40%), not in the workforce (31%), or a student (7%) reported having either the flu shot or flu vaccine within the past 12 months.

## Falls

**Key Finding #12** *Seventy-two percent (72%) of respondents reported zero falls in the past 12 months while 14% reported one fall, 6% reported two falls, and 8% three or more falls. Of those who reported having fallen, 47% reported that their fall had not caused an injury.*

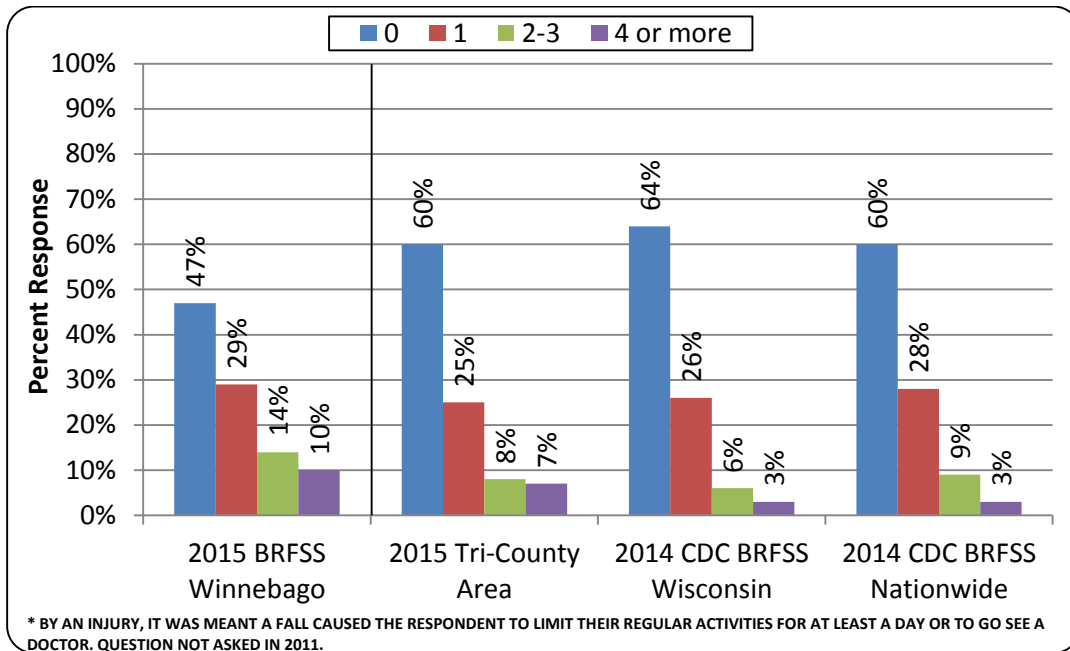
- ◆ If the respondent was 45 years old or older, they were asked about any recent falls they may have had. By a fall, it was meant when a person unintentionally comes to rest on the ground or another lower level. First, respondents were asked how many times they had fallen. The majority (72%) reported never falling while 14% reported once, 6% reported twice, and 8% three or more times. Please see Figure 45 below.

**Figure 45 – “In the past 12 months, how many times have you fallen?”**



- ◆ Of those who had fallen at least once, 47% of respondents reported that none of their falls caused an injury, 29% said one fall caused an injury, 14% said 2-3 falls caused an injury, and 10% said 4 or more falls caused an injury. By an injury, it was meant that the fall caused them to limit their regular activities for at least a day or to go see a doctor. Please see Figure 46 below.

**Figure 46 – “How many of these falls caused an injury?”**

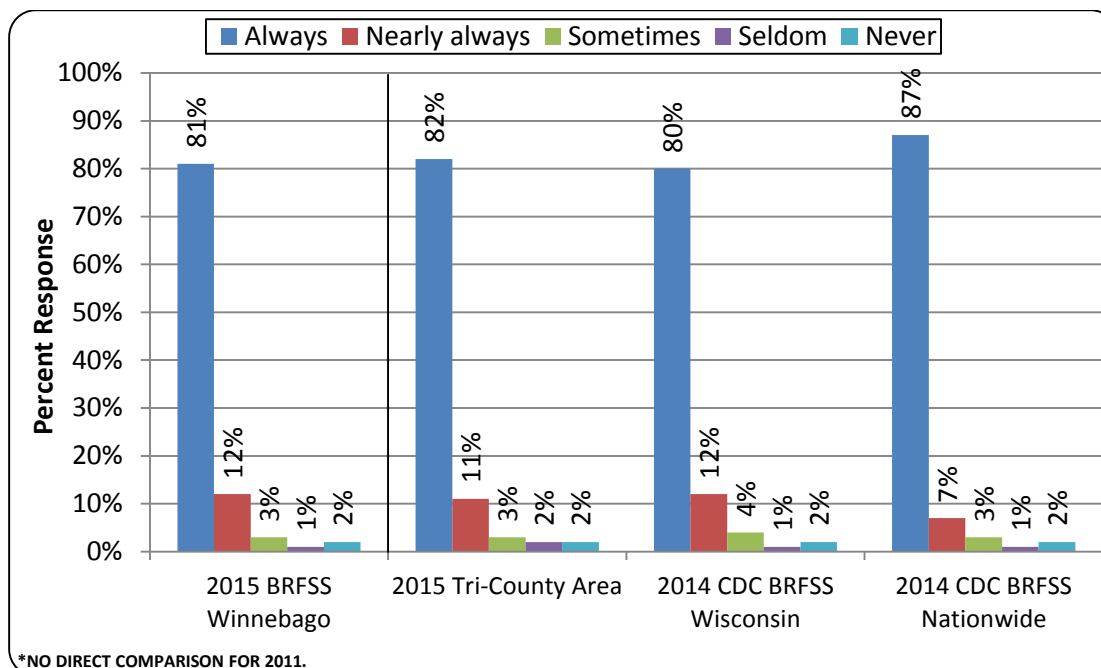


### **Seatbelt Use**

**Key Finding #13** *A large percentage (81%) of respondents reported always using their seatbelt while driving or riding in a car.*

- ◆ A majority of respondents (81%) reported always using a seat belt while they drive or ride in a car. Twelve percent (12%) reported nearly always using a seat belt, 3% sometimes use a seat belt, 1% seldom use a seat belt, and 2% never use a seat belt while driving or riding in a car. Please see Figure 47 below.

**Figure 47 – “How often do you use a seat belt when you drive or ride in a car? Would you say?”**



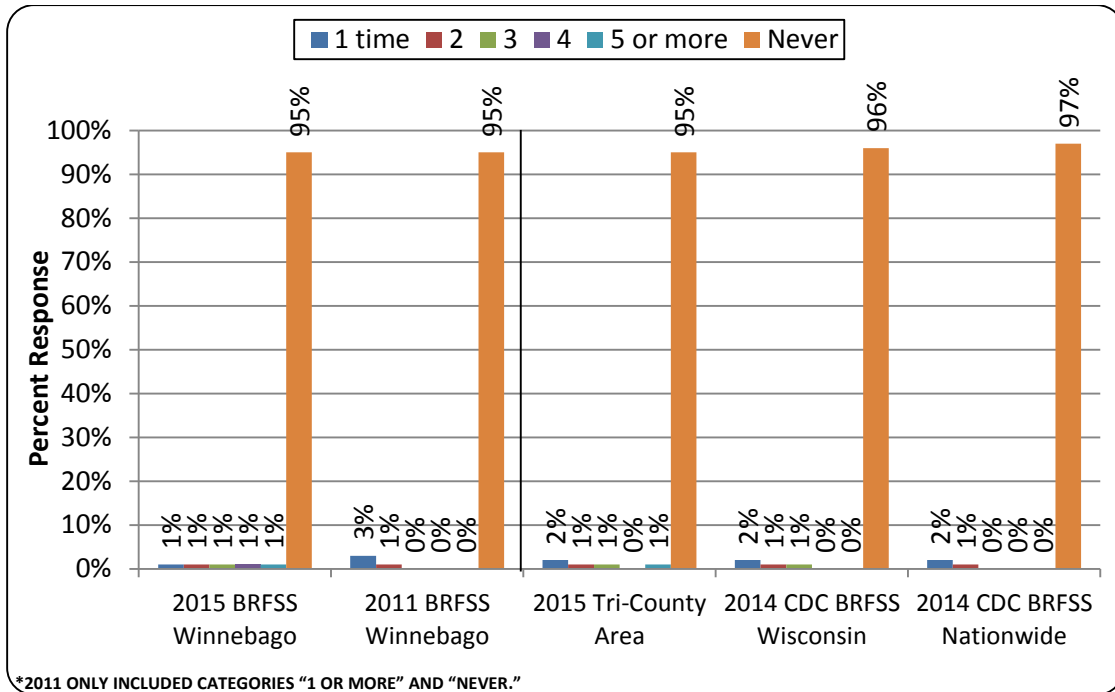
- ◆ No discernible pattern was found when comparing total household income and seatbelt use. Even though majority of respondents from all household incomes reported always wearing their seatbelt while driving or riding in a car, all respondents who make \$15,001 to \$20,000 said they always wear their seatbelt while only 63% who make \$25,001 to \$35,000 reported always.
- ◆ The majority of respondents in all employment categories reported always wearing their seatbelt while driving or riding in a car (68% to 85%).
- ◆ Ninety-one percent (91%) females reported always wearing their seatbelt while driving or riding in a car compared to 72% of males. Seventeen percent (17%) of male respondents reported nearly always wearing their seatbelt.

### ***Drinking and Driving***

**Key Finding #14** *The majority of respondents (95%) reported never driving while perhaps having too much to drink while 1% each reported 1, 2, 3, 4, or 5 or more times in which they’ve driven when they perhaps had too much to drink.*

- ◆ When respondents were asked how many times they have driven when they’ve had perhaps too much to drink, 95% reported never and 1% each reported 1 time, 2 times, 3 times, 4 times, or 5 or more times. Please see Figure 48 below.

**Figure 48 – “During the past 30 days, how many times have you driven when you’ve had perhaps too much to drink?”**



- ◆ Eighty-eight percent (88%) of respondents who make \$25,001 to \$35,000 annually reported never driving when they’ve perhaps had too much to drink. Ninety-two percent (92%) or more of respondents from all other income categories also reported never driving when they’ve perhaps had too much to drink.

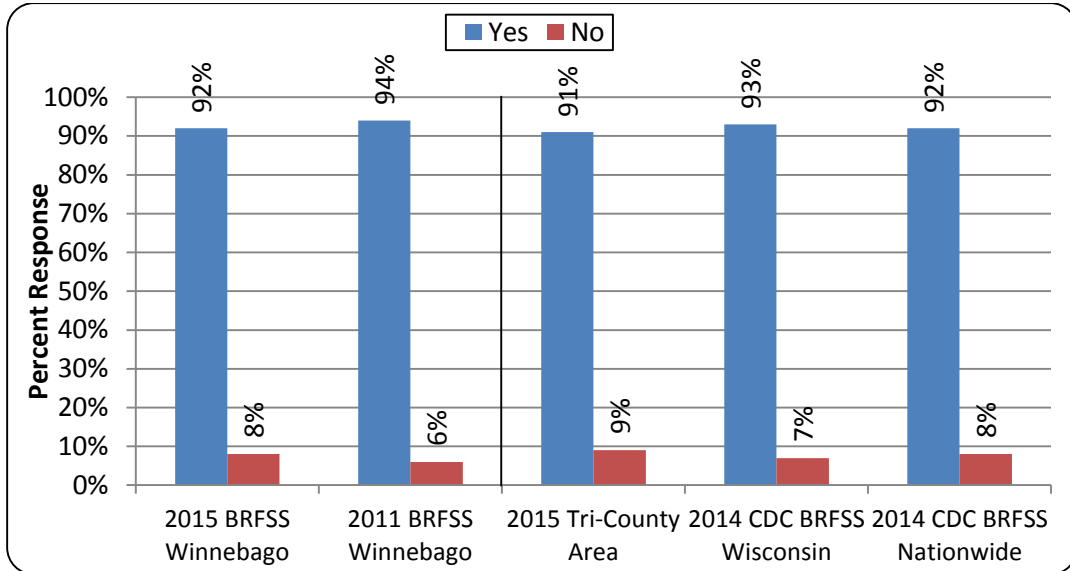
### **Women’s Health Issues**

**Key Finding #15** *Ninety-one percent (91%) of women had breast exams and 88% had pap tests. Additionally, 92% of women age 40 had a mammogram.*

### **Mammogram**

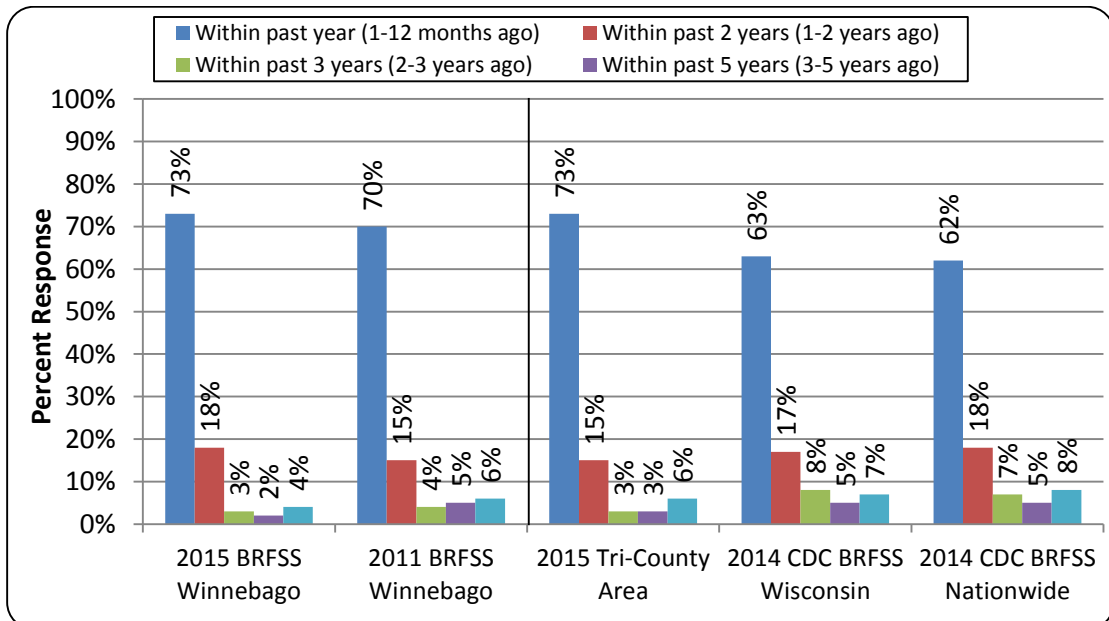
- ◆ In 2015, 92% of women respondents over age 40 reported ever having a mammogram, similar to 2011. Please see Figure 49 below.

**Figure 49 – “A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?” (Age 40+)**



- ◆ Eighty-three percent (83%) or more of women from all income categories, except those making \$50,001 to \$75,000 (71%) reported having a mammogram.
- ◆ Of those who reported having a mammogram, 73% reported having one within the past year, which is slightly up from 2011 (70%). Eighteen percent (18%) reported having one 1-2 years ago, and 9% reported having one more than 2 years ago. Please refer to Figure 50 below.

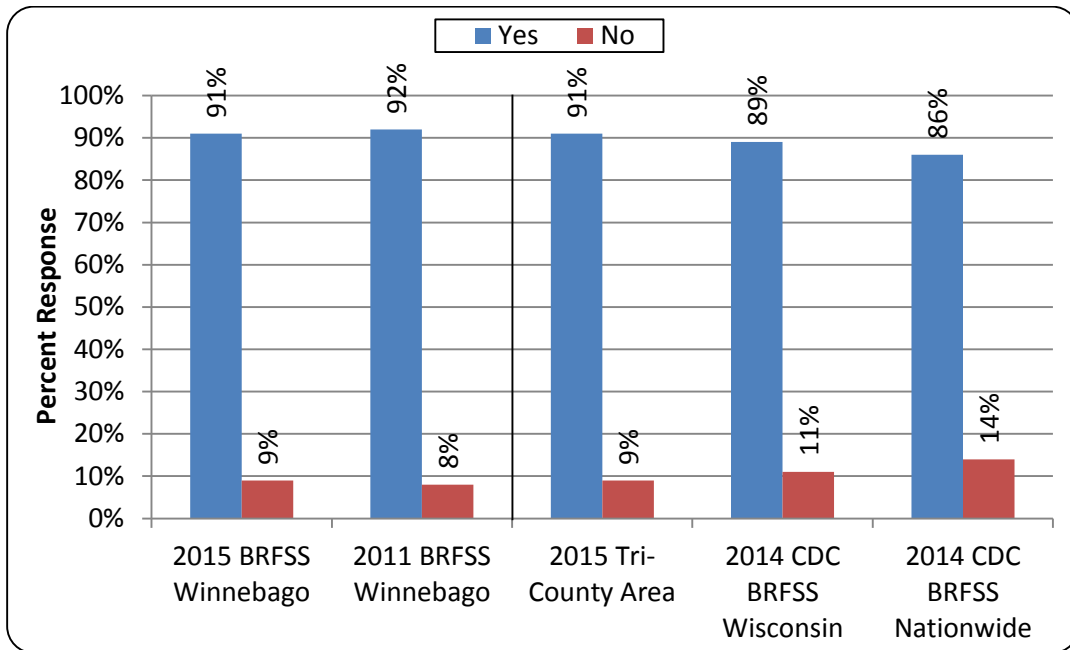
**Figure 50 – “How long has it been since you had your last mammogram?” (Age 40+)**



## Clinical Breast Exam

- ◆ Ninety-one percent (91%) of women respondents reported ever having a clinical breast exam. Please see Figure 51 below.

**Figure 51 – “A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?”**

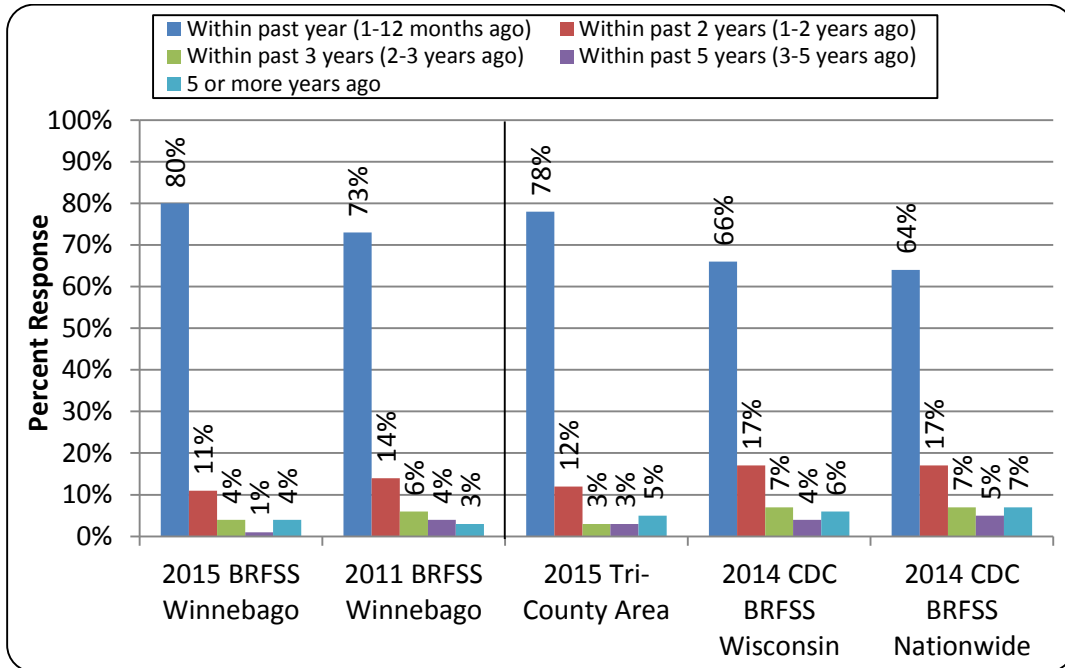


- ◆ All women age 35-44 or 55-64, 98% age 45-54, 87% 65 years old and older, and 81% age 25-34 reported ever having a clinical breast exam, while only 69% of women age 18-24 reported ever having a clinical breast exam.
- ◆ Eighty-five percent (85%) of women with some college or tech school, 88% with a high school diploma or less, and 99% with a college degree reported ever having a clinical breast exam.
- ◆ All respondents who make \$10,001 to \$15,000, \$50,001 to \$75,000, or \$75,001 or more reported ever having a clinical breast exam. This was followed by 97% with an annual household income of \$35,001 to \$50,000, 94% making \$20,001 to \$25,000, 92% making \$15,001 to \$20,000, 73% making \$25,001 to \$35,000, and only 67% who earn less than \$10,000 annually.
- ◆ All women who are self-employed or not in the workforce reported ever having a breast exam, followed by 92% who are employed and 87% who are retired. Only 60% of women who are students reported ever having a breast exam.
- ◆ Of those who have had a clinical breast exam, 80% reported having one within the past year, which is up 7% from 2011. Eleven percent (11%) reported having



a clinical breast exam within the past 1-2 years, and 9% reported having one more than 2 years ago. Please refer to Figure 52 below.

**Figure 52 – “How long has it been since your last breast exam?”**

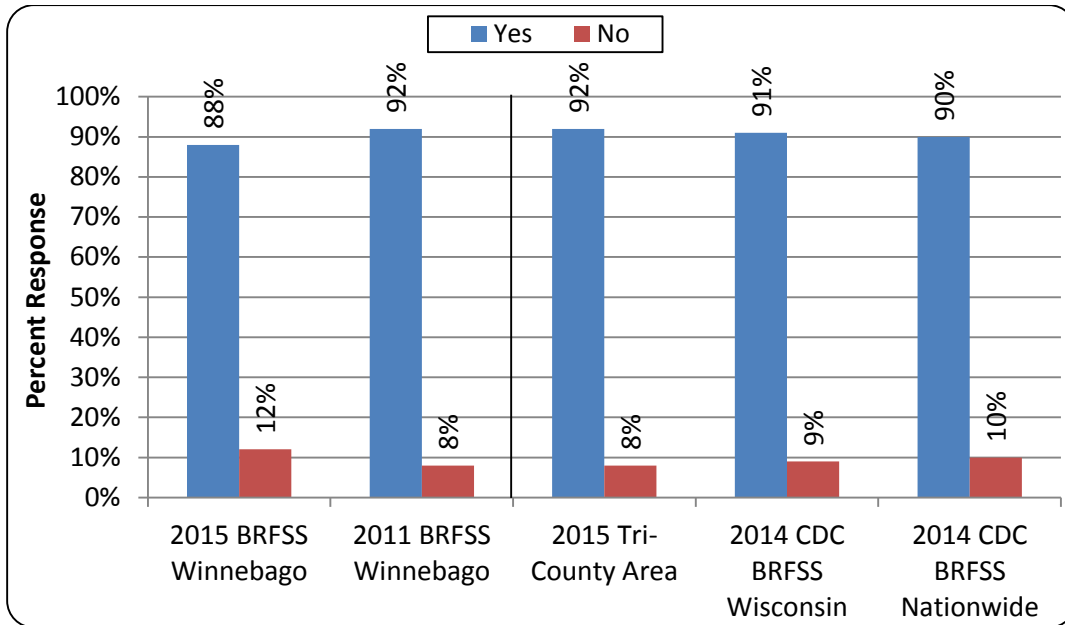


- ◆ The majority of respondents in all age categories have had a clinical breast exam within the past year. All women age 18-24 or 25-34 reported they had a clinical breast exam within the past year, followed by 88% who are age 35-44, 74% age 65 and over, 72% age 55-64, and 67% age 35-44.

### Pap Test

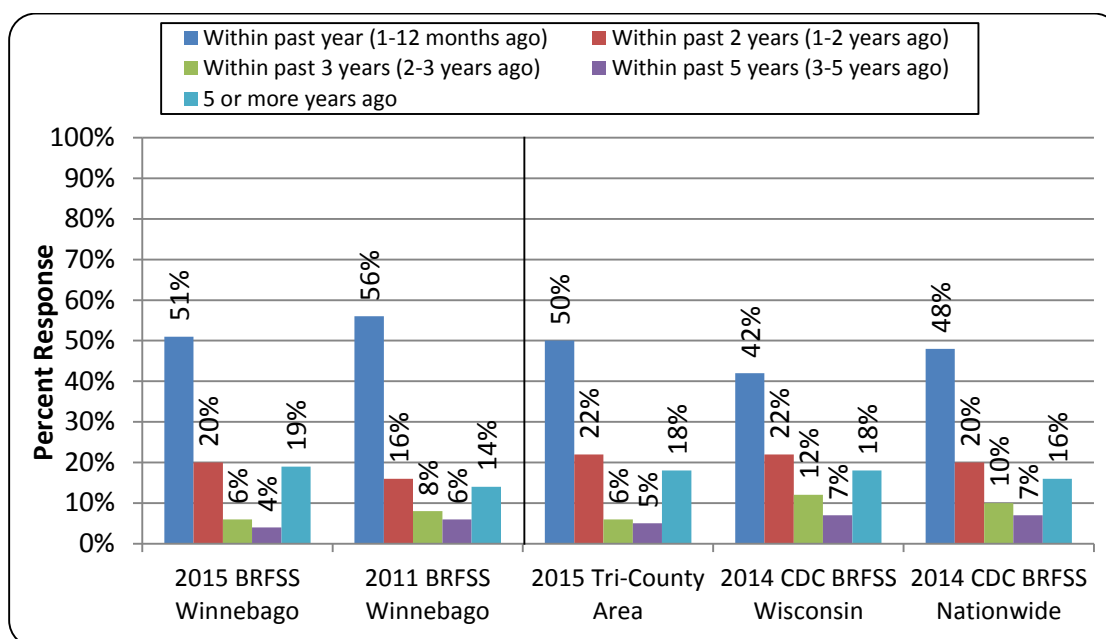
- ◆ All women were told that a Pap test is a test for cancer of the cervix. A large percentage of women (88%) reported ever having a Pap test, which is 4% less than 2011. Please see Figure 53 below.

**Figure 53 – “A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?”**



- ◆ Over 90% of women age 35 and over had a Pap test, followed by 81% age 25-34. Only 31% of women age 18-24 reported ever having a Pap test.
- ◆ As education status increased, so did the number of women who reported having a Pap test; 76% with a high school diploma or less, 87% with some college or tech school, and 97% with a college degree.
- ◆ Fifty-four percent (54%) of women with an annual household income of \$10,001 to \$15,000, 60% who make less than \$10,000, and 73% who make \$25,001 to \$35,000 annually ever had a Pap test. Ninety-three percent (93%) or more of women from all other income levels reported having a Pap test.
- ◆ Of the women who reported ever having a Pap test, 51% reported having one within the past year. Twenty percent (20%) reported having a Pap test 1-2 years ago while 19% reported having their last one 5 or more years ago. Please refer to Figure 54 below.

**Figure 54 – How long has it been since you had your last Pap test?”**



- ◆ All of women age 18-24 who had a Pap test reported having one within the past year. This was also true for 88% of women age 25-34, 63% age 35-44, 53% age 45-54, and 42% age 55-65. Fifty-four percent (54%) of women age 65 and over had their last Pap test 5 or more years ago.
- ◆ The majority of women not in the workforce (52%), employed (62%), self-employed (75%), or a student (100%) have had a Pap test within the past year. The majority of women retired (55%) had their last Pap test 5 or more years ago.

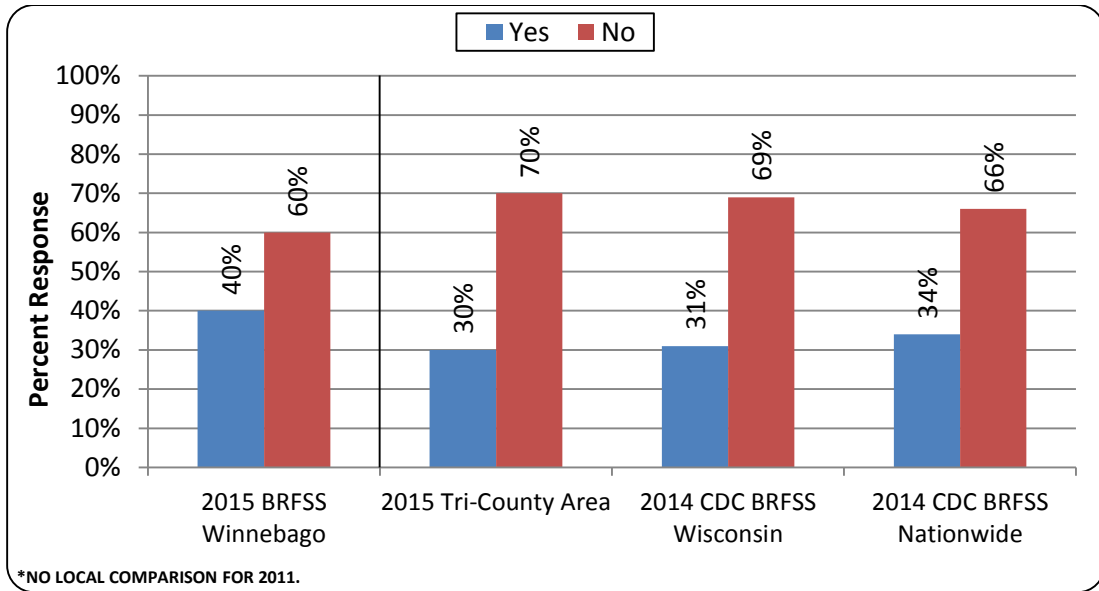
### **Colorectal Cancer Screening**

**Key Finding #16** *A large percentage of respondents (60%) have never used a blood stool home testing kit while more respondents (83%) have had a colonoscopy/sigmoidoscopy.*

### **Home Blood Stool Test**

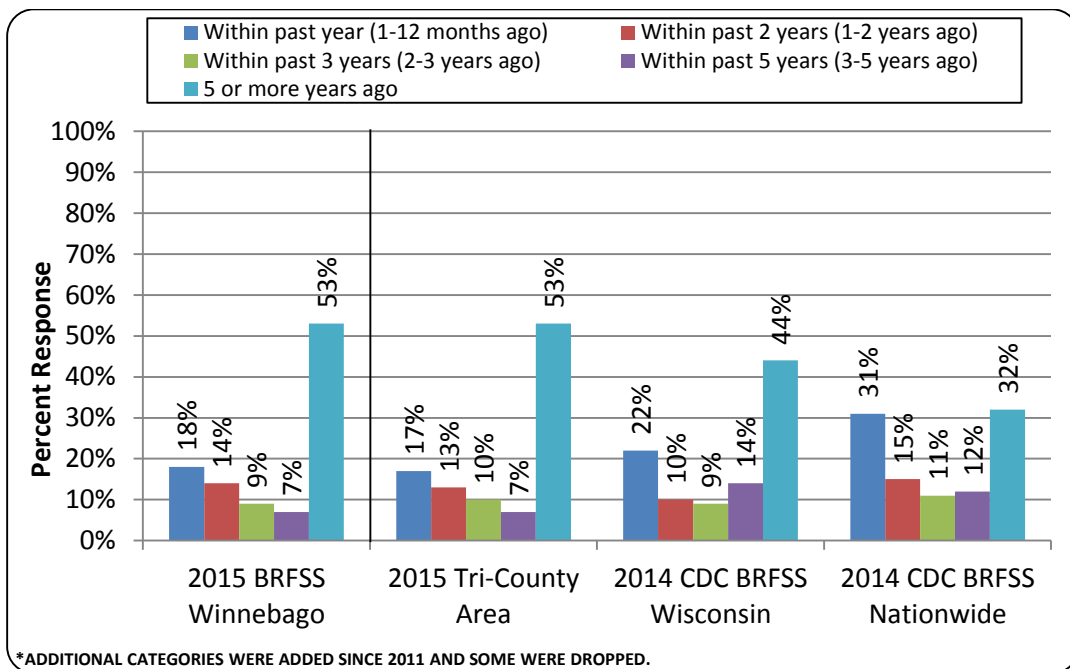
- ◆ Before respondents were asked if they had ever used a blood stool home kit, they were told that a blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Only those age 50 or older were asked to respond to questions about a home blood stool testing kit. The majority (60%) of respondents age 50 or over reported never using a home test kit while 40% reported using one. Please see Figure 55 below.

**Figure 55 – “A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?” (Age 50+)**



- ◆ Of those who had used a blood stool home test kit, 53% reported using it 5 or more years ago. Eighteen percent (18%) reported using one within the past year, 14% within the past 2 years, and 9% within the past 3 years, and 7% within the past 5 years. Please refer to Figure 56 below.

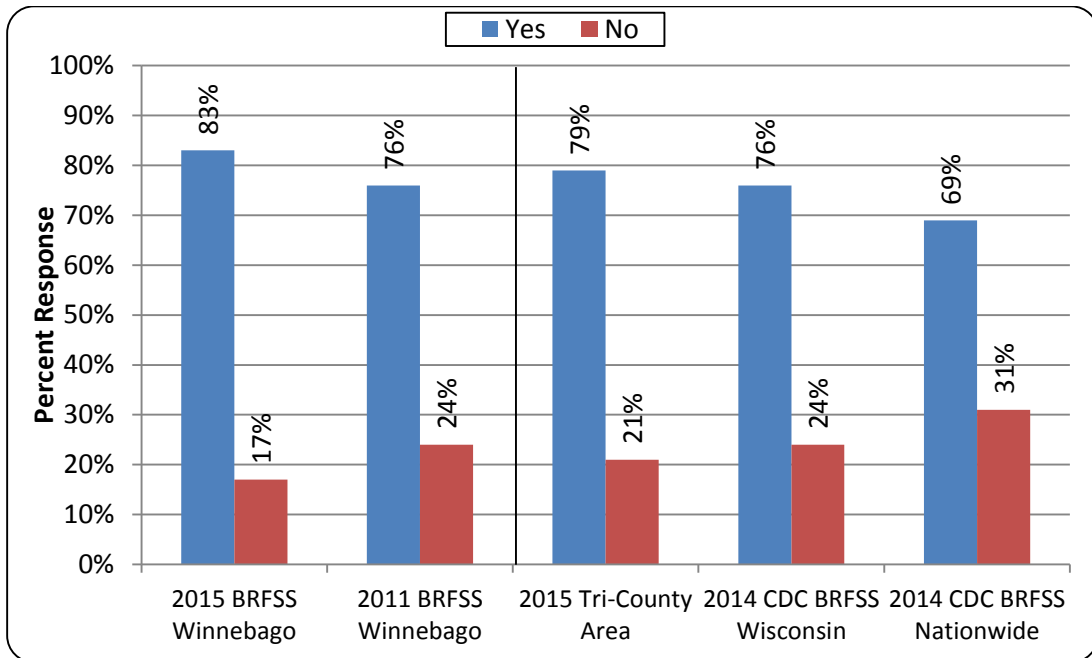
**Figure 56 – How long has it been since you had your last blood stool test using a home kit?” (Age 50+)**



## Colonoscopy and Sigmoidoscopy

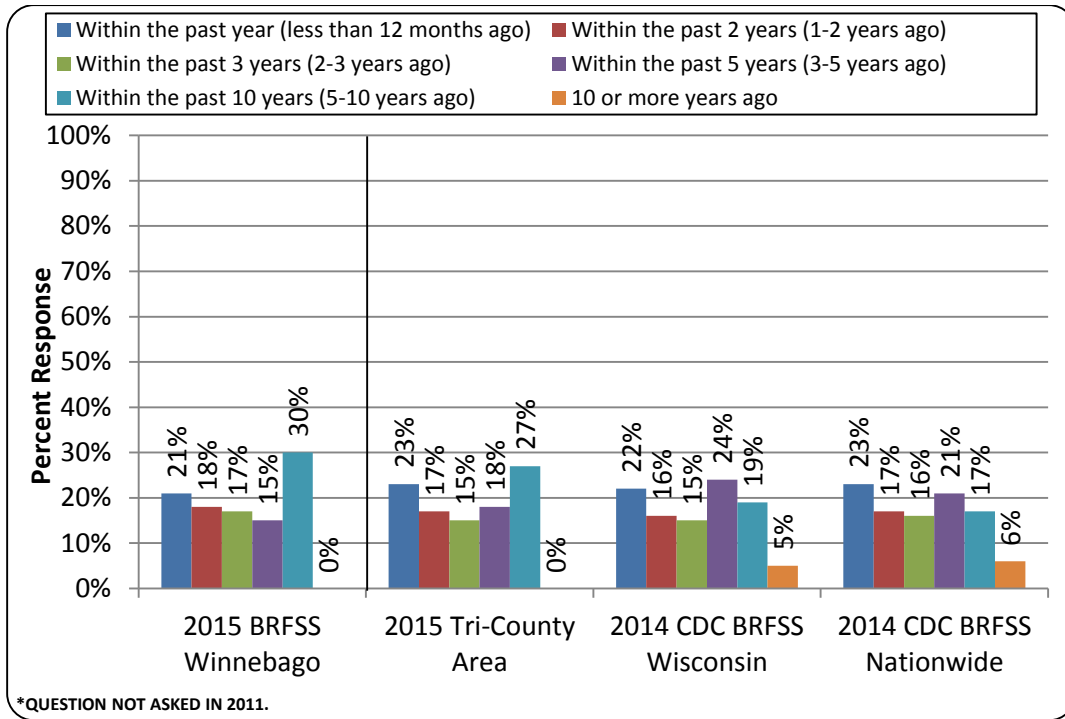
- ◆ Respondents were told that a colonoscopy and sigmoidoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Only respondents age 50 or older were asked to respond to the questions pertaining to colonoscopy and sigmoidoscopy. Eighty-three percent (83%) of respondents reported ever having a colonoscopy or sigmoidoscopy, which is up 7% from 2011. Please see Figure 57 below.

**Figure 57 –“Colonoscopy and Sigmoidoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?”**



- ◆ Of those who have had a colonoscopy/sigmoidoscopy, 21% have had one within the past year, 18% within the past 2 years, 17% within the past 3 years, 15% within the past 5 years, 30% within the past 10 years, and 0% reported more than 10 years ago. Please see Figure 58 below.

**Figure 58 – “How long has it been since your last sigmoidoscopy or colonoscopy?” (Age 50+)**

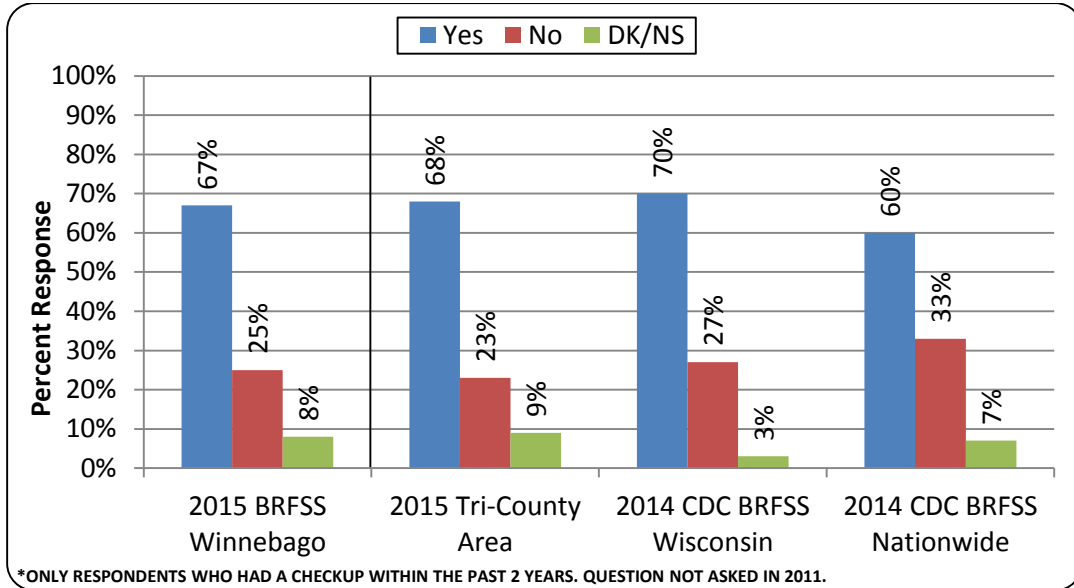


**Alcohol Screening & Brief Intervention (ASBI)**

**Key Finding #17** *The majority (67%) of respondents reported a health care provider did ask them during a routine checkup how much they drink while only 8% reported being advised to reduce or quit drinking at their last checkup.*

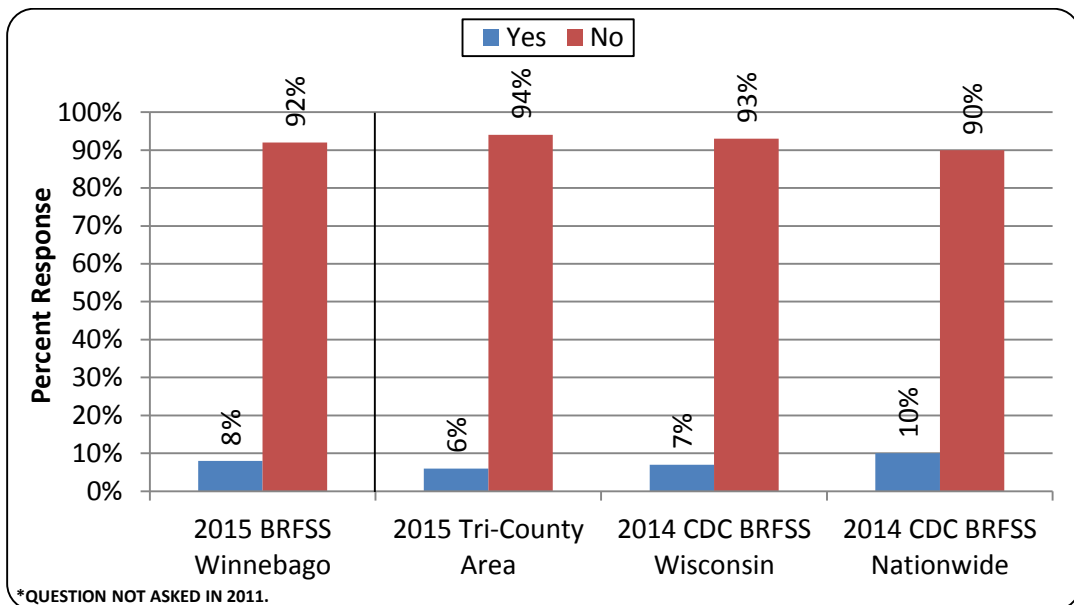
- ◆ Each respondent who had a checkup within the past 2 years was asked if their health care provider asked them in person or on a form how much they drink. A large percentage (67%) reported yes, 25% reported no and 8% reported they were not sure. If respondents reported yes to this question, they were then asked if they were advised to reduce or quit drinking at their last routine checkup. Almost all respondents (92%) reported no while only 8% reported yes. Please see Figures 59 and 60 below.

**Figure 59 – “Did the health care provider ask you in person or on a form how much you drink?”**



- ◆ Fifty-five percent (55%) of respondents age 18-24, 68% age 55-64, 73% each age 25-34 or 65 and over, 79% age 35-44, and 81% age 45-54 reported having a health care provider ask them how much they drink on a form or in person at their last routine checkup.
- ◆ More females (78%) than males (67%) were asked at their last routine checkup how much they drink.

**Figure 60 – “At your last routine checkup, were you advised to reduce or quit drinking?”**



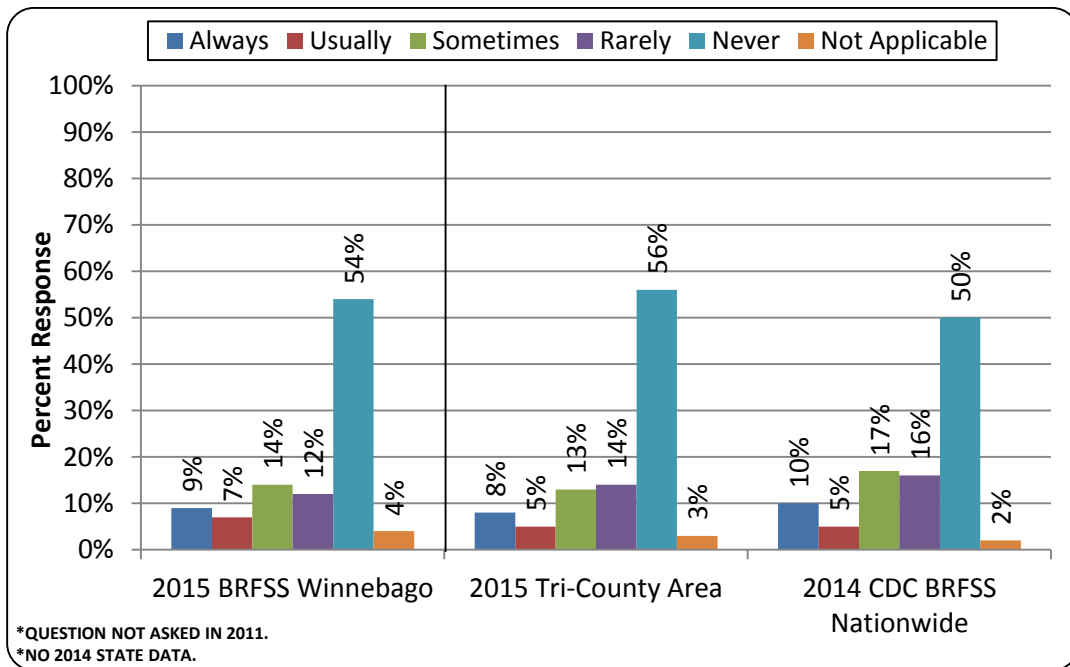
**Social Context**

**Key Finding #18** *In the past 12 months, 16% of respondents were always or usually worried about having enough money to pay their rent/mortgage while 14% reported being always or usually worried about having enough money to buy nutritious meals. Over 50% reported never being worried about having enough money for rent/mortgage or for nutritious meals.*

**Rent/Mortgage**

- ◆ Respondents were asked how often in the past 12 months they were worried or stressed about having enough money to pay their rent/mortgage. A little over half (54%) reported never while 9% reported always and 7% reported usually. A larger percentage (13%) reported sometimes and 12% said rarely. Four percent (4%) of respondents were not applicable to this question. Please see Figure 61 below.

**Figure 61 – “How often in the past 12 months would you say you were worried about having enough money to pay your rent/mortgage? Would you say...”**



- ◆ Most respondents across all age categories never worried or stressed about having enough money to pay their rent/mortgage in the past 12 months. However, 79% of those age 65 and older reported never being worried or stress about having enough money to pay their rent/mortgage compared to only 28% age 18-24 and 34% age 25-34. Here younger respondents who a much greater likelihood to be stressed about housing costs.



- ◆ In general, those with a college degree (4% always; 8% sometimes) tend to worry the least about having enough money to pay their rent/mortgage, followed by those with a high school diploma or less (14% always; 2% usually). Those with some college or tech school tend to worry the most (10% always; 10% usually).
- ◆ As for income, in general, those who make more than \$35,000 (1% to 6% always) worry less about having enough money to pay their rent/mortgage in the past 12 months than those who earn less than \$35,000 (11% to 32% always). The income category that doesn't follow this general conclusion are those making \$20,001 to \$25,000, in which only 4% reported always being worried about having enough money to pay their rent/mortgage in the past 12 months. Please see Table 25 below.

**Table 25 – Income by Worried/Stressed about Paying for Rent/Mortgage**

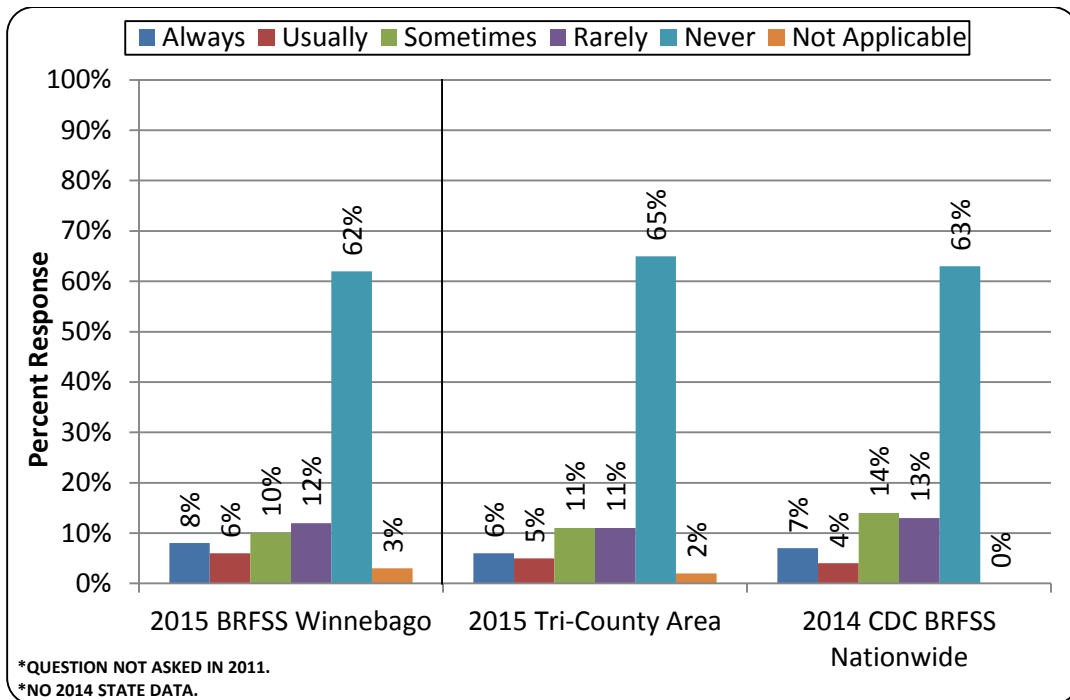
<b>Worried/Stressed about Paying for Rent/Mortgage</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
Always	11%	32%	14%	4%	18%	6%	5%	1%
Usually	3	3	29	22	3	13	6	1
Sometimes	6	24	5	35	24	13	19	3
Rarely	15	13	10	9	9	8	14	16
Never	32	26	43	30	32	61	56	79
N/A	32	0	0	0	15	0	0	0

- ◆ Those who are self-employed had the highest percentage (26%) of being always worried or stressed about having enough money to pay their rent/mortgage while retired respondents had the lowest percentage in terms of always being worried or stressed about paying their rent/mortgage (1%).
- ◆ When analyzing respondents who do and do not have children being worried or stressed about having enough money to pay their rent/mortgage, 12% of respondents without children reported they always or usually worry. This increased to 22% for respondents who have children under the age of 18 living in their household.

### **Nutritious Meals**

- ◆ Respondents were also asked how often in the past 12 months they were worried or stressed about having enough money to buy nutritious meals. Over half (62%) reported never while 8% reported always and 6% reported usually. Ten percent (10%) reported sometimes and another 12% said rarely. Three percent (3%) of respondents were not applicable to this question. Please see Figure 62 below.

**Figure 62 – “How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say...”**



- ◆ The majority or plurality of all age categories (43% to 86%) reported never being worried or stressed about having enough money to buy nutritious meals in the past 12 months. Fifteen percent (15%) or less of each age category reported always for this question with those age 18-24 being the most worried. Please see Table 26 below.

**Table 26 – Age by Worried/Stressed about Buying Nutritious Meals**

Worried/Stressed about Buying Nutritious Meals	18-24	25-34	35-44	45-54	55-64	65 and over
Always	15%	9%	11%	10%	2%	1%
Usually	0	10	13	6	3	0
Sometimes	8	13	17	9	7	3
Rarely	9	24	13	10	10	9
Never	53	43	47	65	78	86
Not Applicable	15	0	0	0	0	1

- ◆ Sixteen percent (16%) of respondents with a high school diploma or less reported always being worried or stressed about having enough money to buy nutritious meals compared to only 5% with a college degree and 4% with some college or tech school. Respondents with some college or tech school tend to worry the least (66% reported never).

- ◆ Interesting results emerged when analyzing income and respondents who are worried or stressed about having enough money to buy nutritious meals in the past 12 months. The majority of respondents who learn less than \$10,000 (54%) and \$35,001 or more (55% to 91%) reported never being worried or stressed about having enough money to buy nutritious meals while only 35% to 44% of respondents who earn \$10,001 to \$35,000 reported never being worried or stressed. Please see Table 27 below.

**Table 27 – Income by Worried/Stressed about Buying Nutritious Meals**

<b>Worried/Stressed about Buying Nutritious Meals</b>	<b>Less than \$10,000</b>	<b>\$10,001 to \$15,000</b>	<b>\$15,001 to \$20,000</b>	<b>\$20,001 to \$25,000</b>	<b>\$25,001 to \$35,000</b>	<b>\$35,001 to \$50,000</b>	<b>\$50,001 to \$75,000</b>	<b>\$75,001 or more</b>
Always	14%	16%	0%	4%	12%	5%	7%	1%
Usually	11	16	0	22	3	4	5	1
Sometimes	3	19	27	22	9	13	10	0
Rarely	3	8	36	17	18	8	24	7
Never	54	41	36	35	44	70	55	91
N/A	14	0	0	0	15	0	0	0

- ◆ Only 1% of respondents who are retired reported being always or usually worried about having enough money to buy nutritious meals. This then increases to 14% for respondents who are employed, 15% who are self-employed, 21% for respondents who are not in the workforce, and 23% who are students.
- ◆ As for gender, similar numbers of males (14%) and females (13%) reported always or usually being worried or stressed about having enough money to buy nutritious meals.

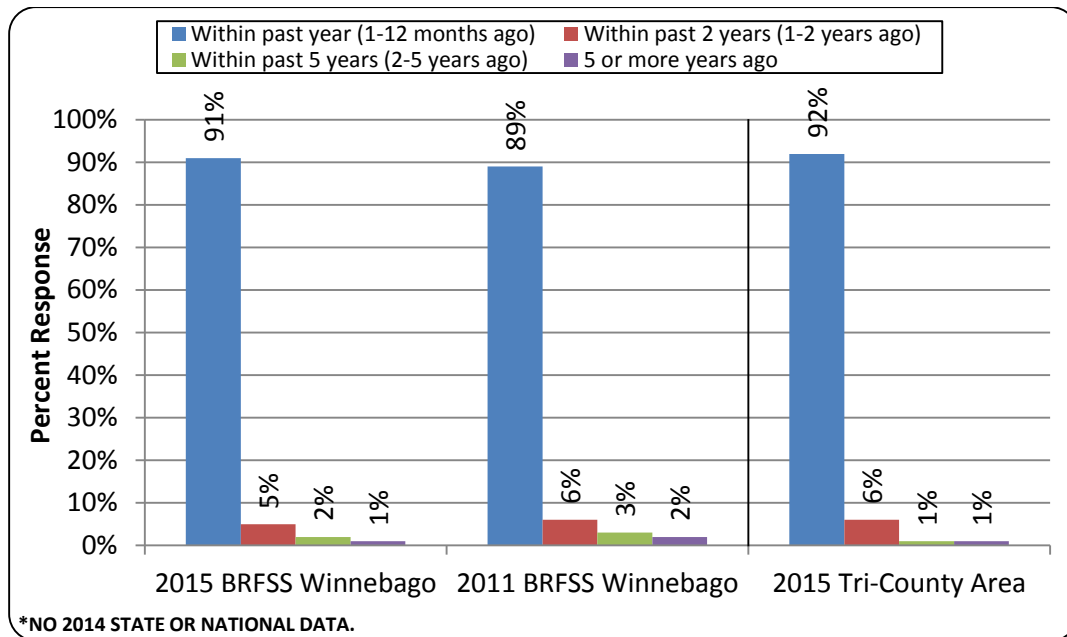
### ***Hypertension and Cholesterol Awareness***

**Key Finding #19**      ***Twenty-nine percent (29%) of respondents said they had high blood pressure, while 31% of those who had ever had their cholesterol checked said they had high cholesterol.***

### **Blood Pressure Checked**

- ◆ A large percentage (91%) of respondents have had their blood pressure taken by a doctor, nurse, or other health professional within the past year. Five percent (5%) reported within the past 2 years, 2% said within the past 5 years, and 1% stated 5 or more years ago. Please see Figure 63 below.

**Figure 63 – “About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?”**

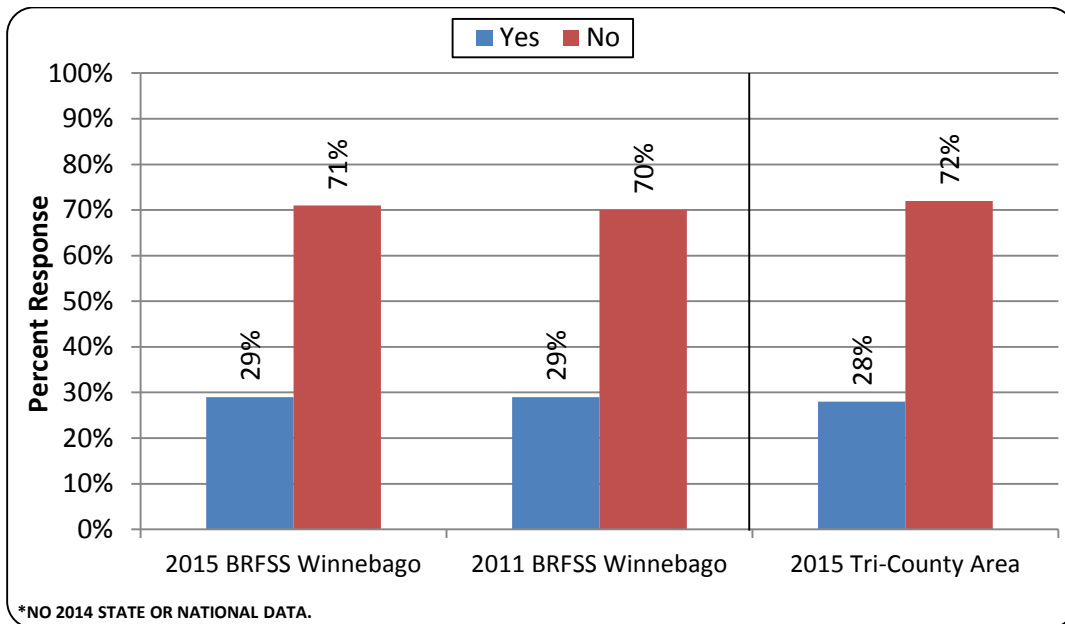


- ◆ All respondents age 65 and over have had their blood pressure taken by a doctor, nurse, or other health professional within the past year, followed by 95% of respondents who are age 55-64, 92% age 35-44, 90% age 45-54, 85% age 25-34, and 84% age 18-24.
- ◆ Slightly more respondents with some college or tech school (95%) have had their blood pressure taken by a doctor, nurse, or other health professional within the past year than respondents with a college degree (93%) or a high school diploma or less (85%).
- ◆ The majority of respondents from all income levels have had their blood pressure taken by a doctor, nurse, or other health professional within the past year with respondents making less than \$10,000 having the lowest percentage (68%) and those making \$15,001 to \$20,000 (100%) or \$50,001 to \$75,000 (100%) at the highest percentage.
- ◆ Individuals who are a student had the lowest percentage of having their blood pressure taken within the past year (73%). Between 79% and 99% of self-employed (79%), not in the workforce (86%), employed (94%), or retired (99%) individuals have had their blood pressure taken within the past year by a doctor, nurse, or other health professional.
- ◆ More females (94%) than males (88%) have had their blood pressure taken within the past year by a doctor, nurse, or other health professional.

## Told They Have High Blood Pressure

- ◆ For those who reported having their blood pressure taken by a doctor, nurse, or other health professional, 71% reported not ever being told they have high blood pressure while 29% said they have. Please see Figure 64 below.

**Figure 64 – “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”**

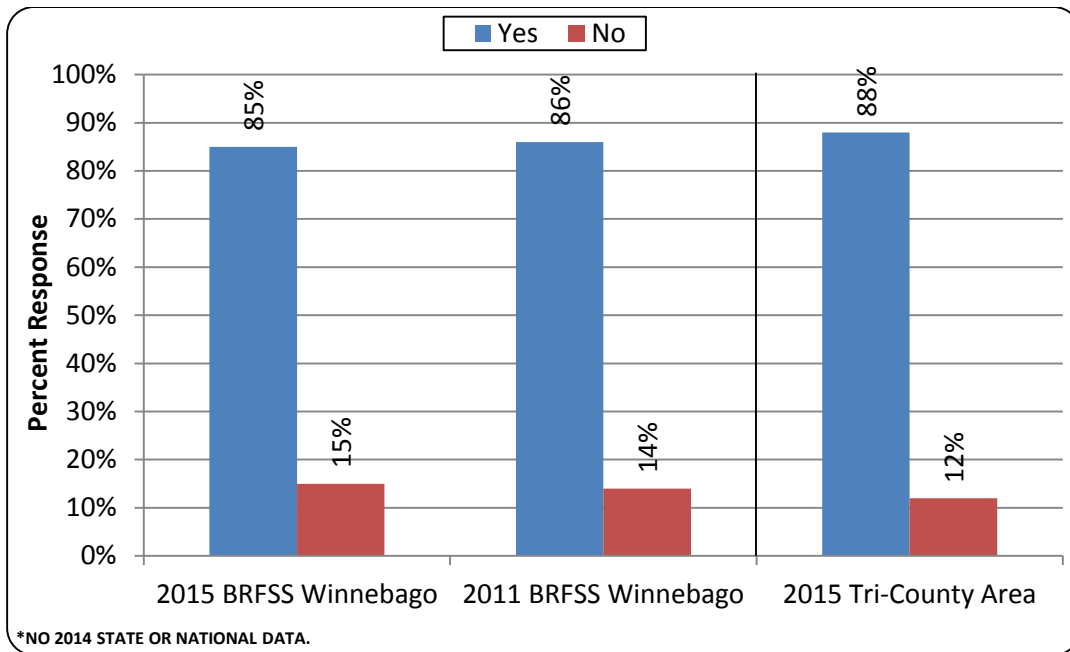


- ◆ No respondent age 25-34 had been told by a doctor, nurse, or other health professional that they have high blood pressure. Fifteen percent (15%) of respondents age 18-24, 19% age 35-44, 33% age 45-54, 42% age 55-64, and 62% age 65 and over were told they have high blood pressure. As can be seen, as age increased, so did the number of respondents who said they have high blood pressure, excluding those age 25-34.
- ◆ Respondents who are students had the lowest percentage (11%) in terms of being told by a doctor, nurse, or other health professional that they have high blood pressure. This was followed by 22% each of respondents who are employed or self-employed, 32% of respondents who are not in the workforce, and over half of respondents who are retired (58%).

## Taking Action to Control High Blood Pressure

- ◆ For those who said they currently had high blood pressure, 85% said they were taking action to control it such as losing weight, increasing physical activity, reducing salt intake, or taking medication. Please see Figure 65 below.

**Figure 65 – “Are you taking any action to help control your blood pressure? (losing weight, increasing physical activity, reducing salt intake, or taking medication)”**

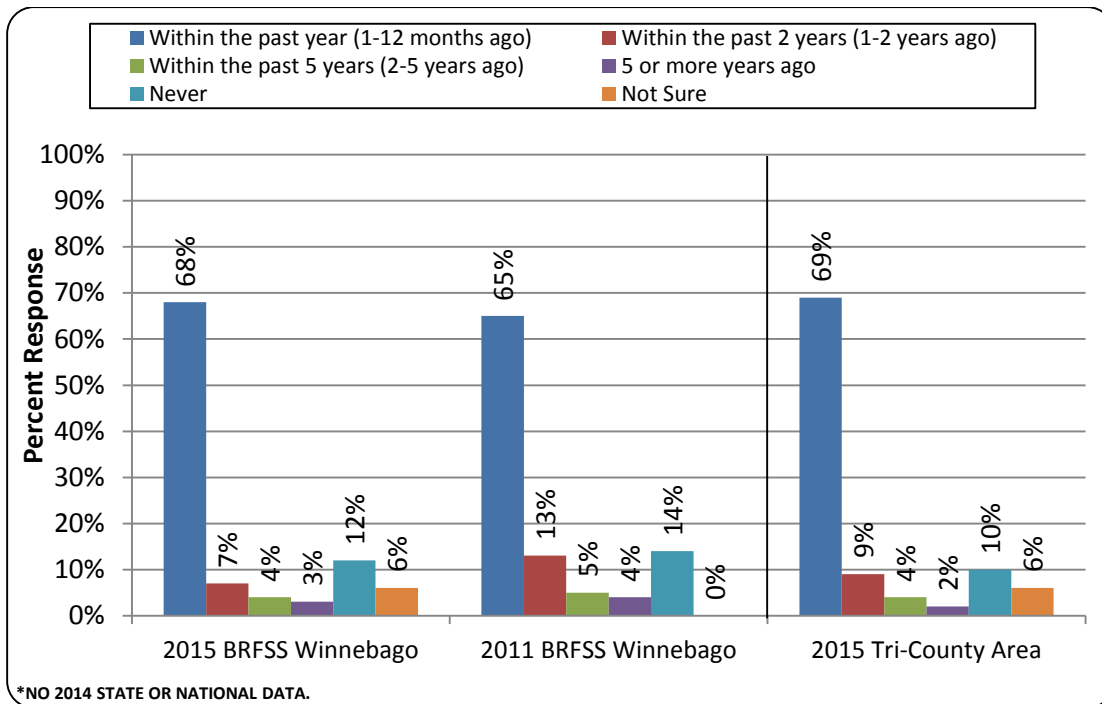


- ◆ Of respondents who were told they have high blood pressure, 100% who are age 55-64, 95% who are age 65 and over, 84% age 45-54, and 75% of respondents age 35-44 said they are taking action to help control their blood pressure. However, no respondent age 18-24 reported taking action.
- ◆ One hundred percent (100%) of respondents from all income categories reported taking action to help control their blood pressure except respondents making \$75,001 or more (84%), \$25,001 to \$35,000 (73%), or \$50,001 to \$75,000 (70%).
- ◆ All respondents who are not in the workforce said they are taking action to help control their blood pressure while no respondent who is a student is taking action. Seventy-five percent (75%) of respondents who are self-employed, 76% who are employed, and 96% who are retired said they are taking action to help control their blood pressure.
- ◆ More females (93%) than males (76%) said they are currently taking action to help control their blood pressure.

### **Blood Cholesterol Checked**

- ◆ Sixty-eight percent (68%) of respondents said they had their blood cholesterol checked within the past year, a further 7% stated between 1 and 2 years ago, 4% said between 2 and 5 years ago, and 3% stated 5 or more years ago. Twelve percent (12%) of respondents reported never having their blood cholesterol checked. Please see Figure 66 below.

**Figure 66 – “Blood cholesterol is a fatty substance found in the blood. How long has it been since you last had your blood cholesterol checked?”**



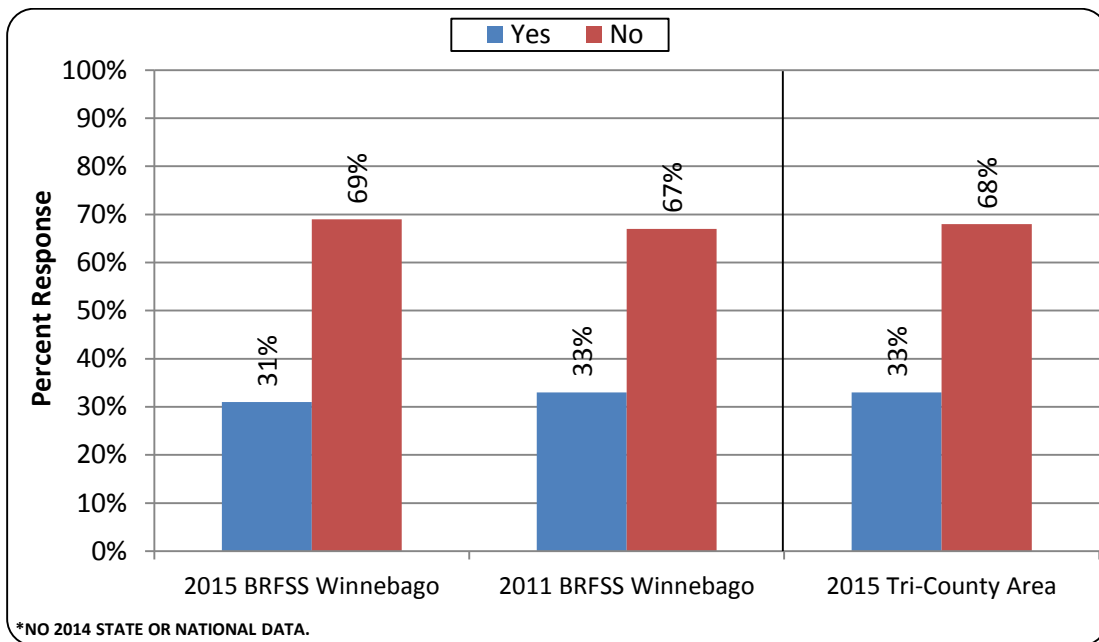
- ◆ In general, as age increased, so did the number of respondents who reported having their blood cholesterol checked within the past year from 36% who are age 18-24 to 95% who are age 65 and over. Sixty-four percent (64%) of respondents who are age 18-24 reported never having their blood cholesterol checked.
- ◆ Around three-quarters of respondents with a high school diploma or less (72%), some college or tech school (73%), or a college degree (73%) have had their blood cholesterol checked within the past year. Twenty percent (20%) of respondents with some college or tech school reported never having their blood cholesterol checked.
- ◆ Even though annual household income was statistically significant, no pattern emerged other than the majority of all income categories besides those making less than \$10,000 have had their blood cholesterol checked within the past year (55% to 91%). Those who make less than \$10,000 annually had a plurality split at 43% between those who have had their blood cholesterol checked within the past year or never having their blood cholesterol checked.
- ◆ A large percentage of respondents who are retired (92%) have had their blood cholesterol checked within the past year, followed by 83% who are not in the workforce, 77% who are self-employed, and 74% who are employed. Only 14% of respondents who are students reported having their blood cholesterol checked within the past year and 78% reported they have never had their blood cholesterol checked.

- ◆ More females (77%) than males (69%) said they've had their blood cholesterol checked within the past year while more males (19%) than females (7%) reported never having their blood cholesterol checked.

**Told They Have High Blood Cholesterol**

- ◆ Of those who have had their blood cholesterol checked, 31% have been told by a doctor or other health professional that their blood cholesterol is high while 69% reported normal levels by a doctor or other health professional. Please see Figure 67 below.

**Figure 67 – “Have you ever been told by a doctor or other health professional that your blood cholesterol is high?”**



- ◆ The only age and employment category in which the majority of respondents were told by a doctor or other health professional their blood cholesterol is high are respondents age 65 and over (52%) and respondents who are self-employed (50%). Please see Table 28 below.

**Table 28 – Age by High Blood Cholesterol**

High Blood Cholesterol	18-24	25-34	35-44	45-54	55-64	65 and over
Yes	0%	19%	11%	34%	48%	52%
No	100%	81	89	66	52	48

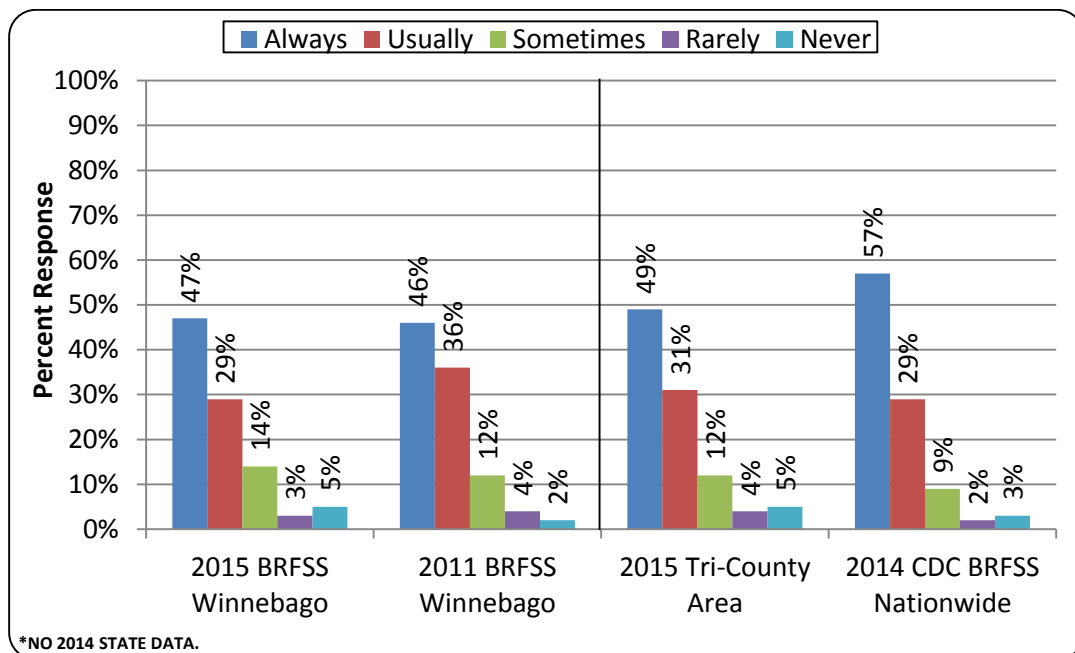


## Emotional Support

**Key Finding #20** *Slightly under half of respondents (47%) feel they always receive the social and emotional support they need.*

- ◆ When respondents were asked how often they receive the social and emotional support they needed, the number of respondents who say they always receive emotional support in 2015 (47%) is very similar to 2011 (46%). Twenty-nine percent (29%) of respondents said they usually felt they get the social and emotional support they need, 14% states sometimes, 3% rarely, and 5% said never. Please see Figure 68 below.

**Figure 68 – “How often do you get the social and emotional support you need?”**



- ◆ Social and emotional support is directly related to overall health. Logically, those respondents in the best health (health rating of excellent) tended to always have the social and emotional support they needed more than their less healthy counterparts. For example, 51% of those who rated their overall health as excellent said they always felt socially and emotionally supported compared to only 21% of those who said their health was fair and 29% of those whose health was poor.
- ◆ In general, most respondents across all age groups either always or usually receive the social and emotional support they need.
- ◆ Interestingly, more respondents with a high school diploma or less (60%) said they always get the social or emotional support they need compared to those with some college or tech school (48%) or those with a college degree (37%).

This pattern is the opposite for the usually category; more respondents with a college degree (41%) reported they usually get the social and emotional support they need compared to those with some college or tech school (32%) or a high school diploma or less (16%).

- ◆ While income displays no specific pattern for emotional support received, it does generally show that most respondents from all income categories always or usually receive the social and emotional support they need. Respondents making less than \$10,000 had the lowest percentage in the always and usually categories (61%) while those making more than \$75,000 had the highest (91%); all other income levels were between 62% and 81%. Please see Table 29 below.

**Table 29 – Income by Social/Emotional Support**

Social/Emotional Support	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Always	27%	70%	43%	26%	55%	41%	45%	51%
Usually	33	11	19	52	21	35	27	40
Sometimes	36	8	29	9	9	13	18	8
Rarely	0	5	10	13	3	5	3	0
Never	3	5	0	0	12	6	7	1

- ◆ Almost three-quarters of respondents who are students (72%) reported always getting the social and emotional support they need compared to only 33% of respondents who are not in the workforce. Fifty-six percent (56%) of respondents who are self-employed, 49% who are retired, and 46% who are currently employed reported always getting the social and emotional support they need.
- ◆ In general, more males (57%) than females (39%) tended to feel they always get the social and emotional support they need.
- ◆ Sixty percent (60%) of respondents who have never been married and half (50%) of respondents who are married reported always getting the social and emotional support they need. Forty-five percent (45%) of respondents who are widowed and 33% who are divorced also reported that they always get the social and emotional support they need. Most respondents who are separated (67%) or a member of a married couple (56%) said they usually get the social and emotional support they need.

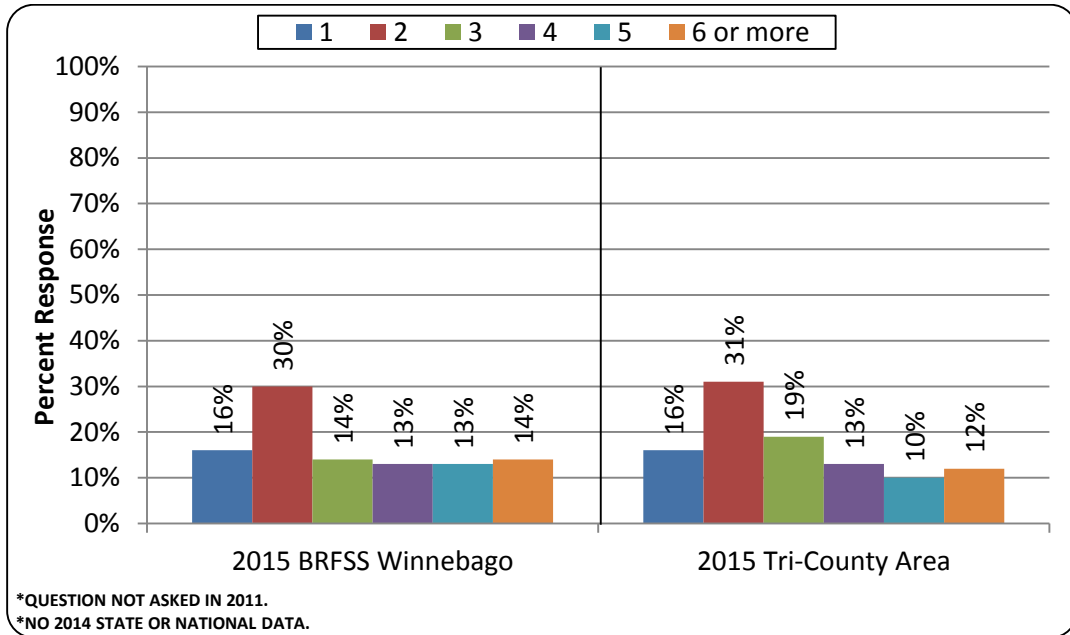
### Screen Time

**Key Finding #21** *Forty-six percent (46%) of respondents spend 1-2 hours a day in front of an electronic screen at home or for leisure while 14% reported 6 hours or more.*

- ◆ When asked about their screen time, 16% of respondents said that, on average, they spend 1 hour a day in front of a TV, computer, smart phone, table, or video

gaming systems at home or for leisure. A larger percentage (30%) reported an average of 2 hours, 14% said 3 hours, 13% each stated 4 hours or 5 hours, and 14% reported an average of 6 hours or more. Please see Figure 69 below.

**Figure 69 – “On average, approximately how many hours a day do you spend in front of a TV, computer, smart phone, tablet, or video gaming system at home or for leisure?”**



- ◆ The plurality of responses (31%-60%) for ages 25-54 all fall in the category of spending 2 hours a day in front of an electronic screen at home or for leisure. The plurality of respondents age 18-24 reported 5 hours (30%). The majority age 65 and over spending 4 hours or more hours a day (61%) in front of an electronic screen for leisure. Please see Table 30 below.

**Table 30 – Age by Screen Time**

Screen Time	18-24	25-34	35-44	45-54	55-64	65 and over
1 hour or less	23%	10%	25%	14%	12%	12%
2 hours	15	60	35	31	12	10
3 hours	8	5	19	14	20	18
4 hours	15	5	6	9	22	24
5 hours	30	16	5	10	7	13
6 or more hours	8	5	11	20	17	24

- ◆ Many respondents with a high school diploma or less (30%), some college or tech school (30%), or a college degree (28%) reported spending 2 hours a day in front of an electronic screen at home or for leisure. Respondents with a high school diploma or less had the greatest number of respondents who also reported being in front of an electronic screen for 6 or more hours a day (20%) for leisure.

- ◆ There is no discernible pattern when comparing time spent in front of an electronic screen at home or for leisure by income level. Respondents who earn less than \$10,000 reported being in front of an electronic screen the least (29% for 1 hour or less) while those making \$15,001 to \$20,000 reported being in front of an electronic screen the most (26% 5 or more hours). Please see Table 31 below.

**Table 31 – Income by Screen Time**

Screen Time	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
1 hour or less	29%	17%	5%	0%	6%	20%	8%	23%
2 hours	14	22	37	32	31	27	43	36
3 hours	11	17	5	32	6	13	13	20
4 hours	17	6	16	18	7	14	18	7
5 hours	17	22	11	0	31	13	10	5
6 or more hours	11	17	26	18	16	14	8	10

- ◆ Many respondents who are employed (44%) or self-employed (67%) reported spending an average of 2 hours of time in front of an electronic screen at home or for leisure while respondents who are retired (25%) or not in the workforce (32%) reported 6 or more hours them most. The plurality of students reported an average of 5 hours in front of an electronic screen per day.
- ◆ More respondents with children (17% with; 15% without) spend 1 hour or less in front of an electronic scree while more respondents without children (20% without; 5% with) reported an average of 6 or more hours.

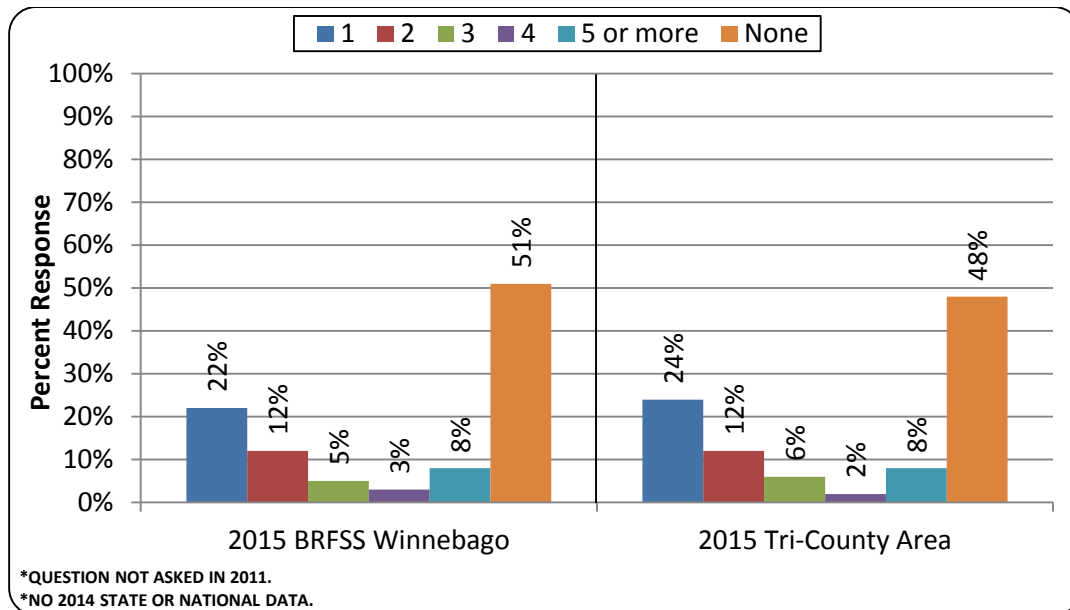
### **Sugar Drinks**

**Key Finding #22**      *Between 51% and 59% of respondents did not drink any sugar drinks in the past 30 days. Of those that did, between 8% and 10% reported having 5 or more on any occasion, while most only had 1 or 2 drinks on average (23% to 34%).*

### **Regular Soda or Pop**

- ◆ During the past 30 days, on the days when respondents drank regular soda or pop that contains sugar, 22% said they drank an average of one drink, 12% said 2 drinks, 5% 3 drinks, 3% 4 drinks, 8% 5 or more drinks, and 51% did not drink any regular soda or pop that contains sugar. Please see Figure 70 below.

**Figure 70 – “During the past 30 days, on the days when you drank regular soda or pop that contains sugar, about how many drinks did you drink on average?”**



- ◆ When comparing the number of respondents who drank regular soda or pop in the past 30 days to the age of respondents, an interesting pattern emerges. The plurality of respondents age 18-24 (31%) drink an average of one drink while the plurality or majority of respondents age 25-34 (38%) 35-44 (54%), 45-54 (47%), 55-64 (67%), and 65 and over (69%) reported not drinking any regular soda or pop that contains sugar in the past 30 days.
- ◆ As for education, respondents with a high school diploma or less (37%) had the least number of respondents who reported NOT having any regular soda or pop that contains sugar while those with a college degree (61%) had the most number of respondents. Fifteen percent (15%) of respondents with a high school diploma or less reported 5 or more drinks.
- ◆ It was found that respondents with an annual household income of \$20,001 to \$25,000 drink the least amount of regular soda or pop (64% reported none) and respondents who earn \$10,001 to \$15,000 drink the most (22% reported 5 or more drinks at a time).
- ◆ When looking at employment status, respondents who are retired reported drinking the least amount of regular soda or pop (69% reported none) while respondents who are not in the workforce reported drinking the most (21% at 5 or more drinks). Respondents who are students were the only employment category in which most of the respondents did not fall in the “none” category.
- ◆ When looking at the average number of regular soda or pop that contains sugar drank at a time in the past 30 days and gender, interesting results emerged. The only category in which there is a higher percentage of females than males are

those who reported not having any regular soda or pop in the past 30 days (35% males; 66% females). Please see Table 32 below.

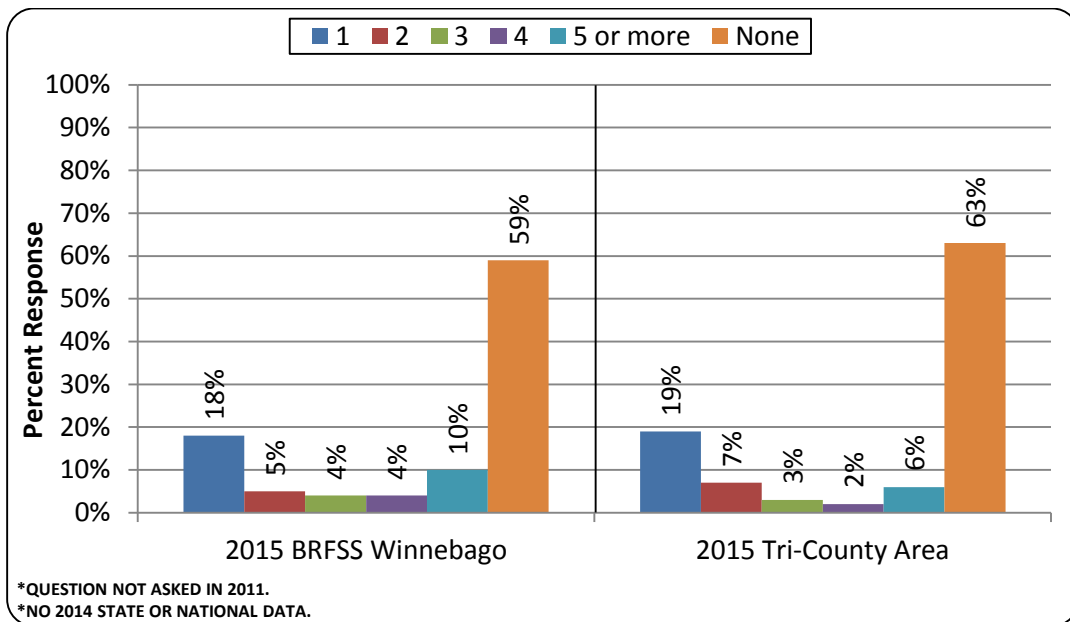
**Table 32 –Gender by Regular Soda/Pop**

Number of Drinks	Male	Female
1 drink	24%	21%
1 drinks	19	5
3 drinks	7	3
4 drinks	4	2
5 or more drinks	12	4
None	35	66

**Sugar-sweetened Fruit Drinks, Sweet Tea, and Sports or Energy Drinks**

- ◆ During the past 30 days, on the days when respondents drank sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks, 18% drank an average of 1 drink, 5% said 2 drinks, 4% each stated 3 drinks or 4 drinks, 10% said 5 or more drinks, and 59% said they did not drink any. Please see Figure 71 below.

**Figure 71 – “During the past 30 days, on the days when you drink sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks, about how many drinks did you drink on average?”**



- ◆ The majority or plurality of respondents age 25 and over (47% to 85%) reported not drinking any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days. The plurality of respondents age 18-24 reported drinking an average of 5 or more drinks (38%). Overall, as age increased, less respondents drank any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks. Please see Table 33 below.

**Table 33 – Age by Sugar-Sweetened Beverages**

<b>Sugar-Sweetened Beverages</b>	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65 and over</b>
1 drink	32%	24%	21%	11%	12%	12%
2 drinks	8	4	8	6	3	2
3 drinks	8	4	2	4	3	0
4 drinks	7	10	0	4	2	0
5 or more drinks	38	10	7	5	3	2
None	7	47	63	70	77	85

- ◆ It was also found that between 56% and 65% of respondents across all education categories did not drink any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days: 65% of respondents with a college degree, 57% of respondents with a high school diploma or less, and 56% with some college or tech school. Sixteen percent (16%) of respondents with a high school diploma or less reported drinking 5 or more drinks on average.
- ◆ Respondents with an annual household income of \$15,001 to \$20,000 reported drinking the least amount of sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks (78% reported none) while respondents who make less than \$10,000 annually reported drinking the most (27% reported 5 or more drinks at a time).
- ◆ Other than individuals who are students, the majority of respondents (59% to 83%) across employment status have not drank any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days. The plurality for students fell in the 1 drink category at 33%.
- ◆ When looking at the average number of regular soda or pop that contains sugar drank in the past 30 days by gender, interesting results emerged. The only category in which there is a higher percentage of females than males are again those who reported not having any regular soda or pop in the past 30 days (44% males; 75% females). Please see Table 34 below.

**Table 34 – Gender by Sugar-Sweetened Beverages**

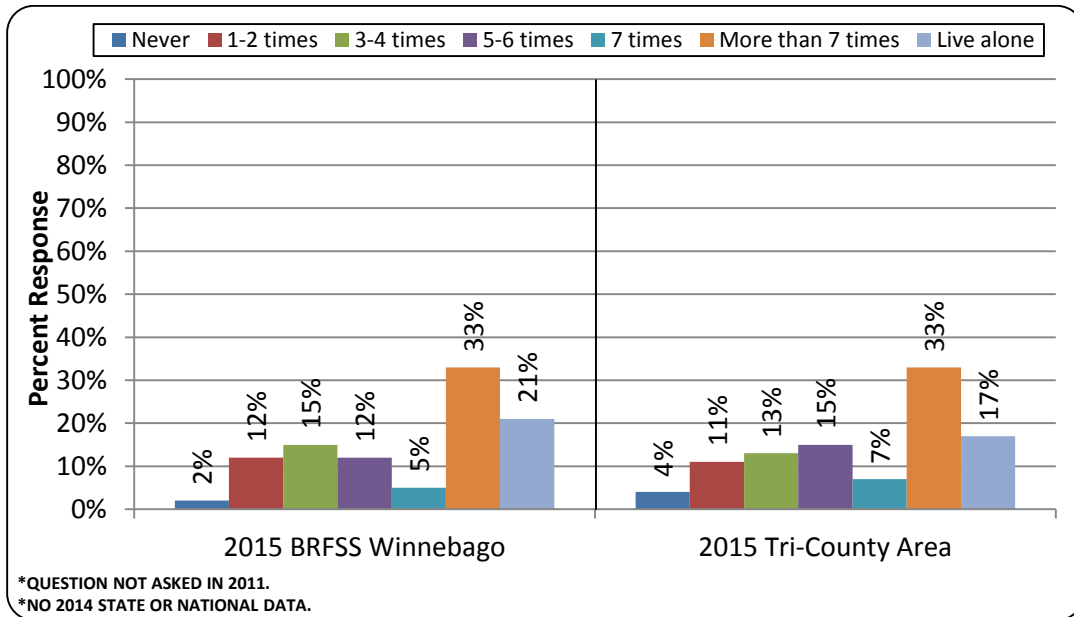
<b>Number of Drinks</b>	<b>Male</b>	<b>Female</b>
1 drink	24%	12%
1 drinks	6	5
3 drinks	6	1
4 drinks	5	3
5 or more drinks	15	5
None	44	75

## Family Dining

**Key Finding #23** *Only 2% of respondents reported never eating a household meal together in the past week while 33% reported eating a meal together more than 7 times.*

- ◆ Each respondent was asked how many times all or most of their family members living in their household eat a meal together. One-third of respondents (33%) reported eating more than 7 meals together, 5% reported eating a meal together 7 times, 12% 5-6 times, 15% 3-4 times, 12% 1-2 times, 2% reported never eating meals together, and 21% reported living alone. Please see Figure 72 below.

**Figure 72 – “During the past week, how many times did all, or most, of your family living in your household eat a meal together?”**



- ◆ Many respondents age 25 and over (34% to 63%) reported having eaten meals together with family members more than 7 times in the past week. The plurality of respondents age 18-24 (38%) reported eating 1-2 meals together in the past week. For the most part, as age increases so does the frequency of eating together. Please see Table 35 below.

**Table 35 – Age by Family Meals Together**

Family Meals Together	18-24	25-34	35-44	45-54	55-64	65 and over
Never	0%	6%	0%	2%	2%	6%
1-2 times	38	13	7	12	14	6
3-4 times	23	11	23	29	7	6
5-6 times	0	24	25	19	14	3
7 times	8	0	12	2	7	16
More than 7 times	30	47	34	37	56	63



- ◆ Thirty-nine percent (39%) of respondents with some college or tech school, and 45% each with a high school diploma or less or a college degree reported eating more than 7 meals together in the past week. Five percent (5%) or less of all education categories said they never eat meals together with family members.
- ◆ The plurality or majority of responses for all income levels except for those making less than \$15,000 or \$20,001 to \$25,000 reported eating more than 7 meals together in the past week; 67% for those with an income of \$15,001 to \$20,000, 61% making \$25,001 to \$35,000, 49% making more than \$75,000, 40% making \$50,001 to \$75,000, and 38% making \$35,001 to \$50,000 annually. Fifty-two percent (52%) of respondents making less than \$10,000 reported eating together 1-2 times, 42% making \$10,001 to \$15,000 and 50% making \$20,001 to \$25,000 reported 3-4 times.
- ◆ Many respondents who are not in the workforce (30%), employed (44%) self-employed (50%), or retired (68%) reported eating meals together with family members more than 7 times in the past week while 70% of students reported only 1-2 times.
- ◆ Interestingly, more respondents without children under the age of 18 years old living in their household (47%) reported eating more than 7 meals together with family members in the past week than respondents who have children (37%).

---

For more information, please contact:

Winnebago County Public Health  
Douglas Gieryn  
920-232-3000  
[health@co.winnebago.wi.us](mailto:health@co.winnebago.wi.us)

Aurora Health Care  
David Zerbe  
[david.zerbe@aurora.org](mailto:david.zerbe@aurora.org)

Ministry Health Care  
Julie Hladky  
[julie.hladky@ministryhealth.org](mailto:julie.hladky@ministryhealth.org)

Julia Salomon  
[julia.salomon@ministryhealth.org](mailto:julia.salomon@ministryhealth.org)

ThedaCare Health System  
Paula Morgen  
[paula.morgen@ThedaCare.org](mailto:paula.morgen@ThedaCare.org)