

**Tri-County  
(Calumet, Outagamie and Winnebago)  
Community Health Survey Report  
2018**

Commissioned By:  
**Fox Valley Community Health Improvement Coalition**

Sponsored By:  
**Appleton Health Department  
Ascension  
Aurora Health Care  
Calumet County Public Health  
Children's Hospital of Wisconsin  
Menasha Health Department  
Outagamie County Public Health Division  
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Winnebago County Public Health Department**

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## Purpose

The purpose of this project is to provide the Tri-County area with information from an assessment conducted in the Fall 2017/Winter 2018, of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Select information will also be collected about the respondent's household.
2. Gather data on a random child (17 or younger) in the household through adult who makes health care decisions for the child.
3. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
4. Compare, where appropriate, health data of residents to previous health studies.
5. Compare, where appropriate and available, health data of residents to state and national measurements along with Healthy People 2020 goals.

This report was commissioned by Appleton Health Department, Ascension, Aurora Health Care, Calumet County Public Health, Children's Hospital of Wisconsin, Menasha Health Department, Outagamie County Public Health Division, ThedaCare and Winnebago County Public Health Department.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the survey, contact any of the health departments.

## Methodology

### Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the county. The sampling strategy was two-fold in each county. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer and based on the number of adults in the household (n=688). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=436). At least 8 attempts were made to contact a respondent in each sample. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated. A total of 1,124 telephone interviews were completed between December 7, 2017 and April 26, 2018 and utilized for the Tri-County report to represent each county properly.

### Weighting of Data

For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent, if an adult, was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the counties.

### Margin of Error

With a sample size of 1,124, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 3$  percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the county. This margin of error provides us with confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than  $\pm 4$  percent, since fewer respondents are in that category (e.g., adults who were asked about a random child in the household).

## **What do the Percentages Mean?**

In 2017, the Census Bureau estimated 315,140 adult residents live in the Tri-County area. Thus, in this report, one percentage point equals approximately 3,150 adults. So, when 16% of respondents reported their health was fair or poor, this roughly equals 50,400 residents  $\pm$ 9,450 individuals. Therefore, from 40,950 to 59,850 residents likely have fair or poor health. Because the margin of error is  $\pm$ 4%, events or health risks that are small will include zero.

In 2016, the Census Bureau estimated 160,418 occupied housing units in the Tri-County area. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2016 household estimate, each percentage point for household-level data represents approximately 1,600 households.

## **Definitions**

Certain variables were recoded for better analysis and are listed below.

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

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

Race: "Nonwhite" is defined as any respondent who selected American Indian/Alaska Native, Asian, Black/African American or Native Hawaiian/Other Pacific Islander. "White" is defined as any respondent who only selected White. Race is excluded in tables when there are too few cases for statistical reliability.

Physical activity: The 2008 recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight status: Calculated using the Center for Disease Control's Body Mass Index (BMI) of kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. In this report "overweight" includes both overweight and obese respondents.

Current smoker: Current smoker is defined as someone who smoked a tobacco cigarette at least some days.

Binge drinking: The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2018, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. In 2011 and 2015, the definition was five or more drinks, regardless of gender.

## Previous Data Collection

Previous survey administration was conducted by Survey Research Institute and focused on health department service areas, with the Fox Cities survey being conducted in 2010 and 2016. In order to compare the 2018 data with previous years, a random sample of the 2010 Fox Cities Community Health Survey was included in the 2011 Tri-County data at the proportion these communities are in the counties. In addition, a random sample of the 2016 Fox Cities Community Health Survey was included in the 2016 Tri-County data. Data was weighted similarly to 2018 methods.

## Demographic Profile

The following table includes the weighted demographic breakdown of respondents in the counties.

**Table 1. Weighted Demographic Variables of Community Health Survey Respondents for 2018 (Q72, Q73, Q78, Q79, Q87 & Q88)<sup>o</sup>**

	Survey Results
TOTAL	100%
Gender	
Male	50%
Female	50
Age	
18 to 34	30%
35 to 44	18
45 to 54	21
55 to 64	15
65 and Older	16
Race*	
Nonwhite	5%
White	95
Education	
High School Graduate or Less	26%
Some Post High School	33
College Graduate	41
Household Income	
Bottom 40 Percent Bracket	28%
Middle 20 Percent Bracket	19
Top 40 Percent Bracket	46
Not Sure/No Answer	7
Married	57%

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

\*Race breakdown is excluded from tables when there are too few cases for statistical reliability in crosstabulations.

## How to Read the Report

### Statistical Significance

The use of statistics is to determine whether a true difference between two percentages is likely to exist. If a difference is statistically significant, it is unlikely that the difference between the two percentages is due to chance. Conversely, if a difference is not statistically significant, it is likely there is no real difference. For example, the difference between the percentage of adults reporting in 2011 they had at least one mentally unhealthy day in the past month (40%) and the percentage of adults reporting this in 2018 (44%) is not statistically significant and so it is likely not a real difference; it is within the margin of error of the survey.

### Data Interpretation

Data that has been found “statistically significant” and “not statistically significant” are both important for stakeholders to better understand county residents as they work on action plans. Additionally, demographic cross-tabulations provide information on whether or not there are statistically significant differences within the demographic categories (gender, age, race, education, household income level and marital status). Finally, Healthy People 2020 goals as well as Wisconsin and national percentages are included to provide another perspective of the health issues.

### Report Setup

- 1) Executive Summary—The Executive Summary includes a trend data table for the analyzed survey questions and comparisons to the most recent state percentages, national percentages and Healthy People 2020 goals, wherever possible. Also included is a summary of the key findings for each topic.
- 2) Key Findings—The Key Findings are broken down by:
  - a. Main Topics—overarching topics such as Overall Health, Health Care Coverage and Unmet Needs, and Health Information and Services. Each main topic is in **bold** in the report.
  - b. Key Findings—The first paragraph summarizes 2018 demographic findings of survey questions included in the main topic. The second paragraph, in *italics*, indicates if the 2018 percentages statistically changed over time.
  - c. Sub-Topics—Applicable survey questions are analyzed within each main topic and are listed in **bold**. For example, “Rating Their Own Health,” “Physically Unhealthy Days,” “Mentally Unhealthy Days,” and “Unhealthy Days Kept Respondent from Usual Activities” are the sub-topics within Overall Health.
    - i. Recommendations and/or Healthy People 2020 goals—*italicized* statements immediately after the sub-topic title, where possible.
    - ii. Data Comparisons—National and Wisconsin percentages are listed, when available. This information is *italicized* as well.
  - iii. 2018 Findings
    1. First bullet—lists the percentages for sub-topic survey question response categories. Occasionally, a figure is included to visually see the breakdown. Open bullets are used when there is a skip pattern or filter in the questionnaire and fewer respondents were asked the survey question.
    2. Remaining bullets—a bullet is written for each demographic variable that is significant in 2018. It compares the highest and lowest percentages. The order of bullets is gender, age, race, education, household income and marital status. Overweight status, physical activity, smoking status and excessive drinking status are included for some analysis. Household income, marital status and presence of children are the demographic variables used for household-level questions since respondent-level variables cannot be used. Open bullets are used to indicate fewer respondents.
  - iv. 2011 to 2018 Year Comparisons
    1. First bullet—This bullet statistically compares the 2011 percent to the 2018 percent to determine if it has remained the same, increased or decreased. Open bullets are used to indicate fewer respondents.
    2. Remaining bullets—Each remaining bullet first indicates if the demographic variable was significant in 2011 and/or 2018. Secondly, the bullet includes if there were any changes within the demographic categories from 2011 to 2018. A bullet is not written if there is no statistical significance in both cases. Open bullets are used to indicate fewer respondents.

- v. 2015 to 2018 Year Comparisons—same format as the 2011 to 2018 Year Comparisons, but compares 2015 to 2018 percentages instead.
- vi. Sub-Topic Table—Percentages, whether statistically significant or not, are listed for each survey question analyzed and broken down by demographic variables to determine the bullets for “2018 Findings,” “2011 to 2018 Year Comparisons” and “2015 to 2018 Year Comparisons.” Statistically significant demographic differences within years are indicated by <sup>1</sup>, <sup>2</sup> and/or <sup>3</sup> depending upon the number of years data is available. Statistically significant differences between years are indicated by <sup>a</sup> and/or <sup>b</sup> depending on the number of years of data. The table includes the survey question number in the title.
- vii. Trend Figure—after all survey questions within the main topic is analyzed, a trend graph containing the sub-topics is included. The prevalence of the analyzed percent is the y-axis (vertical line) and the survey years is the x-axis (horizontal line).

3) Appendix A—The survey questionnaire listing each question and the percent breakdowns are included.

Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution. Percentages occasionally may differ by one or two percentage points from previous reports or the Appendix as a result of rounding, recoding variables or response category distribution.

## Executive Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Tri-County residents (Calumet, Outagamie and Winnebago Counties). The following data are highlights of the comprehensive study. Please see the full report for details.

General Health	Tri-County			WI	US
	2011	2015	2018	2016	2016
Overall Health					
Excellent/Very Good <sup>A,B</sup>	56%	53%	42%	NA	NA
Good	31%	32%	43%	NA	NA
Fair or Poor	13%	14%	16%	16%	16%
At Least Three Physically Unhealthy Days in Past Month	24%	27%	27%	NA	NA
At Least Three Mentally Unhealthy Days in Past Month <sup>A</sup>	24%	28%	31%	NA	NA
At Least Three Physically/Mentally Unhealthy Days Prevented Usual Activities in Past Month	15%	19%	18%	NA	NA

Health Care Coverage	Tri-County			WI	US
	2011	2015	2018	2016	2016
Currently No Health Care Coverage					
18 Years Old and Older [HP2020 Goal: 0%] <sup>A,B</sup>	9%	4%	<1%	9%	10%
18 to 64 Years Old [HP2020 Goal: 0%] <sup>A,B</sup>	10%	5%	1%	10%	12%
Unmet Care in Past Year (Household Member)					
Medical Care [HP2020 Goal: 4%]	--	--	6%	NA	NA
Dental Care [HP2020 Goal: 5%]	--	--	8%	NA	NA
Mental Health Care	--	--	3%	NA	NA
Have a Primary Care Physician [HP2020 Goal: 84%] <sup>A</sup>	88%	--	91%	NA	NA
Advance Care Document or Conversation	--	--	67%	NA	NA
Advance Directive Document for Health Care	--	--	45%	NA	NA
Conversation with Trusted Person about Health Care Wishes if Unable to Speak for Self	--	--	50%	NA	NA

Routine Procedures	Tri-County			WI	US
	2011	2015	2018	2016	2016
Routine Checkup (2 Years Ago or Less) <sup>B</sup>	84%	88%	91%	84%	84%
Respondents with a Routine Checkup in Past 2 Years					
HCP Inquired about Alcohol Consumption <sup>B</sup>	--	65%	83%	NA	NA
Advised to Quit or Reduce Alcohol Consumption (Of HCP Inquiries)	--	7%	5%	NA	NA
Dental Checkup (Past Year) [HP2020 Goal: 49%]	79%	78%	77%	73%	66%

Health Conditions in Past 3 Years	Tri-County			WI	US
	2011 <sup>1</sup>	2015 <sup>1</sup>	2018	2016	2016
High Blood Pressure	26%	26%	25%	NA	NA
High Blood Cholesterol <sup>B</sup>	26%	30%	24%	NA	NA
Mental Health Condition	--	24%	21%	NA	NA
Diabetes	8%	8%	10%	NA	NA
Heart Disease/Condition	--	--	8%	NA	NA
Asthma (Current) <sup>B</sup>	--	15%	9%	9%	9%

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>In 2011 and 2015, time frame was "ever".

<sup>A</sup>Tri-County statistical change from 2011 to 2018. <sup>B</sup>Tri-County statistical change from 2015 to 2018.

Financial Factors Affecting Health in Past Year	Tri-County			WI	US
	2011	2015	2018	2016	2016
Worried/Stressed About Having Enough Money for Rent, Mortgage or Utilities (Always/Usually)	--	14%	14%	NA	NA
Food Didn't Last and Unable to Purchase More (Often True/Sometimes True)	--	11%	13%	NA	NA

Mental Health Status	Tri-County			WI	US
	2011	2015	2018	2016	2016
Get Social/Emotional Support Needed (Rarely/Never)	6%	8%	6%	NA	NA
Stress Because Mind is Troubled in Past Month (All the Time/Most of the Time)	--	--	15%	NA	NA
Considered Suicide in Past Year	--	--	8%	NA	NA

Physical Health	Tri-County			WI	US
	2011	2015	2018	2016	2016
Overweight Status					
Overweight/Obese (BMI 25.0+) [HP2020: 66%]	66%	65%	67%	67%	65%
Obese (BMI 30.0+) [HP2020: 31%] <sup>A</sup>	30%	32%	35%	31%	30%
Physical Activity/Week					
Moderate Activity (5 Times/30 Min) <sup>B</sup>	--	22%	33%	42% <sup>1</sup>	33% <sup>1</sup>
Vigorous Activity (3 Times/20 Min)	--	28%	25%	31% <sup>3</sup>	29% <sup>3</sup>
Recommended Moderate or Vigorous	--	40%	44%	53% <sup>3</sup>	51% <sup>3</sup>
Major Reasons Not Participate in Physical Activity More (Of Respondents Who Did Not Meet Recommendation)					
Difficult to Motivate Self	--	--	24%	NA	NA
Not Enough Time to Exercise	--	--	24%	NA	NA
Inconvenient	--	--	11%	NA	NA
Boring	--	--	11%	NA	NA

Nutrition	Tri-County			WI	US
	2011	2015	2018	2016	2016
Fruit Intake (2+ Servings/Day) <sup>A,B</sup>	54%	60%	48%	NA	NA
Vegetable Intake (3+ Servings/Day) <sup>A</sup>	26%	33%	31%	NA	NA
At Least 5 Fruit/Vegetables/Day <sup>B</sup>	30%	39%	29%	23% <sup>3</sup>	23% <sup>3</sup>
Sugar Drink (1+ Drinks/Day/Past Month)	--	--	30%	NA	NA
Non-Work Screen Time (4+ Hours/Day)	--	36%	30%	NA	NA
Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%]	--	67%	65%	NA	NA
Family Meals (Households with More than 1 Person; 5+ Meals/Week) <sup>B</sup>	--	64%	59%	NA	NA

Alcohol Use in Past Month	Tri-County			WI	US
	2011	2015	2018	2016	2016
Heavy Drinker (Female 31+ Drinks; Male 61+ Drinks)	--	--	10%	7% <sup>2</sup>	5% <sup>2</sup>
Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion) <sup>B</sup>	23% <sup>4</sup>	20% <sup>4</sup>	25%	25%	17%
Excessive Drinker (Either Heavy or Binge Drinker) [HP2020 Goal: 25%] <sup>B</sup>	23% <sup>5</sup>	20% <sup>5</sup>	26%	NA	NA
Driven When Perhaps Had Too Much to Drink <sup>A,B</sup>	3%	5%	1%	NA	NA

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>2005 WI and US Data; <sup>2</sup>2007 WI and US Data; <sup>3</sup>2009 WI and US Data.

<sup>4</sup>In 2011 and 2015, binge drinking was defined as 5 or more drinks on an occasion, regardless of gender.

<sup>5</sup>In 2011 and 2015, heavy drinking was not asked. As a result, 2010/11 and 2015 percentages include binge drinking only.

<sup>A</sup>Tri-County statistical change from 2011 to 2018. <sup>B</sup>Tri-County statistical change from 2015 to 2018.

Tobacco Use	Tri-County			WI	US
	2011	2015	2018	2016	2016
Current Use (Every Day/Some Days)					
Tobacco Cigarette Smoker [HP2020 Goal: 12%] <sup>A,B</sup>	18%	16%	12%	17%	17%
Smokeless Tobacco [HP2020 Goal: 0.2%]	3%	3%	4%	4%	4%
Electronic Cigarettes/Vaping	--	5%	5%	5%	5%
Of Current Tobacco Cigarette Smokers...					
Quit Smoking 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal: 80%]	59%	51%	48%	49% <sup>1</sup>	56% <sup>1</sup>
Someone Smokes in Household or Vehicle [HP2020 Goal: 13%] <sup>A</sup>	15%	--	7%	NA	NA

Household Problems Associated With...	Tri-County			WI	US
	2011	2015	2018	2016	2016
Alcohol (Past Year) <sup>A</sup>	4%	--	2%	NA	NA
Misuse of Prescription or Over-the-Counter Drugs (Past Year)	--	--	2%	NA	NA

Firearms in Household	Tri-County			WI	US
	2011	2015	2018	2002	2002
Firearm in House/Garage	--	--	43%	44%	33%
Firearm Loaded (All Households)	--	--	9%	3%	8%
Loaded Firearm Also Unlocked (All Households)	--	--	3%	2%	4%
Of Households with a Firearm					
Loaded Firearm Also Unlocked	--	--	7%	5%	13%

Personal Safety in Past Year	Tri-County			WI	US
	2011	2015	2018	2016	2016
At Least One Personal Safety Issue	--	--	10%	NA	NA
Afraid for Safety	--	--	8%	NA	NA
Pushed, Kicked, Slapped, or Hit	--	--	4%	NA	NA
Felt Extremely Unsafe/Unsafe from Crime in Neighborhood	--	--	2%	NA	NA

Top Community Health Issues	Tri-County			WI	US
	2011	2015	2018	2016	2016
Overweight or Obesity	--	--	22%	NA	NA
Chronic Diseases	--	--	21%	NA	NA
Illegal Drug Use	--	--	18%	NA	NA
Access to Health Care	--	--	17%	NA	NA
Cancer	--	--	17%	NA	NA
Mental Health or Depression	--	--	15%	NA	NA
Alcohol Use or Abuse	--	--	14%	NA	NA
Infectious Diseases	--	--	13%	NA	NA
Prescription or Over-the-Counter Drug Abuse	--	--	9%	NA	NA
Affordable Health Care	--	--	8%	NA	NA
Access to Affordable Healthy Food	--	--	6%	NA	NA
Lack of Physical Activity	--	--	5%	NA	NA

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>2005 WI and US Data.

<sup>A</sup>Tri-County statistical change from 2011 to 2018. <sup>B</sup>Tri-County statistical change from 2015 to 2018.

Children in Household	Tri-County	
	2015 <sup>1</sup>	2018 <sup>1</sup>
Personal Doctor/Nurse Who Knows Child Well and Familiar with History	96%	95%
Visited Personal Doctor/Nurse for Preventive Care in Past Year (Children Who Have a Personal Doctor/Nurse)	96%	97%
Did Not Receive Specialist Care Needed (Past Year)	3%	0%
Used New Parent Programs for Child	23%	12%
Health Conditions		
Asthma	10%	6%
Diabetes	2%	<1%
Extremely Unsafe/Unsafe in Community/Neighborhood	--	<1%
Fruit Intake (2+ Servings/Day)	82%	73%
Vegetable Intake (3+ Servings/Day)	31%	23%
5+ Fruit/Vegetables per Day	50%	40%
Sugar Drink in Past Month		
Less Than One/Day, but More Than One/Week	--	38%
At Least One per Day	--	15%
Screen Time		
2 or 3 Hours/Day	--	38%
4 or More Hours/Day	--	18%
Sleeping Location when an Infant		
Crib or Bassinette	89%	94%
In Bed with Adult	2%	3%
Children 4 to 17 Years Old		
Physical Activity (60 Min./5 or More Days/Week)	50%	63%
Unhappy, Sad or Depressed in Past 6 Months (Always/Nearly Always)	5%	6%
Experienced Bullying in Past Year	18%	24%
Verbally Bullied	13%	21%
Physically Bullied	4%	7%
Cyber Bullied	<1%	3%

--Not asked or worded differently.

<sup>1</sup>In 2015, survey included children 12 years old or younger. In 2018, survey included children 17 or younger.

<sup>A</sup>Tri-County statistical change from 2015 to 2018.

## General Health

In 2018, 42% of Tri-County respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or smokers were more likely to report fair or poor health. Twenty-seven percent of respondents reported in the past month their physical health was not good for at least three days; respondents 35 to 44 years old, 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink were more likely to report this. Thirty-one percent of respondents reported in the past month their mental health was not good for at least three days; respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, smokers or excessively drank were more likely to report this. Eighteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents who were female, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, not overweight/obese, inactive or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three*

*mentally unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month, as well as from 2015 to 2018.*

### **Health Care Coverage and Information**

In 2018, less than one percent of Tri-County respondents reported they were not currently covered by health care insurance. Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed; married respondents were more likely to report this. Eight percent of respondents reported there was a time in the past year someone in their household did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket, unmarried or in households without children were more likely to report this. Three percent of respondents reported there was a time in the past year someone in their household did not receive the mental health care needed. *From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.*

In 2018, 91% of Tri-County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 65 and older, in the bottom 60 percent household income bracket or married were more likely to report a personal care physician. Forty-five percent of respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% completed the document or had a conversation with a trusted person; respondents who were female, 65 and older, white or married were more likely to report at least one. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### **Routine Procedures**

In 2018, 91% of Tri-County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 55 and older, with a high school education or less, with a college education or married respondents were more likely to report a routine checkup two years ago or less. Eighty-three percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who drank excessively in the past month were more likely to report their provider inquired about their alcohol consumption. Five percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents who were in the bottom 40 percent household income bracket, unmarried or drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-seven percent of respondents reported a visit to the dentist in the past year; respondents who were female, 45 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen their alcohol use at their last routine checkup. From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### **Health Conditions**

In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (25%) or high blood cholesterol (24%) in the Tri-County region. Respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or inactive were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were married, overweight/obese, inactive or did not excessively drink in the past month were more likely to report high blood cholesterol. Twenty-one percent reported a mental health condition; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Ten percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, in the bottom 40

percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report diabetes. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report this. Nine percent reported current asthma; respondents who were female or in the bottom 40 percent household income bracket were more likely to report current asthma. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or diabetes, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma.*

### **Financial Factors Affecting Health**

In 2018, 14% of Tri-County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents who were 35 to 44 years old, nonwhite, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Thirteen percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were 18 to 44 years old, nonwhite, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried or with children in the household were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

### **Mental Health Status**

In 2018, 6% of Tri-County respondents reported they rarely/never get the social and emotional support they need; respondents who were 35 to 44 years old, nonwhite, with some post high school education or less or unmarried respondents were more likely to report this. Fifteen percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Eight percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were female, 18 to 34 years old, with some post high school education, unmarried or in households with children were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need, as well as from 2015 to 2018.*

### **Physical Health**

In 2018, 33% of Tri-County respondents did moderate physical activity five times a week for 30 minutes. Twenty-five percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 44% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who were not overweight/obese were more likely to report this. Twenty-four percent of respondents each reported it is difficult to motivate self to exercise or there is not enough time to exercise as their major reason for not participating in physical activities more often. Respondents who were 45 to 54 years old, married or overweight/obese were more likely to report it is difficult to motivate self to exercise. Respondents 18 to 44 years old, with a college education, in the top 40 percent household income bracket, who were married or with children in the household were more likely to report there is not enough time to exercise. Eleven percent of respondents each reported it is inconvenient to exercise or it is boring/not enjoyable. Respondents who were 45 to 54 years old or nonwhite were more likely to report it is inconvenient to exercise. Respondents in households without children were more likely to report exercise is boring/not enjoyable. Ten percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight/obese were more likely to report this. Five percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office as a major reason for not participating in physical activities more often; respondents who were female, in the bottom 40 percent

household income bracket or without children in the household were more likely to report this. Four percent of respondents reported they do not have encouragement, support or companionship from family/friends as a major reason; respondents in the bottom 60 percent household income bracket or without children in the household were more likely to report this. Three percent reported they are not confident in being physically active or how to manage progress; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or without children in the household were more likely to report this. *From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity.*

In 2018, 67% of Tri-County respondents were classified as at least overweight while 35% were obese. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket, married or inactive were more likely to be classified as at least overweight. Respondents who were 55 to 64 years old, nonwhite, with a high school education or less or inactive were more likely to be obese. *From 2011 to 2018, there was no statistical change in the overall percent of respondents being at least overweight, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese while from 2015 to 2018, there was no statistical change.*

### **Nutrition**

In 2018, 48% of Tri-County respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, in the top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-nine percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education, in the top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report this. Thirty percent of respondents reported they drank at least one sugared drink per day in the past month; respondents who were male, 18 to 44 years old, with some post high school education or inactive respondents were more likely to report this. Fifty-nine percent of respondents reported all or most of their family ate together at last five times during the past week; married respondents were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported all or most of their family had a meal together at least five times in the past week.*

### **Screen Time and Sleep**

In 2018, 30% of Tri-County respondents reported at least four hours of screen time a day; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight/obese or inactive were more likely to report this. Sixty-five percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were female, 65 and older, white, with a college education, who were not overweight/obese, met the recommended amount of physical activity or without children in the household were more likely to report this. *From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

## **Alcohol Use**

In 2018, 70% of Tri-County respondents had an alcoholic drink in the past month. Ten percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks) while 25% were binge drinkers (females 4+ drinks on an occasion and males 5+ drinks on an occasion). Respondents 18 to 34 years old, with some post high school education or unmarried respondents were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with some post high school education, in the top 60 percent household income bracket or unmarried respondents were more likely to have binged at least once in the past month. Combined, this equals 26% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents who were male, 18 to 34 years old, nonwhite, with some post high school education, in the top 60 percent household income bracket, who were unmarried or whose health care provider inquired about their alcohol consumption were more likely to be excessive drinkers. One percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink, as well as from 2015 to 2018.*

## **Tobacco Use**

In 2018, 12% of Tri-County respondents were current tobacco cigarette smokers; respondents 45 to 54 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. In the past year, 48% of current smokers quit smoking for one day or longer because they were trying to quit. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

In 2018, 7% of Tri-County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.*

In 2018, 4% of Tri-County respondents currently used smokeless tobacco (every day or some days); respondents who were male, 18 to 34 years old or in the top 60 percent household income bracket were more likely to report this. Five percent of respondents currently used electronic cigarettes (every day or some days); respondents 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

## **Household Problems**

In 2018, 2% of Tri-County respondents each reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol or in connection with the misuse of prescription drugs/over-the-counter drugs. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

## **Firearms in Household**

In 2018, 43% of Tri-County households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of all households, 9% had a loaded firearm; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

## Personal Safety

In 2018, 8% of Tri-County respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were 18 to 34 years old, nonwhite, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. A total of 10% reported at least one of these two situations; respondents who were 18 to 34 years old, nonwhite or unmarried were more likely to report this. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

## Children in Household

In 2018, the Tri-County respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of one of the children. Ninety-five percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Twelve percent of respondents reported their child was helped by new parent programs. Six percent of respondents reported their child currently had asthma. Less than one percent of respondents reported their child currently had diabetes. Less than one percent of respondents reported their child was unsafe or extremely unsafe in their community. Three percent of respondents reported when their child was an infant, he/she slept in a bed with them or another person. Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day while 23% reported three or more servings of vegetables. Forty percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifteen percent of respondents reported their child drank at least one sugared drink a day during the past month. Sixty-three percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Eighteen percent of respondents reported their child spent four or more hours of screen time on an average day. Six percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-four percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 21% reported verbal bullying, 7% physical bullying and 3% reported cyber bullying. *From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported when their child was an infant, he/she slept in a bed with them or another person. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, physically bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was verbally bullied.*

## Top Community Health Issues

In 2018, Tri-County respondents were asked to list the top three health issues in the area. The most often cited was overweight/obesity (22%). Respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report overweight/obesity as a top health issue. Twenty-one percent of respondents were more likely to report chronic diseases as a top health issue; respondents with a college education or in the top 60 percent household income bracket were more likely to report this. Eighteen percent reported illegal drug use as a top health issue; respondents with a college education, in the bottom 40 percent household income bracket or

in the top 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported access to health care as a top health issue. Respondents 35 to 44 years old, with some post high school education or married respondents were more likely to report access to health care. Seventeen percent of respondents reported cancer; respondents who were 18 to 34 years old, 65 and older or white were more likely to report this. Fifteen percent of respondents reported mental health or depression. Respondents who were female, 18 to 34 years old, nonwhite, with a college education or in the middle 20 percent household income bracket were more likely to report mental health or depression. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. Thirteen percent of respondents reported infectious diseases. Nine percent of respondents reported prescription or over-the-counter drug abuse; respondents 45 to 54 years old, with at least some post high school education or in the middle 20 percent household income bracket were more likely to report this. Eight percent of respondents reported affordable health care. Respondents who were female or in the top 40 percent household income bracket were more likely to report affordable health care. Six percent of respondents reported access to affordable healthy food. Respondents 35 to 54 years old, with a college education or in the middle 20 percent household income bracket were more likely to report access to affordable healthy food. Five percent of respondents reported lack of physical activity; respondents with a college education were more likely to report this. Four percent of respondents reported violence or crime as a top health issue. Respondents 45 to 54 years old were more likely to report violence or crime. Three percent of respondents reported tobacco use; respondents with a high school education or less or with a college education were more likely to report this. Three percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Three percent of respondents reported environmental issues as a top health issue.

## Key Findings

### Overall Health (Figures 1 & 2; Tables 2 - 5)

**KEY FINDINGS:** In 2018, 42% of Tri-County respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or smokers were more likely to report fair or poor health. Twenty-seven percent of respondents reported in the past month their physical health was not good for at least three days; respondents 35 to 44 years old, 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink were more likely to report this. Thirty-one percent of respondents reported in the past month their mental health was not good for at least three days; respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, smokers or excessively drank were more likely to report this. Eighteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents who were female, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, not overweight/obese, inactive or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month.

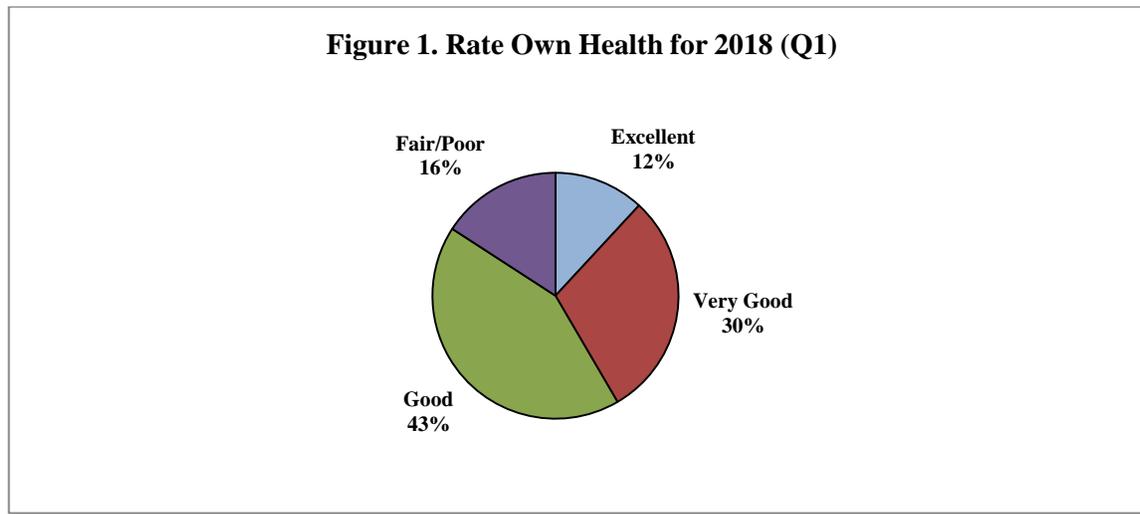
*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three mentally unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month, as well as from 2015 to 2018.*

### Rating Their Own Health

*In 2016, 51% of Wisconsin respondents reported their health as excellent or very good while 16% reported fair or poor. Fifty-three percent of U.S. respondents reported their health as excellent or very good while 16% reported fair or poor (2016 Behavioral Risk Factor Surveillance).*

## 2018 Findings (Table 2)

- Forty-two percent of respondents said their own health, generally speaking, was either excellent (12%) or very good (30%). A total of 16% reported their health was fair or poor.



- Twenty-two percent of respondents 65 and older and 21% of those 55 to 64 years old reported their health was fair or poor compared to 8% of respondents 18 to 34 years old.
- Twenty-one percent of respondents with a high school education or less reported their health was fair or poor compared to 18% of those with some post high school education or 11% of respondents with a college education.
- Twenty-five percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 13% of those in the middle 20 percent income bracket or 11% of respondents in the top 40 percent household income bracket.
- Overweight/obese respondents were more likely to report their health was fair or poor (20%) compared to respondents who were not overweight/obese (7%).
- Forty-one percent of inactive respondents reported their health was fair or poor compared to 14% of those who did an insufficient amount of physical activity or 10% of respondents who met the recommended amount of physical activity.
- Smokers were more likely to report their health was fair or poor (29%) compared to nonsmokers (14%).

## 2011 to 2018 Year Comparisons (Table 2)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported fair or poor health.
- In 2011, respondents 45 and older were more likely to report fair or poor health. In 2018, respondents 55 and older were more likely to report fair or poor health. From 2011 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting fair or poor health.
- In 2011 and 2018, respondents with a high school education or less were more likely to report fair or poor health.

- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2011, unmarried respondents were more likely to report fair or poor health. In 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of married respondents reporting fair or poor health.
- In 2011 and 2018, overweight/obese respondents were more likely to report fair or poor health. From 2011 to 2018, there was a noted increase in the percent of overweight/obese respondents reporting fair or poor health.
- In 2011 and 2018, smokers were more likely to report fair or poor health. From 2011 to 2018, there was a noted increase in the percent of nonsmokers reporting fair or poor health.

#### 2015 to 2018 Year Comparisons (Table 2)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported fair or poor health.
- In 2015, female respondents were more likely to report fair or poor health. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents reporting fair or poor health.
- In 2015, respondents 65 and older were more likely to report fair or poor health. In 2018, respondents 55 and older were more likely to report fair or poor health. From 2015 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting fair or poor health.
- In 2015, respondents with some post high school education or less were more likely to report fair or poor health. In 2018, respondents with a high school education or less were more likely to report fair or poor health.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting fair or poor health.
- In 2015, unmarried respondents were more likely to report fair or poor health. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of married respondents reporting fair or poor health.
- In 2015, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report fair or poor health.
- In 2015 and 2018, inactive respondents were more likely to report fair or poor health. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting fair or poor health.
- In 2015 and 2018, smokers were more likely to report fair or poor health.

**Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year (Q1)<sup>①,②</sup>**

	2011	2015	2018
TOTAL	13%	14%	16%
Gender <sup>2</sup>			
Male <sup>b</sup>	14	12	17
Female	13	17	14
Age <sup>1,2,3</sup>			
18 to 34	7	8	8
35 to 44 <sup>a,b</sup>	9	8	17
45 to 54	19	20	16
55 to 64	19	18	21
65 and Older	19	22	22
Race			
Nonwhite	14	24	19
White	13	14	15
Education <sup>1,2,3</sup>			
High School or Less	17	18	21
Some Post High School	13	17	18
College Graduate	9	7	11
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	21	21	25
Middle 20 Percent Bracket	15	9	13
Top 40 Percent Bracket <sup>b</sup>	9	5	11
Marital Status <sup>1,2</sup>			
Married <sup>a,b</sup>	11	10	15
Not Married	18	21	17
Overweight Status <sup>1,3</sup>			
Not Overweight/Obese	10	12	7
Overweight/Obese <sup>a</sup>	15	16	20
Physical Activity <sup>2,3</sup>			
Inactive	--	33	41
Insufficient	--	18	14
Recommended <sup>b</sup>	--	4	10
Smoking Status <sup>1,2,3</sup>			
Nonsmoker <sup>a</sup>	10	12	14
Smoker	27	25	29
Excessive Drinking in Past Month			
Yes	14	13	14
No	13	15	16

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

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Physically Unhealthy Days

### 2018 Findings (Table 3)

- Twenty-seven percent of respondents reported during the past month their physical health, which includes physical illness and injury, was not good for at least three days.
- Thirty-five percent of respondents 55 to 64 years old and 34% of those 35 to 44 years old reported at least three physically unhealthy days in the past month compared to 20% of respondents 18 to 34 years old.
- Thirty-one percent of respondents with a high school education or less reported at least three physically unhealthy days in the past month compared to 29% of those with some post high school education or 24% of respondents with a college education.
- Thirty-two percent of respondents in the bottom 40 percent household income bracket reported at least three physically unhealthy days in the past month compared to 25% of respondents in the top 60 percent household income bracket.
- Overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month (32%) compared to respondents who were not overweight/obese (18%).
- Forty-four percent of inactive respondents reported at least three physically unhealthy days in the past month compared to 26% of those who did an insufficient amount of physical activity or 24% of respondents who met the recommended amount of physical activity.
- Thirty percent of respondents who were not excessive drinkers in the past month reported at least three physically unhealthy days in the past month compared to 20% of respondents who did excessively drink.

### 2011 to 2018 Year Comparisons (Table 3)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month.
- In 2011, respondents 18 to 34 years old were more likely to report at least three physically unhealthy days in the past month. In 2018, respondents 35 to 44 years old or 55 to 64 years old were more likely to report at least three physically unhealthy days in the past month. From 2011 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 35 to 44 years old reporting at least three physically unhealthy days.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report at least three physically unhealthy days in the past month.
- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three physically unhealthy days in the past month. From 2011 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting at least three physically unhealthy days.
- In 2011, unmarried respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of married respondents and a noted decrease in the percent of unmarried respondents reporting at least three physically unhealthy days.
- In 2011, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month, with a noted increase since 2011.

- In 2011, smokers were more likely to report at least three physically unhealthy days in the past month. In 2018, smoking status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of nonsmokers reporting at least three physically unhealthy days.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report at least three physically unhealthy days in the past month, with a noted increase since 2011.

#### 2015 to 2018 Year Comparisons (Table 3)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month.
- In 2015, female respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents and a noted decrease in the percent of female respondents reporting at least three physically unhealthy days.
- In 2015, age was not a significant variable. In 2018, respondents 35 to 44 years old or 55 to 64 years old were more likely to report at least three physically unhealthy days in the past month.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report at least three physically unhealthy days in the past month.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three physically unhealthy days in the past month. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting at least three physically unhealthy days.
- In 2015, unmarried respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, marital status was not a significant variable.
- In 2015, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month.
- In 2015 and 2018, inactive respondents were more likely to report at least three physically unhealthy days in the past month. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting at least three physically unhealthy days in the past month.
- In 2015, smokers were more likely to report at least three physically unhealthy days in the past month. In 2018, smoking status was not a significant variable.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report at least three physically unhealthy days in the past month.

**Table 3. At Least Three Physically Unhealthy Days in Past Month by Demographic Variables for Each Survey Year (Q2)<sup>①,②</sup>**

	2011	2015	2018
TOTAL	24%	27%	27%
Gender <sup>2</sup>			
Male <sup>b</sup>	23	18	27
Female <sup>b</sup>	25	35	28
Age <sup>1,3</sup>			
18 to 34 <sup>a</sup>	30	20	20
35 to 44 <sup>a</sup>	11	29	34
45 to 54	23	30	27
55 to 64	25	31	35
65 and Older	28	29	29
Race			
Nonwhite	30	38	26
White	24	26	28
Education <sup>3</sup>			
High School or Less	26	28	31
Some Post High School	25	25	29
College Graduate	20	28	24
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	35	36	32
Middle 20 Percent Bracket	25	18	25
Top 40 Percent Bracket <sup>a,b</sup>	15	16	25
Marital Status <sup>1,2</sup>			
Married <sup>a</sup>	18	24	28
Not Married <sup>a</sup>	33	30	27
Overweight Status <sup>3</sup>			
Not Overweight/Obese	24	23	18
Overweight/Obese <sup>a</sup>	24	28	32
Physical Activity <sup>2,3</sup>			
Inactive	--	44	44
Insufficient	--	30	26
Recommended <sup>b</sup>	--	17	24
Smoking Status <sup>1,2</sup>			
Nonsmoker <sup>a</sup>	22	25	27
Smoker	31	36	30
Excessive Drinking in Past Month <sup>3</sup>			
Yes	25	25	20
No <sup>a</sup>	24	27	30

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

②In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity question asked differently.

<sup>1</sup>demographic difference at p<0.05 in 2011; <sup>2</sup>demographic difference at p<0.05 in 2015; <sup>3</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2011 to 2018; <sup>b</sup>year difference at p<0.05 from 2015 to 2018

## **Mentally Unhealthy Days**

### 2018 Findings (Table 4)

- Thirty-one percent of respondents reported during the past month their mental health, which includes stress, depression, and problems with emotions, was not good for at least three days.
- Respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month (48%) compared to those 55 to 64 years old (20%) or respondents 65 and older (15%).
- Thirty-five percent of respondents with a college education reported at least three mentally unhealthy days in the past month compared to 31% of those with some post high school education or 26% of respondents with a high school education or less.
- Forty-two percent of respondents in the bottom 40 percent household income bracket reported at least three mentally unhealthy days in the past month compared to 30% of those in the top 40 percent income bracket or 23% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report at least three mentally unhealthy days in the past month compared to married respondents (38% and 25%, respectively).
- Smokers were more likely to report at least three mentally unhealthy days in the past month (46%) compared to nonsmokers (29%).
- Thirty-eight percent of respondents who were excessive drinkers in the past month reported at least three mentally unhealthy days compared to 29% of respondents who did not excessively drink.

### 2011 to 2018 Year Comparisons (Table 4)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three mentally unhealthy days in the past month.
- In 2011 and 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents across gender reporting at least three mentally unhealthy days in the past month.
- In 2011, respondents 35 to 44 years old were more likely to report at least three mentally unhealthy days in the past month. In 2018, respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month, with a noted increase since 2011.
- In 2011 and 2018, race was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of white respondents reporting at least three mentally unhealthy days in the past month.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report at least three mentally unhealthy days in the past month, with a noted increase since 2011.
- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three mentally unhealthy days in the past month. From 2011 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting at least three mentally unhealthy days in the past month.

- In 2011 and 2018, unmarried respondents were more likely to report at least three mentally unhealthy days in the past month. From 2011 to 2018, there was a noted increase in the percent of unmarried respondents reporting at least three mentally unhealthy days in the past month.
- In 2011 and 2018, overweight status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of overweight/obese respondents reporting at least three mentally unhealthy days in the past month.
- In 2011 and 2018, smokers were more likely to report at least three mentally unhealthy days in the past month. From 2011 to 2018, there was a noted increase in the percent of nonsmokers reporting at least three mentally unhealthy days in the past month.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who excessively drank in the past month were more likely to report at least one mentally unhealthy day. From 2011 to 2018, there was a noted increase in the percent of respondents across excessive drinking status reporting at least three mentally unhealthy days in the past month.

#### 2015 to 2018 Year Comparisons (Table 4)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting at least three mentally unhealthy days in the past month.
- In 2015, respondents with a high school education or less were more likely to report at least three mentally unhealthy days in the past month. In 2018, respondents with some post high school education were more likely to report at least three mentally unhealthy days in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less and a noted increase in the percent of respondents with at least some post high school education reporting at least three mentally unhealthy days in the past month.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three mentally unhealthy days in the past month. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting at least three mentally unhealthy days in the past month.
- In 2015 and 2018, unmarried respondents were more likely to report at least three mentally unhealthy days in the past month. From 2015 to 2018, there was a noted increase in the percent of married respondents reporting at least three mentally unhealthy days in the past month.
- In 2015 and 2018, smokers were more likely to report at least three mentally unhealthy days in the past month.
- In 2015 and 2018, respondents who excessively drank in the past month were more likely to report at least three mentally unhealthy days in the past month.

**Table 4. At Least Three Mentally Unhealthy Days in Past Month by Demographic Variables for Each Survey Year (Q3)<sup>①,②</sup>**

	2011	2015	2018
TOTAL <sup>a</sup>	24%	28%	31%
Gender			
Male <sup>a</sup>	24	25	30
Female <sup>a</sup>	24	30	32
Age <sup>1,2,3</sup>			
18 to 34 <sup>a,b</sup>	28	40	48
35 to 44	31	30	36
45 to 54	23	25	24
55 to 64	20	23	20
65 and Older	13	11	15
Race			
Nonwhite	27	35	29
White <sup>a</sup>	24	27	31
Education <sup>2,3</sup>			
High School or Less <sup>b</sup>	21	34	26
Some Post High School <sup>a,b</sup>	26	28	35
College Graduate <sup>b</sup>	26	21	31
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>a,b</sup>	33	33	42
Middle 20 Percent Bracket	31	30	23
Top 40 Percent Bracket <sup>a,b</sup>	20	15	30
Marital Status <sup>1,2,3</sup>			
Married <sup>b</sup>	21	20	25
Not Married <sup>a</sup>	29	38	38
Overweight Status			
Not Overweight/Obese	27	31	34
Overweight/Obese <sup>a</sup>	23	26	30
Physical Activity			
Inactive	--	32	35
Insufficient	--	25	29
Recommended	--	29	33
Smoking Status <sup>1,2,3</sup>			
Nonsmoker <sup>a</sup>	21	25	29
Smoker	37	39	46
Excessive Drinking in Past Month <sup>2,3</sup>			
Yes <sup>a</sup>	26	34	38
No <sup>a</sup>	23	26	29

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

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015; <sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Unhealthy Days Kept Respondent from Usual Activities

### 2018 Findings (Table 5)

- Eighteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation for at least three days.
- Female respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month (20%) compared to male respondents (15%).
- Twenty-four percent of respondents 35 to 44 years old reported at least three unhealthy days kept them from usual activities in the past month compared to 14% of respondents 45 to 54 years old or 65 and older.
- Respondents with some post high school education (24%) were more likely to report at least three unhealthy days kept them from usual activities in the past month compared to those with a high school education or less (20%) or respondents with a college education (12%).
- Twenty-seven percent of respondents in the bottom 40 percent household income bracket reported at least three unhealthy days kept them from usual activities in the past month compared to 20% of those in the middle 20 percent income bracket or 12% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month compared to married respondents (23% and 14%, respectively).
- Respondents who were not overweight/obese were more likely to report at least three unhealthy days kept them from usual activities in the past month (22%) compared to overweight/obese respondents (16%).
- Twenty-six percent of inactive respondents reported at least three unhealthy days kept them from usual activities in the past month compared to 17% of those who met the recommended amount of physical activity or 16% of respondents who did an insufficient amount of physical activity.
- Smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month (32%) compared to nonsmokers (16%).

### 2011 to 2018 Year Comparisons (Table 5)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month.
- In 2011, gender was not a significant variable. In 2018, female respondents were more likely to report at least three unhealthy days kept them from usual activities.
- In 2011, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report at least three unhealthy days kept them from usual activities, with a noted increase since 2011.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report at least three unhealthy days kept them from usual activities, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of respondents with a college education reporting at least three unhealthy days kept them from usual activities.
- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities.

- In 2011 and 2018, unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three unhealthy days kept them from usual activities.
- In 2011 and 2018, smokers were more likely to report at least three unhealthy days kept them from usual activities.

#### 2015 to 2018 Year Comparisons (Table 5)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month.
- In 2015 and 2018, female respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month. From 2015 to 2018, there was a noted decrease in the percent of female respondents reporting at least three unhealthy days kept them from usual activities.
- In 2015, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report at least three unhealthy days kept them from usual activities in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting at least three unhealthy days kept them from usual activities.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report at least three unhealthy days kept them from usual activities in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting at least three unhealthy days kept them from usual activities.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting at least three unhealthy days kept them from usual activities in the past month.
- In 2015 and 2018, unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three unhealthy days kept them from usual activities in the past month.
- In 2015 and 2018, inactive respondents were more likely to report at least three unhealthy days kept them from usual activities.
- In 2015 and 2018, smokers were more likely to report at least three unhealthy days kept them from usual activities.

**Table 5. At Least Three Unhealthy Days Kept Respondent from Usual Activities in Past Month by Demographic Variables for Each Survey Year (Q4)<sup>①,②</sup>**

	2011	2015	2018
TOTAL	15%	19%	18%
Gender <sup>2,3</sup>			
Male	15	12	15
Female <sup>b</sup>	15	26	20
Age <sup>3</sup>			
18 to 34	18	16	19
35 to 44 <sup>a</sup>	11	17	24
45 to 54 <sup>b</sup>	17	24	14
55 to 64	13	23	17
65 and Older	16	16	14
Race			
Nonwhite	11	22	21
White	15	18	18
Education <sup>3</sup>			
High School or Less	14	21	20
Some Post High School <sup>a</sup>	13	17	24
College Graduate <sup>a,b</sup>	19	18	12
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	23	26	27
Middle 20 Percent Bracket <sup>b</sup>	21	12	20
Top 40 Percent Bracket	11	9	12
Marital Status <sup>1,2,3</sup>			
Married	12	15	14
Not Married	20	23	23
Overweight Status <sup>3</sup>			
Not Overweight/Obese	18	19	22
Overweight/Obese	15	19	16
Physical Activity <sup>2,3</sup>			
Inactive	--	36	26
Insufficient	--	19	16
Recommended	--	13	17
Smoking Status <sup>1,2,3</sup>			
Nonsmoker	13	17	16
Smoker	25	27	32
Excessive Drinking in Past Month			
Yes	15	16	18
No	15	20	17

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

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

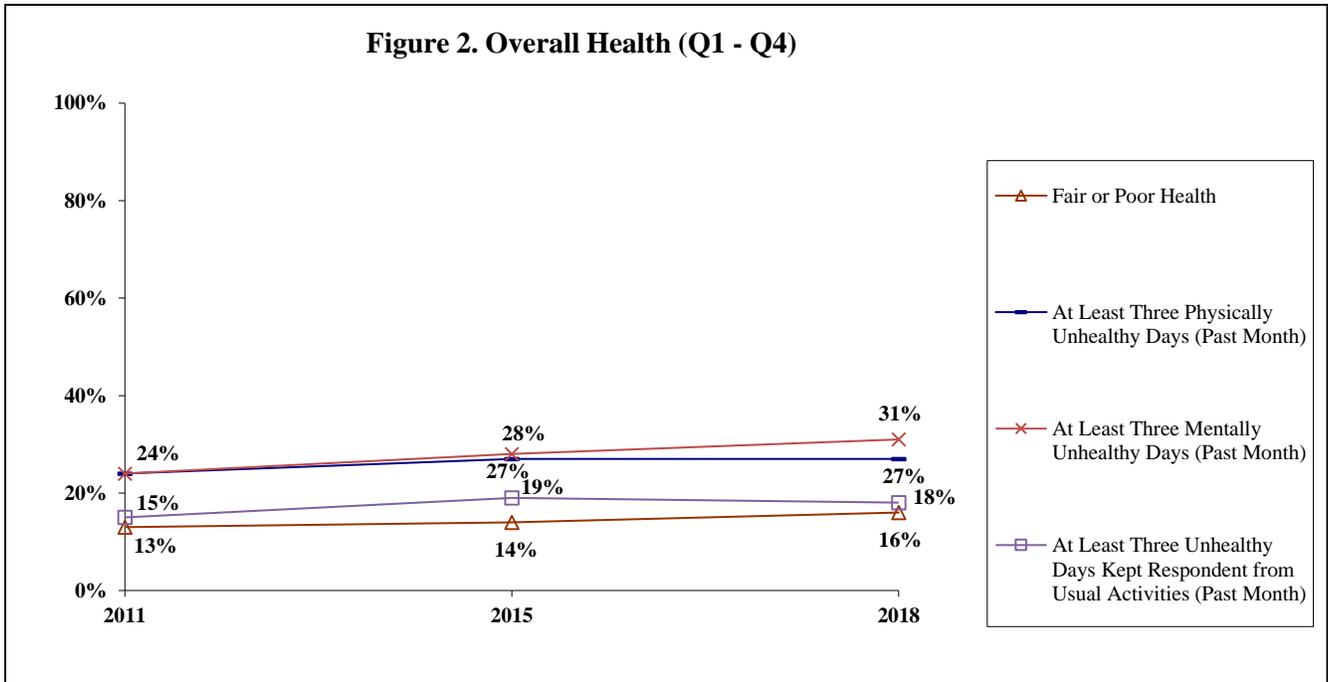
<sup>1</sup>demographic difference at p<0.05 in 2011; <sup>2</sup>demographic difference at p<0.05 in 2015; <sup>3</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2011 to 2018; <sup>b</sup>year difference at p<0.05 from 2015 to 2018

## Health Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three mentally unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month, as well as from 2015 to 2018.



## Health Care Coverage and Unmet Needs (Figures 3 & 4; Tables 6 - 9)

**KEY FINDINGS:** In 2018, less than one percent of Tri-County respondents reported they were not currently covered by health care insurance. Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed; married respondents were more likely to report this. Eight percent of respondents reported there was a time in the past year someone in their household did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket, unmarried or in households without children were more likely to report this. Three percent of respondents reported there was a time in the past year someone in their household did not receive the mental health care needed.

*From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.*

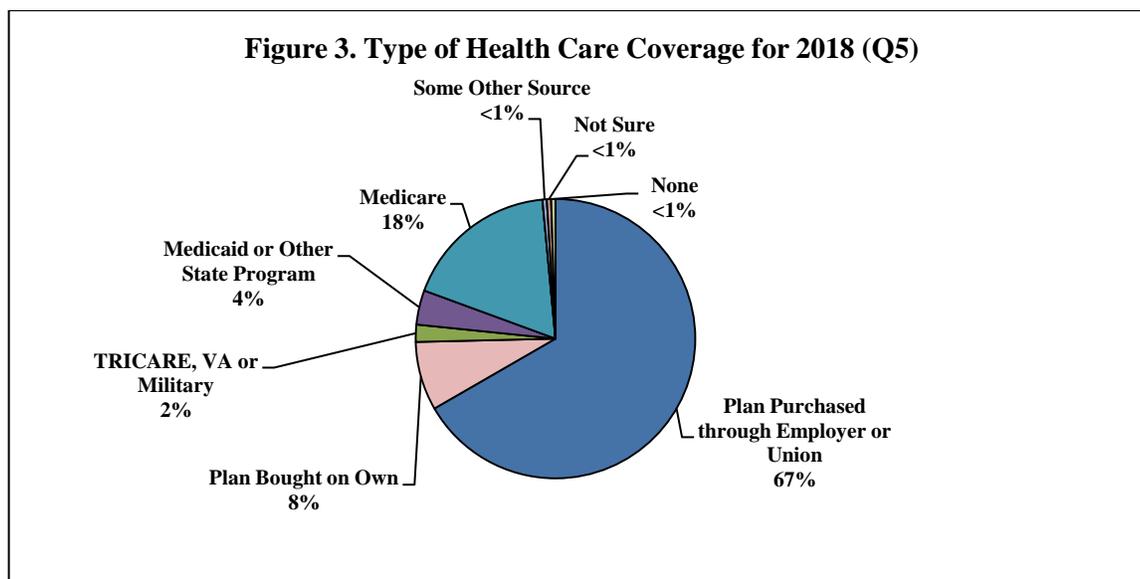
### Personally Not Covered Currently

*The Healthy People 2020 goal for all persons having medical insurance is 100%. (Objective AHS-1.1)*

*In 2016, 9% of Wisconsin respondents 18 and older reported they personally did not have health care coverage. Ten percent of U.S. respondents reported this. Ten percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 12% of U.S. respondents 18 to 64 years old reported this (2016 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 6)

- Less than one percent of respondents reported they were not currently covered by any health care insurance. Sixty-seven percent reported a plan purchased through an employer or union while 8% reported a plan that they or another family member buys on their own. Two percent reported TRICARE (formerly CHAMPUS), VA or Military while 4% reported Medicaid or other state program, and 18% reported Medicare.



- No demographic comparisons were conducted as a result of the low percent of respondents who reported they were not covered currently by health insurance.

#### 2011 to 2018 Year Comparisons (Table 6)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- In 2011, respondents who were male, 18 to 34 years old, 45 to 64 years old, nonwhite, in the bottom 40 percent household income bracket or unmarried were more likely to report they were not covered currently by health care insurance.

#### 2015 to 2018 Year Comparisons (Table 6)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- In 2015, respondents 18 to 34 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report they were not covered currently by health care insurance.

**Table 6. Personally No Health Care Coverage by Demographic Variables for Each Survey Year (Q5)<sup>①</sup>**

	2011	2015	2018 <sup>②</sup>
TOTAL			
All Respondents <sup>a,b</sup>	9%	4%	<1%
Respondents 18 to 64 Years Old <sup>a,b</sup>	10	5	1
Gender <sup>1</sup>			
Male	12	4	--
Female	6	4	--
Age <sup>1,2</sup>			
18 to 34	11	9	--
35 to 44	6	1	--
45 to 54	11	5	--
55 to 64	10	2	--
65 and Older	2	0	--
Race <sup>1</sup>			
Nonwhite	19	0	--
White	8	5	--
Education <sup>2</sup>			
High School or Less	11	4	--
Some Post High School	7	7	--
College Graduate	8	2	--
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	17	10	--
Middle 20 Percent Bracket	10	0	--
Top 40 Percent Bracket	3	0	--
Marital Status <sup>1</sup>			
Married	4	4	--
Not Married	15	5	--

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

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Unmet Medical Care

*The Healthy People 2020 goal for a family member unable to obtain or having to delay medical care, tests or treatments they or a doctor believed necessary in the past 12 months is 4%. (Objective AHS-6.2)*

### 2018 Findings (Table 7)

- Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed.
- Married respondents were more likely to report a household member did not receive the medical care needed compared to unmarried respondents (8% and 5%, respectively).

Of the 6% of respondents who reported an unmet medical care need in the household (n=71)...

- Of the 71 respondents who reported an unmet medical care need, 92% reported an adult did not receive the medical care needed while 3% reported a child. Six percent reported both.
- Of the 71 respondents who reported an unmet medical care need, 33% reported the inability to pay while 27% reported co-payments too high as the reason for the unmet need. Eighteen percent reported insurance did not cover it.

**Table 7. Unmet Medical Care in Past Year by Demographic Variables for 2018 (Household Member) (Q6)<sup>①,②</sup>**

	2018
TOTAL	6%
Household Income	
Bottom 40 Percent Bracket	6
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	7
Marital Status <sup>1</sup>	
Married	8
Not Married	5
Children in Household	
Yes	6
No	7

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Unmet Dental Care

*The Healthy People 2020 goal for a family member unable to obtain or having to delay dental care, tests or treatments they or a doctor believed necessary in the past 12 months is 5%. (Objective AHS-6.3)*

### 2018 Findings (Table 8)

- Eight percent of respondents reported there was a time in the past year someone in their household did not receive the dental care needed.
- Eighteen percent of respondents in the bottom 40 percent household income bracket reported a household member did not receive the dental care needed compared to 5% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report a household member did not receive the dental care needed compared to married respondents (12% and 5%, respectively).
- Respondents in households without children were more likely to report a household member did not receive the dental care needed (10%) compared to respondents in households with children (5%).

Of the 8% of respondents who reported an unmet dental care need in the household (n=93)...

- Of the 93 respondents who reported an unmet dental care need, 88% reported an adult did not receive the dental care needed while 4% reported a child. Eight percent reported both.

- Of the 93 respondents who reported not receiving dental care needed, 48% reported uninsured as the reason for the unmet need while 34% reported the inability to pay.

**Table 8. Unmet Dental Care in Past Year by Demographic Variables for 2018 (Household Member) (Q9)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	8%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	18
Middle 20 Percent Bracket	5
Top 40 Percent Bracket	3
Marital Status <sup>1</sup>	
Married	5
Not Married	12
Children in Household <sup>1</sup>	
Yes	5
No	10

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Unmet Mental Health Care

### 2018 Findings (Table 9)

- Three percent of respondents reported there was a time in the past year someone in their household did not receive the mental health care needed.
- There were no statistically significant differences between demographic variables and responses of there was a time in the past year someone in their household did not receive the mental health care needed.

Of the 3% of respondents who reported an unmet mental health care need in the household (n=38)...

- Of the 38 respondents who reported an unmet mental health care need, 89% reported an adult did not receive the mental health care needed while 8% reported a child. Three percent reported both.
- Of the 38 respondents who reported not receiving mental health care needed, 60% reported the inability to pay as the reason for the unmet need while 35% reported the insurance did not cover it.

**Table 9. Unmet Mental Health Care in Past Year by Demographic Variables for 2018 (Household Member) (Q12)<sup>①,②</sup>**

	2018
TOTAL	3%
Household Income	
Bottom 40 Percent Bracket	3
Middle 20 Percent Bracket	2
Top 40 Percent Bracket	4
Marital Status	
Married	3
Not Married	3
Children in Household	
Yes	2
No	4

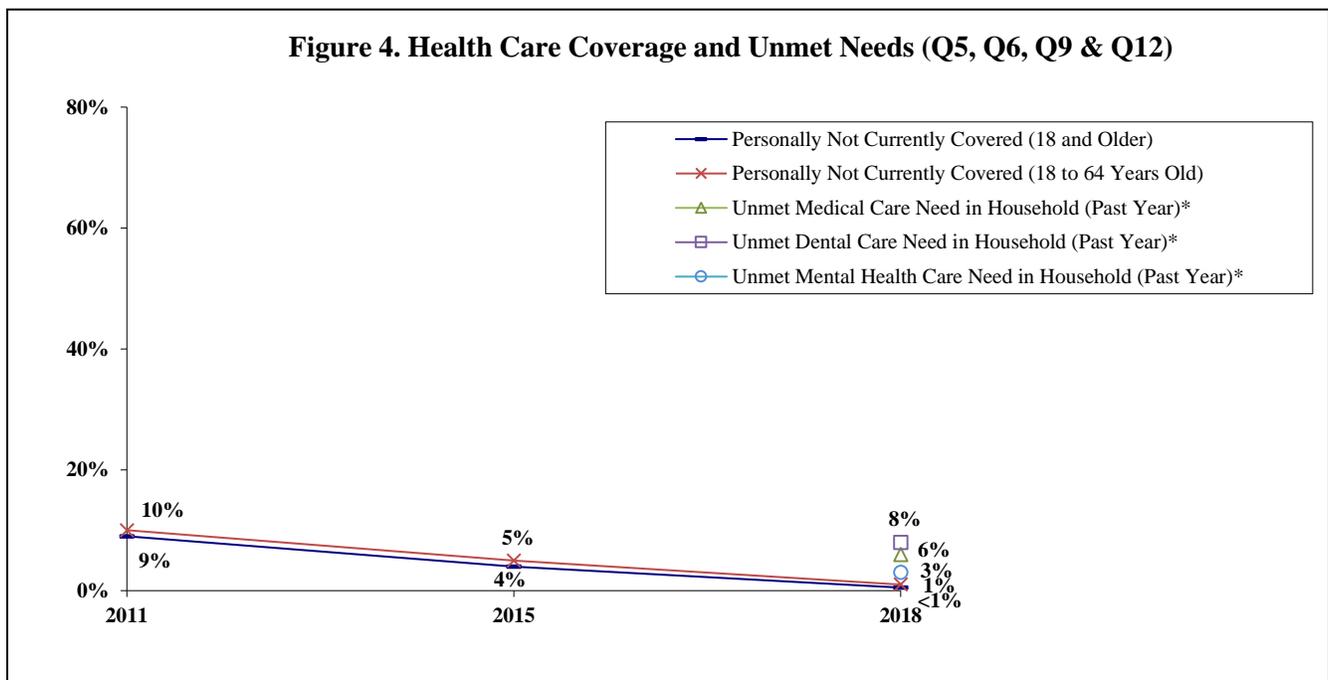
<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Health Care Coverage and Unmet Needs Overall

### Year Comparisons

- From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.



\*Not asked in 2011 and 2015.

## Health Information and Services (Figure 5; Tables 10 & 11)

**KEY FINDINGS:** In 2018, 91% of Tri-County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 65 and older, in the bottom 60 percent household income bracket or married were more likely to report a personal care physician. Forty-five percent of respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% completed the document or had a conversation with a trusted person; respondents who were female, 65 and older, white or married were more likely to report at least one.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### Personal Care Physician

*The Healthy People 2020 goal for persons with a usual primary care provider is 84% (Objective AHS-3).*

#### 2018 Findings (Table 10)

- Ninety-one percent of respondents reported they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.
- Female respondents were more likely to report a personal care physician (95%) compared to male respondents (87%).
- Ninety-seven percent of respondents 65 and older reported a personal care physician compared to 92% of those 35 to 54 years old or 85% of respondents 18 to 34 years old.
- Ninety-four percent of respondents in the bottom 40 percent household income bracket and 93% of those in the middle 20 percent income bracket reported a personal care physician compared to 88% of respondents in the top 40 percent household income bracket.
- Married respondents were more likely to report a personal care physician compared to unmarried respondents (95% and 86%, respectively).

#### 2011 to 2018 Year Comparisons (Table 10)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.
- In 2011 and 2018, female respondents were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of male respondents reporting a personal care physician.
- In 2011 and 2018, respondents 65 and older were more likely to report a personal care physician.
- In 2011, white respondents were more likely to report a personal care physician. In 2018, race was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of white respondents reporting a personal care physician.

- In 2011 and 2018, education was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents with a college education reporting a personal care physician.
- In 2011, household income was not a significant variable. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a personal care physician.
- In 2011 and 2018, married respondents were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of married respondents reporting a personal care physician.

**Table 10. Have a Personal Care Physician by Demographic Variables for Each Survey Year (Q15)<sup>①,②</sup>**

	2011	2018
TOTAL <sup>a</sup>	88%	91%
Gender <sup>1,2</sup>		
Male <sup>a</sup>	82	87
Female	94	95
Age <sup>1,2</sup>		
18 to 34	80	85
35 to 44	88	92
45 to 54	92	92
55 to 64	91	94
65 and Older	96	97
Race <sup>1</sup>		
Nonwhite	76	84
White <sup>a</sup>	89	92
Education		
High School or Less	87	89
Some Post High School	90	90
College Graduate <sup>a</sup>	88	93
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	84	94
Middle 20 Percent Bracket	87	93
Top 40 Percent Bracket	89	88
Marital Status <sup>1,2</sup>		
Married <sup>a</sup>	91	95
Not Married	84	86

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018

## **Advance Care Document/Conversation**

### 2018 Findings (Table 11)

- Forty-five percent of respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year, they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% had the Advance Directive document or a conversation with a trusted person.
- Female respondents were more likely to report having a completed document or a conversation with a trusted person (72%) compared to male respondents (61%).
- Respondents 65 and older were more likely to report having a completed document or a conversation with a trusted person. In fact, they were more likely to have each.
- White respondents were more likely to report having a completed document or a conversation with a trusted person. In fact, they were more likely to have each.
- Married respondents were more likely to report having a completed document or a conversation with a trusted person (71%) compared to unmarried respondents (60%).

**Table 11. Advance Directive for Health Care Document or Conversation about Health Care Wishes by Demographic Variables for 2018 (Q16 & Q17)<sup>①,②</sup>**

	Advance Directive for Health Care Document	Conversation about Health Care Wishes (Past Year)	At Least One
TOTAL	45%	50%	67%
Gender			
Male	43	44 <sup>1</sup>	61 <sup>1</sup>
Female	48	56 <sup>1</sup>	72 <sup>1</sup>
Age			
18 to 34	25 <sup>1</sup>	45 <sup>1</sup>	53 <sup>1</sup>
35 to 44	38 <sup>1</sup>	49 <sup>1</sup>	64 <sup>1</sup>
45 to 54	45 <sup>1</sup>	42 <sup>1</sup>	64 <sup>1</sup>
55 to 64	53 <sup>1</sup>	52 <sup>1</sup>	73 <sup>1</sup>
65 and Older	80 <sup>1</sup>	67 <sup>1</sup>	88 <sup>1</sup>
Race			
Nonwhite	21 <sup>1</sup>	34 <sup>1</sup>	45 <sup>1</sup>
White	47 <sup>1</sup>	51 <sup>1</sup>	68 <sup>1</sup>
Education			
High School or Less	49	48	62
Some Post High School	44	48	67
College Graduate	44	52	68
Household Income			
Bottom 40 Percent Bracket	37 <sup>1</sup>	47	60
Middle 20 Percent Bracket	48 <sup>1</sup>	47	69
Top 40 Percent Bracket	46 <sup>1</sup>	52	67
Marital Status			
Married	50 <sup>1</sup>	52	71 <sup>1</sup>
Not Married	38 <sup>1</sup>	47	60 <sup>1</sup>

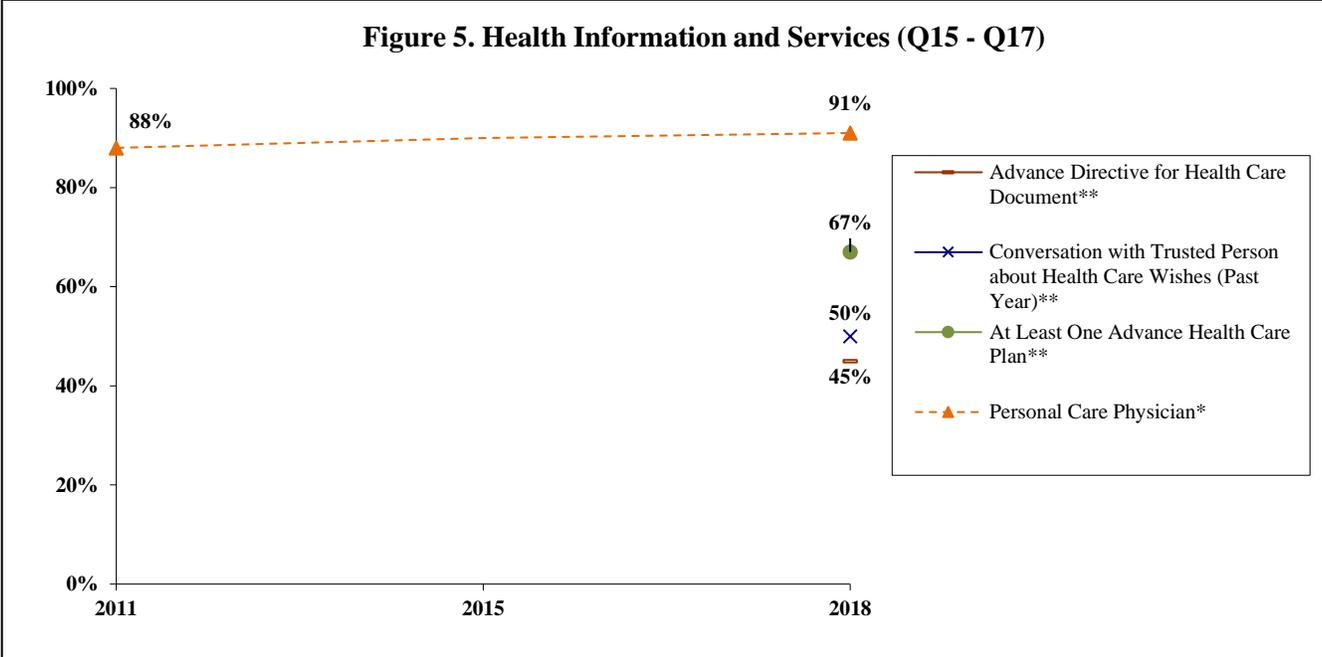
<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

**Health Information and Services Overall**

Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.



\*Not asked in 2015.

\*\*Not asked in 2011 and 2015.

## Routine Procedures (Figure 6; Tables 12 - 15)

**KEY FINDINGS:** In 2018, 91% of Tri-County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 55 and older, with a high school education or less, with a college education or married respondents were more likely to report a routine checkup two years ago or less. Eighty-three percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who drank excessively in the past month were more likely to report their provider inquired about their alcohol consumption. Five percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents who were in the bottom 40 percent household income bracket, unmarried or drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-seven percent of respondents reported a visit to the dentist in the past year; respondents who were female, 45 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen their alcohol use at their last routine checkup. From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### Routine Checkup

*In 2016, 71% of Wisconsin respondents reported in the past year they had a routine checkup, 13% reported past two years, 8% past five years and 7% five or more years ago. Nationally, 71% reported past year, 13% past two years, 8% past five years and 7% five or more years ago (2016 Behavioral Risk Factor Surveillance).*

#### 2018 Findings (Table 12)

- Ninety-one percent of respondents reported they had a routine checkup in the past two years.
- Female respondents were more likely to report a routine checkup in the past two years (97%) compared to male respondents (85%).
- Ninety-seven percent of respondents 65 and older and 95% of those 55 to 64 years old reported a routine checkup in the past two years compared to 88% of respondents 18 to 34 years old.
- Ninety-four percent of respondents with a college education and 93% of those with a high school education or less reported a routine checkup in the past two years compared to 87% of respondents with some post high school education.
- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (93% and 89%, respectively).

#### 2011 to 2018 Year Comparisons (Table 12)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.

- In 2011 and 2018, female respondents were more likely to report a routine checkup two years ago or less. From 2011 to 2018, there was a noted increase in the percent of respondents across gender reporting a routine checkup two years ago or less.
- In 2011, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2018, respondents 55 and older were more likely to report a routine checkup two years ago or less. From 2011 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old or 45 to 64 years old reporting a routine checkup two years ago or less.
- In 2011 and 2018, race was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of white respondents reporting a routine checkup two years ago or less.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less or with a college education were more likely to report a routine checkup two years ago or less, with a noted increase since 2011.
- In 2011 and 2018, household income was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents across household income reporting a routine checkup two years ago or less.
- In 2011, marital status was not a significant variable. In 2018, married respondents were more likely to report a routine checkup two years ago or less, with a noted increase since 2011.

#### 2015 to 2018 Year Comparisons (Table 12)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2015 and 2018, female respondents were more likely to report a routine checkup two years ago or less. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting a routine checkup two years ago or less.
- In 2015, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2018, respondents 55 and older were more likely to report a routine checkup two years ago or less.
- In 2015, white respondents were more likely to report a routine checkup two years ago or less. In 2018, race was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of nonwhite respondents reporting a routine checkup two years ago or less.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less or with a college education were more likely to report a routine checkup two years ago or less. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less reporting a routine checkup two years ago or less.
- In 2015 and 2018, household income bracket was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a routine checkup two years ago or less.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a routine checkup two years ago or less, with a noted increase since 2015.

**Table 12. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year (Q18)<sup>⓪</sup>**

	2011	2015	2018
TOTAL <sup>a,b</sup>	84%	88%	91%
Gender <sup>1,2,3</sup>			
Male <sup>a</sup>	76	84	85
Female <sup>a,b</sup>	93	92	97
Age <sup>1,2,3</sup>			
18 to 34 <sup>a</sup>	77	84	88
35 to 44	89	89	91
45 to 54 <sup>a</sup>	81	86	89
55 to 64 <sup>a</sup>	86	89	95
65 and Older	95	95	97
Race <sup>2</sup>			
Nonwhite <sup>b</sup>	78	65	89
White <sup>a</sup>	85	89	91
Education <sup>3</sup>			
High School or Less <sup>a,b</sup>	82	86	93
Some Post High School	86	87	87
College Graduate <sup>a</sup>	86	91	94
Household Income			
Bottom 40 Percent Bracket <sup>a,b</sup>	81	86	91
Middle 20 Percent Bracket <sup>a</sup>	84	85	92
Top 40 Percent Bracket <sup>a</sup>	86	91	91
Marital Status <sup>3</sup>			
Married <sup>a,b</sup>	83	89	93
Not Married	86	86	89

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Health Care Professional Asked About Alcohol Use at Last Routine Checkup

### 2018 Findings (Table 13)

Of the 91% respondents who reported a routine checkup in the past two years (n=1,023)...

- Eighty-three percent of respondents who had a routine checkup in the past two years reported their health care provider asked them in person or on a form how much they drink.
- Ninety percent of respondents 18 to 34 years old reported their health care provider inquired about their alcohol consumption compared to 79% of those 35 to 44 years old or 71% of respondents 65 and older.
- Eighty-eight percent of respondents with a college education reported their health care provider inquired about their alcohol consumption compared to 84% of those with some post high school education or 73% of respondents with a high school education or less.

- Eighty-eight percent of respondents in the top 40 percent household income bracket reported their health care provider inquired about their alcohol consumption compared to 80% of those in the bottom 40 percent income bracket or 77% of respondents in the middle 20 percent household income bracket.
- Eighty-seven percent of respondents who were excessive drinkers in the past month reported their health care provider inquired about their alcohol consumption compared to 81% of respondents who did not excessively drink.

#### 2015 to 2018 Year Comparisons (Table 13)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who had a routine checkup two years ago or less reporting their health care provider inquired about their alcohol consumption.
- In 2015, female respondents were more likely to report their health care provider inquired about their alcohol consumption. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across gender reporting their health care provider inquired about their alcohol consumption.
- In 2015, respondents 45 to 64 years old were more likely to report their health care provider inquired about their alcohol consumption. In 2018, respondents 18 to 34 years old were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 64 years old reporting their health care provider inquired about their alcohol consumption.
- In 2015, respondents with at least some post high school education were more likely to report their health care provider inquired about their alcohol consumption. In 2018, respondents with a college education were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents across education reporting their health care provider inquired about their alcohol consumption.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to report their health care provider inquired about their alcohol consumption. In 2018, respondents in the top 40 percent household income bracket were more likely to report their health care provider inquired about their alcohol consumption, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting their health care provider inquired about their alcohol consumption.
- In 2015, married respondents were more likely to report their health care provider inquired about their alcohol consumption. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across marital status reporting their health care provider inquired about their alcohol consumption.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who excessively drank in the past month were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents across excessive drinking status reporting their health care provider inquired about their alcohol consumption.

**Table 13. Health Care Professional Asked About Alcohol Use at Last Routine Checkup by Demographic Variables for Each Survey Year (Respondents with Routine Checkup Two Years Ago or Less) (Q19)<sup>①,②,③</sup>**

	2015	2018
TOTAL <sup>a</sup>	65%	83%
Gender <sup>1</sup>		
Male <sup>a</sup>	57	80
Female <sup>a</sup>	72	85
Age <sup>1,2</sup>		
18 to 34 <sup>a</sup>	57	90
35 to 44 <sup>a</sup>	68	79
45 to 54 <sup>a</sup>	73	84
55 to 64 <sup>a</sup>	71	84
65 and Older	61	71
Education <sup>1,2</sup>		
High School or Less <sup>a</sup>	55	73
Some Post High School <sup>a</sup>	69	84
College Graduate <sup>a</sup>	71	88
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	64	80
Middle 20 Percent Bracket	81	77
Top 40 Percent Bracket <sup>a</sup>	63	88
Marital Status <sup>1</sup>		
Married <sup>a</sup>	68	82
Not Married <sup>a</sup>	61	83
Excessive Drinking in Past Month <sup>2</sup>		
Yes <sup>a</sup>	60	87
No <sup>a</sup>	66	81

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Health Care Professional Advised to Quit or Lessen Alcohol Use at Last Routine Checkup

### 2018 Findings (Table 14)

Of the 83% of respondents who reported their health care provider asked them in person or on a form how much they drink (n=842)...

- Five percent reported they were advised to reduce or quit their drinking at their last routine checkup in the past two years.
- Eleven percent of respondents in the bottom 40 percent household income bracket reported they were advised to reduce or quit their drinking compared to 4% of those in the top 40 percent income bracket or 3% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they were advised to reduce or quit their drinking compared to married respondents (8% and 4%, respectively).
- Fifteen percent of respondents who were excessive drinkers in the past month reported they were advised to reduce or quit their drinking compared to 3% of respondents who did not excessively drink.

### 2015 to 2018 Year Comparisons (Table 14)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at their last routine checkup in the past two years they were advised to reduce or quit their drinking.
- In 2015, male respondents were more likely to report they were advised to reduce or quit their drinking. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting they were advised to reduce or quit their drinking.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they were advised to reduce or quit their drinking.
- In 2015 and 2018, unmarried respondents were more likely to report they were advised to reduce or quit their drinking.
- In 2015 and 2018, respondents who excessively drank in the past month were more likely to report they were advised to reduce or quit their drinking.

**Table 14. Health Care Professional Advised to Quit or Lessen Alcohol Use at Last Routine Checkup by Demographic Variables for Each Survey Year (Respondents Who were Asked about Alcohol Use) (Q20)<sup>①,②,③</sup>**

	2015	2018
TOTAL	7%	5%
Gender <sup>1</sup>		
Male <sup>a</sup>	11	6
Female	5	5
Age		
18 to 34	9	6
35 to 44	1	5
45 to 54	9	7
55 to 64	9	4
65 and Older	8	3
Education		
High School or Less	9	6
Some Post High School	10	8
College Graduate	4	4
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	12	11
Middle 20 Percent Bracket	3	3
Top 40 Percent Bracket	4	4
Marital Status <sup>1,2</sup>		
Married	5	4
Not Married	10	8
Excessive Drinking in Past Month <sup>1,2</sup>		
Yes	20	15
No	4	3

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p<0.05 in 2015; <sup>2</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2015 to 2018

## Dental Checkup

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

*The Healthy People 2020 goal for an oral health care system visit in the past 12 months is 49%. (Objective OH-7)*

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

*In 2016, 73% of Wisconsin respondents and 66% of U.S. respondents reported they visited the dentist or dental clinic within the past year for any reason (2016 Behavioral Risk Factor Surveillance).*

#### 2018 Findings (Table 15)

- Seventy-seven percent of respondents reported a dental visit in the past year. An additional 13% had a visit in the past one to two years.
- Female respondents were more likely to report a dental checkup in the past year (80%) compared to male respondents (74%).
- Eighty-three percent of respondents 55 to 64 years old and 82% of those 45 to 54 years old reported a dental checkup in the past year compared to 70% of respondents 35 to 44 years old.
- Eighty-seven percent of respondents with a college education reported a dental checkup in the past year compared to 74% of those with some post high school education or 64% of respondents with a high school education or less.
- Eighty-three percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 75% of those in the middle 20 percent income bracket or 68% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (84% and 68%, respectively).

#### 2011 to 2018 Year Comparisons (Table 15)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2011 and 2018, female respondents were more likely to report a dental checkup in the past year.
- In 2011, age was not a significant variable. In 2018, respondents 45 to 64 years old were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting a dental checkup in the past year.
- In 2011, white respondents were more likely to report a dental checkup in the past year. In 2018, race was not a significant variable.
- In 2011 and 2018, respondents with a college education were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting a dental checkup in the past year.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a dental checkup in the past year.
- In 2011 and 2018, married respondents were more likely to report a dental checkup in the past year.

#### 2015 to 2018 Year Comparisons (Table 15)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.

- In 2015 and 2018, female respondents were more likely to report a dental checkup in the past year.
- In 2015, age was not a significant variable. In 2018, respondents 45 to 64 years old were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting a dental checkup in the past year.
- In 2015, white respondents were more likely to report a dental checkup in the past year. In 2018, race was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of nonwhite respondents reporting a dental checkup in the past year.
- In 2015 and 2018, respondents with a college education were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting a dental checkup in the past year.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting a dental checkup in the past year.
- In 2015 and 2018, married respondents were more likely to report a dental checkup in the past year.

**Table 15. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year (Q21)<sup>⓪</sup>**

	2011	2015	2018
TOTAL	79%	78%	77%
Gender <sup>1,2,3</sup>			
Male	75	73	74
Female	83	84	80
Age <sup>3</sup>			
18 to 34	75	76	76
35 to 44 <sup>a,b</sup>	85	79	70
45 to 54	83	80	82
55 to 64	80	81	83
65 and Older	76	79	73
Race <sup>1,2</sup>			
Nonwhite <sup>b</sup>	65	59	79
White	80	79	77
Education <sup>1,2,3</sup>			
High School or Less <sup>b</sup>	71	73	64
Some Post High School <sup>a</sup>	82	76	74
College Graduate	86	87	87
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	64	68	68
Middle 20 Percent Bracket <sup>b</sup>	72	86	75
Top 40 Percent Bracket <sup>a,b</sup>	89	89	83
Marital Status <sup>1,2,3</sup>			
Married	85	83	84
Not Married	71	73	68

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

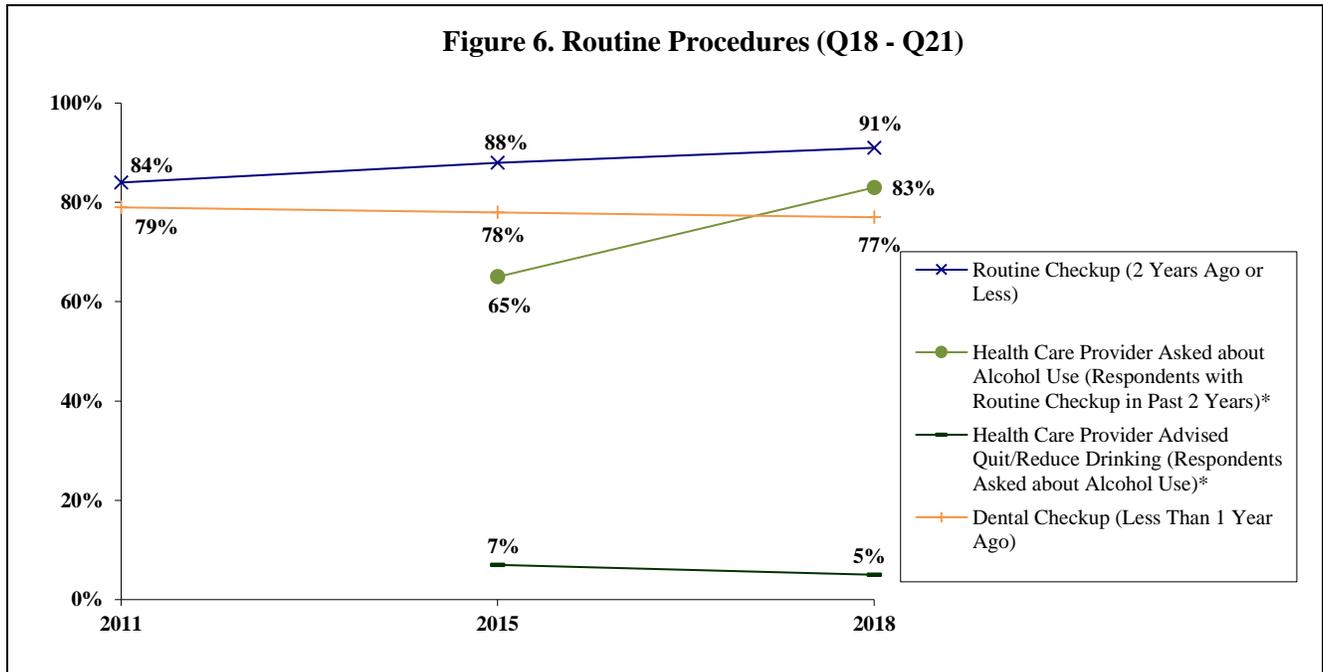
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Routine Procedures Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen their alcohol use at their last routine checkup. From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.



\*Not asked in 2011.

## Prevalence of Select Health Conditions (Figures 7 & 8; Tables 16 - 21)

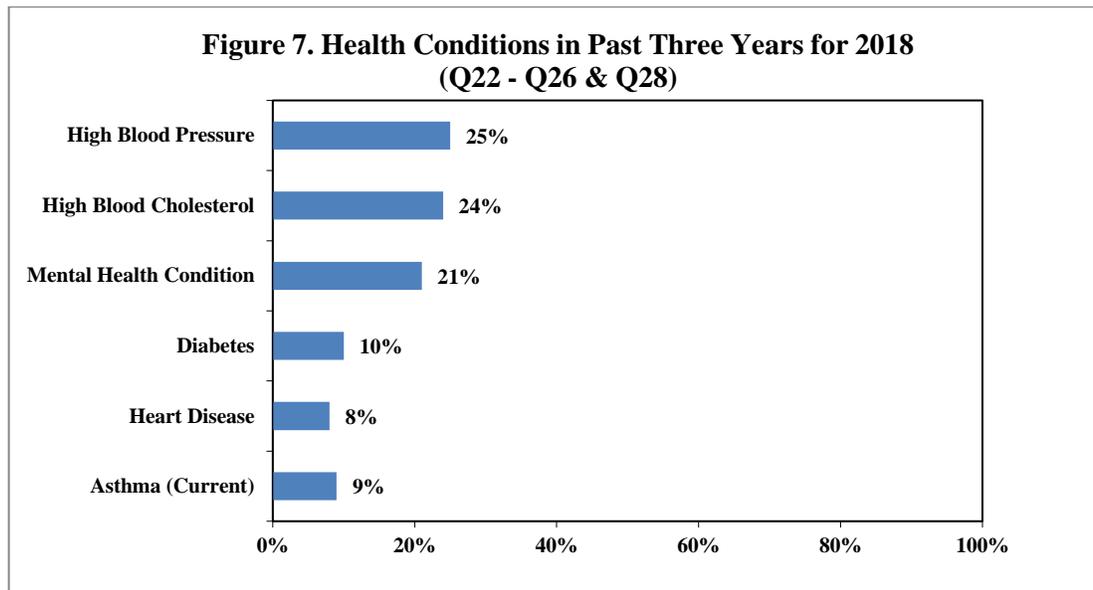
*Respondents were asked a series of questions regarding if they were diagnosed with, or treated for, certain health conditions in the past three years. Current diagnosis of asthma was asked.*

**KEY FINDINGS:** In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (25%) or high blood cholesterol (24%) in the Tri-County region. Respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or inactive were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were married, overweight/obese, inactive or did not excessively drink in the past month were more likely to report high blood cholesterol. Twenty-one percent reported a mental health condition; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Ten percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report diabetes. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report this. Nine percent reported current asthma; respondents who were female or in the bottom 40 percent household income bracket were more likely to report current asthma.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or diabetes, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma.*

## 2018 Findings

- Respondents were more likely to report high blood pressure (25%) or high blood cholesterol (24%) in the past three years out of six health conditions listed.



### **High Blood Pressure**

#### 2018 Findings (Table 16)

- Twenty-five percent of respondents reported high blood pressure in the past three years.
- Male respondents were more likely to report high blood pressure in the past three years (28%) compared to female respondents (22%).
- Respondents 65 and older were more likely to report high blood pressure (56%) compared to those 35 to 44 years old (14%) or respondents 18 to 34 years old (10%).
- Forty-one percent of respondents with a high school education or less reported high blood pressure compared to 22% of those with some post high school education or 18% of respondents with a college education.
- Thirty-one percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 27% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Overweight/obese respondents were more likely to report high blood pressure (30%) compared to respondents who were not overweight/obese (16%).
- Forty-two percent of inactive respondents reported high blood pressure compared to 27% of those who did an insufficient amount of physical activity or 19% of respondents who met the recommended amount of physical activity.

### 2011 to 2018 Year Comparisons (Table 16)

*In 2011, Tri-County respondents were asked if they ever had high blood pressure.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2011, gender was not a significant variable. In 2018, male respondents were more likely to report high blood pressure.
- In 2011 and 2018, respondents 65 and older were more likely to report high blood pressure.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood pressure, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of respondents with a college education reporting high blood pressure.
- In 2011, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2011 and 2018, overweight/obese respondents were more likely to report high blood pressure.
- In 2011, respondents who did not excessively drink in the past month were more likely to report high blood pressure. In 2018, excessive drinking status was not a significant variable.

### 2015 to 2018 Year Comparisons (Table 16)

*In 2015, Tri-County respondents were asked if they ever had high blood pressure.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to report high blood pressure.
- In 2015 and 2018, respondents 65 and older were more likely to report high blood pressure. From 2015 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting high blood pressure.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood pressure, with a noted increase since 2015.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2015 and 2018, overweight/obese respondents were more likely to report high blood pressure.
- In 2015, respondents who did not meet the recommended amount of physical activity were more likely to report high blood pressure. In 2018, inactive respondents were more likely to report high blood pressure, with a noted increase since 2015.
- In 2015, nonsmokers were more likely to report high blood pressure. In 2018, smoking status was not a significant variable.

**Table 16. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year (Q22)<sup>①,②,③</sup>**

	2011	2015	2018
TOTAL	26%	26%	25%
Gender <sup>3</sup>			
Male	27	27	28
Female	25	25	22
Age <sup>1,2,3</sup>			
18 to 34	7	8	10
35 to 44 <sup>b</sup>	18	8	14
45 to 54 <sup>b</sup>	19	34	21
55 to 64	46	36	40
65 and Older	55	59	56
Race			
Nonwhite	22	17	29
White	26	26	25
Education <sup>3</sup>			
High School or Less <sup>a,b</sup>	27	29	41
Some Post High School	26	27	22
College Graduate <sup>a</sup>	24	21	18
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	29	31	31
Middle 20 Percent Bracket	29	23	27
Top 40 Percent Bracket	21	19	18
Marital Status			
Married	24	25	26
Not Married	28	28	24
Overweight Status <sup>1,2,3</sup>			
Not Overweight/Obese	18	15	16
Overweight/Obese	30	32	30
Physical Activity <sup>2,3</sup>			
Inactive <sup>b</sup>	--	30	42
Insufficient	--	29	27
Recommended	--	21	19
Smoking Status <sup>2</sup>			
Nonsmoker	27	27	26
Smoker	20	18	21
Excessive Drinking in Past Month <sup>1</sup>			
Yes	18	24	23
No	28	26	26

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

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015; <sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## High Blood Cholesterol

### 2018 Findings (Table 17)

- Twenty-four percent of respondents reported high blood cholesterol in the past three years.
- Forty-five percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 15% of those 35 to 44 years old or 8% of respondents 18 to 34 years old.
- Thirty-three percent of respondents with a high school education or less reported high blood cholesterol compared to 23% of those with a college education or 18% of respondents with some post high school education.
- Twenty-eight percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 21% of those in the middle 20 percent income bracket or 20% of respondents in the top 40 percent household income bracket.
- Married respondents were more likely to report high blood cholesterol compared to unmarried respondents (26% and 20%, respectively).
- Overweight/obese respondents were more likely to report high blood cholesterol (28%) compared to respondents who were not overweight/obese (14%).
- Inactive respondents were more likely to report high blood cholesterol (41%) compared to those who did an insufficient amount of physical activity (27%) or respondents who met the recommended amount of physical activity (16%).
- Twenty-six percent of respondents who did not excessively drink in the past month reported high blood cholesterol compared to 16% of respondents who excessively drank.

### 2011 to 2018 Year Comparisons (Table 17)

*In 2011, Tri-County respondents were asked if they ever had high blood cholesterol.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2011, respondents 55 to 64 years old were more likely to report high blood cholesterol. In 2018, respondents 65 and older were more likely to report high blood cholesterol. From 2011 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting high blood cholesterol.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood cholesterol, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting high blood cholesterol.
- In 2011, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. From 2011 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting high blood cholesterol.
- In 2011 and 2018, married respondents were more likely to report high blood cholesterol. From 2011 to 2018, there was a noted decrease in the percent of married respondents reporting high blood cholesterol.

- In 2011 and 2018, overweight/obese respondents were more likely to report high blood cholesterol.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report high blood cholesterol.

#### 2015 to 2018 Year Comparisons (Table 17)

*In 2015, Tri-County respondents were asked if they ever had high blood cholesterol.*

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported high blood cholesterol.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of female respondents reporting high blood cholesterol.
- In 2015 and 2018, respondents 65 and older were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting high blood cholesterol.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of white respondents reporting high blood cholesterol.
- In 2015, respondents with at least some post high school education were more likely to report high blood cholesterol. In 2018, respondents with a high school education or less were more likely to report high blood cholesterol, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents with at least some post high school education reporting high blood cholesterol.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting high blood cholesterol.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents across marital status reporting high blood cholesterol.
- In 2015 and 2018, overweight/obese respondents were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting high blood cholesterol.
- In 2015, respondents who did an insufficient amount of physical activity were more likely to report high blood cholesterol. In 2018, inactive respondents were more likely to report high blood cholesterol, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents who did at least some physical activity reporting high blood cholesterol.
- In 2015, nonsmokers were more likely to report high blood cholesterol. In 2018, smoking status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of nonsmokers reporting high blood cholesterol.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents who excessively drank in the past month.

**Table 17. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year (Q23)<sup>①,②,③</sup>**

	2011	2015	2018
TOTAL <sup>b</sup>	26%	30%	24%
Gender			
Male	29	27	25
Female <sup>b</sup>	24	32	22
Age <sup>1,2,3</sup>			
18 to 34	6	9	8
35 to 44 <sup>a</sup>	30	23	15
45 to 54 <sup>b</sup>	26	39	27
55 to 64	46	46	39
65 and Older	41	51	45
Race			
Nonwhite	29	27	24
White <sup>b</sup>	26	30	23
Education <sup>2,3</sup>			
High School or Less <sup>a,b</sup>	25	24	33
Some Post High School <sup>a,b</sup>	28	32	18
College Graduate <sup>b</sup>	25	34	23
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	24	32	28
Middle 20 Percent Bracket	26	29	21
Top 40 Percent Bracket <sup>a,b</sup>	29	31	20
Marital Status <sup>1,3</sup>			
Married <sup>a,b</sup>	32	32	26
Not Married <sup>b</sup>	18	28	20
Overweight Status <sup>1,2,3</sup>			
Not Overweight/Obese	19	17	14
Overweight/Obese <sup>b</sup>	30	38	28
Physical Activity <sup>2,3</sup>			
Inactive <sup>b</sup>	--	28	41
Insufficient <sup>b</sup>	--	37	27
Recommended <sup>b</sup>	--	22	16
Smoking Status <sup>2</sup>			
Nonsmoker <sup>b</sup>	27	32	24
Smoker	25	18	20
Excessive Drinking in Past Month <sup>3</sup>			
Yes <sup>b</sup>	21	30	16
No	28	30	26

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

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015; <sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Mental Health Condition

### 2018 Findings (Table 18)

- Twenty-one percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression in the past three years.
- Female respondents were more likely to report a mental health condition in the past three years (27%) compared to male respondents (15%).
- Thirty-three percent of respondents 18 to 34 years old reported a mental health condition compared to 15% of those 45 to 64 years old or 11% of respondents 65 and older.
- Twenty-six percent of respondents with some post high school education reported a mental health condition compared to 20% of those with a college education or 17% of respondents with a high school education or less.
- Thirty percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 19% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Smokers were more likely to report a mental health condition (36%) compared to nonsmokers (19%).

### 2015 to 2018 Year Comparisons (Table 18)

*In 2015, Tri-County respondents were asked if they ever had a mental health condition.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting a mental health condition.
- In 2015 and 2018, female respondents were more likely to report a mental health condition.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to report a mental health condition. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting a mental health condition.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report a mental health condition. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting a mental health condition.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition.
- In 2015, unmarried respondents were more likely to report a mental health condition. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting a mental health condition.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting a mental health condition.
- In 2015, inactive respondents were more likely to report a mental health condition. In 2018, physical activity was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting a mental health condition.

- In 2015, smoking status was not a significant variable. In 2018, smokers were more likely to report a mental health condition. From 2015 to 2018, there was a noted decrease in the percent of nonsmokers reporting a mental health condition.
- In 2015 and 2018, excessive drinking status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents who did not excessively drink reporting a mental health condition.

**Table 18. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year (Q25)<sup>①,②,③,④</sup>**

	2015	2018
TOTAL	24%	21%
Gender <sup>1,2</sup>		
Male	17	15
Female	32	27
Age <sup>1,2</sup>		
18 to 34	32	33
35 to 44	24	23
45 to 54 <sup>a</sup>	25	15
55 to 64	23	15
65 and Older	12	11
Race		
Nonwhite	14	17
White	25	21
Education <sup>2</sup>		
High School or Less <sup>a</sup>	26	17
Some Post High School	24	26
College Graduate	23	20
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	33	30
Middle 20 Percent Bracket	17	19
Top 40 Percent Bracket	17	18
Marital Status <sup>1</sup>		
Married	19	19
Not Married <sup>a</sup>	32	24
Overweight Status		
Not Overweight/Obese	22	23
Overweight/Obese <sup>a</sup>	26	21
Physical Activity <sup>1</sup>		
Inactive	34	27
Insufficient <sup>a</sup>	27	20
Recommended	18	20
Smoking Status <sup>2</sup>		
Nonsmoker <sup>a</sup>	23	19
Smoker	29	36
Excessive Drinking in Past Month		
Yes	20	22
No <sup>a</sup>	25	21

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2015, timeframe was “ever.”

<sup>④</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Diabetes

### 2018 Findings (Table 19)

- Ten percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (23%) compared to those 35 to 44 years old (6%) or respondents 18 to 34 years old (2%).
- Fifteen percent of respondents with a high school education or less reported diabetes compared to 8% of those with some post high school education or 7% of respondents with a college education.
- Thirteen percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 9% of those in the middle 20 percent income bracket or 7% of respondents in the top 40 percent household income bracket.
- Thirteen percent of overweight/obese respondents reported diabetes compared to 2% of respondents who were not overweight/obese.
- Inactive respondents were more likely to report diabetes (21%) compared to those who did an insufficient amount of physical activity (10%) or respondents who met the recommended amount of physical activity (6%).
- Respondents who did not excessively drink in the past month were more likely to report diabetes (11%) compared to respondents who excessively drank (4%).

Of the 10% of respondents who reported diabetes (n=107)...

- Of the 107 respondents who reported diabetes, 5% reported they were told when they were 24 years old or younger, 32% reported 25 to 44 years old, 27% reported 45 to 54 years old and 33% reported 55 and older.

### 2011 to 2018 Year Comparisons (Table 19)

*In 2011, Tri-County respondents were asked if they ever had diabetes.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2011 and 2018, respondents 65 and older were more likely to report diabetes. From 2011 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting diabetes.
- In 2011, nonwhite respondents were more likely to report diabetes. In 2018, race was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of nonwhite respondents reporting diabetes.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report diabetes.
- In 2011, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.
- In 2011 and 2018, overweight/obese respondents were more likely to report diabetes.
- In 2011 and 2018, respondents who were not excessive drinkers were more likely to report diabetes.

## 2015 to 2018 Year Comparisons (Table 19)

*In 2015, Tri-County respondents were asked if they ever had diabetes.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2015 and 2018, respondents 65 and older were more likely to report diabetes.
- In 2015 and 2018, respondents with a high school education or less were more likely to report diabetes.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting diabetes.
- In 2015, unmarried respondents were more likely to report diabetes. In 2018, marital status was not a significant variable.
- In 2015 and 2018, overweight/obese respondents were more likely to report diabetes.
- In 2015 and 2018, inactive respondents were more likely to report diabetes.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who were not excessive drinkers were more likely to report diabetes.

**Table 19. Diabetes in Past Three Years by Demographic Variables for Each Survey Year (Q26)<sup>①,②,③</sup>**

	2011	2015	2018
TOTAL	8%	8%	10%
Gender			
Male	9	9	11
Female	8	8	8
Age <sup>1,2,3</sup>			
18 to 34	3	1	2
35 to 44 <sup>a</sup>	1	3	6
45 to 54	10	9	10
55 to 64	15	13	15
65 and Older	20	22	23
Race <sup>1</sup>			
Nonwhite <sup>a</sup>	22	8	7
White	8	8	10
Education <sup>2,3</sup>			
High School or Less	11	11	15
Some Post High School	8	7	8
College Graduate	6	6	7
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	11	12	13
Middle 20 Percent Bracket <sup>b</sup>	10	3	9
Top 40 Percent Bracket	6	4	7
Marital Status <sup>2</sup>			
Married	8	6	9
Not Married	8	11	10
Overweight Status <sup>1,2,3</sup>			
Not Overweight/Obese	4	4	2
Overweight/Obese	11	10	13
Physical Activity <sup>2,3</sup>			
Inactive	--	16	21
Insufficient	--	9	10
Recommended	--	4	6
Smoking Status			
Nonsmoker	8	9	10
Smoker	11	7	10
Excessive Drinking in Past Month <sup>1,3</sup>			
Yes	2	5	4
No	10	9	11

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

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity was asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015; <sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Heart Disease/Condition**

### 2018 Findings (Table 20)

- Eight percent of respondents reported heart disease or condition in the past three years.
- Male respondents were more likely to report heart disease/condition in the past three years (10%) compared to female respondents (7%).
- Twenty-seven percent of respondents 65 and older reported heart disease/condition compared to 3% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Thirteen percent of respondents with a high school education or less reported heart disease/condition compared to 7% of those with some post high school education or 6% of respondents with a college education.
- Eleven percent of respondents in the bottom 40 percent household income bracket reported heart disease/condition compared to 9% of those in the middle 20 percent income bracket or 5% of respondents in the top 40 percent household income bracket.
- Overweight/obese respondents were more likely to report heart disease/condition (10%) compared to respondents who were not overweight/obese (5%).
- Fifteen percent of inactive respondents reported heart disease/condition compared to 9% of those who did an insufficient amount of physical activity or 6% of respondents who met the recommended amount of physical activity.
- Respondents who were not excessive drinkers in the past month were more likely to report heart disease/condition (10%) compared to respondents who excessively drank (3%).

**Table 20. Heart Disease/Condition in Past Three Years by Demographic Variables for 2018 (Q24)<sup>①,②,③</sup>**

	2018
TOTAL	8%
Gender <sup>1</sup>	
Male	10
Female	7
Age <sup>1</sup>	
18 to 34	0
35 to 44	3
45 to 54	7
55 to 64	13
65 and Older	27
Race	
Nonwhite	7
White	8
Education <sup>1</sup>	
High School or Less	13
Some Post High School	7
College Graduate	6
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	11
Middle 20 Percent Bracket	9
Top 40 Percent Bracket	5
Marital Status	
Married	8
Not Married	9
Overweight Status <sup>1</sup>	
Not Overweight/Obese	5
Overweight/Obese	10
Physical Activity <sup>1</sup>	
Inactive	15
Insufficient	9
Recommended	6
Smoking Status	
Nonsmoker	8
Smoker	8
Excessive Drinking in Past Month <sup>1</sup>	
Yes	3
No	10

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month).

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Current Asthma

*In 2016, 9% of Wisconsin respondents and 9% of U.S. respondents reported they were told they currently have asthma (2016 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 21)

- Nine percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma (12%) compared to male respondents (7%).
- Thirteen percent of respondents in the bottom 40 percent household income bracket reported current asthma compared to 8% of those in the top 40 percent income bracket or 6% of respondents in the middle 20 percent household income bracket.

### 2015 to 2018 Year Comparisons (Table 21)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma.
- In 2015 and 2018, female respondents were more likely to report current asthma. From 2015 to 2018, there was a noted decrease in the percent of respondents across gender reporting current asthma.
- In 2015, respondents 18 to 54 years old were more likely to report current asthma. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old or 45 to 54 years old reporting current asthma.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of white respondents reporting current asthma.
- In 2015, respondents with a college education were more likely to report current asthma. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents with at least some post high school education reporting current asthma.
- In 2015, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report current asthma. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report current asthma. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting current asthma.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents across marital status reporting current asthma.

**Table 21. Current Asthma by Demographic Variables for Each Survey Year (Q28)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	15%	9%
Gender <sup>1,2</sup>		
Male <sup>a</sup>	10	7
Female <sup>a</sup>	19	12
Age <sup>1</sup>		
18 to 34 <sup>a</sup>	18	9
35 to 44	18	13
45 to 54 <sup>a</sup>	16	9
55 to 64	9	6
65 and Older	8	9
Race		
Nonwhite	16	16
White <sup>a</sup>	15	9
Education <sup>1</sup>		
High School or Less	11	10
Some Post High School <sup>a</sup>	14	9
College Graduate <sup>a</sup>	19	10
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	16	13
Middle 20 Percent Bracket	7	6
Top 40 Percent Bracket <sup>a</sup>	15	8
Marital Status		
Married <sup>a</sup>	14	8
Not Married <sup>a</sup>	16	11

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

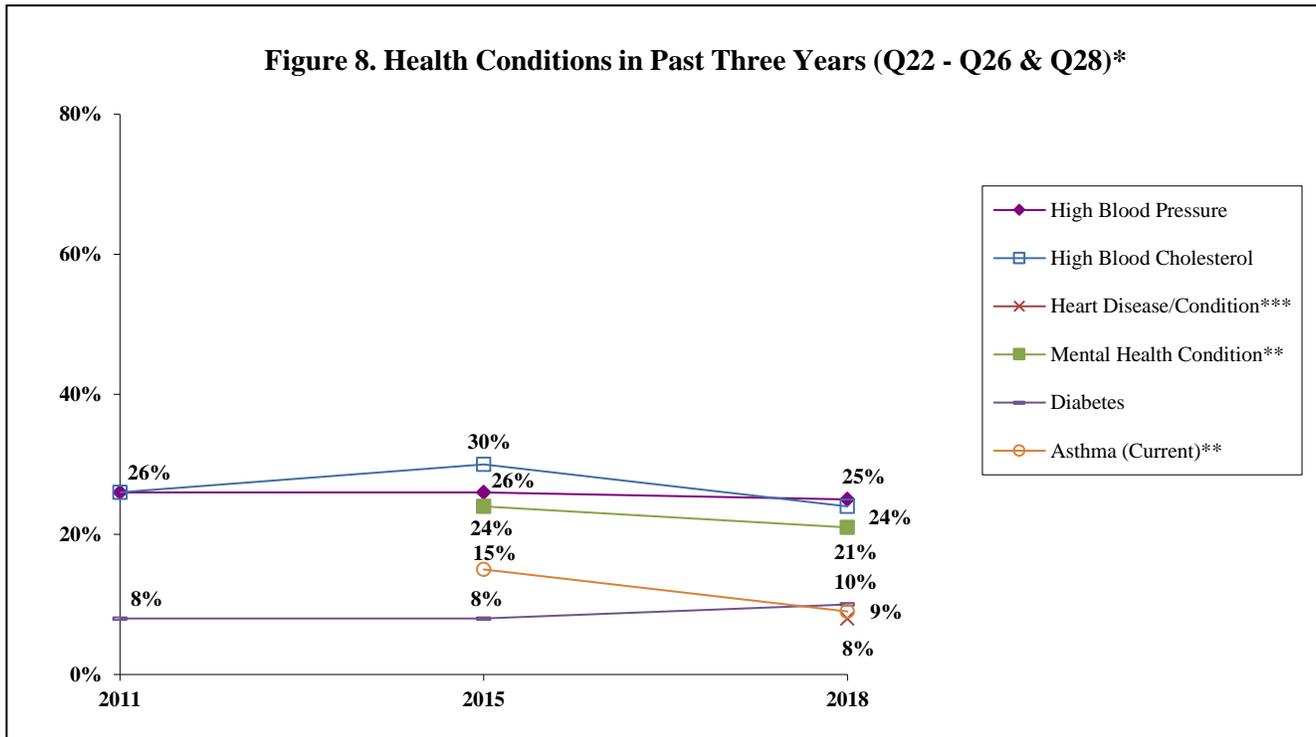
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Health Conditions Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or diabetes, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma.



\*In 2011 and 2015, timeframe was “ever”.

\*\*Not asked in 2011.

\*\*\*Not asked in 2011 and 2015.

## Physical Activity (Figures 9 & 10; Tables 22 - 25)

**KEY FINDINGS:** In 2018, 33% of Tri-County respondents did moderate physical activity five times a week for 30 minutes. Twenty-five percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 44% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who were not overweight/obese were more likely to report this. Twenty-four percent of respondents each reported it is difficult to motivate self to exercise or there is not enough time to exercise as a major reason for not participating in physical activities more often. Respondents who were 45 to 54 years old, married or overweight/obese were more likely to report it is difficult to motivate self to exercise. Respondents 18 to 44 years old, with a college education, in the top 40 percent household income bracket, who were married or with children in the household were more likely to report there is not enough time to exercise. Eleven percent of respondents each reported it is inconvenient to exercise or it is boring/not enjoyable. Respondents who were 45 to 54 years old or nonwhite were more likely to report it is inconvenient to exercise. Respondents in households without children were more likely to report exercise is boring/not enjoyable. Ten percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight/obese were more likely to report this. Five percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office as a major reason for not participating in physical activities more often; respondents who were female, in the bottom 40 percent household income bracket or without children in the household were more likely to report this. Four percent of respondents reported they do not have encouragement, support or companionship from family/friends as a major reason; respondents in the bottom 60 percent household income bracket or without children in the household were more likely to report this. Three percent reported they are not confident in being physically active or how to manage progress; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or without children in the household were more likely to report this.

*From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity.*

### Moderate Physical Activity in Usual Week

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

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

#### 2018 Findings (Table 22)

- Thirty-three percent of all respondents did moderate physical activity at least five times a week for 30 minutes or more. Fifty-three percent did some moderate activity, while 13% did not do any moderate physical activity.
- Thirty-nine percent of respondents 18 to 34 years old and 38% of those 45 to 54 years old met the recommended amount of moderate physical activity compared to 22% of respondents 35 to 44 years old.

- White respondents were more likely to meet the recommended amount of moderate physical activity (34%) compared to nonwhite respondents (21%).
- Respondents with a college education were more likely to meet the recommended amount of moderate physical activity in a week (39%) compared to those with a high school education or less (30%) or respondents with some post high school education (29%).
- Thirty-nine percent of respondents in the middle 20 percent household income bracket met the recommended amount of moderate physical activity in a week compared to 36% of those in the top 40 percent income bracket or 26% of respondents in the bottom 40 percent household income bracket.

#### 2015 to 2018 Year Comparisons (Table 22)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across gender meeting the recommended amount of moderate physical activity.
- In 2015, age was not a significant variable. In 2018, respondents 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2015.
- In 2015 and 2018, white respondents were more likely to meet the recommended amount of moderate physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents across race meeting the recommended amount of moderate physical activity.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of moderate physical activity.
- In 2015, household income was not a significant variable. In 2018, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents across household income meeting the recommended amount of moderate physical activity.
- In 2015, married respondents were more likely to meet the recommended amount of moderate physical activity. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across marital status meeting the recommended amount of moderate physical activity.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across overweight status meeting the recommended amount of moderate physical activity.

**Table 22. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year (Q31 - Q33)<sup>①,②,③</sup>**

	2015	2018
TOTAL <sup>a</sup>	22%	33%
Gender		
Male <sup>a</sup>	24	31
Female <sup>a</sup>	20	36
Age <sup>2</sup>		
18 to 34 <sup>a</sup>	23	39
35 to 44	18	22
45 to 54 <sup>a</sup>	22	38
55 to 64	28	36
65 and Older	19	27
Race <sup>1,2</sup>		
Nonwhite <sup>a</sup>	5	21
White <sup>a</sup>	23	34
Education <sup>2</sup>		
High School or Less <sup>a</sup>	22	30
Some Post High School	25	29
College Graduate <sup>a</sup>	19	39
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	20	26
Middle 20 Percent Bracket <sup>a</sup>	27	39
Top 40 Percent Bracket <sup>a</sup>	21	36
Marital Status <sup>1</sup>		
Married <sup>a</sup>	25	34
Not Married <sup>a</sup>	18	32
Overweight Status		
Not Overweight/Obese <sup>a</sup>	24	35
Overweight/Obese <sup>a</sup>	21	32

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Recommended moderate physical activity is 5 times/30+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### **Vigorous Physical Activity in Usual Week**

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

*In 2009, 31% of Wisconsin respondents and 29% of U.S. respondents did vigorous physical activity at least three times a week for 20 or more minutes (2009 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 23)

- Twenty-five percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Twenty-four percent did some vigorous physical activity while 51% did not do any vigorous physical activity.
- Thirty-two percent of respondents 18 to 34 years old met the recommended amount of vigorous physical activity compared to 12% of respondents 65 and older.
- Thirty percent of respondents with a college education met the recommended amount of vigorous physical activity compared to 22% of respondents with some post high school education or less.
- Thirty-four percent of respondents in the top 40 percent household income bracket met the recommended amount of vigorous physical activity compared to 20% of those in the bottom 40 percent income bracket or 16% of respondents in the middle 20 percent household income bracket.
- Respondents who were not overweight/obese were more likely to meet the recommended amount of vigorous physical activity (32%) compared to overweight/obese respondents (22%).

### 2015 to 2018 Year Comparisons (Table 23)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.
- In 2015, male respondents were more likely to meet the recommended amount of vigorous physical activity. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents meeting the recommended amount of vigorous physical activity.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.
- In 2015, respondents with at least some post high school education were more likely to meet the recommended amount of vigorous physical activity. In 2018, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education meeting the recommended amount of vigorous physical activity.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In 2015 and 2018, respondents who were not overweight/obese were more likely to meet the recommended amount of vigorous physical activity.

**Table 23. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q34 - Q36)<sup>①,②,③</sup>**

	2015	2018
TOTAL	28%	25%
Gender <sup>1</sup>		
Male <sup>a</sup>	32	25
Female	24	26
Age <sup>1,2</sup>		
18 to 34 <sup>a</sup>	42	32
35 to 44	32	25
45 to 54	19	27
55 to 64	22	25
65 and Older	14	12
Race		
Nonwhite	19	24
White	28	26
Education <sup>1,2</sup>		
High School or Less	18	22
Some Post High School <sup>a</sup>	32	22
College Graduate	34	30
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	28	20
Middle 20 Percent Bracket <sup>a</sup>	31	16
Top 40 Percent Bracket	30	34
Marital Status		
Married	28	26
Not Married	28	25
Overweight Status <sup>1,2</sup>		
Not Overweight/Obese	37	32
Overweight/Obese	23	22

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Recommended vigorous physical activity is 3 times/20+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### Combined Recommended Amount of Physical Activity in Typical Week

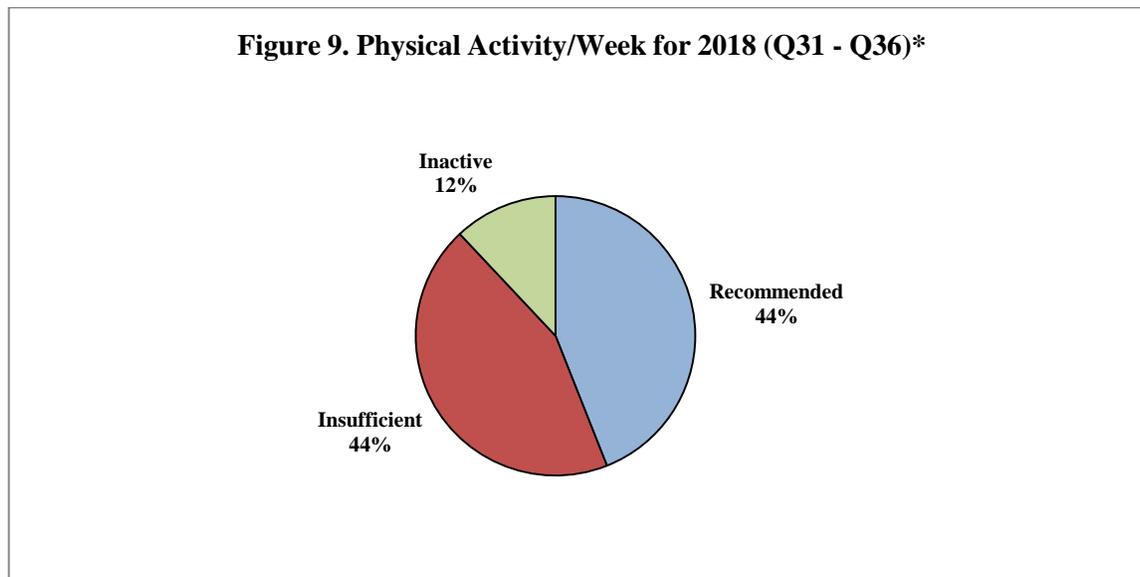
*The recommended amount of physical activity by the Centers for Disease Control is moderate physical activity for at least 30 minutes on five or more days of the week or vigorous physical activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly,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

The Healthy People 2020 goal for persons reporting no moderate or vigorous activity is 33% (Objective PA-1).

In 2009, 53% of Wisconsin respondents and 51% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2009 Behavioral Risk Factor Surveillance).

#### 2018 Findings (Table 24)

- Forty-four percent of respondents met the recommended amount of physical activity in a typical week (moderate activity 5 times/week for 30 minutes or vigorous activity 3 times/week for 20 minutes). Forty-four percent did an insufficient amount of physical activity while 12% did no physical activity in a typical week.



\*Recommended physical activity is moderate activity 5 times/30+ minutes in a week or vigorous activity 3 times/20+ minutes in a week.

- Respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity (54%) compared to those 35 to 44 years old (35%) or respondents 65 and older (34%).
- Fifty-three percent of respondents with a college education met the recommended amount of physical activity compared to 40% of those with some post high school education or 37% of respondents with a high school education or less.
- Fifty percent of respondents in the top 40 percent household income bracket met the recommended amount of physical activity compared to 43% of those in the middle 20 percent income bracket or 38% of respondents in the bottom 40 percent household income bracket.
- Respondents who were not overweight/obese were more likely to meet the recommended amount of physical activity (49%) compared to overweight/obese respondents (42%).

#### 2015 to 2018 Year Comparisons (Table 24)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.

- In 2015, male respondents were more likely to meet the recommended amount of physical activity. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of female respondents meeting the recommended amount of physical activity.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old meeting the recommended amount of physical activity.
- In 2015, white respondents were more likely to meet the recommended amount of physical activity. In 2018, race was not a significant variable.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of physical activity, with a noted increase since 2015.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity, with a noted increase since 2015.
- In 2015 and 2018, respondents who were not overweight/obese were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted increase in the percent of overweight/obese respondents meeting the recommended amount of physical activity.

**Table 24. Recommended Moderate or Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q31 - Q36)<sup>①,②,③</sup>**

	2015	2018
TOTAL	40%	44%
Gender <sup>1</sup>		
Male	47	42
Female <sup>a</sup>	34	47
Age <sup>1,2</sup>		
18 to 34	52	54
35 to 44	38	35
45 to 54 <sup>a</sup>	35	46
55 to 64	38	45
65 and Older	30	34
Race <sup>1</sup>		
Nonwhite	22	33
White	41	45
Education <sup>2</sup>		
High School or Less	35	37
Some Post High School	43	40
College Graduate <sup>a</sup>	44	53
Household Income <sup>2</sup>		
Bottom 40 Percent Bracket	38	38
Middle 20 Percent Bracket	49	43
Top 40 Percent Bracket <sup>a</sup>	41	50
Marital Status		
Married	42	45
Not Married	39	43
Overweight Status <sup>1,2</sup>		
Not Overweight/Obese	49	49
Overweight/Obese <sup>a</sup>	36	42

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Recommended moderate physical activity is 5 times/30+ minutes in a week and recommended vigorous physical activity is 3 times/20+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Reasons Not Participating in Physical Activities More Often

### 2018 Findings (Table 25)

Of the 55% of respondents who did not meet the recommended amount of physical activity in a typical week (n=616)...

- Twenty-four percent of respondents each reported it is difficult to motivate self to exercise or there is not enough time to exercise as a major reason for not participating in physical activities more often. Eleven percent of respondents each reported it is inconvenient to exercise or it is boring/not enjoyable followed by 10% who reported they are afraid of getting injured/they were injured recently. Five percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office. Four percent reported they do not have encouragement, support or companionship from family/friends while 3% reported they are not confident in being physically active/how to manage progress.
- Female respondents were more likely to report there are no parks, sidewalks or safe/pleasant walking paths convenient to home/office compared to male respondents.
- Respondents 18 to 44 years old were more likely to report there is not enough time to exercise as a major reason for not participating in physical activities more often. Respondents 45 to 54 years old were more likely to report it is difficult to motivate themselves to exercise or it is inconvenient to exercise as a major reason. Respondents 55 and older were more likely to report they are afraid of getting injured/they were injured recently as a major reason while respondents 65 and older were more likely to report they are not confident in being physically active/how to manage progress.
- Nonwhite respondents were more likely to report it is inconvenient to exercise as a major reason not to exercise more often.
- Respondents with a high school education or less were more likely to report they are afraid of getting injured/they were injured recently as a major reason. Respondents with some post high school education or less were more likely to report they are not confident in being physically active/how to manage progress. Respondents with a college education were more likely to report there is not enough time to exercise as a major reason for not participating in physical activities more often.
- Respondents in the bottom 40 percent household income bracket were more likely to report they are afraid of getting injured/they were injured recently, there are no parks, sidewalks or safe/pleasant walking paths convenient to home/office or they are not confident in being physically active/how to manage progress for not participating in physical activities more often. Respondents in the bottom 60 percent household income bracket were more likely to report they do not have encouragement, support or companionship from family/friends as a major reason while respondents in the top 40 percent household income bracket were more likely to report there is not enough time to exercise.
- Married respondents were more likely to report it is difficult to motivate themselves to exercise or there is not enough time as a major reason. Unmarried respondents were more likely to report they are afraid of getting injured/they were injured recently or they are not confident in being physically active/how to manage progress for not participating in physical activities more often.
- Overweight/obese respondents were more likely to report it is difficult to motivate themselves to exercise or they are afraid of getting injured/they were injured recently as a major problem.

- Respondents with children in the household were more likely to report there is not enough time to exercise as a major reason. Unmarried respondents were more likely to report exercise is boring/not enjoyable, there are no parks, sidewalks or safe/pleasant walking paths convenient to home/office, they do not have encouragement, support or companionship from family/friends or they are not confident in being physically active/how to manage progress for not participating in physical activities more often.

**Table 25. Major Reason not Participating in Physical Activities More Often by Demographic Variables for 2018 (Part 1) (Respondents Who Did Not Meet Recommended Amount of Physical Activity) (Q37 - Q44)<sup>①,②</sup>**

	Difficult to Motivate Self to Exercise	Not Enough Time to Exercise	Inconvenient to Exercise	Exercise is Boring or not Enjoyable	Afraid of Getting Injured or Injured Recently
TOTAL	24%	24%	11%	11%	10%
Gender					
Male	21	22	12	11	9
Female	27	27	9	11	11
Age					
18 to 34	26 <sup>1</sup>	33 <sup>1</sup>	4 <sup>1</sup>	10	6 <sup>1</sup>
35 to 44	17 <sup>1</sup>	35 <sup>1</sup>	14 <sup>1</sup>	9	11 <sup>1</sup>
45 to 54	35 <sup>1</sup>	27 <sup>1</sup>	20 <sup>1</sup>	16	6 <sup>1</sup>
55 to 64	19 <sup>1</sup>	16 <sup>1</sup>	9 <sup>1</sup>	10	15 <sup>1</sup>
65 and Older	20 <sup>1</sup>	5 <sup>1</sup>	7 <sup>1</sup>	12	16 <sup>1</sup>
Race					
Nonwhite	28	18	21 <sup>1</sup>	13	5
White	24	25	10 <sup>1</sup>	11	10
Education					
High School or Less	24	14 <sup>1</sup>	8	8	17 <sup>1</sup>
Some Post High School	23	25 <sup>1</sup>	12	11	9 <sup>1</sup>
College Graduate	25	32 <sup>1</sup>	11	13	6 <sup>1</sup>
Household Income					
Bottom 40 Percent Bracket	21	13 <sup>1</sup>	9	9	18 <sup>1</sup>
Middle 20 Percent Bracket	26	26 <sup>1</sup>	9	16	5 <sup>1</sup>
Top 40 Percent Bracket	24	34 <sup>1</sup>	13	10	6 <sup>1</sup>
Marital Status					
Married	27 <sup>1</sup>	31 <sup>1</sup>	12	13	7 <sup>1</sup>
Not Married	19 <sup>1</sup>	16 <sup>1</sup>	9	8	14 <sup>1</sup>
Overweight Status					
Not Overweight/Obese	18 <sup>1</sup>	22	8	11	6 <sup>1</sup>
Overweight/Obese	26 <sup>1</sup>	25	12	11	12 <sup>1</sup>
Children in Household					
Yes	24	40 <sup>1</sup>	14	8 <sup>1</sup>	9
No	23	16 <sup>1</sup>	9	13 <sup>1</sup>	11

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p<0.05 in 2018

**Table 25. Major Reason not Participating in Physical Activities More Often by Demographic Variables for 2018 (Part 2) (Respondents Who Did Not Meet Recommended Amount of Physical Activity) (Q37 - Q44)<sup>⓪,Ⓜ</sup>**

	No Parks, Sidewalks, Etc. or Safe/Pleasant Walking Paths Convenient to Home/Office	No Encouragement, Support or Companionship from Family/Friends	Not Confident Being Physically Active/Managing Progress
TOTAL	5%	4%	3%
Gender			
Male	3 <sup>1</sup>	4	3
Female	9 <sup>1</sup>	3	3
Age			
18 to 34	5	3	3 <sup>1</sup>
35 to 44	3	<1	0 <sup>1</sup>
45 to 54	6	4	0 <sup>1</sup>
55 to 64	9	3	2 <sup>1</sup>
65 and Older	7	7	9 <sup>1</sup>
Race			
Nonwhite	0	5	3
White	6	3	3
Education			
High School or Less	7	4	5 <sup>1</sup>
Some Post High School	5	5	3 <sup>1</sup>
College Graduate	5	1	<1 <sup>1</sup>
Household Income			
Bottom 40 Percent Bracket	10 <sup>1</sup>	6 <sup>1</sup>	6 <sup>1</sup>
Middle 20 Percent Bracket	4 <sup>1</sup>	7 <sup>1</sup>	2 <sup>1</sup>
Top 40 Percent Bracket	3 <sup>1</sup>	0 <sup>1</sup>	<1 <sup>1</sup>
Marital Status			
Married	5	2	1 <sup>1</sup>
Not Married	6	5	5 <sup>1</sup>
Overweight Status			
Not Overweight/Obese	6	5	2
Overweight/Obese	5	3	3
Children in Household			
Yes	3 <sup>1</sup>	<1 <sup>1</sup>	<1 <sup>1</sup>
No	7 <sup>1</sup>	5 <sup>1</sup>	4 <sup>1</sup>

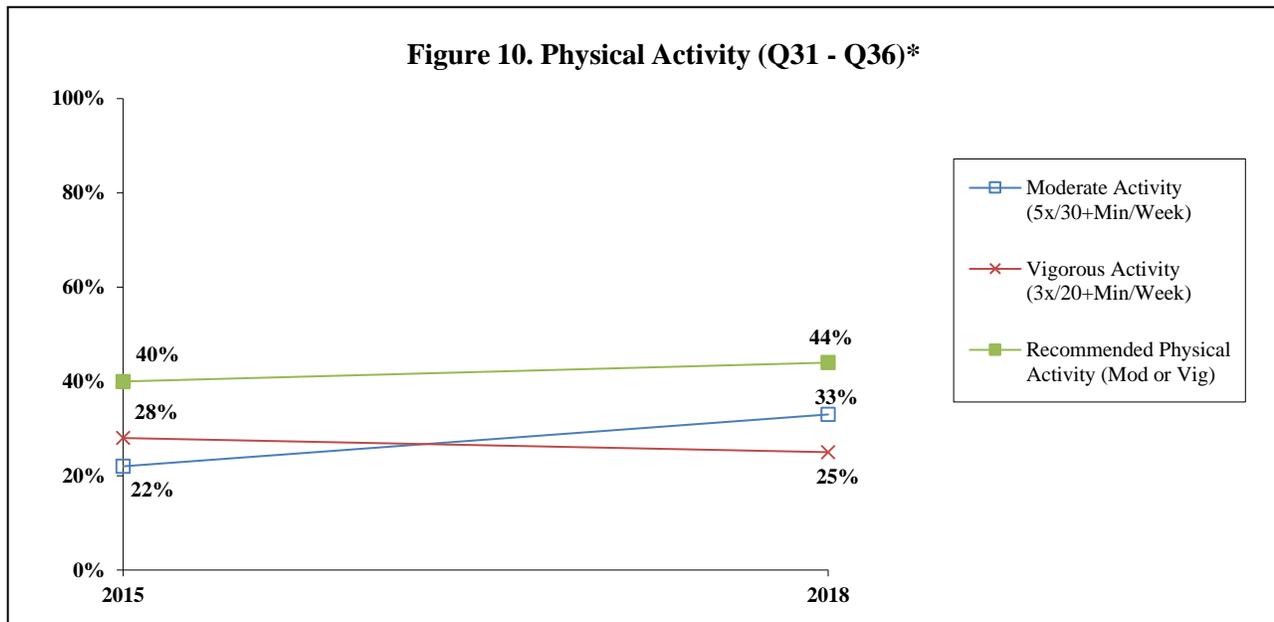
<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>Ⓜ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p<0.05 in 2018

## Physical Activity Overall

### Year Comparisons

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity.



\*Not asked in 2011.

## Body Weight (Figures 11 & 12; Tables 26 & 27)

**KEY FINDINGS:** In 2018, 67% of Tri-County respondents were classified as at least overweight while 35% were obese. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket, married or inactive were more likely to be classified as at least overweight. Respondents who were 55 to 64 years old, nonwhite, with a high school education or less or inactive were more likely to be obese.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents being at least overweight, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese while from 2015 to 2018, there was no statistical change.*

### At Least Overweight

*Being overweight contributes to many health problems. One nationally used definition of overweight status developed by the CDC is when a person's body mass index (BMI) is greater than or equal to 25.0. A BMI of 30.0 or more is considered obese. Body Mass Index is calculated by using kilograms/meter<sup>2</sup>.*

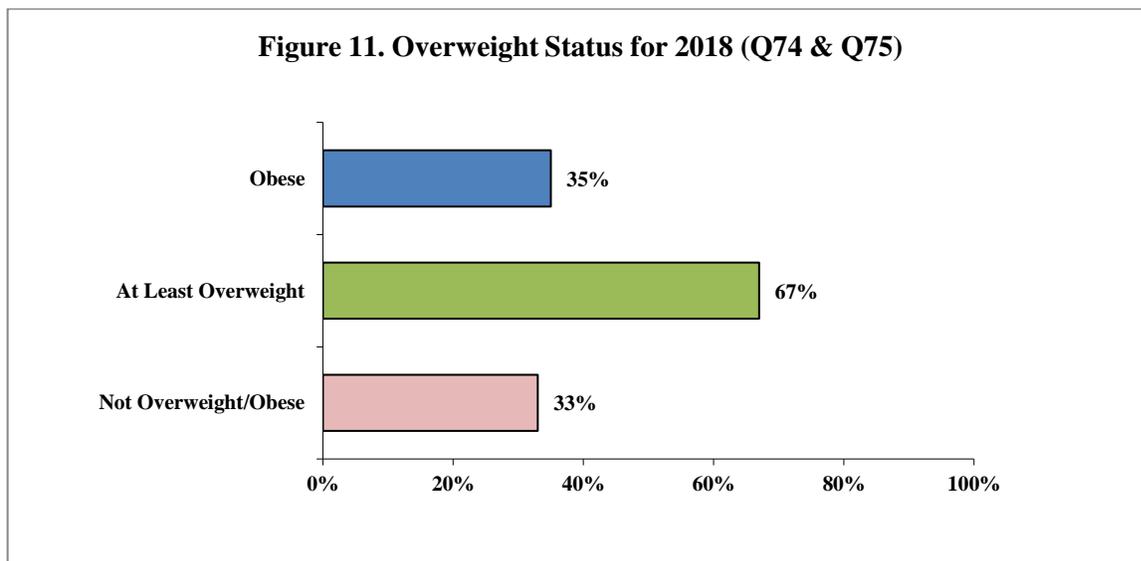
*The Healthy People 2020 goal for healthy weight is 34%. As a result, the unhealthy weight goal is 66% (Objective NWS-8)*

*The Healthy People 2020 goal for obesity is 31%. (Objective NWS-9)*

*In 2016, 67% of Wisconsin respondents were classified as at least overweight (36% overweight, 31% obese). In the U.S., 65% were classified as at least overweight (35% overweight and 30% obese) (2016 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 26)

- According to the definition, 67% of respondents were at least overweight (35% obese and 32% overweight).



- Male respondents were more likely to be at least overweight (72%) compared to female respondents (62%).
- Seventy-eight percent of respondents 55 to 64 years old were at least overweight compared to 68% of those 35 to 44 years old or 55% of respondents 18 to 34 years old.

- Seventy-three percent of respondents in the top 40 percent household income bracket were at least overweight compared to 62% of those in the middle 20 percent income bracket or 60% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to be at least overweight compared to unmarried respondents (75% and 57%, respectively).
- Seventy-seven percent of inactive respondents were at least overweight compared to 68% of those who did an insufficient amount of physical activity or 64% of respondents who met the recommended amount of physical activity.

#### 2011 to 2018 Year Comparisons (Table 26)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents being at least overweight.
- In 2011 and 2018, male respondents were more likely to be classified as at least overweight.
- In 2011, age was not a significant variable. In 2018, respondents 55 to 64 years old were more likely to be at least overweight.
- In 2011, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to be at least overweight. From 2011 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket being at least overweight.
- In 2011 and 2018, married respondents were more likely to be at least overweight.

#### 2015 to 2018 Year Comparisons (Table 26)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents being at least overweight.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to be classified as at least overweight.
- In 2015, respondents 45 to 54 years old were more likely to be classified as at least overweight. In 2018, respondents 55 to 64 years old were more likely to be at least overweight. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old being at least overweight.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of nonwhite respondents being at least overweight.
- In 2015 and 2018, education was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less being at least overweight.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to be at least overweight.
- In 2015 and 2018, married respondents were more likely to be at least overweight.

- In 2015, respondents who did not meet the recommended amount of physical activity were more likely to be at least overweight. In 2018, inactive respondents were more likely to be at least overweight. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity being at least overweight.

**Table 26. At Least Overweight (BMI 25.0 or Higher) by Demographic Variables for Each Survey Year (Q74 & Q75)<sup>⓪</sup>**

	2011	2015	2018
TOTAL	66%	65%	67%
Gender <sup>1,3</sup>			
Male	76	67	72
Female	57	63	62
Age <sup>2,3</sup>			
18 to 34 <sup>b</sup>	62	43	55
35 to 44	67	71	68
45 to 54	71	80	74
55 to 64	70	77	78
65 and Older	66	68	72
Race			
Nonwhite <sup>b</sup>	68	51	75
White	66	65	67
Education			
High School or Less <sup>b</sup>	67	63	73
Some Post High School	66	65	65
College Graduate	66	66	66
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket	62	64	60
Middle 20 Percent Bracket <sup>a</sup>	74	68	62
Top 40 Percent Bracket	68	71	73
Marital Status <sup>1,2,3</sup>			
Married	72	71	75
Not Married	58	57	57
Physical Activity <sup>2,3</sup>			
Inactive	--	71	77
Insufficient	--	69	68
Recommended <sup>b</sup>	--	57	64

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

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Obesity**

### 2018 Findings (Table 27)

- Thirty-five percent of respondents were classified as obese (BMI 30.0 or higher).
- Forty-seven percent of respondents 55 to 64 years old were obese compared to 34% of those 35 to 44 years old or 27% of respondents 18 to 34 years old.
- Nonwhite respondents were more likely to be obese (50%) compared to white respondents (34%).
- Forty-one percent of respondents with a high school education or less were obese compared to 38% of those with some post high school education or 29% of respondents with a college education.
- Inactive respondents were more likely to be obese (59%) compared to those who did an insufficient amount of physical activity (37%) or respondents who met the recommended amount of physical activity (26%).

### 2011 to 2018 Year Comparisons (Table 27)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese.
- In 2011, male respondents were more likely to be obese. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of female respondents being obese.
- In 2011, age was not a significant variable. In 2018, respondents 55 to 64 years old were more likely to be obese. From 2011 to 2018, there was a noted increase in the percent of respondents 65 and older being obese.
- In 2011, race was not a significant variable. In 2018, nonwhite respondents were more likely to be obese. From 2011 to 2018, there was a noted increase in the percent of white respondents being obese.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to be obese. From 2011 to 2018, there was a noted increase in the percent of respondents with some post high school education being obese.
- In 2011 and 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of unmarried respondents being obese.

### 2015 to 2018 Year Comparisons (Table 27)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents being obese.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents being obese.
- In 2015, respondents 35 to 54 years old were more likely to be obese. In 2018, respondents 55 to 64 years old were more likely to be obese, with a noted increase since 2015.
- In 2015, race was not a significant variable. In 2018, nonwhite respondents were more likely to be obese, with a noted increase since 2015.
- In 2015 and 2018, respondents with a high school education or less were more likely to be obese.
- In 2015 and 2018, inactive respondents were more likely to be obese.

**Table 27. Obese (BMI 30.0 or Higher) by Demographic Variables for Each Survey Year (Q74 & Q75)<sup>⓪</sup>**

	2011	2015	2018
TOTAL <sup>a</sup>	30%	32%	35%
Gender <sup>1</sup>			
Male <sup>b</sup>	35	31	37
Female <sup>a</sup>	24	32	32
Age <sup>2,3</sup>			
18 to 34	28	21	27
35 to 44	32	37	34
45 to 54	29	39	36
55 to 64 <sup>b</sup>	38	35	47
65 and Older <sup>a</sup>	25	32	40
Race <sup>3</sup>			
Nonwhite <sup>b</sup>	30	24	50
White <sup>a</sup>	30	32	34
Education <sup>2,3</sup>			
High School or Less	33	36	41
Some Post High School <sup>a</sup>	27	33	38
College Graduate	28	26	29
Household Income			
Bottom 40 Percent Bracket	34	36	38
Middle 20 Percent Bracket	30	31	38
Top 40 Percent Bracket	29	32	31
Marital Status			
Married	32	33	35
Not Married <sup>a</sup>	27	29	35
Physical Activity <sup>2,3</sup>			
Inactive	--	50	59
Insufficient	--	37	37
Recommended	--	21	26

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

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

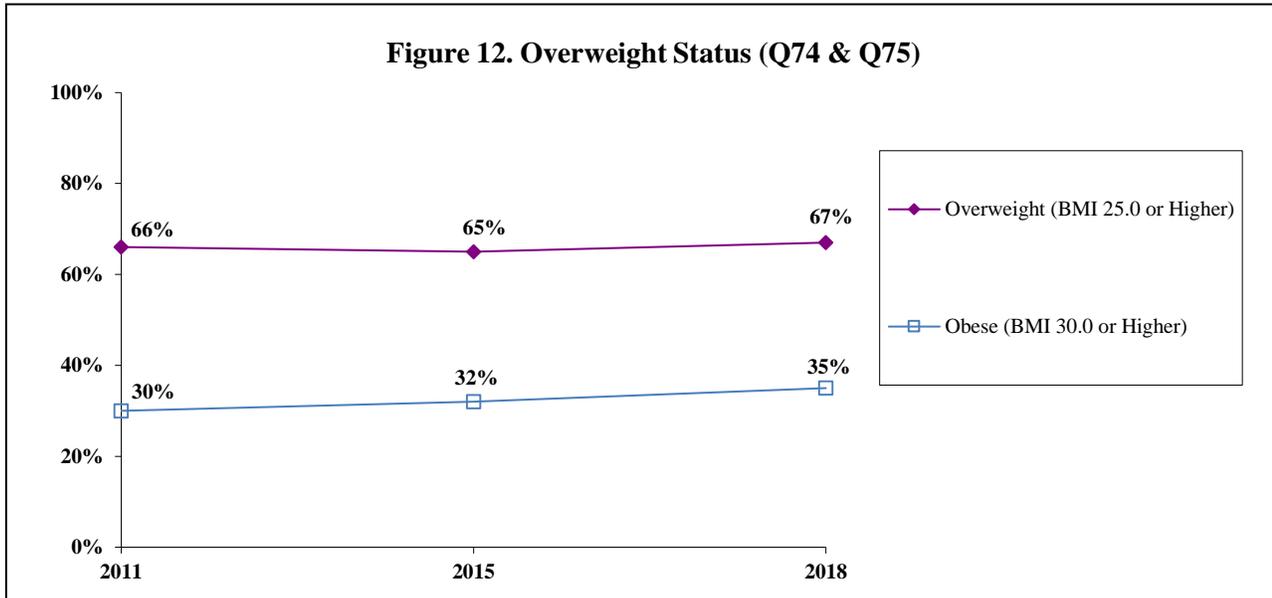
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Body Weight Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents being at least overweight, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese while from 2015 to 2018, there was no statistical change.



## Nutrition (Figure 13; Tables 28 - 32)

**KEY FINDINGS:** In 2018, 48% of Tri-County respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, in the top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-nine percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education, in the top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report this. Thirty percent of respondents reported they drank at least one sugared drink per day in the past month; respondents who were male, 18 to 44 years old, with some post high school education or inactive respondents were more likely to report this. Fifty-nine percent of respondents reported all or most of their family ate together at least five times during the past week; married respondents were more likely to report this.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported all or most of their family had a meal together at least five times in the past week.*

### Fruit Consumption

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

#### 2018 Findings (Table 28)

- Forty-eight percent of respondents reported at least two servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (55%) compared to male respondents (41%).
- Fifty-four percent of respondents 18 to 34 years old and 52% of those 55 to 64 years old reported at least two servings of fruit a day compared to 41% of respondents 45 to 54 years old.
- Fifty-six percent of respondents with a college education reported at least two servings of fruit a day compared to 48% of those with some post high school education or 33% of respondents with a high school education or less.
- Fifty-two percent of respondents in the top 40 percent household income bracket reported at least two servings of fruit a day compared to 45% of those in the bottom 40 percent income bracket or 42% of respondents in the middle 20 percent household income bracket.
- Respondents who were not overweight/obese were more likely to report at least two servings of fruit a day (54%) compared to overweight/obese respondents (44%).

- Fifty-nine percent of respondents who met the recommended amount of physical activity reported at least two servings of fruit a day compared to 39% of respondents who did not meet the recommended amount of physical activity.

#### 2011 to 2018 Year Comparisons (Table 28)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2011 and 2018, female respondents were more likely to report at least two servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of female respondents reporting at least two servings of fruit per day.
- In 2011, age was not a significant variable. In 2018, respondents 18 to 34 years old or 55 to 64 years old were more likely to report at least two servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting at least two servings of fruit per day.
- In 2011 and 2018, race was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of white respondents reporting at least two servings of fruit per day.
- In 2011 and 2018, respondents with a college education were more likely to report two or more servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less or with a college education reporting at least two servings of fruit per day.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least two servings of fruit per day.
- In 2011 and 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of married respondents reporting at least two servings of fruit per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report two or more servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least two servings of fruit per day.

#### 2015 to 2018 Year Comparisons (Table 28)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2015 and 2018, female respondents were more likely to report at least two servings of fruit per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across gender reporting at least two servings of fruit per day.
- In 2015, respondents 18 to 34 years old were more likely to report at least two servings of fruit. In 2018, respondents 18 to 34 years old or 55 to 64 years old were more likely to report at least two servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 44 years old reporting at least two servings of fruit per day.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of white respondents reporting at least two servings of fruit per day.

- In 2015 and 2018, respondents with a college education were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents across education reporting at least two servings of fruit per day.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents across household income reporting at least two servings of fruit per day.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents across marital status reporting at least two servings of fruit per day.
- In 2015 and 2018, respondents who were not overweight/obese were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents across overweight status reporting at least two servings of fruit per day.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents who did at least some physical activity reporting two or more servings of fruit.

**Table 28. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year (Q30)<sup>⓪</sup>**

	2011	2015	2018
TOTAL <sup>a,b</sup>	54%	60%	48%
Gender <sup>1,2,3</sup>			
Male <sup>b</sup>	45	55	41
Female <sup>a,b</sup>	63	65	55
Age <sup>2,3</sup>			
18 to 34 <sup>b</sup>	59	73	54
35 to 44 <sup>a,b</sup>	57	69	43
45 to 54	50	44	41
55 to 64	50	54	52
65 and Older	49	49	46
Race			
Nonwhite	52	67	48
White <sup>a,b</sup>	54	59	48
Education <sup>1,2,3</sup>			
High School or Less <sup>a,b</sup>	50	52	33
Some Post High School <sup>b</sup>	47	60	48
College Graduate <sup>a,b</sup>	65	68	56
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>b</sup>	49	53	45
Middle 20 Percent Bracket <sup>b</sup>	38	62	42
Top 40 Percent Bracket <sup>a,b</sup>	62	65	52
Marital Status			
Married <sup>a,b</sup>	55	62	48
Not Married <sup>b</sup>	53	56	47
Overweight Status <sup>2,3</sup>			
Not Overweight/Obese <sup>b</sup>	52	66	54
Overweight/Obese <sup>a,b</sup>	55	56	44
Physical Activity <sup>2,3</sup>			
Inactive	--	37	39
Insufficient <sup>b</sup>	--	60	39
Recommended <sup>b</sup>	--	69	59

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

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Vegetable Consumption

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

### 2018 Findings (Table 29)

- Thirty-one percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day (36%) compared to male respondents (26%).
- Thirty-eight percent of respondents 18 to 34 years old reported at least three servings of vegetables a day compared to 27% of those 55 to 64 years old or 19% of respondents 65 and older.
- Forty-eight percent of respondents with a college education reported at least three servings of vegetables a day compared to 23% of those with some post high school education or 14% of respondents with a high school education or less.
- Thirty-eight percent of respondents in the top 40 percent household income bracket reported at least three servings of vegetables a day compared to 30% of those in the middle 20 percent income bracket or 20% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report at least three servings of vegetables a day compared to unmarried respondents (34% and 27%, respectively).
- Respondents who were not overweight/obese were more likely to report at least three servings of vegetables a day (37%) compared to overweight/obese respondents (28%).
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (42%) compared to respondents who did not meet the recommended amount of physical activity (22%).

### 2011 to 2018 Year Comparisons (Table 29)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2011 and 2018, female respondents were more likely to report at least three vegetable servings per day. From 2011 to 2018, there was a noted increase in the percent of male respondents reporting at least three vegetable servings per day.
- In 2011, age was not a significant variable. In 2018, respondents 18 to 34 years old were more likely to report at least three vegetable servings per day, with a noted increase since 2011.
- In 2011 and 2018, race was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of white respondents reporting at least three vegetable servings per day.
- In 2011 and 2018, respondents with a college education were more likely to report at least three servings of vegetables. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less and a noted increase in the percent of respondents with a college education reporting at least three vegetable servings per day.

- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables per day.
- In 2011 and 2018, married respondents were more likely to report at least three servings of vegetables per day. From 2011 to 2018, there was a noted increase in the percent of unmarried respondents reporting at least three servings of vegetables per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three servings of vegetables per day, with a noted increase since 2011.

#### 2015 to 2018 Year Comparisons (Table 29)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2015 and 2018, female respondents were more likely to report at least three vegetable servings per day.
- In 2015, respondents 35 to 44 years old were more likely to report at least three vegetable servings per day. In 2018, respondents 18 to 34 years old were more likely to report at least three vegetables servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting at least three vegetable servings per day.
- In 2015 and 2018, respondents with a college education were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting at least three vegetable servings per day.
- In 2015, respondents in the top 60 percent household income bracket were more likely to report at least three servings of vegetables. In 2018, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting at least three vegetable servings per day.
- In 2015 and 2018, married respondents were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting at least three vegetable servings per day.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three servings of vegetables.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting at least three vegetable servings per day.

**Table 29. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year (Q29)<sup>o</sup>**

	2011	2015	2018
TOTAL <sup>a</sup>	26%	33%	31%
Gender <sup>1,2,3</sup>			
Male <sup>a</sup>	18	26	26
Female	34	41	36
Age <sup>2,3</sup>			
18 to 34 <sup>a</sup>	22	35	38
35 to 44 <sup>b</sup>	26	45	29
45 to 54	31	31	35
55 to 64	26	32	27
65 and Older	28	20	19
Race			
Nonwhite	23	41	38
White <sup>a</sup>	26	33	31
Education <sup>1,2,3</sup>			
High School or Less <sup>a,b</sup>	22	22	14
Some Post High School <sup>b</sup>	22	35	23
College Graduate <sup>a</sup>	33	43	48
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	19	25	20
Middle 20 Percent Bracket <sup>b</sup>	24	44	30
Top 40 Percent Bracket	34	41	38
Marital Status <sup>1,2,3</sup>			
Married <sup>b</sup>	30	40	34
Not Married <sup>a</sup>	20	24	27
Overweight Status <sup>3</sup>			
Not Overweight/Obese <sup>a</sup>	28	34	37
Overweight/Obese	25	32	28
Physical Activity <sup>2,3</sup>			
Inactive	--	17	22
Insufficient <sup>b</sup>	--	33	22
Recommended	--	39	42

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

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Five or More Fruit or Vegetables per Day

*In 2009, 23% of Wisconsin respondents and 23% of U.S. respondents reported they ate at least five fruit or vegetables per day (2009 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 30)

- Twenty-nine percent of respondents reported five or more servings of fruit/vegetables on an average day.
- Female respondents were more likely to report at least five servings of fruit/vegetables a day (34%) compared to male respondents (24%)
- Forty-three percent of respondents with a college education reported at least five servings of fruit/vegetables a day compared to 23% of those with some post high school education or 15% of respondents with a high school education or less.
- Thirty-six percent of respondents in the top 40 percent household income bracket reported at least five servings of fruit/vegetables a day compared to 29% of those in the middle 20 percent income bracket or 18% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report at least five servings of fruit/vegetables a day compared to unmarried respondents (32% and 25%, respectively).
- Respondents who were not overweight/obese were more likely to report at least five servings of fruit/vegetables a day (34%) compared to overweight/obese respondents (27%).
- Thirty-nine percent of respondents who met the recommended amount of physical activity reported at least five servings of fruit/vegetables a day compared to 23% of those who were inactive or 21% of respondents who did an insufficient amount of physical activity.

### 2011 to 2018 Year Comparisons (Table 30)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.
- In 2011 and 2018, female respondents were more likely to report at least five fruit/vegetable servings per day.
- In 2011, education was not a significant variable. In 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting at least five servings of fruit/vegetables per day.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least five fruit/vegetable servings per day.
- In 2011 and 2018, married respondents were more likely to report at least five fruit/vegetable servings per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least five fruit/vegetable servings per day.

### 2015 to 2018 Year Comparisons (Table 30)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.

- In 2015 and 2018, female respondents were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across gender reporting at least five servings of fruit/vegetables per day.
- In 2015, respondents 35 to 44 years old were more likely to report at least five fruit/vegetable servings per day. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 44 years old or 55 to 64 years old reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of white respondents reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across household income reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, married respondents were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across marital status reporting at least five servings of fruit/vegetables per day.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across overweight status reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a noted decrease in the percent of respondents who did at least some amount of physical activity reporting at least five servings of fruit/vegetables per day.

**Table 30. Five or More Servings of Fruit or Vegetables on Average Day by Demographic Variables for Each Survey Year (Q29 & Q30)<sup>o</sup>**

	2011	2015	2018
TOTAL <sup>b</sup>	30%	39%	29%
Gender <sup>1,2,3</sup>			
Male <sup>b</sup>	20	31	24
Female <sup>b</sup>	40	46	34
Age <sup>2</sup>			
18 to 34 <sup>b</sup>	27	46	32
35 to 44 <sup>b</sup>	31	51	30
45 to 54	35	30	29
55 to 64 <sup>b</sup>	27	39	28
65 and Older	32	23	24
Race			
Nonwhite	32	42	29
White <sup>b</sup>	30	39	29
Education <sup>2,3</sup>			
High School or Less <sup>a,b</sup>	27	31	15
Some Post High School <sup>b</sup>	26	40	23
College Graduate	35	46	43
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>b</sup>	23	31	18
Middle 20 Percent Bracket <sup>b</sup>	21	41	29
Top 40 Percent Bracket <sup>b</sup>	37	45	36
Marital Status <sup>1,2,3</sup>			
Married <sup>b</sup>	34	45	32
Not Married <sup>b</sup>	24	31	25
Overweight Status <sup>3</sup>			
Not Overweight/Obese <sup>b</sup>	31	43	34
Overweight/Obese <sup>b</sup>	29	36	27
Physical Activity <sup>2,3</sup>			
Inactive	--	19	23
Insufficient <sup>b</sup>	--	38	21
Recommended <sup>b</sup>	--	47	39

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

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Sugar Drink Consumption**

### 2018 Findings (Table 31)

- Thirty percent of respondents reported they drank at least one regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Twenty-nine percent reported a sugared drink more than once a week, but less than once a day. Forty-one percent reported less than once a week.
- Male respondents were more likely to drink at least one sugared drink per day (34%) compared to female respondents (26%).
- Thirty-five percent of respondents 35 to 44 years old and 34% of those 18 to 34 years old drank at least one sugared drink per day in the past month compared to 23% of respondents 55 and older.
- Respondents with some post high school education were more likely to drink at least one sugared drink per day (40%) compared to those with a high school education or less (37%) or respondents with a college education (18%).
- Forty-three percent of inactive respondents drank at least one sugared drink per day compared to 34% of those who did an insufficient amount of physical activity or 23% of respondents who met the recommended amount of physical activity.

**Table 31. At Least One Sugar Drink per Day in Past Month by Demographic Variables for 2018 (Q51)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	30%
Gender <sup>1</sup>	
Male	34
Female	26
Age <sup>1</sup>	
18 to 34	34
35 to 44	35
45 to 54	31
55 to 64	23
65 and Older	23
Race	
Nonwhite	28
White	30
Education <sup>1</sup>	
High School or Less	37
Some Post High School	40
College Graduate	18
Household Income	
Bottom 40 Percent Bracket	30
Middle 20 Percent Bracket	36
Top 40 Percent Bracket	28
Marital Status	
Married	29
Not Married	31
Overweight Status	
Not Overweight/Obese	29
Overweight/Obese	31
Physical Activity <sup>1</sup>	
Inactive	43
Insufficient	34
Recommended	23

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Family Meal Time

### 2018 Findings (Table 32)

Of the 81% of respondents who reported living with others (n=390)...

- Forty-five percent of respondents reported during the past week, all or most of their family living in their household ate a meal together at least seven times followed by 14% reporting five to six times. Twenty percent reported three to four times while 15% reported one to two times. Six percent reported never.
- Married respondents were more likely to report all or most of their family ate together at least five times during the past week compared to unmarried respondents (68% and 38%, respectively).

### 2015 to 2018 Year Comparisons (Table 32)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported all or most of their family ate together at least five times during the past week.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report all or most of their family ate together at least five times in the past week. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting all or most of their family ate together at least five times during the past week.
- In 2015 and 2018, married respondents were more likely to report their family ate together at least five times during the past week. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting all or most of their family ate together at least five times during the past week.
- In 2015 and 2018, the presence of children was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in households with children reporting their family ate together at least five times during the past week.

**Table 32. Most of Family had Meals Together at Least Five Times in Past Week by Demographic Variables for Each Survey Year (Respondents Who Live with Family) (Q50)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	64%	59%
Household Income <sup>1</sup>		
Bottom 40 Percent Bracket	58	57
Middle 20 Percent Bracket	64	60
Top 40 Percent Bracket <sup>a</sup>	76	57
Marital Status <sup>1,2</sup>		
Married <sup>a</sup>	75	68
Not Married	41	38
Children in Household		
Yes <sup>a</sup>	67	57
No	62	60

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

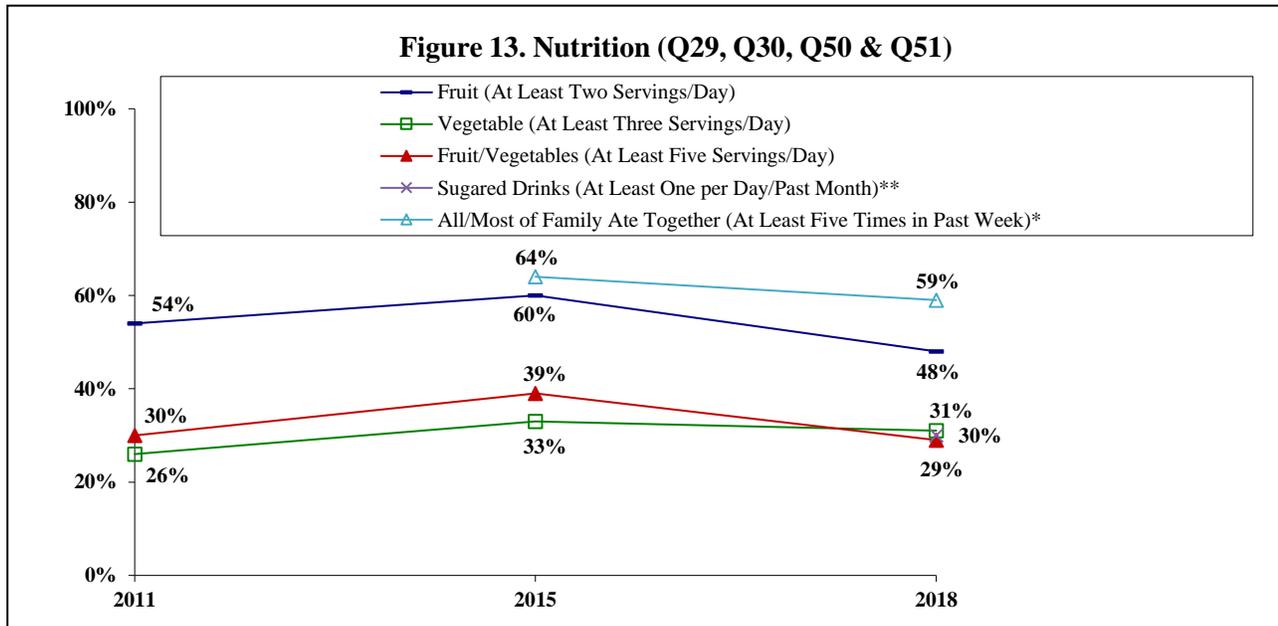
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Nutrition Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their family had a meal together at least five times in the past week.



\*Not asked in 2011.

\*\*Not asked in 2011 and 2015.

## Screen Time and Sleep (Figure 14; Tables 33 & 34)

**KEY FINDINGS:** In 2018, 30% of Tri-County respondents reported at least four hours of screen time a day; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight/obese or inactive were more likely to report this. Sixty-five percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were female, 65 and older, white, with a college education, who were not overweight/obese, met the recommended amount of physical activity or without children in the household were more likely to report this.

*From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

### Screen Time

#### 2018 Findings (Table 33)

- Thirty percent of respondents reported, on average, they spent four or more hours a day in front of a TV, computer, smart phone, tablet or video gaming system for leisure while 44% reported two or three hours. Twenty-five percent reported one hour or less per day.
- Respondents 65 and older were more likely to report at least four hours of screen time a day (57%) compared to those 45 to 54 years old (26%) or respondents 35 to 44 years old (18%).
- Forty-three percent of respondents with a high school education or less reported at least four hours of screen time a day compared to 32% of those with some post high school education or 22% of respondents with a college education.
- Forty-six percent of respondents in the bottom 40 percent household income bracket reported at least four hours of screen time a day compared to 27% of those in the middle 20 percent income bracket or 22% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report at least four hours of screen time a day compared to married respondents (38% and 25%, respectively).
- Overweight/obese respondents were more likely to report at least four hours of screen time a day (33%) compared to respondents who were not overweight/obese (26%).
- Fifty percent of inactive respondents reported at least four hours of screen time a day compared to 31% of those who did an insufficient amount of physical activity or 24% of respondents who met the recommended amount of physical activity.

#### 2015 to 2018 Year Comparisons (Table 33)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting at least four hours of screen time a day.

- In 2015 and 2018, respondents 65 and older were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting at least four hours of screen time a day.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of white respondents reporting at least four hours of screen time a day.
- In 2015 and 2018, respondents with a high school education or less were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting at least four hours of screen time a day.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least four hours of screen time a day.
- In 2015 and 2018, unmarried respondents were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting at least four hours of screen time a day.
- In 2015, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents who were not overweight/obese reporting at least four hours of screen time a day.
- In 2015 and 2018, inactive respondents were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting at least four hours of screen time a day.

**Table 33. At Least Four Hours of Screen Time on Average Day by Demographic Variables for Each Survey Year (Q49)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	36%	30%
Gender		
Male <sup>a</sup>	38	30
Female	34	31
Age <sup>1,2</sup>		
18 to 34 <sup>a</sup>	40	27
35 to 44	12	18
45 to 54	30	26
55 to 64	39	32
65 and Older	60	57
Race		
Nonwhite	35	42
White <sup>a</sup>	36	30
Education <sup>1,2</sup>		
High School or Less	45	43
Some Post High School <sup>a</sup>	40	32
College Graduate	22	22
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	48	46
Middle 20 Percent Bracket	28	27
Top 40 Percent Bracket	16	22
Marital Status <sup>1,2</sup>		
Married	28	25
Not Married <sup>a</sup>	47	38
Overweight Status <sup>2</sup>		
Not Overweight/Obese <sup>a</sup>	37	26
Overweight/Obese	35	33
Physical Activity <sup>1,2</sup>		
Inactive	60	50
Insufficient	31	31
Recommended <sup>a</sup>	32	24

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Sleep

*The Healthy People 2020 goal for sufficient sleep defined as seven or more hours in a 24-hour period is 71% (Objective SH-4).*

### 2018 Findings (Table 34)

- Sixty-five percent of respondents reported, on average, they get at least seven hours of sleep in a 24-hour period while 26% reported six hours. Ten percent reported one to five hours.
- Female respondents were more likely to report at least seven hours of sleep in a 24-hour period (69%) compared to male respondents (61%).
- Seventy-four percent of respondents 65 and older reported at least seven hours of sleep in a 24-hour period compared to 60% of those 45 to 54 years old or 56% of respondents 35 to 44 years old.
- White respondents were more likely to report at least seven hours of sleep in a 24-hour period (66%) compared to nonwhite respondents (39%).
- Respondents with a college education were more likely to report at least seven hours of sleep in a 24-hour period (72%) compared to those with a high school education or less (63%) or respondents with some post high school education (58%).
- Respondents who were not overweight/obese were more likely to report at least seven hours of sleep in a 24-hour period (69%) compared to overweight/obese respondents (63%).
- Respondents who met the recommended amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period (71%) compared to those who did an insufficient amount of physical activity (60%) or respondents who were inactive (55%).
- Respondents in households without children were more likely to report at least seven hours of sleep in a 24-hour period (69%) compared to respondents in households with children (57%).

### 2015 to 2018 Year Comparisons (Table 34)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting at least seven hours of sleep in a 24-hour period.
- In 2015 and 2018, respondents 65 and older were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting at least seven hours of sleep in a 24-hour period.
- In 2015 and 2018, white respondents were more likely to report at least seven hours of sleep in a 24-hour period.
- In 2015 and 2018, respondents with a college education were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting at least seven hours of sleep in a 24-hour period.

- In 2015, respondents in the top 40 percent household income bracket were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least seven hours of sleep in a 24-hour period.
- In 2015, married respondents were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting at least seven hours of sleep in a 24-hour period.
- In 2015, overweight/obese respondents were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, respondents who were not overweight/obese were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least seven hours of sleep in a 24-hour period.
- In 2015, respondents who did an insufficient amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, respondents who met the recommended amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting at least seven hours of sleep in a 24-hour period.
- In 2015, the presence of children was not a significant variable. In 2018, respondents in households without children were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted decrease in the percent of respondents in households with children reporting at least seven hours of sleep in a 24-hour period.

**Table 34. At Least Seven Hours of Sleep in 24-Hour Period by Demographic Variables for Each Survey Year (Q48)<sup>①,②</sup>**

	2015	2018
TOTAL	67%	65%
Gender <sup>2</sup>		
Male <sup>a</sup>	68	61
Female	67	69
Age <sup>1,2</sup>		
18 to 34	58	65
35 to 44	65	56
45 to 54 <sup>a</sup>	72	60
55 to 64	72	70
65 and Older	77	74
Race <sup>1,2</sup>		
Nonwhite	49	39
White	68	66
Education <sup>1,2</sup>		
High School or Less	60	63
Some Post High School <sup>a</sup>	66	58
College Graduate	76	72
Household Income <sup>1</sup>		
Bottom 40 Percent Bracket	57	63
Middle 20 Percent Bracket	66	67
Top 40 Percent Bracket <sup>a</sup>	80	65
Marital Status <sup>1</sup>		
Married <sup>a</sup>	71	63
Not Married	62	66
Overweight Status <sup>1,2</sup>		
Not Overweight/Obese	63	69
Overweight/Obese <sup>a</sup>	70	63
Physical Activity <sup>1,2</sup>		
Inactive	58	55
Insufficient <sup>a</sup>	72	60
Recommended	65	71
Children in Household <sup>2</sup>		
Yes <sup>a</sup>	64	57
No	69	69

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

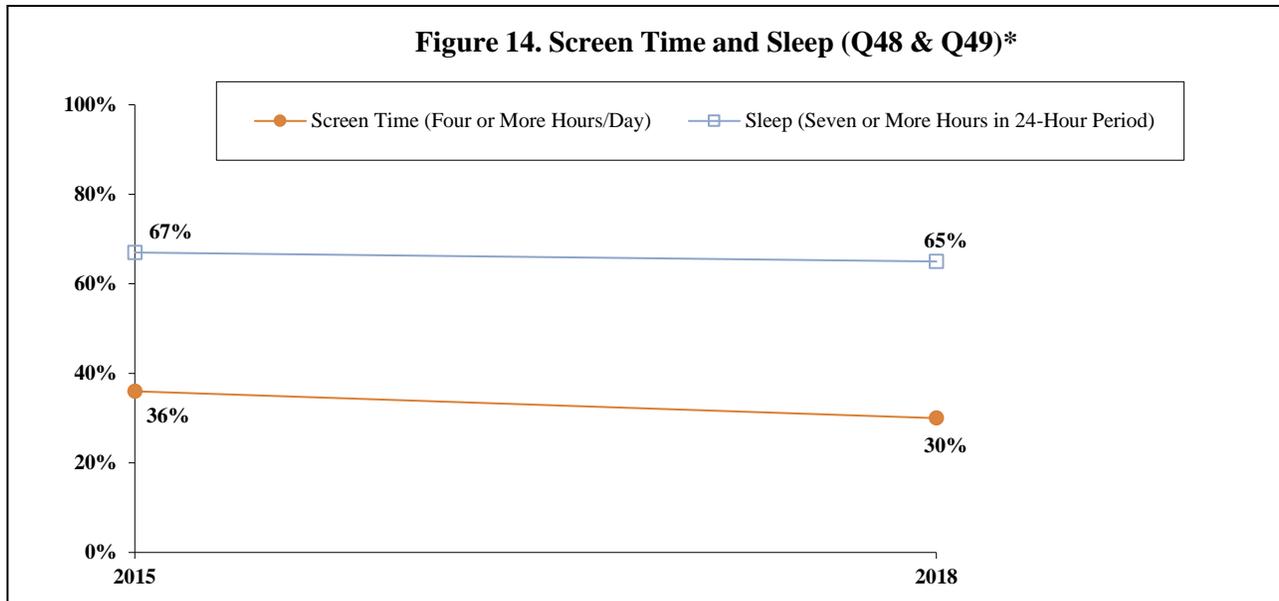
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Screen Time and Sleep Overall

### Year Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.



\*Not asked in 2011.

## Financial Factors Affecting Health (Figure 15; Tables 35 & 36)

**KEY FINDINGS:** In 2018, 14% of Tri-County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents who were 35 to 44 years old, nonwhite, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Thirteen percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were 18 to 44 years old, nonwhite, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried or with children in the household were more likely to report this.

*From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

### Financial Concern for Paying Rent, Mortgage or Utility Bills

#### 2018 Findings (Table 35)

- Fourteen percent of respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. Seventeen percent reported they sometimes worried or stressed while 69% rarely or never stressed about having enough money to pay rent, mortgage or utility bills.
- Respondents 35 to 44 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year (24%) compared to those 65 and older (9%) or respondents 45 to 54 years old (7%).
- Nonwhite respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year (24%) compared to white respondents (13%).
- Nineteen percent of respondents with a high school education or less reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to 16% of those with some post high school education or 8% of respondents with a college education.
- Twenty-seven percent of respondents in the bottom 40 percent household income bracket reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to 9% of those in the top 40 percent income bracket or 8% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to married respondents (21% and 8%, respectively).

#### 2015 to 2018 Year Comparisons (Table 35)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.

- In 2015, respondents 18 to 34 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. In 2018, respondents 35 to 44 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old and a noted increase in the percent of respondents 65 and older reporting they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, nonwhite respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, respondents with a high school education or less were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, unmarried respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015, respondents in households with children were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. In 2018, the presence of children was not a significant variable.

**Table 35. Always/Usually Concerned About Having Enough Money for Rent, Mortgage or Utility Bills in Past Year by Demographic Variables for Each Survey Year (Q53)<sup>0,2</sup>**

	2015	2018
TOTAL	14%	14%
Gender		
Male	13	15
Female	15	12
Age <sup>1,2</sup>		
18 to 34	20	17
35 to 44 <sup>a</sup>	12	24
45 to 54 <sup>a</sup>	17	7
55 to 64	12	10
65 and Older <sup>a</sup>	3	9
Race <sup>1,2</sup>		
Nonwhite	36	24
White	13	13
Education <sup>1,2</sup>		
High School or Less	18	19
Some Post High School	15	16
College Graduate	8	8
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	25	27
Middle 20 Percent Bracket	3	8
Top 40 Percent Bracket	5	9
Marital Status <sup>1,2</sup>		
Married	11	8
Not Married	18	21
Children in Household <sup>1</sup>		
Yes	18	16
No	12	12

<sup>0</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>2</sup>Not asked in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Inability to Purchase Enough Food

### 2018 Findings (Table 36)

- Eighty-seven percent of respondents reported it was never true that the food they bought just didn't last, and they didn't have money to get more in the past year while a total of 13% reported often/sometimes true.
- Twenty percent of respondents 18 to 34 years old and 18% of those 35 to 44 years old reported it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year compared to 6% of respondents 65 and older.

- Nonwhite respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (25%) compared to white respondents (13%).
- Respondents with some post high school education were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (19%) compared to those with a high school education or less (16%) or respondents with a college education (7%).
- Twenty-eight percent of respondents in the bottom 40 percent household income bracket reported it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year compared to 12% of those in the middle 20 percent income bracket or 7% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year compared to married respondents (22% and 7%, respectively).
- Respondents in households with children were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (16%) compared to respondents in households without children (11%).

#### 2015 to 2018 Year Comparisons (Table 36)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015, respondents 18 to 34 years old were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. In 2018, respondents 18 to 44 years old were more likely to report often/sometimes. From 2015 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015, race was not a significant variable. In 2018, nonwhite respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year, with a noted increase since 2015.
- In 2015, respondents with a high school education or less were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. In 2018, respondents with some post high school education were more likely to report often/sometimes, with a noted increase since 2015.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents across household income reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015 and 2018, unmarried respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.

- In 2015, respondents in households without children were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. In 2018, respondents in households with children were more likely to report often/sometimes, with a noted increase since 2015.

**Table 36. Often/Sometimes True that Food Bought Didn't Last in Past Year by Demographic Variables for Each Survey Year (Q54)<sup>①,②</sup>**

	2015	2018
TOTAL	11%	13%
Gender		
Male	12	12
Female	11	14
Age <sup>1,2</sup>		
18 to 34	19	20
35 to 44 <sup>a</sup>	7	18
45 to 54	13	10
55 to 64	7	8
65 and Older	3	6
Race <sup>2</sup>		
Nonwhite <sup>a</sup>	8	25
White	11	13
Education <sup>1,2</sup>		
High School or Less	19	16
Some Post High School <sup>a</sup>	9	19
College Graduate	6	7
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	20	28
Middle 20 Percent Bracket <sup>a</sup>	3	12
Top 40 Percent Bracket <sup>a</sup>	<1	7
Marital Status <sup>1,2</sup>		
Married	7	7
Not Married	18	22
Children in Household <sup>1,2</sup>		
Yes <sup>a</sup>	9	16
No	13	11

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. ②Not asked in 2011.

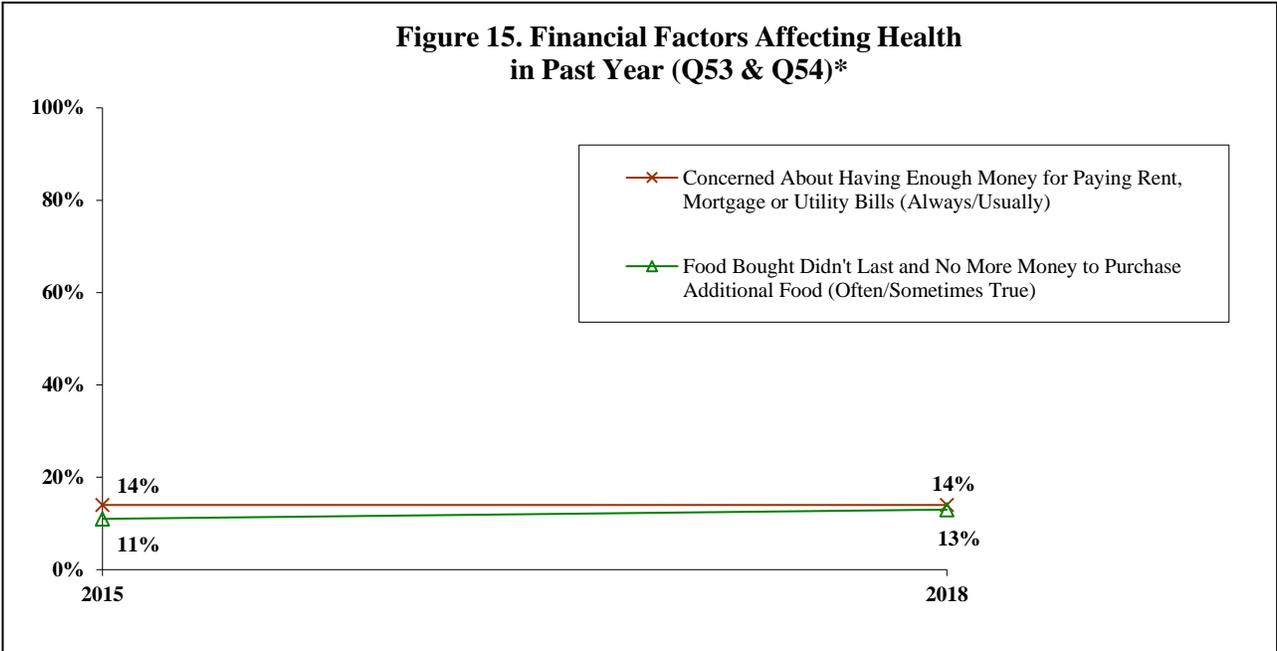
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

# Financial Factors Affecting Health Overall

## Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.



\*Not asked in 2011.

## Mental Health Status (Figures 16 & 17; Tables 37 - 39)

**KEY FINDINGS:** In 2018, 6% of Tri-County respondents reported they rarely/never get the social and emotional support they need; respondents who were 35 to 44 years old, nonwhite, with some post high school education or less or unmarried respondents were more likely to report this. Fifteen percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Eight percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were female, 18 to 34 years old, with some post high school education, unmarried or in households with children were more likely to report this.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need, as well as from 2015 to 2018.*

### Social and Emotional Support

#### 2018 Findings (Table 37)

- Six percent of respondents reported they rarely or never get the social and emotional support they need while 12% reported sometimes. Eighty-two percent reported they usually or always received the social and emotional support they need (35% and 47%, respectively).
- Thirteen percent of respondents 35 to 44 years old reported they rarely/never get the social and emotional support they need compared to 5% of those 55 to 64 years old or 4% of respondents 18 to 34 years old.
- Nonwhite respondents were more likely to report they rarely/never get the social and emotional support they need (17%) compared to white respondents (6%).
- Nine percent of respondents with some post high school education or less reported they rarely/never get the social and emotional support they need compared to 3% of respondents with a college education.
- Unmarried respondents were more likely to report they rarely/never get the social and emotional support they need compared to married respondents (10% and 3%, respectively).

#### 2011 to 2018 Year Comparisons (Table 37)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need.
- In 2011, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report they rarely/never get the social and emotional support they need, with a noted increase since 2011.
- In 2011, race was not a significant variable. In 2018, nonwhite respondents were more likely to report they rarely/never get the social and emotional support they need.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report they rarely/never get the social and emotional support they need. From 2011 to 2018, there was a noted decrease in the percent of college respondents reporting they rarely/never get the social and emotional support they need.

- In 2011, respondents in the bottom 40 percent household income bracket were more likely to report they rarely/never get the social and emotional support they need. In 2018, household income was not a significant variable.
- In 2011 and 2018, unmarried respondents were more likely to report they rarely/never get the social and emotional support they need.

#### 2015 to 2018 Year Comparisons (Table 37)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need.
- In 2015, respondents 45 to 54 years old or 65 and older were more likely to report they rarely/never get the social and emotional support they need. In 2018, respondents 35 to 44 years old were more likely to report they rarely/never get the social and emotional support they need. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting they rarely/never get the social and emotional support they need.
- In 2015, race was not a significant variable. In 2018, nonwhite respondents were more likely to report they rarely/never get the social and emotional support they need.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report they rarely/never get the social and emotional support they need.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report they rarely/never get the social and emotional support they need. In 2018, household income was not a significant variable.
- In 2015 and 2018, unmarried respondents were more likely to report they rarely/never get the social and emotional support they need. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting they rarely/never get the social and emotional support they need.

**Table 37. Rarely/Never Get Social and Emotional Support Needed by Demographic Variables for Each Survey Year (Q52)<sup>0</sup>**

	2011	2015	2018
TOTAL	6%	8%	6%
Gender			
Male	7	9	8
Female	5	6	5
Age <sup>2,3</sup>			
18 to 34 <sup>b</sup>	4	1	4
35 to 44 <sup>a</sup>	3	7	13
45 to 54 <sup>b</sup>	10	13	6
55 to 64	6	10	5
65 and Older	8	12	6
Race <sup>3</sup>			
Nonwhite	5	11	17
White	6	8	6
Education <sup>3</sup>			
High School or Less	5	10	9
Some Post High School	6	8	9
College Graduate <sup>a</sup>	7	5	3
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	9	11	9
Middle 20 Percent Bracket	7	3	5
Top 40 Percent Bracket	3	4	5
Marital Status <sup>1,2,3</sup>			
Married <sup>b</sup>	4	6	3
Not Married	10	10	10

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

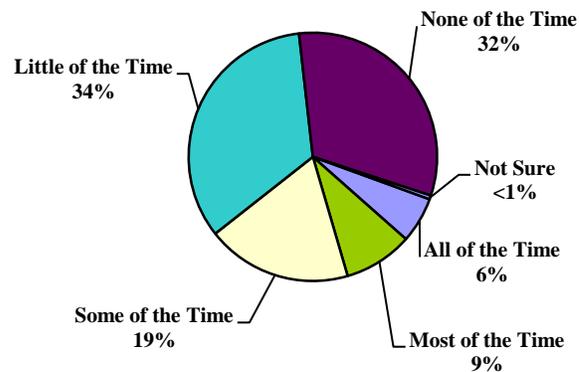
<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Stress

### 2018 Findings (Table 38)

- Fifteen percent of respondents reported that all of the time/most of the time they felt stress, such as a situation in which they feel tense, restless, nervous or too anxious to sleep at night because their mind is troubled in the past month. Nineteen percent reported some of the time and the remaining 66% reported a little of the time or none of the time.

**Figure 16. Stress in Past Month for 2018 (Q56)**



- Twenty-six percent of respondents 18 to 34 years old reported they felt stress all of the time/most of the time compared to 8% of those 55 to 64 years old or 6% of respondents 65 and older.
- Seventeen percent of respondents with some post high school education or less reported they felt stress all of the time/most of the time compared to 12% of respondents with a college education.
- Twenty-one percent of respondents in the bottom 40 percent household income bracket reported they felt stress all of the time/most of the time compared to 17% of those in the middle 20 percent income bracket or 11% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they felt stress all of the time/most of the time (18%) compared to married respondents (12%).

**Table 38. Stress All the Time/Most of the Time in Past Month by Demographic Variables for 2018 (Q56)<sup>①,②</sup>**

	2018
TOTAL	15%
Gender	
Male	13
Female	16
Age <sup>1</sup>	
18 to 34	26
35 to 44	13
45 to 54	12
55 to 64	8
65 and Older	6
Race	
Nonwhite	7
White	15
Education <sup>1</sup>	
High School or Less	17
Some Post High School	17
College Graduate	12
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	21
Middle 20 Percent Bracket	17
Top 40 Percent Bracket	11
Marital Status <sup>1</sup>	
Married	12
Not Married	18
Children in Household	
Yes	13
No	16

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Considered Suicide

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

### 2018 Findings (Table 39)

- Eight percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. This represents up to 34,650 residents who may have considered suicide in the past year.
- Female respondents were more likely to report they felt so overwhelmed in the past year that they considered suicide (11%) compared to male respondents (4%).

- Respondents 18 to 34 years old were more likely to report they felt so overwhelmed in the past year that they considered suicide (14%) compared to those 45 to 54 years old (6%) or respondents 55 and older (3%).
- Sixteen percent of respondents with some post high school education reported they felt so overwhelmed in the past year that they considered suicide compared to 5% of those with a college education or 2% of respondents with a high school education or less.
- Unmarried respondents were more likely to report they considered suicide (12%) compared to married respondents (5%).
- Respondents in households with children were more likely to report they felt so overwhelmed in the past year that they considered suicide (12%) compared to respondents in households without children (6%).

**Table 39. Considered Suicide in Past Year by Demographic Variables for 2018 (Q57)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	8%
Gender <sup>1</sup>	
Male	4
Female	11
Age <sup>1</sup>	
18 to 34	14
35 to 44	10
45 to 54	6
55 to 64	3
65 and Older	3
Race	
Nonwhite	7
White	8
Education <sup>1</sup>	
High School or Less	2
Some Post High School	16
College Graduate	5
Household Income	
Bottom 40 Percent Bracket	10
Middle 20 Percent Bracket	10
Top 40 Percent Bracket	6
Marital Status <sup>1</sup>	
Married	5
Not Married	12
Children in Household <sup>1</sup>	
Yes	12
No	6

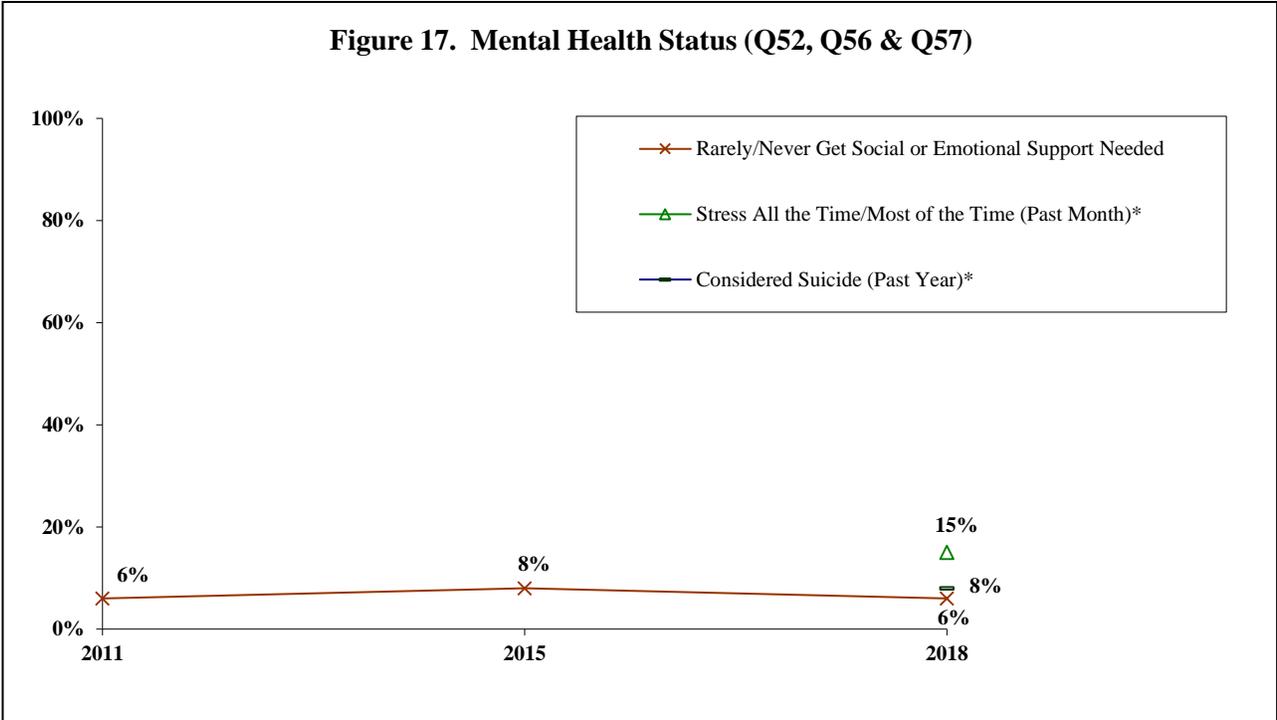
<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

# Mental Health Status Overall

## Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need, as well as from 2015 to 2018.



\*Not asked in 2011 and 2015.

## **Tobacco Cigarette Use (Figures 18 & 19; Table 40)**

**KEY FINDINGS:** In 2018, 12% of Tri-County respondents were current tobacco cigarette smokers; respondents 45 to 54 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. In the past year, 48% of current smokers quit smoking for one day or longer because they were trying to quit.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

### **Current Tobacco Cigarette Smokers**

*The Healthy People 2020 goal for adult smoking is 12%. (Objective TU-1.1)*

*In 2016, 17% of Wisconsin respondents and 17% of U.S. respondents were current smokers (2016 Behavioral Risk Factor Surveillance).*

#### 2018 Findings (Table 40)

- Twelve percent of respondents were current tobacco cigarette smokers.
- Seventeen percent of respondents 45 to 54 years old were current smokers compared to 11% of those 55 to 64 years old or 6% of respondents 65 and older.
- Sixteen percent of respondents with a high school education or less and 15% of those with some post high school education were current smokers compared to 7% of respondents with a college education.
- Eighteen percent of respondents in the bottom 40 percent household income bracket were current smokers compared to 15% of those in the middle 20 percent income bracket or 7% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to be a current smoker compared to married respondents (19% and 6%, respectively).

#### 2011 to 2018 Year Comparisons (Table 40)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2011 and 2018, gender was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of male respondents who were current smokers.
- In 2011, respondents 18 to 34 years old or 45 to 54 years old were more likely to be a current smoker. In 2018, respondents 45 to 54 years old were more likely to be a current smoker. From 2011 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old who were current smokers.
- In 2011, nonwhite respondents were more likely to be a current smoker. In 2018, race was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents across race who were current smokers.

- In 2011, respondents with a high school education or less were more likely to be a current smoker. In 2018, respondents with some post high school education or less were more likely to be a current smoker. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less who were current smokers.
- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. From 2011 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket who were current smokers.
- In 2011 and 2018, unmarried respondents were more likely to be a current smoker. From 2011 to 2018, there was a noted decrease in the percent of married respondents who were current smokers.

#### 2015 to 2018 Year Comparisons (Table 40)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2015, male respondents were more likely to be a current smoker. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents who were current smokers.
- In 2015, respondents 18 to 34 years old were more likely to be a current smoker. In 2018, respondents 45 to 54 years old were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old who were current smokers.
- In 2015, nonwhite respondents were more likely to be a current smoker. In 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of nonwhite respondents who were current smokers.
- In 2015, respondents with a high school education or less were more likely to be a current smoker. In 2018, respondents with some post high school education or less were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less who were current smokers.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket who were current smokers.
- In 2015 and 2018, unmarried respondents were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of married respondents who were current smokers.

**Table 40. Current Tobacco Cigarette Smokers by Demographic Variables for Each Survey Year (Q66)<sup>⓪</sup>**

	2011	2015	2018
TOTAL <sup>a,b</sup>	18%	16%	12%
Gender <sup>2</sup>			
Male <sup>a,b</sup>	20	23	11
Female	15	9	13
Age <sup>1,2,3</sup>			
18 to 34 <sup>a,b</sup>	22	23	12
35 to 44	18	16	14
45 to 54	23	13	17
55 to 64	10	14	11
65 and Older	8	10	6
Race <sup>1,2</sup>			
Nonwhite <sup>a,b</sup>	41	49	12
White <sup>a</sup>	17	15	12
Education <sup>1,2,3</sup>			
High School or Less <sup>a,b</sup>	26	29	16
Some Post High School	20	13	15
College Graduate	7	6	7
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket <sup>a</sup>	26	20	18
Middle 20 Percent Bracket	22	13	15
Top 40 Percent Bracket <sup>a,b</sup>	12	12	7
Marital Status <sup>1,2,3</sup>			
Married <sup>a,b</sup>	15	14	6
Not Married	22	20	19

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

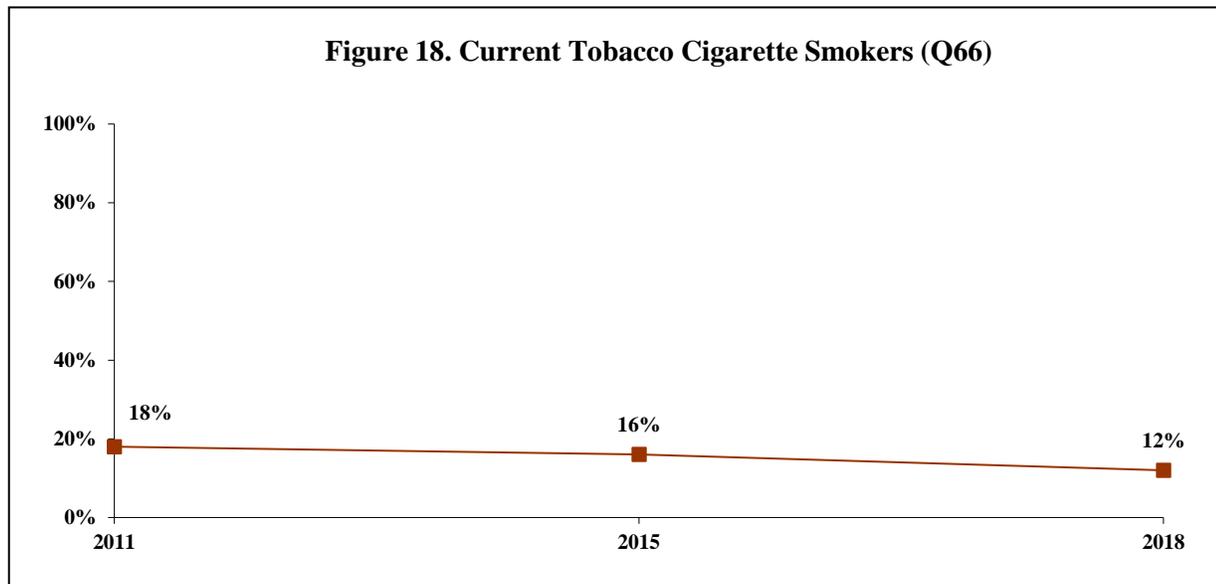
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Tobacco Cigarette Use Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.



### **Quit Smoking for at Least One Day in Past Year as a Result of Trying to Quit**

*The Healthy People 2020 goal for current smokers to have tried quitting for at least one day is 80% (Objective TU-4.1)*

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

### 2018 Findings

Of the 12% current tobacco cigarette smokers (n=136)...

*Of current tobacco cigarette smokers...*

- Forty-eight percent of the 136 current smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

### 2011 to 2018 Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.

- No demographic comparisons between years were conducted as a result of the low percent of respondents who were asked this question.

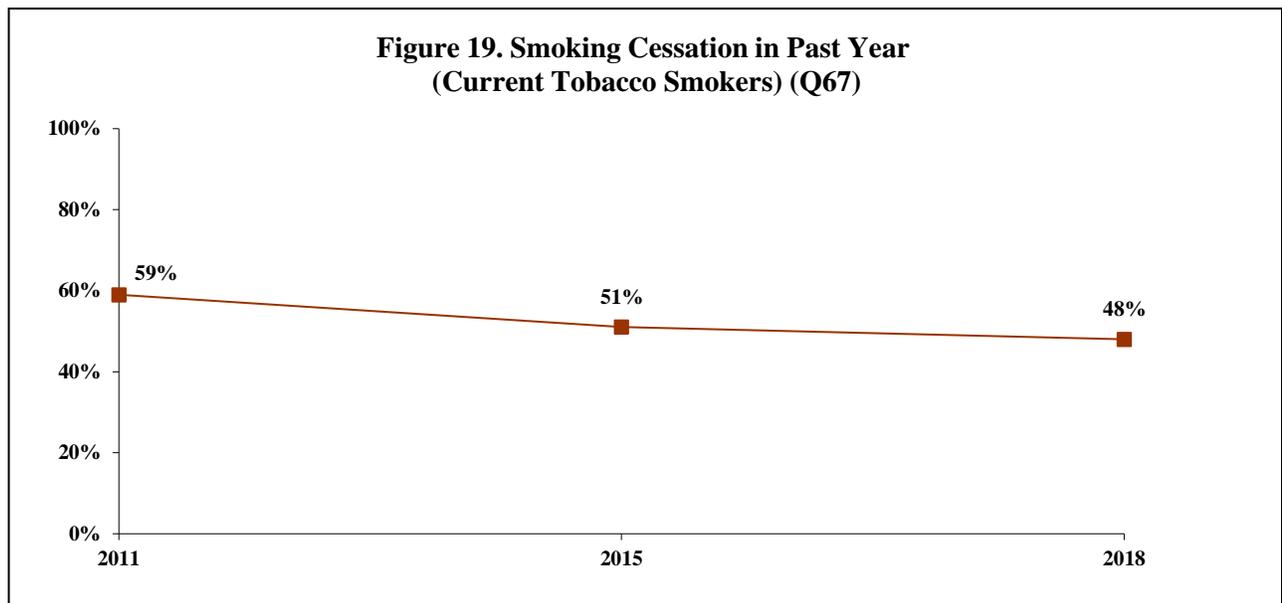
### 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they quit smoking for one day or longer because they were trying to quit.
- No demographic comparisons between years were conducted as a result of the low percent of respondents who were asked this question.

## **Smoking Cessation Overall**

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.



## Smoke Indoors or in Vehicle (Figure 20; Table 41)

**KEY FINDINGS:** In 2018, 7% of Tri-County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.*

### Smoke Indoors or in Vehicle

*The Healthy People 2020 goal for a smoke-free home is 87%, resulting in 13% exposure (Objective TU-14).*

#### 2018 Findings (Table 41)

- Seven percent of respondents reported they or someone in the household smoked cigarettes, cigars or pipes somewhere inside their home or vehicle.
- Eleven percent of respondents in the bottom 40 percent household income bracket and 10% of those in the middle 20 percent household income bracket reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle compared to 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle compared to married respondents (11% and 5%, respectively).

#### 2011 to 2018 Year Comparisons (Table 41)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in the household smoked cigarettes, cigars or pipes somewhere inside their home or vehicle.
- In 2011, respondents in the bottom 40 percent household income bracket were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle. From 2011 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.
- In 2011 and 2018, unmarried respondents were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle. From 2011 to 2018, there was a noted decrease in the percent of respondents across marital status reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.
- In 2011 and 2018, the presence of children was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents in households without children reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.

**Table 41. Smoke Indoors or in Vehicle by Demographic Variables for Each Survey Year (Q68)<sup>①,②</sup>**

	2011	2018
TOTAL <sup>a</sup>	15%	7%
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket <sup>a</sup>	22	11
Middle 20 Percent Bracket	15	10
Top 40 Percent Bracket <sup>a</sup>	8	4
Marital Status <sup>1,2</sup>		
Married <sup>a</sup>	12	5
Not Married <sup>a</sup>	19	11
Children in Household		
Yes	--	8
No <sup>a</sup>	--	7

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2015.

--Not asked in 2011.

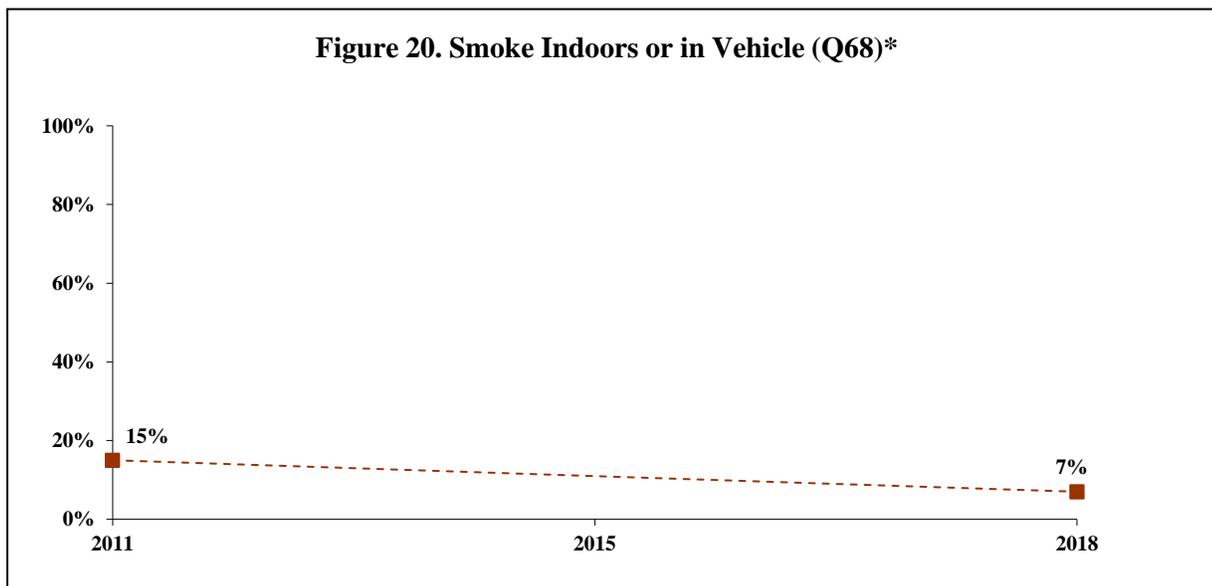
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2011; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2011 to 2018

## Smoke Indoors or in Vehicle Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.



\*Not asked in 2015.

## Other Tobacco Products (Figure 21; Tables 42 & 43)

**KEY FINDINGS:** In 2018, 4% of Tri-County respondents currently used smokeless tobacco (every day or some days); respondents who were male, 18 to 34 years old or in the top 40 percent household income bracket were more likely to report this. Five percent of respondents currently used electronic cigarettes (every day or some days); respondents 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

### Smokeless Tobacco

*The Healthy People 2020 goal for current smokeless tobacco users is 0.2% (Objective TU-1.2).*

*In 2016, 4% of Wisconsin respondents and 4% of U.S. respondents used chewing tobacco, snuff or snus (2016 Behavioral Risk Factor Surveillance).*

#### 2018 Findings (Table 42)

- Four percent of respondents currently used smokeless tobacco (every day or some days).
- Seven percent of male respondents were more likely to currently use smokeless tobacco compared to less than one percent of female respondents.
- Six percent of respondents 18 to 34 years old currently used smokeless tobacco compared to 1% of those 55 to 64 years old or 0% of respondents 65 and older.
- Five percent of respondents in the top 40 percent household income bracket currently used smokeless tobacco compared to 4% of those in the middle 20 percent income bracket or less than one percent of respondents in the bottom 40 percent household income bracket.

#### 2011 to 2018 Year Comparisons (Table 42)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco.
- In 2011 and 2018, male respondents were more likely to currently use smokeless tobacco.
- In 2011 and 2018, respondents 18 to 34 years old were more likely to currently use smokeless tobacco. From 2011 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting they currently used smokeless tobacco.
- In 2011, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to currently use smokeless tobacco. From 2011 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting they currently used smokeless tobacco.
- In 2011, unmarried respondents were more likely to currently use smokeless tobacco. In 2018, marital status was not a significant variable.

### 2015 to 2018 Year Comparisons (Table 42)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco.
- In 2015 and 2018, male respondents were more likely to currently use smokeless tobacco.
- In 2015, respondents 35 to 44 years old were more likely to currently use smokeless tobacco in the past month. In 2018, respondents 18 to 34 years old were more likely to currently use smokeless tobacco. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old and a noted decrease in the percent of respondents 65 and older reporting they used smokeless tobacco.
- In 2015, respondents with some post high school education or less were more likely to currently use smokeless tobacco. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents with a college education reporting they currently used smokeless tobacco.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to currently use smokeless tobacco. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting they currently used smokeless tobacco.

**Table 42. Current Smokeless Tobacco Use by Demographic Variables for Each Survey Year (Q65)<sup>⓪</sup>**

	2011	2015	2018
TOTAL	3%	3%	4%
Gender <sup>1,2,3</sup>			
Male	6	7	7
Female	1	<1	<1
Age <sup>1,2,3</sup>			
18 to 34	7	4	6
35 to 44	5	9	5
45 to 54 <sup>a,b</sup>	0	<1	4
55 to 64	<1	1	1
65 and Older <sup>b</sup>	2	3	0
Race			
Nonwhite	3	3	4
White	3	3	4
Education <sup>2</sup>			
High School or Less	4	5	3
Some Post High School	4	4	4
College Graduate <sup>b</sup>	3	<1	3
Household Income <sup>3</sup>			
Bottom 40 Percent Bracket <sup>a,b</sup>	5	4	<1
Middle 20 Percent Bracket	3	7	4
Top 40 Percent Bracket	4	2	5
Marital Status <sup>1</sup>			
Married	2	3	4
Not Married	5	4	3

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

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Electronic Cigarettes

*In 2016, 5% of Wisconsin respondents and 5% of U.S. respondents used electronic cigarettes in the past month (2016 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 43)

- Five percent of respondents currently used electronic cigarettes.
- Thirteen percent of respondents 18 to 34 years old currently use electronic cigarettes compared to 2% of those 35 to 44 years old or 65 and older or 1% of respondents 55 to 64 years old.
- Ten percent of respondents with a high school education or less currently used electronic cigarettes compared to 5% of those with some post high school education or 3% of respondents with a college education.

- Nine percent of respondents in the middle 20 percent household income bracket currently use electronic cigarettes compared to 6% of those in the bottom 40 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to currently use electronic cigarettes compared to married respondents (8% and 3%, respectively).

#### 2015 to 2018 Year Comparisons (Table 43)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently use electronic cigarettes.
- In 2015, age was not a significant variable. In 2018, respondents 18 to 34 years old were more likely to currently use electronic cigarettes, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents 55 to 64 years old reporting they currently use electronic cigarettes.
- In 2015, nonwhite respondents were more likely to currently use electronic cigarettes. In 2018, race was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of nonwhite respondents reporting they currently use electronic cigarettes.
- In 2015 and 2018, respondents with a high school education or less were more likely to currently use electronic cigarettes.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to currently use electronic cigarettes. In 2018, respondents in the middle 20 percent household income bracket were more likely to use electronic cigarettes. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting they currently use electronic cigarettes.
- In 2015 and 2018, unmarried respondents were more likely to currently use electronic cigarettes.

**Table 43. Current Electronic Cigarette Use by Demographic Variables for Each Survey Year (Q64)<sup>⓪,Ⓜ</sup>**

	2015	2018
TOTAL	5%	5%
Gender		
Male	6	5
Female	4	6
Age <sup>2</sup>		
18 to 34 <sup>a</sup>	8	13
35 to 44	3	2
45 to 54	4	4
55 to 64 <sup>a</sup>	5	1
65 and Older	3	2
Race <sup>1</sup>		
Nonwhite <sup>a</sup>	14	0
White	5	6
Education <sup>1,2</sup>		
High School or Less	10	10
Some Post High School	3	5
College Graduate	2	3
Household Income <sup>1,2</sup>		
Bottom 40 Percent Bracket	6	6
Middle 20 Percent Bracket <sup>a</sup>	3	9
Top 40 Percent Bracket <sup>a</sup>	1	4
Marital Status <sup>1,2</sup>		
Married	3	3
Not Married	7	8

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>Ⓜ</sup>Not asked in 2011.

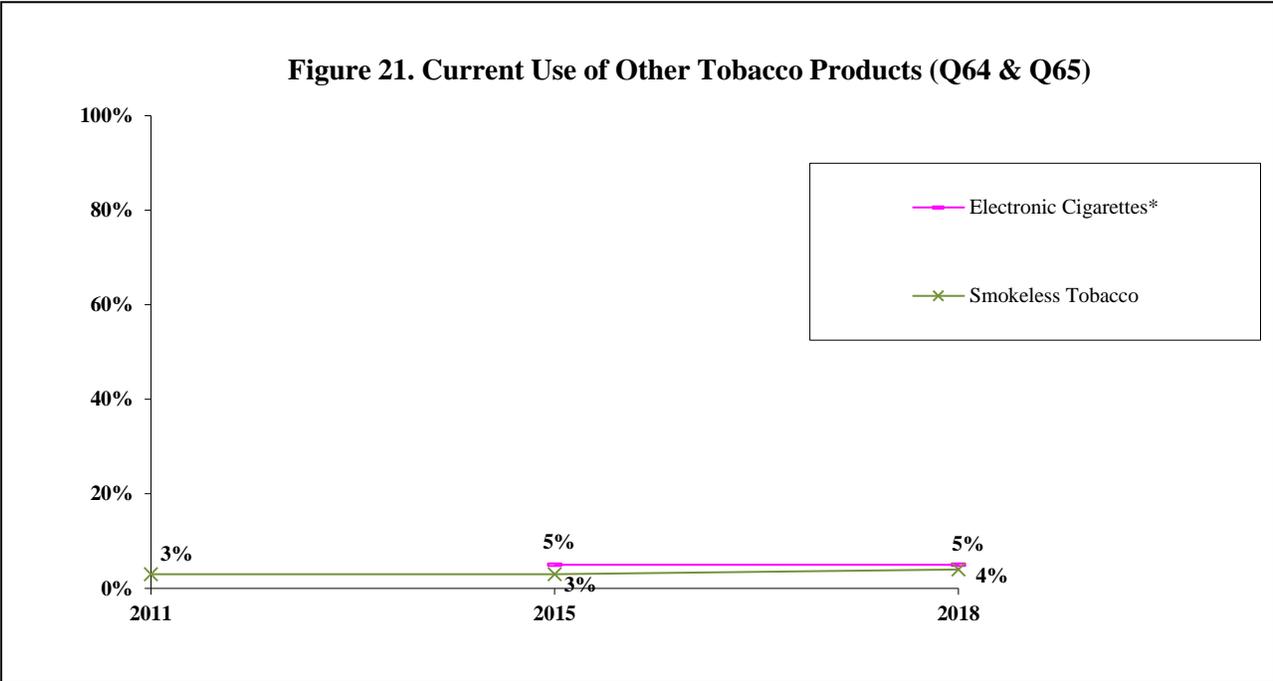
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

**Other Tobacco Products Overall**

Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.



\*Not asked in 2011.

## Alcohol Use (Figure 22; Tables 44 - 47)

**KEY FINDINGS:** In 2018, 70% of Tri-County respondents had an alcoholic drink in the past month. Ten percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks) while 25% were binge drinkers (females 4+ drinks on an occasion and males 5+ drinks on an occasion). Respondents 18 to 34 years old, with some post high school education or unmarried respondents were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with some post high school education, in the top 60 percent household income bracket or unmarried respondents were more likely to have binged at least once in the past month. Combined, this equals 26% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents who were male, 18 to 34 years old, nonwhite, with some post high school education, in the top 60 percent household income bracket, who were unmarried or whose health care provider inquired about their alcohol consumption were more likely to be excessive drinkers. One percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink, as well as from 2015 to 2018.*

### Heavy Drinking in the Past Month

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

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

#### 2018 Findings (Table 44)

- Seventy percent of respondents had a drink in the past month. Five percent reported they drank 30 days while 7% reported 15 to 29 days, 10% reported 9 to 14 days and 49% reported drinking on one to eight days in the past month.
- Eight percent of all respondents reported an average of five or more drinks per day on the days they drank while 16% reported three to four drinks, 46% reported one to two drinks on average on the days they drank. Thirty percent reported having no drinks in the past month.
- Combined, 10% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Sixteen percent of respondents 18 to 34 years old reported heavy drinking compared to 6% of those 55 to 64 years old or 4% of respondents 65 and older.
- Eighteen percent of respondents with some post high school education reported heavy drinking compared to 7% of those with a college education or 6% of respondents with a high school education or less.
- Unmarried respondents were more likely to report heavy drinking compared to married respondents (15% and 7%, respectively).

**Table 44. Heavy Drinking in Past Month by Demographic Variables for 2018 (Q58 & Q59)<sup>①,②,③</sup>**

	2018
TOTAL	10%
Gender	
Male	9
Female	12
Age <sup>1</sup>	
18 to 34	16
35 to 44	9
45 to 54	12
55 to 64	6
65 and Older	4
Race	
Nonwhite	4
White	11
Education <sup>1</sup>	
High School or Less	6
Some Post High School	18
College Graduate	7
Household Income	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	10
Marital Status <sup>1</sup>	
Married	7
Not Married	15

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>③</sup>Heavy drinking was defined as 61+ drinks for males and 31+ drinks for females.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### **Binge Drinking in Past Month**

*Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2018, Tri-County defined binge drinking as four or more drinks for females and five or more drinks for males.*

*The Healthy People 2020 goal for adult binge drinking (5 or more drinks) is 24%. (Objective SA-14.3)*

*In 2016, 25% of Wisconsin respondents reported binge drinking in the past month (females having four or more drinks on one occasion, males having five or more drinks on one occasion). Seventeen percent of U.S. respondents reported binge drinking in the past month (2016 Behavioral Risk Factor Surveillance).*

### 2018 Findings (Table 45)

- Twenty-five percent of all respondents binged in the past month (four or more drinks for females and five or more drinks for males).
- Male respondents were more likely to have binged in the past month (28%) compared to female respondents (21%).
- Respondents 18 to 34 years old were more likely to have binged in the past month (37%) compared to those 55 to 64 years old (15%) or respondents 65 and older (6%).
- Respondents with some post high school education were more likely to have binged in the past month (35%) compared to those with a high school education or less (21%) or respondents with a college education (18%).
- Twenty-eight percent of respondents in the top 40 percent household income bracket and 27% of those in the middle 20 percent income bracket binged in the past month compared to 19% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to have binged in the past month compared to married respondents (31% and 19%, respectively).

### 2011 to 2018 Year Comparisons (Table 45)

*In 2011, the binge drinking definition was five or more drinks, regardless of gender. In 2018, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who binged.
- In 2011 and 2018, male respondents were more likely to have binged. From 2011 to 2018, there was a noted increase in the percent of female respondents reporting binge drinking.
- In 2011 and 2018, respondents 18 to 34 years old were more likely to have binged.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have binged, with a noted increase since 2011.
- In 2011 and 2018, respondents in the top 60 percent household income bracket were more likely to have binged.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have binged, with a noted increase since 2011.

### 2015 to 2018 Year Comparisons (Table 45)

*In 2015, the binge drinking definition was five or more drinks, regardless of gender. In 2018, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males.*

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who binged.
- In 2015 and 2018, male respondents were more likely to have binged. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting binge drinking.

- In 2015 and 2018, respondents 18 to 34 years old were more likely to have binged. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting binge drinking.
- In 2015 and 2018, race was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across race reporting binge drinking.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have binged, with a noted increase since 2015.
- In 2015, respondents in the top 40 percent household income bracket were more likely to have binged. In 2018, respondents in the top 60 percent household income bracket were more likely to have binged.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have binged, with a noted increase since 2015.

**Table 45. Binge Drinking in Past Month by Demographic Variables for Each Survey Year (Q60)<sup>①,②</sup>**

	2011	2015	2018
TOTAL <sup>b</sup>	23%	20%	25%
Gender <sup>1,2,3</sup>			
Male	32	26	28
Female <sup>a,b</sup>	15	14	21
Age <sup>1,2,3</sup>			
18 to 34 <sup>b</sup>	36	27	37
35 to 44	23	19	23
45 to 54	27	23	31
55 to 64	12	16	15
65 and Older	3	8	6
Race			
Nonwhite <sup>b</sup>	21	8	35
White <sup>b</sup>	23	20	24
Education <sup>3</sup>			
High School or Less	23	22	21
Some Post High School <sup>a,b</sup>	25	22	35
College Graduate	22	15	18
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	16	18	19
Middle 20 Percent Bracket	25	19	27
Top 40 Percent Bracket	27	27	28
Marital Status <sup>3</sup>			
Married	24	19	19
Not Married <sup>a,b</sup>	22	21	31

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

<sup>②</sup>In 2018, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2011 and 2015, “5 or more drinks on an occasion” was used for both males and females.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Excessive Drinking in Past Month

*Excessive drinking is defined as a heavy drinker (2+ drinks per day for males and 1+ per day for females) or a binge drinker (four or more drinks per occasion for females and five or more drinks per occasion for males).*

*The Healthy People 2020 goal for adult excessive drinking is 25.4%. (Objective SA-15)*

### 2018 Findings (Table 46)

- Twenty-six percent of all respondents excessively drank in the past month (heavy drinking or binge drinking).
- Male respondents were more likely to have excessively drank in the past month (28%) compared to female respondents (23%).
- Respondents 18 to 34 years old were more likely to have excessively drank in the past month (38%) compared to those 55 to 64 years old (17%) or respondents 65 and older (8%).
- Nonwhite respondents were more likely to have excessively drank in the past month (39%) compared to white respondents (25%).
- Respondents with some post high school education were more likely to have excessively drank in the past month (36%) compared to those with a high school education or less (22%) or respondents with a college education (20%).
- Twenty-nine percent of respondents in the top 40 percent household income bracket and 28% of those in the middle 20 percent income bracket excessively drank in the past month compared to 21% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to have excessively drank in the past month compared to married respondents (32% and 21%, respectively).
- Respondents who had their health care provider inquire about their alcohol consumption at their last routine checkup in the past two years were more likely to have excessively drank in the past month compared to respondents who did not have their HCP inquire about their alcohol consumption (25% and 17%, respectively).

### 2011 to 2018 Year Comparisons (Table 46)

*In 2011, the Tri-County Health Survey did not include questions about heavy drinking, as a result, excessive drinking is equal to binge drinking.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who excessively drank.
- In 2011 and 2018, male respondents were more likely to have excessively drank. From 2011 to 2018, there was a noted increase in the percent of female respondents reporting excessive drinking.
- In 2011 and 2018, respondents 18 to 34 years old were more likely to have excessively drank.
- In 2011, race was not a significant variable. In 2018, nonwhite respondents were more likely to have excessively drank.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have excessively drank, with a noted increase since 2011.

- In 2011 and 2018, respondents in the top 60 percent household income bracket were more likely to have excessively drank.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have excessively drank, with a noted increase since 2011.

#### 2015 to 2018 Year Comparisons (Table 46)

*In 2015, the Tri-County Health Survey did not include questions about heavy drinking, as a result, excessive drinking is equal to binge drinking.*

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who excessively drank.
- In 2015 and 2018, male respondents were more likely to have excessively drank. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting excessive drinking.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to have excessively drank, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting excessive drinking.
- In 2015, race was not a significant variable. In 2018, nonwhite respondents were more likely to have excessively drank. From 2015 to 2018, there was a noted increase in the percent of respondents across race reporting excessive drinking.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have excessively drank, with a noted increase since 2015.
- In 2015, respondents in the top 40 percent household income bracket were more likely to have excessively drank. In 2018, respondents in the top 60 percent household income bracket were more likely to have excessively drank. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting excessive drinking.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have excessively drank, with a noted increase since 2015.
- In 2015, HCP inquired about alcohol consumption was not a significant variable. In 2018, respondents whose HCP did inquire about their alcohol consumption were more likely to have excessively drank, with a noted increase since 2015.

**Table 46. Excessive Drinking in Past Month by Demographic Variables for Each Survey Year (Q58 - Q60)<sup>①,②</sup>**

	2011	2015	2018
TOTAL <sup>b</sup>	23%	20%	26%
Gender <sup>1,2,3</sup>			
Male	32	26	28
Female <sup>a,b</sup>	15	14	23
Age <sup>1,2,3</sup>			
18 to 34 <sup>b</sup>	36	27	38
35 to 44	23	19	24
45 to 54 <sup>b</sup>	27	23	32
55 to 64	12	16	17
65 and Older	3	8	8
Race <sup>3</sup>			
Nonwhite <sup>b</sup>	21	8	39
White <sup>b</sup>	23	20	25
Education <sup>3</sup>			
High School or Less	23	22	22
Some Post High School <sup>a,b</sup>	25	22	36
College Graduate	22	15	20
Household Income <sup>1,2,3</sup>			
Bottom 40 Percent Bracket	16	18	21
Middle 20 Percent Bracket <sup>b</sup>	25	19	28
Top 40 Percent Bracket	27	27	29
Marital Status <sup>3</sup>			
Married	24	19	21
Not Married <sup>a,b</sup>	22	21	32
HCP Inquired about Alcohol Consumption <sup>3</sup>			
Yes <sup>b</sup>	--	18	25
No	--	22	17

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

<sup>②</sup>In 2018, excessive drinker was defined as a binge drinker (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinker (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --Not asked in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Driven When Perhaps Had Too Much to Drink in Past Month**

### 2018 Findings (Table 47)

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

### 2011 to 2018 Year Comparisons (Table 47)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink.
- In 2011, respondents who were male, 35 to 54 years old, in the top 60 percent household income bracket or married were more likely to report they drove a vehicle when they perhaps had too much alcohol to drink.

### 2015 to 2018 Year Comparisons (Table 47)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink.
- In 2015, respondents who were male, in the top 40 percent household income bracket or married were more likely to report they drove a vehicle when they perhaps had too much alcohol to drink.

**Table 47. Driven a Vehicle When Perhaps Had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year (Q61)<sup>⓪</sup>**

	2011	2015	2018 <sup>Ⓜ</sup>
TOTAL <sup>a,b</sup>	3%	5%	1%
Gender <sup>1,2</sup>			
Male	5	6	--
Female	1	3	--
Age <sup>1</sup>			
18 to 34	0	4	--
35 to 44	6	5	--
45 to 54	7	7	--
55 to 64	2	5	--
65 and Older	1	2	--
Race			
Nonwhite	3	0	--
White	3	5	--
Education			
High School or Less	4	6	--
Some Post High School	2	4	--
College Graduate	4	3	--
Household Income <sup>1,2</sup>			
Bottom 40 Percent Bracket	<1	3	--
Middle 20 Percent Bracket	4	5	--
Top 40 Percent Bracket	5	8	--
Marital Status <sup>1,2</sup>			
Married	4	6	--
Not Married	2	2	--

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

<sup>Ⓜ</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

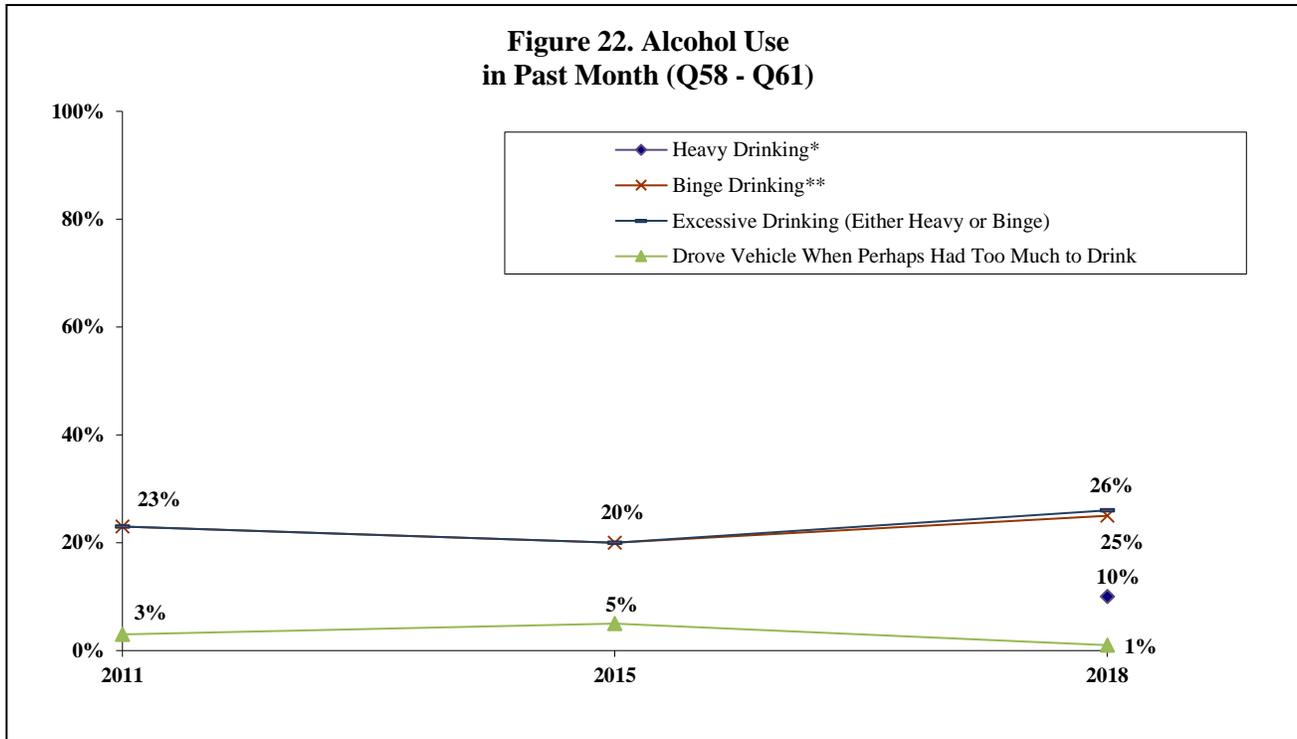
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Alcohol Use Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink, as well as from 2015 to 2018.



\*In 2018, heavy drinking is defined as at least 31 drinks for females and at least 61 drinks for males in the past month.

\*\*In 2018, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2011 and 2015, “5 or more drinks on an occasion” was used for both males and females.

## Household Problems (Figure 23; Table 48)

KEY FINDINGS: In 2018, 2% of Tri-County respondents each reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol or in connection with the misuse of prescription drugs/over-the-counter drugs.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

### Household Problem Associated with Alcohol in Past Year

#### 2018 Findings (Table 48)

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

#### 2011 to 2018 Year Comparisons (Table 48)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year.
- In 2011, respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report a household problem in connection with drinking alcohol in the past year.

**Table 48. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year (Q62)<sup>①,②</sup>**

	2011	2018 <sup>③</sup>
TOTAL <sup>a</sup>	4%	2%
Household Income <sup>1</sup>		
Bottom 40 Percent Bracket	8	--
Middle 20 Percent Bracket	7	--
Top 40 Percent Bracket	2	--
Marital Status <sup>1</sup>		
Married	2	--
Not Married	8	--
Children in Household		
Yes	4	--
No	3	--

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2015.

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

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2011; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2011 to 2018

## Prescription Drugs or Over-the-Counter Drug Problems in Past Year

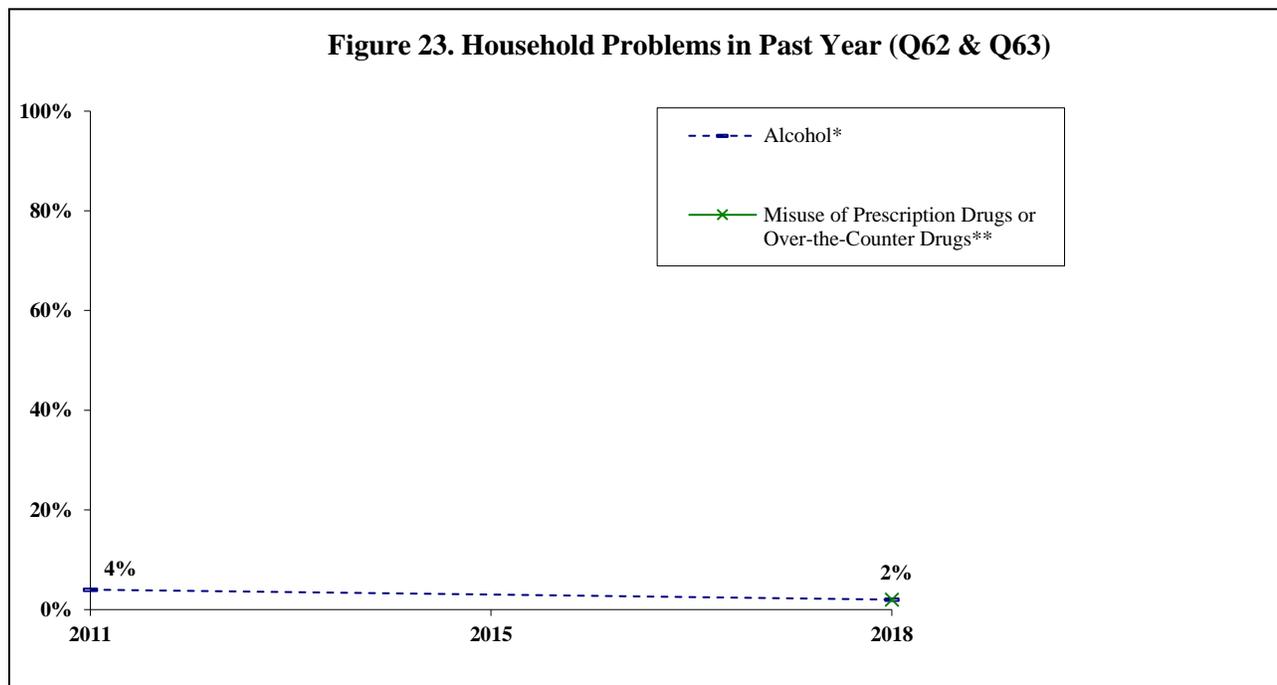
### 2018 Findings

- Two percent of respondents reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported a household problem associated with the misuse of prescription drugs/over the counter drugs in the past year.

### Household Problems Overall

#### Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a household problem in connection with drinking alcohol.



\*Not asked in 2015.

\*\*Not asked in 2011 and 2015.

## Presence of Firearms in Household (Tables 49 - 51)

**KEY FINDINGS:** In 2018, 43% of Tri-County households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of all households, 9% had a loaded firearm; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

### Firearm in Household

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

#### 2018 Findings (Table 49)

- At the time of the survey administration, 43% of households had at least one firearm.
- Fifty-eight percent of respondents in the top 40 percent household income bracket reported a firearm compared to 37% of those in the middle 20 percent income bracket or 26% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a firearm compared to unmarried respondents (56% and 27%, respectively).
- Respondents in households with children were more likely to report a firearm (47%) compared to respondents in households without children (41%).

**Table 49. Firearm in Household by Demographic Variables for 2018 (Q69)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	43%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	26
Middle 20 Percent Bracket	37
Top 40 Percent Bracket	58
Marital Status <sup>1</sup>	
Married	56
Not Married	27
Children in Household <sup>1</sup>	
Yes	47
No	41

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Loaded Firearm

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

### 2018 Findings (Table 50)

- Nine percent of all households had a loaded firearm.
- Sixteen percent of respondents in the top 40 percent household income bracket reported a loaded firearm in the household compared to 4% of those in the middle 20 percent income bracket or 3% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a loaded firearm in the household compared to unmarried respondents (12% and 5%, respectively).

**Table 50. Loaded Firearm in Household by Demographic Variables for 2018 (All Households) (Q70)<sup>①,②</sup>**

	2018
TOTAL	9%
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	3
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	16
Marital Status <sup>1</sup>	
Married	12
Not Married	5
Children in Household	
Yes	10
No	8

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Loaded Firearm Also Unlocked

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

*In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.*

### 2018 Findings (Table 51)

- Three percent of all households had a loaded firearm also unlocked. This approximately equals 7% of households with a firearm having at least one loaded firearm which is also unlocked.

- There were no statistically significant differences between demographic variables and responses of a loaded and unlocked firearm.

**Table 51. Loaded Firearm Also Unlocked in Household by Demographic Variables for 2018 (All Households) (Q71)<sup>①,②</sup>**

	2018
TOTAL	3%
Household Income	
Bottom 40 Percent Bracket	2
Middle 20 Percent Bracket	3
Top 40 Percent Bracket	4
Marital Status	
Married	3
Not Married	2
Children in Household	
Yes	2
No	3

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## **Personal Safety Issues (Figure 24; Tables 52 - 54)**

**KEY FINDINGS:** In 2018, 8% of Tri-County respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were 18 to 34 years old, nonwhite, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. A total of 10% reported at least one of these two situations; respondents who were 18 to 34 years old, nonwhite or unmarried were more likely to report this. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

### **Afraid for Personal Safety**

#### 2018 Findings (Table 52)

- Eight percent of respondents reported someone made them afraid for their personal safety in the past year.
- Respondents 18 to 34 years old were more likely to report someone made them afraid for their personal safety in the past year (17%) compared to those 45 to 64 years old (4%) or respondents 65 and older (2%).
- Thirteen percent of respondents in the middle 20 percent household income bracket reported someone made them afraid for their personal safety in the past year compared to 9% of those in the bottom 40 percent income bracket or 6% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report someone made them afraid for their personal safety in the past year compared to married respondents (12% and 6%, respectively).

**Table 52. Afraid for Personal Safety in Past Year by Demographic Variables for 2018 (Q116)<sup>①,②</sup>**

	2018
TOTAL	8%
Gender	
Male	10
Female	7
Age <sup>1</sup>	
18 to 34	17
35 to 44	8
45 to 54	4
55 to 64	4
65 and Older	2
Race	
Nonwhite	14
White	8
Education	
High School or Less	7
Some Post High School	9
College Graduate	9
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	9
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	6
Marital Status <sup>1</sup>	
Married	6
Not Married	12

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### **Pushed, Kicked, Slapped or Hit**

#### 2018 Findings (Table 53)

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Eight percent of respondents 18 to 34 years old reported they were pushed, kicked, slapped or hit in the past year compared to less than one percent of those 55 to 64 years old or 0% of respondents 65 and older.
- Nonwhite respondents were more likely to report they were pushed, kicked, slapped or hit in the past year (12%) compared to white respondents (4%).
- Six percent of respondents with some post high school education reported they were pushed, kicked, slapped or hit in the past year compared to 4% of those with a high school education or less or 2% of respondents with a college education.

- Eight percent of respondents in the middle 20 percent household income bracket reported they were pushed, kicked, slapped or hit in the past year compared to 3% of those in the bottom 40 percent income bracket or 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they were pushed, kicked, slapped or hit in the past year compared to married respondents (7% and 1%, respectively).

**Table 53. Someone Pushed, Kicked, Slapped or Hit Respondent in Past Year by Demographic Variables for 2018 (Q117)<sup>⓪,ⓑ</sup>**

	2018
TOTAL	4%
Gender	
Male	3
Female	4
Age <sup>1</sup>	
18 to 34	8
35 to 44	1
45 to 54	5
55 to 64	<1
65 and Older	0
Race <sup>1</sup>	
Nonwhite	12
White	4
Education <sup>1</sup>	
High School or Less	4
Some Post High School	6
College Graduate	2
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	3
Middle 20 Percent Bracket	8
Top 40 Percent Bracket	2
Marital Status <sup>1</sup>	
Married	1
Not Married	7

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Combined Personal Safety Issues

### 2018 Findings (Table 54)

- A total of 10% of all respondents reported at least one of the two personal safety issues.
- Respondents 18 to 34 years old were more likely to report at least one of the two personal safety issues (20%) compared to those 55 to 64 years old (4%) or respondents 65 and older (2%).

- Nonwhite respondents were more likely to report at least one of the two personal safety issues (21%) compared to white respondents (10%).
- Unmarried respondents were more likely to report at least one of the two personal safety issues compared to married respondents (15% and 7%, respectively).

**Table 54. At Least One of the Personal Safety Issues in Past Year by Demographic Variables for 2018 (Q116 & Q117)<sup>①,②</sup>**

	2018
TOTAL	10%
Gender	
Male	12
Female	9
Age <sup>1</sup>	
18 to 34	20
35 to 44	8
45 to 54	9
55 to 64	4
65 and Older	2
Race <sup>1</sup>	
Nonwhite	21
White	10
Education	
High School or Less	10
Some Post High School	11
College Graduate	10
Household Income	
Bottom 40 Percent Bracket	11
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	8
Marital Status <sup>1</sup>	
Married	7
Not Married	15

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

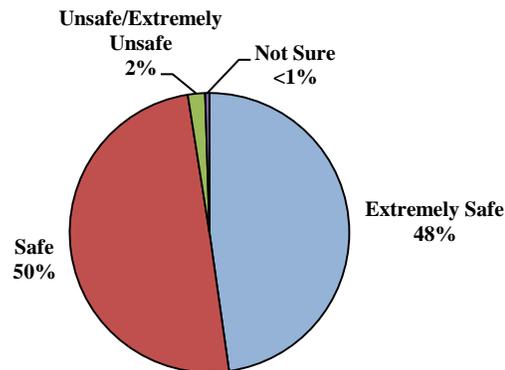
<sup>1</sup>demographic difference at p≤0.05 in 2018

## Safe from Crime in Neighborhood

### 2018 Findings

- Forty-eight percent of respondents reported their neighborhood was extremely safe from crime while 50% reported their neighborhood was safe. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

**Figure 24. Safe from Crime in Neighborhood for 2018 (Q55)**



- No demographic comparisons were conducted as a result of the low percent of respondents who reported their neighborhood was unsafe or extremely unsafe from crime.

## Children in Household (Figure 25; Tables 55 - 66)

**KEY FINDINGS:** In 2018, the Tri-County respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of one of the children. Ninety-five percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Twelve percent of respondents reported their child was helped by new parent programs. Six percent of respondents reported their child currently had asthma. Less than one percent of respondents reported their child currently had diabetes. Less than one percent of respondents reported their child was unsafe or extremely unsafe in their community. Three percent of respondents reported when their child was an infant, he/she slept in a bed with them or another person. Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day while 23% reported three or more servings of vegetables. Forty percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifteen percent of respondents reported their child drank at least one sugared drink a day during the past month. Sixty-three percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Eighteen percent of respondents reported their child spent four or more hours of screen time on an average day. Six percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-four percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 21% reported verbal bullying, 7% physical bullying and 3% reported cyber bullying.

*From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported when their child was an infant, he/she slept in a bed with them or another person. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, physically bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was verbally bullied.*

## Children in Household

### 2018 Findings

- Thirty-seven percent of respondents reported they have a child under the age of 18 living in their household. Eighty-three percent of these respondents reported they make the health care decisions for their child(ren). For this section, a random child was selected to discuss that particular child's health and behavior.

- Sixty-nine percent of the children selected were 12 or younger. Fifty-four percent were boys. Of these households, 32% were in the bottom 60 percent household income bracket and 79% were married.

## Child’s Personal Doctor

### 2018 Findings (Table 55)

Of the 341 respondents with a child...

- Ninety-five percent of respondents reported they have one or more persons they think of as their child’s personal doctor or nurse who knows their child well and is familiar with their child’s health history.
- There were no statistically significant differences between demographic variables and responses of having one or more persons they think of as their child’s personal doctor or nurse.

### 2015 to 2018 Comparisons (Table 55)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse.
- In 2015, respondents were more likely to report their daughter had a personal doctor or nurse. In 2018, child’s gender was not a significant variable.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child had a personal doctor or nurse.

**Table 55. Child Has Personal Doctor/Nurse by Demographic Variables for Each Survey Year (Q96)<sup>①,②</sup>**

	2015	2018
TOTAL	96%	95%
Gender <sup>1</sup>		
Boy	93	96
Girl	98	94
Age		
12 Years Old or Younger	95	95
13 to 17 Years Old	NA	96
Household Income		
Bottom 60 Percent Bracket <sup>a</sup>	98	92
Top 40 Percent Bracket	94	96
Marital Status		
Married	95	95
Not Married	98	96

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## **Preventive Care with Child’s Personal Doctor**

*The Healthy People 2020 goal for adolescents 10 to 17 having a wellness checkup in the past year is 76% (Objective AH-1).*

### 2018 Findings (Table 56)

Of the 95% of respondents with a child who had a personal doctor (n=324)...

- Of children who had a personal doctor, 97% reported their child visited their personal doctor/nurse for preventive care during the past year.
- Ninety-eight percent of respondents in the top 40 percent household income bracket reported their child visited their personal doctor/nurse for preventive care in the past year compared to 94% of respondents in the bottom 60 percent household income bracket.
- Married respondents were more likely to report their child visited their personal doctor/nurse for preventive care in the past year compared to unmarried respondents (98% and 93%, respectively).

### 2015 to 2018 Comparisons (Table 56)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child saw their personal doctor in the past year for preventive care.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report their child visited their personal doctor/nurse for preventive care in the past year.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report their child visited their personal doctor/nurse for preventive care in the past year.

**Table 56. Child Went to Personal Doctor/Nurse for Preventive Care in Past Year by Demographic Variables for Each Survey Year (Q97)<sup>ⓐ,ⓑ</sup>**

	2015	2018
TOTAL	96%	97%
Gender		
Boy	95	96
Girl	97	99
Age		
12 Years Old or Younger	96	98
13 to 17 Years Old	NA	96
Household Income <sup>1,2</sup>		
Bottom 60 Percent Bracket	92	94
Top 40 Percent Bracket	100	98
Marital Status <sup>2</sup>		
Married	97	98
Not Married	91	93

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Unmet Care

### 2018 Findings

Of the 340 respondents with a child...

- Zero percent of respondents reported there was a time in the past year their child was not able to visit a specialist they needed to see.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported there was a time in the past year their child was not able to visit a specialist they needed to see.

### 2015 to 2018 Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed (3% and 0%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had an unmet need in both study years.

## **New Parent Programs for Child**

### 2018 Findings (Table 57)

Of the 340 respondents with a child...

- Twelve percent of respondents reported they were helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother between the time of pregnancy and up until the present day.
- There were no statistically significant differences between demographic variables and responses of they were helped by new parent programs.

### 2015 to 2018 Comparisons (Table 57)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother between the time of pregnancy and up until the present day.
- In 2015, respondents were more likely to report their son was helped by new parent programs. In 2018, child's gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their son was helped by new parent programs.
- In 2015 and 2018, child's age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years old or younger was helped by new parent programs.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report their child was helped by new parent programs. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting their child was helped by new parent programs.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their child was helped by new parent programs.

**Table 57. New Parent Programs for Child by Demographic Variables for Each Survey Year (Q101)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	23%	12%
Gender <sup>1</sup>		
Boy <sup>a</sup>	34	15
Girl	13	10
Age		
12 Years Old or Younger <sup>a</sup>	23	10
13 to 17 Years Old	NA	16
Household Income <sup>1</sup>		
Bottom 60 Percent Bracket	18	16
Top 40 Percent Bracket <sup>a</sup>	32	10
Marital Status		
Married <sup>a</sup>	25	12
Not Married	15	12

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Child's Asthma

### 2018 Findings (Table 58)

Of the 341 respondents with a child...

- Six percent of respondents reported their child currently had asthma.
- There were no statistically significant differences between demographic variables and responses of their child had asthma.

Of the 6% of respondents with a child who currently has asthma (n=22)...

- Of the 22 respondents who reported their child currently had asthma, 41% reported their child had an asthma attack in the past year.

### 2015 to 2018 Comparisons (Table 58)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their child had asthma.

**Table 58. Child Currently has Asthma by Demographic Variables for Each Survey Year (Q103)<sup>①,②</sup>**

	2015	2018
TOTAL	10%	6%
Gender		
Boy	12	8
Girl	7	5
Age		
12 Years Old or Younger	10	6
13 to 17 Years Old	NA	7
Household Income		
Bottom 60 Percent Bracket	11	9
Top 40 Percent Bracket	9	5
Marital Status		
Married <sup>a</sup>	11	6
Not Married	4	10

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Child's Diabetes

### 2018 Findings

Of the 341 respondents with a child...

- Less than one percent of respondents reported their child currently had diabetes.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child had diabetes.

### 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had diabetes (2% and less than one percent, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had diabetes in both study years.

## Child's Safety in Community

### 2018 Findings

Of the 341 respondents with a child...

- Less than one percent of respondents reported their child was unsafe/extremely unsafe in their community or neighborhood.

- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child was unsafe/extremely unsafe in their community.

## **Child's Sleeping Arrangement**

### 2018 Findings

Of the 339 respondents with a child...

- Ninety-four percent of respondents reported when their child was a baby, their child usually slept in a crib or bassinette. Three percent reported in bed with them or another person.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported when their child was an infant he/she usually slept in bed with them or another person.

### 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child slept in bed with the respondent or another person when the child was a baby (2% and 3%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported when their child was an infant he/she usually slept in bed with them or another person in both study years.

## **Child's Fruit Intake**

### 2018 Findings (Table 59)

Of the 339 respondents with a child...

- Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day.
- Respondents were more likely to report their daughter ate at least two servings of fruit on an average day (82%) compared to respondents speaking on behalf of their son (64%).
- Eighty-three percent of respondents in the bottom 60 percent household income bracket reported their child ate at least two servings of fruit on an average day compared to 69% of respondents in the top 40 percent household income bracket.

### 2015 to 2018 Comparisons (Table 59)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit on an average day.
- In 2015 and 2018, respondents were more likely to report their daughter ate at least two servings of fruit on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their son ate at least two servings of fruit on an average day.
- In 2018, child's age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least two servings of fruit on an average day.

- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report their child ate at least two servings of fruit on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents in top 40 percent household income bracket reporting their child ate at least two servings of fruit on an average day.
- In 2015, married respondents were more likely to report their child ate at least two servings of fruit on an average day. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their child ate at least two servings of fruit on an average day.

**Table 59. Child’s Fruit Intake (Two or More Servings) by Demographic Variables for Each Survey Year (Q110)<sup>0,2</sup>**

	2015	2018
TOTAL <sup>a</sup>	82%	73%
Gender <sup>1,2</sup>		
Boy <sup>a</sup>	76	64
Girl	89	82
Age		
12 Years Old or Younger <sup>a</sup>	83	74
13 to 17 Years Old	NA	69
Household Income <sup>2</sup>		
Bottom 60 Percent Bracket	85	83
Top 40 Percent Bracket <sup>a</sup>	80	69
Marital Status <sup>1</sup>		
Married <sup>a</sup>	85	71
Not Married	72	80

<sup>0</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>2</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p<0.05 in 2015; <sup>2</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2015 to 2018

## Child’s Vegetable Intake

### 2018 Findings (Table 60)

Of the 341 respondents with a child...

- Twenty-three percent of respondents reported their child ate at least three servings of vegetables on an average day.
- Respondents were more likely to report their daughter ate at least three servings of vegetables on an average day (30%) compared to respondents speaking on behalf of their son (17%).

### 2015 to 2018 Comparisons (Table 60)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least three servings of vegetables on an average day.

- In 2015, child’s gender was not a significant variable. In 2018, respondents were more likely to report their daughter ate at least three servings of vegetables on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their son ate at least three servings of vegetables on an average day.
- In 2018, child’s age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least three servings of vegetables on an average day.
- In 2015, respondents in the bottom 60 percent household income bracket ate at least three servings of vegetables on an average day. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child ate at least three servings of vegetables on an average day.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting their child ate at least three servings of vegetables on an average day.

**Table 60. Child’s Vegetable Intake (Three or More Servings) by Demographic Variables for Each Survey Year (Q111)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	31%	23%
Gender <sup>2</sup>		
Boy <sup>a</sup>	31	17
Girl	31	30
Age		
12 Years Old or Younger <sup>a</sup>	31	21
13 to 17 Years Old	NA	28
Household Income <sup>1</sup>		
Bottom 60 Percent Bracket <sup>a</sup>	42	22
Top 40 Percent Bracket	23	25
Marital Status		
Married	29	24
Not Married <sup>a</sup>	38	20

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child’s Fruit and Vegetable Intake

### 2018 Findings (Table 61)

Of the 341 respondents with a child...

- Forty percent of respondents reported their child ate at least five servings of fruits or vegetables on an average day.

- Respondents were more likely to report their daughter ate at least five servings of fruits or vegetables on an average day (50%) compared to respondents speaking on behalf of their son (32%).

2015 to 2018 Comparisons (Table 61)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least five servings of fruits or vegetables on an average day.
- In 2015, child’s gender was not a significant variable. In 2018, respondents were more likely to report their daughter ate at least five servings of fruit or vegetables on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their son ate at least five servings of fruit or vegetables on an average day.
- In 2018, child’s age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least five servings of fruit or vegetables on an average day.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report their child ate at least five servings of fruits or vegetables on an average day. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child ate at least five servings of fruit or vegetables on an average day.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their child ate at least five servings of fruit or vegetables on an average day.

**Table 61. Child’s Fruit or Vegetable Intake (Five or More Servings) by Demographic Variables for Each Survey Year (Q110 & Q111)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	50%	40%
Gender <sup>2</sup>		
Boy <sup>a</sup>	50	32
Girl	50	50
Age		
12 Years Old or Younger <sup>a</sup>	51	41
13 to 17 Years Old	NA	40
Household Income <sup>1</sup>		
Bottom 60 Percent Bracket <sup>a</sup>	60	41
Top 40 Percent Bracket	38	41
Marital Status		
Married <sup>a</sup>	49	40
Not Married	52	42

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child’s Sugar Drink Intake

### 2018 Findings (Table 62)

Of the 335 respondents with a child...

- Fifteen percent of respondents reported their child drank at least one drink of regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Thirty-eight percent reported more than once a week, but less than once a day. Forty-seven percent reported less than once a week.
- Twenty-five percent of respondents reported their 13 to 17 year old child drank at least one sugared drink a day during the past month compared to 11% of respondents reporting about their child who was 12 years or younger.

**Table 62. Child’s Sugar Drink Intake by Demographic Variables for 2018 (Q113)<sup>ⓐ,ⓑ</sup>**

	Less than One a Week	Less than One a Day/More than Once a Week	At Least One a Day
TOTAL	47%	38%	15%
Gender			
Boy	48	36	16
Girl	45	40	15
Age <sup>1</sup>			
12 Years Old or Younger	56	33	11
13 to 17 Years Old	27	47	25
Household Income			
Bottom 60 Percent Bracket	45	34	21
Top 40 Percent Bracket	46	41	13
Marital Status			
Married	48	35	16
Not Married	42	47	11

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Child’s Physical Activity

### 2018 Findings (Table 63)

Of the 78% of respondents with a child 4 to 17 years old (n=265)...

- Sixty-three percent of respondents reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes each.
- Respondents were more likely to report their son was physically active five times a week for at least 60 minutes (68%) compared to respondents speaking on behalf of their daughter (56%).

Of the 34% of respondents with a child 4 to 17 years old who was not physically active five times a week for 60 minutes (n=91)...

- Of the 91 respondents who reported their child was not physically active five times a week/60 minutes, 46% reported the weather prevented their child from exercising while 20% reported their child likes to play video games or on the computer. Seventeen percent reported their child does not like to be physically active followed by 10% reporting school/homework/other activities.

2015 to 2018 Comparisons (Table 63)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their child was physically active five times a week for at least 60 minutes.
- In 2015, child’s gender was not a significant variable. In 2018, respondents were more likely to report their son was physically active five times a week, with a noted increase since 2015.
- In 2018, child’s age was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents reporting their 4 to 12 year old child was physically active five times a week.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting their child was physically active five times a week.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of married respondents reporting their child was physically active five times a week.

**Table 63. Child’s Physical Activity (Five or More Times for 60 Minutes/Week) by Demographic Variables for Each Survey Year (Children 4 to 17 Years Old) (Q114)<sup>①,②</sup>**

	2015	2018
TOTAL <sup>a</sup>	50%	63%
Gender <sup>2</sup>		
Boy <sup>a</sup>	49	68
Girl	51	56
Age		
4 to 12 Years Old <sup>a</sup>	49	66
13 to 17 Years Old	NA	59
Household Income		
Bottom 60 Percent Bracket	57	62
Top 40 Percent Bracket <sup>a</sup>	46	63
Marital Status		
Married <sup>a</sup>	49	63
Not Married	58	64

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child’s Screen Time

### 2018 Findings (Table 64)

Of the 341 respondents with a child...

- Eighteen percent of respondents reported their child spends four or more hours in front of a tv, computer, smart phone, tablet or video gaming system for leisure on an average day while 38% spent two or three hours. Forty-two percent reported one or less hours a day.
- Twenty-four percent of respondents reported their daughter spent four or more hours of screen time on an average day compared to 12% of respondents speaking on behalf of their son.
- Thirty-five percent of respondents reported their 13 to 17 year old child spent four or more hours of screen time on an average day compared to 11% of respondents speaking on behalf of their child who was 12 or younger.
- Unmarried respondents were more likely to report their child spent four or more hours of screen time on an average day compared to married respondents (29% and 15%, respectively).

**Table 64. Child’s Screen Time by Demographic Variables for 2018 (Q112)<sup>①,②</sup>**

	One or Less	Two or Three Hours	Four or More Hours
TOTAL	42%	38%	18%
Gender <sup>1</sup>			
Boy	39	45	12
Girl	46	30	24
Age <sup>1</sup>			
12 Years Old or Younger	52	36	11
13 to 17 Years Old	20	42	35
Household Income			
Bottom 60 Percent Bracket	38	41	19
Top 40 Percent Bracket	45	38	17
Marital Status <sup>1</sup>			
Married	46	38	15
Not Married	27	40	29

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Child’s Emotional Well-Being

### 2018 Findings (Table 65)

Of the 78% of respondents with a child 4 to 17 years old (n=265)...

- Six percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months.

- Sixteen percent of respondents in the bottom 60 percent household income bracket reported their child always or nearly always felt unhappy, sad or depressed in the past six months compared to 2% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report their child always or nearly always felt unhappy, sad or depressed in the past six months compared to married respondents (20% and 2%, respectively).

#### 2015 to 2018 Year Comparisons (Table 65)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in 2015.

**Table 65. Child Always/Nearly Always Unhappy, Sad or Depressed in Past Six Months by Demographic Variables for Each Survey Year (Children 4 to 17 Years Old) (Q107)<sup>ⓐ,ⓑ</sup>**

	2015 <sup>ⓐ</sup>	2018
TOTAL	5%	6%
Gender		
Boy	--	6
Girl	--	6
Age		
4 to 12 Years Old	--	5
13 to 17 Years Old	--	8
Household Income <sup>2</sup>		
Bottom 60 Percent Bracket	--	16
Top 40 Percent Bracket	--	2
Marital Status <sup>2</sup>		
Married	--	2
Not Married	--	20

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011.

<sup>ⓐ</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### **Child Experienced Bullying in Past Year**

#### 2018 Findings (Table 66)

Of the 78% of respondents with a child 4 to 17 years old (n=264)...

- Twenty-four percent of respondents reported their 4 to 17 year old child experienced some form of bullying in the past year. More specifically, 21% reported their child was verbally bullied, for example, mean rumors said or kept out of a group. Seven percent reported their child was physically bullied, for example, being hit or kicked. Three percent of respondents reported their child was cyber or electronically bullied, for example, teased, taunted, humiliated or threatened by email, cell phone, Facebook postings, texts or other electronic methods.

- Twenty-eight percent of respondents reported their 4 to 12 year old child was bullied in some way in the past year compared to 17% of respondents speaking on behalf of their 13 to 17 year old child.
- Forty percent of respondents in the bottom 60 percent household income bracket reported their child was bullied in some way in the past year compared to 15% of respondents in the top 40 percent household income bracket.

2015 to 2018 Year Comparisons (Table 66)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, physically bullied or cyber bullied. From 2015 to 2018, there was a noted increase in the overall percent of respondents who reported in the past year their child was verbally bullied.
- In 2018, respondents were more likely to report their 4 to 12 year old child was bullied some way in the past year, with a noted increase since 2015.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report their child was bullied in some way in the past year, with a noted increase since 2015.

**Table 66. Child Experienced Bullying in Past Year by Demographic Variables for Each Survey Year (Children 4 to 17 Years Old) (Q108)<sup>①,②</sup>**

	2015	2018
TOTAL	18%	24%
Gender		
Boy	23	26
Girl	14	21
Age <sup>2</sup>		
4 to 12 Years Old <sup>a</sup>	19	28
13 to 17 Years Old	NA	17
Household Income <sup>2</sup>		
Bottom 60 Percent Bracket <sup>a</sup>	18	40
Top 40 Percent Bracket	19	15
Marital Status		
Married	18	22
Not Married	20	30

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

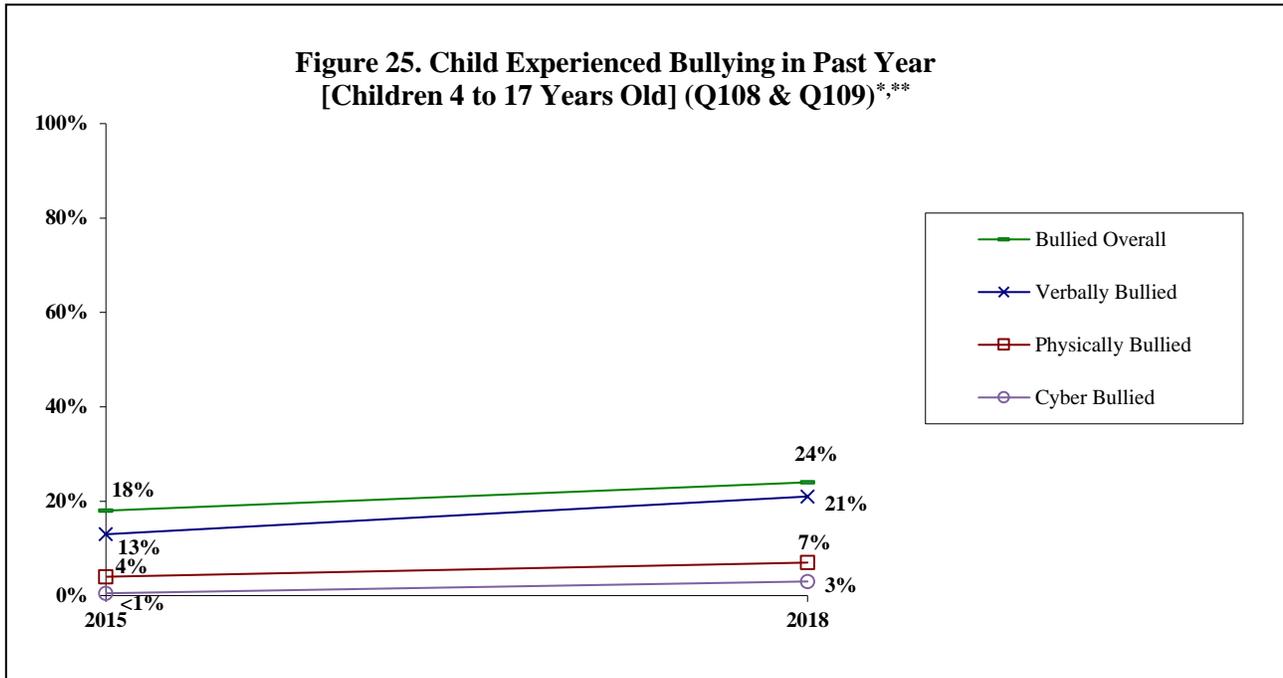
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child Experienced Bullying Overall

### Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was bullied in some way. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their child was verbally bullied. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was physically bullied or cyber bullied.



\*Not asked in 2011.

\*\*In 2015, child questions were asked of children 12 or younger only.

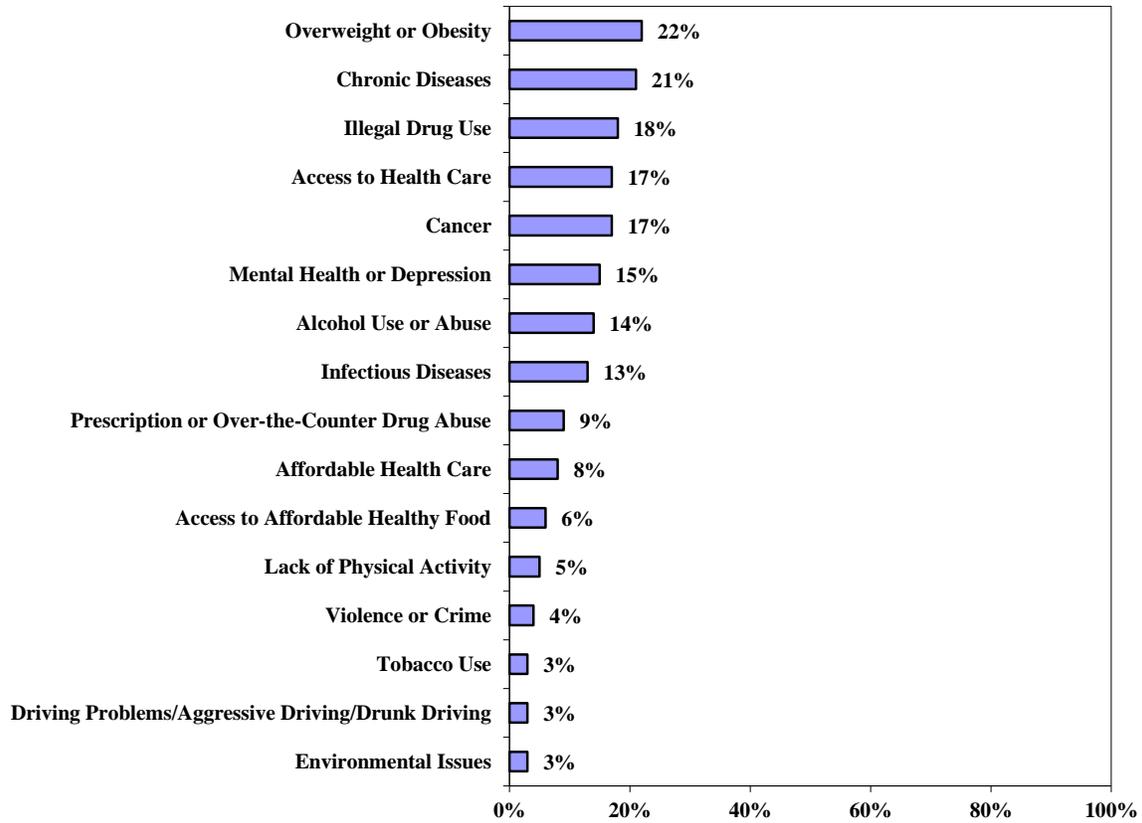
## Top Community Health Issues (Figure 26; Tables 67 - 82)

**KEY FINDINGS:** In 2018, Tri-County respondents were asked to list the top three health issues in the community. The most often cited was overweight/obesity (22%). Respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report overweight/obesity as a top community health issue. Twenty-one percent of respondents were more likely to report chronic diseases as a top health issue; respondents with a college education or in the top 60 percent household income bracket were more likely to report this. Eighteen percent reported illegal drug use as a top health issue; respondents with a college education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported access to health care as a top health issue. Respondents 35 to 44 years old, with some post high school education or married respondents were more likely to report access to health care. Seventeen percent of respondents reported cancer; respondents who were 18 to 34 years old, 65 and older or white were more likely to report this. Fifteen percent of respondents reported mental health or depression. Respondents who were female, 18 to 34 years old, nonwhite, with a college education or in the middle 20 percent household income bracket were more likely to report mental health or depression as a top community health issue. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. Thirteen percent of respondents reported infectious diseases. Nine percent of respondents reported prescription or over-the-counter drug abuse; respondents 45 to 54 years old, with at least some post high school education or in the middle 20 percent household income bracket were more likely to report this. Eight percent of respondents reported affordable health care. Respondents who were female or in the top 40 percent household income bracket were more likely to report affordable health care. Six percent of respondents reported access to affordable healthy food. Respondents 35 to 54 years old, with a college education or in the middle 20 percent household income bracket were more likely to report access to affordable healthy food. Five percent of respondents reported lack of physical activity; respondents with a college education were more likely to report this. Four percent of respondents reported violence or crime as a top health issue. Respondents 45 to 54 years old were more likely to report violence or crime. Three percent of respondents reported tobacco use as a top community health issue; respondents with a college education were more likely to report this. Three percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Three percent of respondents reported environmental issues as a top community health issue.

## 2018 Findings

- Respondents were asked to list the three largest community health issues. Respondents were more likely to select overweight/obesity (22%) followed by chronic diseases (21%) or illegal drug use (18%).

**Figure 26. Top Community Health Issues for 2018 (Q118)**



## Overweight or Obesity as a Top Community Health Issue

### 2018 Findings (Table 67)

- Twenty-two percent of respondents reported overweight or obesity as one of the top three community health issues.
- Respondents 18 to 34 years old were more likely to report overweight or obesity as one of the top community health issues (30%) compared to those 55 to 64 years old (18%) or respondents 65 and older (9%).
- Thirty-two percent of respondents with a college education reported overweight or obesity compared to 16% of those with some post high school education or 15% of respondents with a high school education or less.
- Twenty-seven percent of respondents in the top 40 percent household income bracket reported overweight or obesity as a top community health issue compared to 20% of those in the middle 20 percent income bracket or 19% of respondents in the bottom 40 percent household income bracket.

**Table 67. Overweight or Obesity as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>0,2</sup>**

	2018
TOTAL	22%
Gender	
Male	22
Female	22
Age <sup>1</sup>	
18 to 34	30
35 to 44	26
45 to 54	21
55 to 64	18
65 and Older	9
Race	
Nonwhite	33
White	22
Education <sup>1</sup>	
High School or Less	15
Some Post High School	16
College Graduate	32
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	19
Middle 20 Percent Bracket	20
Top 40 Percent Bracket	27
Marital Status	
Married	21
Not Married	23

<sup>0</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>2</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Chronic Diseases as a Top Community Health Issue

### 2018 Findings (Table 68)

- Twenty-one percent of respondents reported chronic diseases, like diabetes or heart disease, as one of the top three community health issues.
- Twenty-six percent of respondents with a college education reported chronic diseases as one of the top health issues compared to 20% of those with some post high school education or 17% of respondents with a high school education or less.
- Twenty-five percent of respondents in the top 40 percent household income bracket and 24% of those in the middle 20 percent income bracket reported chronic diseases as a top community health issue compared to 17% of respondents in the bottom 40 percent household income bracket.

**Table 68. Chronic Diseases as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>⓪,Ⓜ</sup>**

	2018
TOTAL	21%
Gender	
Male	21
Female	22
Age	
18 to 34	25
35 to 44	17
45 to 54	22
55 to 64	21
65 and Older	19
Race	
Nonwhite	23
White	22
Education <sup>1</sup>	
High School or Less	17
Some Post High School	20
College Graduate	26
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	17
Middle 20 Percent Bracket	24
Top 40 Percent Bracket	25
Marital Status	
Married	23
Not Married	20

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>Ⓜ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Illegal Drug Use as a Top Community Health Issue

### 2018 Findings (Table 69)

- Eighteen percent of respondents reported illegal drug use as one of the top three community health issues.
- Respondents with a college education were more likely to report illegal drug use as one of the top health issues (25%) compared to those with a high school education or less (13%) or respondents with some post high school education (12%).
- Twenty-one percent of respondents in the bottom 40 percent household income bracket and 19% of those in the top 40 percent income bracket reported illegal drug use as a top community health issue compared to 12% of respondents in the middle 20 percent household income bracket.

**Table 69. Illegal Drug Use as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	18%
Gender	
Male	19
Female	16
Age	
18 to 34	22
35 to 44	14
45 to 54	15
55 to 64	18
65 and Older	18
Race	
Nonwhite	16
White	18
Education <sup>1</sup>	
High School or Less	13
Some Post High School	12
College Graduate	25
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	21
Middle 20 Percent Bracket	12
Top 40 Percent Bracket	19
Marital Status	
Married	18
Not Married	18

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Access to Health Care as a Top Community Health Issue

### 2018 Findings (Table 70)

- Seventeen percent of respondents reported access to health care (physical, dental or mental) as one of the top three community health issues.
- Respondents 35 to 44 years old were more likely to report access to health care as one of the top health issues (25%) compared to those 18 to 34 years old (14%) or respondents 65 and older (9%).
- Twenty-one percent of respondents with some post high school education reported access to health care compared to 17% of those with a college education or 13% of respondents with a high school education or less.
- Married respondents were more likely to report access to health care as a top community health issue compared to unmarried respondents (21% and 13%, respectively).

**Table 70. Access to Health Care as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	17%
Gender	
Male	16
Female	19
Age <sup>1</sup>	
18 to 34	14
35 to 44	25
45 to 54	20
55 to 64	20
65 and Older	9
Race	
Nonwhite	9
White	18
Education <sup>1</sup>	
High School or Less	13
Some Post High School	21
College Graduate	17
Household Income	
Bottom 40 Percent Bracket	16
Middle 20 Percent Bracket	16
Top 40 Percent Bracket	19
Marital Status <sup>1</sup>	
Married	21
Not Married	13

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Cancer as a Top Community Health Issue

### 2018 Findings (Table 71)

- Seventeen percent of respondents reported cancer as one of the top three community health issues.
- Twenty-two percent of respondents 65 and older and 21% of those 18 to 34 years old reported cancer as one of the top community health issues compared to 7% of respondents 35 to 44 years old.
- White respondents were more likely to report cancer (18%) compared to nonwhite respondents (7%).

**Table 71. Cancer as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	17%
Gender	
Male	17
Female	18
Age <sup>1</sup>	
18 to 34	21
35 to 44	7
45 to 54	16
55 to 64	17
65 and Older	22
Race <sup>1</sup>	
Nonwhite	7
White	18
Education	
High School or Less	20
Some Post High School	18
College Graduate	15
Household Income	
Bottom 40 Percent Bracket	20
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	17
Marital Status	
Married	17
Not Married	17

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Mental Health or Depression as a Top Community Health Issue

### 2018 Findings (Table 72)

- Fifteen percent of respondents reported mental health/depression as one of the top three community health issues.

- Female respondents were more likely to report mental health or depression as one of the top community health issues (18%) compared to male respondents (12%).
- Twenty percent of respondents 18 to 34 years old reported mental health or depression compared to 13% of those 55 to 64 years old or 6% of respondents 65 and older.
- Nonwhite respondents were more likely to report mental health or depression as a top issue (25%) compared to white respondents (15%).
- Nineteen percent of respondents with a college education reported mental health or depression compared to 16% of those with some post high school education or 8% of respondents with a high school education or less.
- Twenty percent of respondents in the middle 20 percent household income bracket reported mental health or depression as one of the top community health issues compared to 17% of those in the bottom 40 percent income bracket or 13% of respondents in the top 40 percent household income bracket.

**Table 72. Mental Health or Depression as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	15%
Gender <sup>1</sup>	
Male	12
Female	18
Age <sup>1</sup>	
18 to 34	20
35 to 44	17
45 to 54	15
55 to 64	13
65 and Older	6
Race <sup>1</sup>	
Nonwhite	25
White	15
Education <sup>1</sup>	
High School or Less	8
Some Post High School	16
College Graduate	19
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	17
Middle 20 Percent Bracket	20
Top 40 Percent Bracket	13
Marital Status	
Married	16
Not Married	14

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Alcohol Use or Abuse as a Top Community Health Issue

### 2018 Findings (Table 73)

- Fourteen percent of respondents reported alcohol use or abuse as one of the top three community health issues.
- Respondents 18 to 34 years old were more likely to report alcohol use or abuse as one of the top health issues (21%) compared to those 65 and older (11%) or respondents 35 to 44 years old (8%).
- Twenty-one percent of respondents with a college education reported alcohol use or abuse compared to 12% of those with some post high school education or 7% of respondents with a high school education or less.
- Eighteen percent of respondents in the top 40 percent household income bracket reported alcohol use or abuse as a top community health issue compared to 13% of those in the middle 20 percent income bracket or 8% of respondents in the bottom 40 percent household income bracket.

**Table 73. Alcohol Use or Abuse as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	14%
Gender	
Male	16
Female	12
Age <sup>1</sup>	
18 to 34	21
35 to 44	8
45 to 54	14
55 to 64	13
65 and Older	11
Race	
Nonwhite	18
White	14
Education <sup>1</sup>	
High School or Less	7
Some Post High School	12
College Graduate	21
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	8
Middle 20 Percent Bracket	13
Top 40 Percent Bracket	18
Marital Status	
Married	15
Not Married	13

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Infectious Diseases as a Top Community Health Issue

### 2018 Findings (Table 74)

- Thirteen percent of respondents reported infectious diseases, such as whooping cough, tuberculosis, or sexually transmitted diseases, as one of the top three community health issues.
- There were no statistically significant differences between demographic variables and responses of reporting infectious diseases as one of the top community health issues.

**Table 74. Infectious Diseases as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	13%
Gender	
Male	12
Female	14
Age	
18 to 34	11
35 to 44	10
45 to 54	12
55 to 64	13
65 and Older	18
Race	
Nonwhite	10
White	13
Education	
High School or Less	14
Some Post High School	12
College Graduate	12
Household Income	
Bottom 40 Percent Bracket	13
Middle 20 Percent Bracket	16
Top 40 Percent Bracket	11
Marital Status	
Married	14
Not Married	11

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Prescription or Over-the-Counter Drug Abuse as a Top Community Health Issue

### 2018 Findings (Table 75)

- Nine percent of respondents reported prescription or over-the-counter drug abuse as one of the top three community health issues.
- Respondents 45 to 54 years old were more likely to report prescription or over-the-counter drug abuse as one of the top health issues (14%) compared to those 18 to 34 years old (7%) or respondents 35 to 44 years old (5%).
- Ten percent of respondents with at least some post high school education reported prescription or over-the-counter drug abuse compared to 5% of respondents with a high school education or less.
- Seventeen percent of respondents in the middle 20 percent household income bracket reported prescription or over-the-counter drug abuse as a top issue compared to 9% of those in the top 40 percent income bracket or 5% of respondents in the bottom 40 percent household income bracket.

**Table 75. Prescription or Over-the Counter Drug Abuse as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	9%
Gender	
Male	9
Female	9
Age <sup>1</sup>	
18 to 34	7
35 to 44	5
45 to 54	14
55 to 64	11
65 and Older	8
Race	
Nonwhite	12
White	9
Education <sup>1</sup>	
High School or Less	5
Some Post High School	10
College Graduate	10
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	5
Middle 20 Percent Bracket	17
Top 40 Percent Bracket	9
Marital Status	
Married	9
Not Married	9

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Affordable Health Care as a Top Community Health Issue

### 2018 Findings (Table 76)

- Eight percent of respondents reported affordable health care as one of the top three community health issues.
- Female respondents were more likely to report affordable health care as one of the top community health issues (10%) compared to male respondents (6%).
- Eleven percent of respondents in the top 40 percent household income bracket reported affordable health care compared to 6% of those in the bottom 40 percent income bracket or 4% of respondents in the middle 20 percent household income bracket.

**Table 76. Affordable Health Care as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	8%
Gender <sup>1</sup>	
Male	6
Female	10
Age	
18 to 34	9
35 to 44	8
45 to 54	10
55 to 64	5
65 and older	5
Race	
Nonwhite	5
White	8
Education	
High School or Less	7
Some Post High School	10
College Graduate	7
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	6
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	11
Marital Status	
Married	9
Not Married	6

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Access to Affordable Healthy Food as a Top Community Health Issue

### 2018 Findings (Table 77)

- Six percent of respondents reported access to affordable healthy food as one of the top three community health issues.
- Respondents 35 to 54 years old were more likely to report access to affordable healthy food as one of the top community health issues (9%) compared to those 55 to 64 years old (4%) or respondents 65 and older (3%).
- Nine percent of respondents with a college education reported access to affordable healthy food compared to 5% of those with some post high school education or 4% of respondents with a high school education or less.
- Ten percent of respondents in the middle 20 percent household income bracket reported access to affordable healthy food as a top health issue compared to 6% of those in the top 40 percent income bracket or 4% of respondents in the bottom 40 percent household income bracket.

**Table 77. Access to Affordable Healthy Food as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	6%
Gender	
Male	5
Female	7
Age <sup>1</sup>	
18 to 34	6
35 to 44	9
45 to 54	9
55 to 64	4
65 and older	3
Race	
Nonwhite	3
White	6
Education <sup>1</sup>	
High School or Less	4
Some Post High School	5
College Graduate	9
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	4
Middle 20 Percent Bracket	10
Top 40 Percent Bracket	6
Marital Status	
Married	7
Not Married	5

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Lack of Physical Activity as a Top Community Health Issue

### 2018 Findings (Table 78)

- Five percent of respondents reported lack of physical activity as one of the top three community health issues.
- Eight percent of respondents with a college education reported lack of physical activity as one of the top community health issues compared to 3% of those with some post high school education or 2% of respondents with a high school education or less.

**Table 78. Lack of Physical Activity as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	5%
Gender	
Male	5
Female	5
Age	
18 to 34	5
35 to 44	9
45 to 54	4
55 to 64	5
65 and older	3
Race	
Nonwhite	5
White	5
Education <sup>1</sup>	
High School or Less	2
Some Post High School	3
College Graduate	8
Household Income	
Bottom 40 Percent Bracket	5
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	6
Marital Status	
Married	5
Not Married	5

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Violence or Crime as a Top Community Health Issue

### 2018 Findings (Table 79)

- Four percent of respondents reported violence or crime as one of the top three community health issues.
- Nine percent of respondents 45 to 54 years old reported violence or crime as one of the top community health issues compared to 2% of those 55 to 64 years old or 1% of respondents 18 to 34 years old.

**Table 79. Violence or Crime as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	4%
Gender	
Male	3
Female	6
Age <sup>1</sup>	
18 to 34	1
35 to 44	5
45 to 54	9
55 to 64	2
65 and Older	6
Race	
Nonwhite	2
White	4
Education	
High School or Less	6
Some Post High School	3
College Graduate	5
Household Income	
Bottom 40 Percent Bracket	4
Middle 20 Percent Bracket	4
Top 40 Percent Bracket	5
Marital Status	
Married	5
Not Married	3

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Tobacco Use as a Top Community Health Issue

### 2018 Findings (Table 80)

- Three percent of respondents reported tobacco use as one of the top three community health issues.
- Five percent of respondents with a college education reported tobacco use as one of the top community health issues compared to 3% of those with a high school education or less or 1% of respondents with some post high school education.

**Table 80. Tobacco Use as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	3%
Gender	
Male	2
Female	4
Age	
18 to 34	4
35 to 44	3
45 to 54	2
55 to 64	2
65 and Older	3
Race	
Nonwhite	7
White	3
Education <sup>1</sup>	
High School or Less	3
Some Post High School	1
College Graduate	5
Household Income	
Bottom 40 Percent Bracket	4
Middle 20 Percent Bracket	1
Top 40 Percent Bracket	4
Marital Status	
Married	3
Not Married	3

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Driving Problems/Aggressive Driving/Drunk Driving as a Top Community Health Issue

### 2018 Findings (Table 81)

- Three percent of respondents reported driving problems/aggressive driving/drunk driving as one of the top three community health issues.

- Male respondents were more likely to report driving problems/aggressive driving/drunken driving as one of the top community health issues (4%) compared to female respondents (1%).
- Six percent of respondents 18 to 34 years old reported driving problems/aggressive driving/drunken driving compared to 2% of those 65 and older or less than one percent of respondents 35 to 54 years old.
- Six percent of respondents with some post high school education reported driving problems/aggressive driving/drunken driving as a top community health issue compared to 2% of those with a college education or 1% of respondents with a high school education or less.
- Eight percent of respondents in the bottom 40 percent household income bracket reported driving problems/aggressive driving/drunken driving compared to 1% of those in the middle 20 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.
- Six percent of unmarried respondents reported driving problems/aggressive driving/drunken driving as one of the top community health issues compared to less than one percent of married respondents.

**Table 81. Driving Problems/Aggressive Driving/Drunken Driving as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>ⓐ,ⓑ</sup>**

	2018
TOTAL	3%
Gender <sup>1</sup>	
Male	4
Female	1
Age <sup>1</sup>	
18 to 34	6
35 to 44	<1
45 to 54	<1
55 to 64	3
65 and older	2
Race	
Nonwhite	0
White	3
Education <sup>1</sup>	
High School or Less	1
Some Post High School	6
College Graduate	2
Household Income <sup>1</sup>	
Bottom 40 Percent Bracket	8
Middle 20 Percent Bracket	1
Top 40 Percent Bracket	<1
Marital Status <sup>1</sup>	
Married	<1
Not Married	6

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Environmental Issues as a Top Community Health Issue

### 2018 Findings (Table 82)

- Three percent of respondents reported environmental issues (air, water, wind turbine, animal waste) as one of the top three community health issues.
- There were no statistically significant differences between demographic variables and responses of reporting environmental issues as one of the top community health issues.

**Table 82. Environmental Issues as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

	2018
TOTAL	3%
Gender	
Male	4
Female	2
Age	
18 to 34	5
35 to 44	2
45 to 54	2
55 to 64	4
65 and Older	2
Race	
Nonwhite	0
White	3
Education	
High School or Less	2
Some Post High School	5
College Graduate	2
Household Income	
Bottom 40 Percent Bracket	3
Middle 20 Percent Bracket	2
Top 40 Percent Bracket	4
Marital Status	
Married	2
Not Married	4

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

**APPENDIX A: QUESTIONNAIRE FREQUENCIES**

TRI-COUNTY (Calumet, Outagamie and Winnebago)

December 7, 2017 through April 26, 2018

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

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

Poor .....	2%
Fair .....	13
Good.....	43
Very good.....	30
Excellent.....	12
Not sure .....	0

2. 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?

0 days.....	60%
1 to 2 days .....	13
3 to 5 days .....	10
6 to 15 days .....	10
16 to 30 days.....	8
Not sure .....	<1

3. 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?

0 days.....	56%
1 to 2 days .....	13
3 to 5 days .....	10
6 to 15 days .....	12
16 to 30 days.....	9
Not sure .....	<1

4. 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? [All Respondents]

0 days.....	74%
1 to 2 days .....	8
3 to 5 days .....	5
6 to 15 days .....	8
16 to 30 days.....	5
Not sure .....	<1

5. Currently, what is your primary source of health care coverage? Is it through...

A plan purchased through an employer or union (includes plans purchased through another person's employer).....	67%
A plan that you or another family member buys on your own.....	8
Medicare.....	18
Medicaid or other state program.....	4
TRICARE (formerly CHAMPUS), VA or Military.....	2
Alaska Native, Indian Health Service, Tribal Health Services.....	0
Some other source.....	<1
None.....	<1
Not sure.....	<1

6. In the past 12 months, have you or anyone in the household not get the medical care needed?

Yes.....	6%	→CONTINUE WITH Q7
No.....	94	→GO TO Q9
Not sure.....	<1	→GO TO Q9

7. Who did not receive the medical care needed? Was it... [71 Respondents]

An adult.....	92%
A child.....	3
Both.....	6
Not sure.....	0

8. Why did they not receive the medical care needed? [71 Respondents; More than 1 response accepted]

Cannot afford to pay.....	33%
Co-payments too high.....	27
Insurance did not cover it.....	18
Poor medical care.....	10
Unable to get appointment.....	7
Other (6% or less).....	15

9. In the past 12 months, did you or someone in your household not get the dental care needed?

Yes.....	8%	→CONTINUE WITH Q10
No.....	91	→GO TO Q12
Not sure.....	<1	→GO TO Q12

10. Who did not receive the dental care needed? Was it... [93 Respondents]

An adult.....	88%
A child.....	4
Both.....	8
Not sure.....	0

11. Why did someone in your household not receive the dental care needed?  
[93 Respondents; More than 1 response accepted]

Uninsured .....	48%
Cannot afford to pay .....	34
Insurance did not cover it .....	10
Unable to get appointment .....	7
Other (6% or less).....	19

12. In the past 12 months, did you or someone in your household not get the mental health care needed?

Yes.....	3%	→ CONTINUE WITH Q13
No .....	97	→ GO TO Q15
Not sure .....	0	→ GO TO Q15

13. Who did not receive the mental health care needed? Was it... [38 Respondents]

An adult .....	89%
A child .....	8
Both .....	3
Not sure .....	0

14. Why did someone in your household not receive the mental health care needed?  
[38 Respondents: Multiple responses accepted]

Cannot afford to pay .....	60%
Insurance did not cover it .....	35
Not enough time .....	16
Unable to get appointment .....	7
Other (6% or less).....	24

15. Do you have a doctor, nurse practitioner, physician assistant or primary care clinic that you think of as your personal doctor or health care provider?

Yes.....	91%
No .....	9
Not sure .....	0

16. An Advance Directive for Health Care is a document that allows you to appoint someone to make health care decisions on your behalf and/or to leave instructions about the kind of health care you want or don't want. This document is used to guide decisions about your health care in the event that you become very ill and cannot decide for yourself. The document is sometimes called a Living Will or Power of Attorney for Health Care. Do you have an advance directive for health care?

Yes.....	45%
No .....	53
Not sure .....	2

17. In the past 12 months, have you had a conversation with family, friends or other persons you trust about your wishes for health care if you were unable to speak for yourself?

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

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

Less than a year ago .....73% → CONTINUE WITH Q19  
 1 to 2 years ago.....18 → CONTINUE WITH Q19  
 3 to 4 years ago..... 3 → GO TO Q21  
 5 or more years ago ..... 6 → GO TO Q21  
 Never .....<1 → GO TO Q21  
 Not sure .....<1 → GO TO Q21

19. Healthcare providers may ask during routine checkups about behaviors like alcohol use, whether you drink or not. We want to know about their questions. Did the health care provider ask you in person or on a form how much you drink? [1,023 Respondents]

Yes.....83% → CONTINUE WITH Q20  
 No .....12 → GO TO Q21  
 Not sure ..... 5 → GO TO Q21

20. Healthcare providers may also advise patients to drink less for various reasons. At your last routine checkup, were you advised to reduce or quit your drinking? [842 Respondents]

Yes..... 5%  
 No .....94  
 Not sure .....<1

21. When was the last time you had a visit to a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

Less than a year ago .....77%  
 1 to 2 years ago.....13  
 3 to 4 years ago..... 3  
 5 or more years ago ..... 7  
 Never ..... 0  
 Not sure .....<1

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

	Yes	No	Not Sure
22. You have high blood pressure?.....	25%	75%	<1%
23. Your blood cholesterol is high?.....	24	76	<1
24. You have heart disease or a heart condition?.....	8	92	<1
25. You have a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression?	21	79	<1

26. You have diabetes (men). You have diabetes not associated with a pregnancy (women)?

Yes.....10% → CONTINUE WITH Q27  
 No .....90 → GO TO Q28  
 Not sure ..... 0 → GO TO Q28

27. How old were you when you were told you have diabetes? [107 Respondents]

1 to 14 years old .....	<1%
15 to 24 years old .....	4
25 to 34 years old .....	14
35 to 44 years old .....	18
45 to 54 years old .....	27
55 to 64 years old .....	19
65 and older .....	14
Not sure .....	4

28. Are you being treated for or been told by a doctor, nurse or other health care provider that you currently have asthma?

Yes.....	9%
No .....	90
Not sure .....	<1

29. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 1 cup of leafy greens.

1 or fewer servings .....	40%
2 servings.....	29
3 or more servings .....	31
Not sure .....	0

30. On an average day, not counting juice, how many servings of fruit do you eat? One serving is ½ cup of cooked or canned fruit, 1 medium piece of fruit or ¼ cup of dried fruit.

1 or fewer servings .....	52%
2 servings.....	30
3 or more servings .....	18
Not sure .....	0

We are interested in two types of physical activity—vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

31. 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, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in breathing or heart rate?

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

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

No moderate activity .....	13%
Less than 5 times/week for 30 minutes or less than 30 minutes each time .....	53
5 times/week for 30 minutes or more .....	33
Not sure .....	<1

34. Now thinking about the vigorous activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
35. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
36. On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No vigorous activity .....51%  
 Less than 3 times/week for 20 minutes  
 or less than 20 minutes each time.....24  
 3 times/week for 20 minutes or more .....25  
 Not sure .....<1

Now I am going to read reasons that some people do not participate in physical activities more. Please let me know if it is a major reason, moderate reason, minor reason or not a reason for you. [616 Respondents Who Did Not Meet Recommended Amount of Physical Activity]

	Not a Reason	Minor Reason	Moderate Reason	Major Reason	Not Sure
37. There is not enough time to exercise....	35%	16%	24%	24%	<1%
38. It is inconvenient to exercise.....	45	25	19	11	<1
39. It is difficult to motivate myself to exercise.....	31	22	24	24	<1
40. Exercise is boring or not enjoyable.....	47	23	19	11	<1
41. I am afraid of getting injured or I was injured recently .....	66	16	8	10	<1
42. I am not confident in being physically active or how to manage progress .....	70	19	7	3	<1
43. I do not have encouragement, support or companionship from family and friends.....	71	17	8	4	<1
44. I do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to my home or office.....	79	10	5	5	<1

45. Is there any other reason that prevents you from participating in physical activities more?
46. What is this other reason that prevents you from physical activity?
47. Is this a major reason, moderate reason, minor reason or not a reason that prevents you from participating in physical activities more?

[To determine if any reasons were inadvertently excluded.]

48. On average, how many hours of sleep do you get in a 24-hour period?

1 to 5 hours .....	10%
6 hours .....	26
7 hours .....	33
8 hours .....	26
9 or more hours.....	6
Not sure .....	<1

49. On average, approximately how many hours a day do you spend in front of a tv, computer, smart phone, tablet or video gaming system for leisure?

1 hour or less .....	25%
2 to 3 hours .....	44
4 to 5 hours .....	18
6 or more hours.....	12
Not sure .....	1

50. During the past week, how many times did all, or most, of your family living in your household eat a meal together? [907 Respondents living with others]

Never .....	6%
1 to 2 times .....	15
3 to 4 times .....	20
5 to 6 times .....	14
7 times .....	16
More than 7 times.....	28
Not sure .....	0

51. During the past 30 days, how often did you drink regular soda or pop that contains sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks?

0 times .....	31%
Few times per month .....	10
1 to 3 times per week.....	25
4 to 6 times per week.....	5
1 time per day .....	19
2 times per day .....	5
3 or more times per day .....	5
Not sure .....	0

52. How often do you get the social and emotional support you need? Would you say...

Always.....	47%
Usually .....	35
Sometimes .....	12
Rarely .....	5
Never .....	1
Not sure .....	<1

53. Now, I am going to ask you about some factors that can affect a person's health. How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent, mortgage or utility bills? Would you say...

Always.....	7%
Usually .....	6
Sometimes .....	17
Rarely .....	26
Never .....	43
Not sure .....	<1

54. Please tell me whether the following statement was often true, sometimes true, or never true for you in the past 12 months. The food that I bought just didn't last, and I didn't have money to get more.

Often true.....	1%
Sometimes true .....	12
Never true .....	87
Not sure .....	<1

55. How safe from crime do you consider your neighborhood to be? Would you say...?

Extremely safe.....	48%
Safe.....	50
Unsafe.....	2
Extremely unsafe.....	<1
Not sure .....	<1

56. Stress means a situation in which a person feels tense, restless, nervous or anxious or unable to sleep at night because his or her mind is troubled all the time. Within the last 30 days, how often have you felt this kind of stress?

None of the time .....	32%
A little of the time .....	34
Some of the time.....	19
Most of the time .....	9
All of the time.....	6
Not sure .....	<1

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

Yes.....	8%
No .....	92
Not sure .....	0

Now I'd like to ask you about alcohol.

58. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

0 days.....30%  
 1 to 8 days .....49  
 9 to 14 days .....10  
 15 to 29 days..... 7  
 30 days..... 5  
 Not sure ..... 0

59. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days you drank, about how many drinks did you drink on the average?

0 drinks .....30%  
 1 to 2 drinks .....46  
 3 to 4 drinks .....16  
 5 or more drinks ..... 8  
 Not sure .....<1

60. Considering all types of alcoholic beverages, how many times during the past 30 days, did you have five or more drinks on an occasion? (MALES) (4 or more drinks FEMALES)

0 times .....75%  
 1 time..... 8  
 2 or more times.....17  
 Not sure .....<1

61. During the past 30 days, were you a driver when you had perhaps too much to drink?

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

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

	Yes	No	Not Sure
62. Drinking alcohol .....	2%	98%	<1%
63. Misuse of prescription drugs or over-the-counter drugs.....	2	98	<1

64. Do you currently use electronic cigarettes also known as e-cigarettes, vaping, NJOY, or Bluetip, every day, some days or not at all?

Every day..... 2%  
 Some days ..... 3  
 Not at all .....95  
 Not sure ..... 0

65. Do you currently use chewing tobacco, snuff, or snus every day, some days or not at all?

Every day.....	1%
Some days .....	2
Not at all.....	96
Not sure .....	0

66. Do you smoke tobacco cigarettes every day, some days or not at all?

Every day.....	9%	CONTINUE WITH Q67
Some days .....	3	CONTINUE WITH Q67
Not at all.....	88	→GO TO Q68
Not sure .....	0	→GO TO Q68

67. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?  
[136 Current Smokers]

Yes.....	48%
No .....	52
Not sure .....	0

68. Does anyone in your household, including yourself, smoke cigarettes, cigars or pipes anywhere inside your home or vehicle?

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

The next questions are about safety and firearms. Some people keep guns for recreational purposes such as hunting or sport shooting. People also keep guns in the home for protection. Please include firearms such as pistols, revolvers, shotguns and rifles; but not BB guns or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

69. Are any firearms now kept in or around your home?

Yes.....	43%
No .....	57
Not sure .....	<1

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

Yes.....	9%
No .....	32
Not sure .....	1
No firearms in the household/no answer .....	58

71. Are any of these loaded firearms also unlocked? [All Respondents]

Yes.....	3%
No .....	6
Not sure .....	0
No firearms in the household/not loaded/no answer .....	91

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

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

18 to 34 years old .....	30%
35 to 44 years old .....	18
45 to 54 years old .....	21
55 to 64 years old .....	15
65 and older .....	16

73. Gender [DERIVED, NOT ASKED]

Male.....	50%
Female .....	50

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

75. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight/obese.....	33%
Overweight .....	32
Obese .....	35

76. Are you Hispanic or Latino?

Yes.....	2%
No .....	98
Not sure .....	<1

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

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

78. In the past year, have you experienced discrimination, bigotry or prejudice due to your race or ethnicity?

[57 Respondents]

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

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

8th grade or less.....	<1%
Some high school .....	2
High school graduate or GED .....	23
Some college .....	18
Technical school graduate .....	15
College graduate.....	26
Advanced or professional degree .....	15
Not sure .....	0

80. How many adults, INCLUDING YOURSELF, live in your household?

1.....	25%
2.....	60
3.....	11
4 or more .....	4

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

Outagamie .....	46%
Winnebago .....	43
Calumet .....	11

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

Appleton city .....	17%
Oshkosh city.....	16
Neenah city.....	9
Kaukauna city.....	6
Grand Chute town .....	5
Menasha town.....	4
Greenville town .....	3
Little Chute village.....	3
Menasha city.....	3
All others (2% or less).....	35

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

54956.....	13%
54130.....	8
54914.....	8
54915.....	8
54901 .....	7
54952.....	7
54902.....	6
54904.....	6
54911.....	5
53014.....	3
54140.....	3
All others (2% or less).....	26

**LANDLINE SAMPLE ONLY [FOR SAMPLING PURPOSES]**

- 84. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
- 85. How many of these telephone numbers are residential numbers?
- 86. Do you have a cell phone that you use mainly for personal use?

**ALL RESPONDENTS**

87. What is your current marital status?

Married .....	55%
Divorced .....	12
Widowed .....	6
Separated .....	<1
Never been married .....	24
A member of an unmarried couple .....	2
Not sure .....	0

88. What is your annual household income from all sources before taxes?

Less than \$10,000.....	2%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	12
\$30,001 to \$40,000.....	8
\$40,001 to \$50,000.....	9
\$50,001 to \$60,000.....	9
\$60,001 to \$75,000.....	9
\$75,001 to \$90,000.....	11
\$90,001 to \$105,000.....	7
\$105,001 to \$120,000.....	7
\$120,001 to \$135,000.....	3
Over \$135,000.....	9
Not sure .....	2
No answer.....	6

The next two questions are about sexual orientation and gender identity.

89. Do you consider yourself to be... INTERVIEWER, IF ASKED WHY: We ask this question in order to better understand the health and health care needs of people with different sexual orientations.

Straight .....	97%
Lesbian or gay .....	1
Bisexual .....	1
Not sure .....	<1

90. Do you consider yourself to be transgender or gender non-conforming? INTERVIEWER, IF ASKED  
 DEFINITION: People describe themselves as transgender when they experience a different gender identity from their sex at birth. For example, a person born into a male body, but who feels female or lives as a woman would be transgender. Some transgender people change their physical appearance so that it matches their internal gender identity. Some transgender people take hormones and some have surgery. A transgender person may be of any sexual orientation-straight, gay, lesbian or bisexual. GENDER NON-CONFORMING DEFINITION: some people think of themselves as gender non-conforming when they do not identify only as a man or only as a woman.

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

91. In the past year, have you experienced discrimination, bigotry or prejudice due to your sexual orientation or gender identity? [36 Respondents]

Yes.....28%  
 No ..... 72  
 Not sure ..... 0

92. How many children under the age of 18 are living in the household?

None .....63% →GO TO Q116  
 One ..... 15 → CONTINUE WITH Q93  
 Two or more .....22 → CONTINUE WITH Q93

For the next questions, we would like to talk about the [RANDOM SELECTED] child.

93. Do you make health care decisions for [HIM/HER]? [411 Respondents]

Yes.....83% → CONTINUE WITH Q94  
 No ..... 17 →GO TO Q116

94. What is the age of the child? [340 Respondents]

12 or younger.....69%  
 13 to 17 years old ..... 31

95. Is this child a boy or girl? [341 Respondents]

Boy .....54%  
 Girl .....45

96. A personal doctor or nurse is a health professional who knows your child well, and is familiar with your child's health history. This can be a general doctor, a pediatrician, a specialist, a nurse practitioner or a physician assistant. Do you have one or more persons you think of as your child's personal doctor or nurse? [341 Respondents]

Yes.....95% → CONTINUE WITH Q97  
 No ..... 5 → GO TO Q98  
 Not sure ..... 0 → GO TO Q98

97. Preventive care visits include things like a well-child check, a routine physical exam, immunizations, lead or other health screening tests. During the past 12 months, did [HE/SHE] visit their personal doctor or nurse for preventive care? [324 Respondents]

Yes.....97%  
 No ..... 3  
 Not sure ..... 0

98. Specialists are doctors like surgeons, heart doctors, allergists, psychiatrists, skin doctors and others who specialize in one area of health care. Was there a time during the past 12 months your child needed to see a specialist but did not? [340 Respondents]

Yes..... 0% → CONTINUE WITH Q99  
 No .....100 → GO TO Q101

99. Why did your child not see a specialist needed? [0 Respondents; Multiple Responses Accepted]

100. What type of specialist was your child directed to see? [0 Respondents]

101. Some new parents are helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother. Between the time of pregnancy and up until the present day, did someone from such a program visit your home? [340 Respondents]

Yes.....12%  
 No .....86  
 Not sure ..... 2

102. When your child was an infant of less than one year old, where did [HE/SHE] usually sleep? [339 Respondents]

Crib or bassinette..... 94%  
 Pack n' Play..... 2  
 Couch or chair ..... 0  
 Swing..... 0  
 Car ..... 0  
 Car seat..... <1  
 Floor ..... 0  
 In bed with you or another person..... 3  
 Not sure ..... <1

103. Does your child have asthma? [341 Respondents]

Yes..... 6% →CONTINUE WITH Q104  
 No .....94 →GO TO Q105  
 Not sure ..... 0 →GO TO Q105

104. Asthma attacks, sometimes called episodes, refer to periods of worsening asthma symptoms that make the child limit his or her activity more than usual, or make you seek medical care. During the past 12 months, has your child had an episode of asthma or an asthma attack? [22 Respondents]

Yes.....41%  
 No .....59

105. Does your child have diabetes? [341 Respondents]

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

106. How safe from crime is your child in your community or neighborhood? [341 Respondents]

Extremely safe.....50%  
Safe.....49  
Unsafe.....<1  
Extremely unsafe.....<1  
Not sure ..... 0

107. During the past 6 months, how often was your child unhappy, sad or depressed? [265 Respondents of Children 4 to 17 years old]

Always.....<1%  
Nearly always..... 6  
Sometimes .....22  
Seldom.....47  
Never .....25  
Not sure ..... 0

108. During the past 12 months, has your child experienced any bullying? [264 Respondents of Children 4 to 17 years old]

Yes.....24% →CONTINUE WITH Q109  
No .....74 →GO TO Q110  
Not sure ..... 2 →GO TO Q110

109. What type of bullying did your child experience? [264 Respondents of Children 4 to 17 years old]

Verbally abused for example spreading mean rumors or kept out of a group.... 21%  
Physically bullied for example, being hit or kicked ..... 7  
Cyber or electronically bullied for example, teased, taunted, humiliated or threatened by email, cell phone, Facebook postings, texts or other electronic methods ..... 3

110. On an average day, not counting juice, how many servings of fruit does your child eat? One serving is ½ cup canned or cooked fruit, 1 medium piece of fruit or ¼ cup dried fruit. [339 Respondents]

1 or fewer servings .....27%  
2 servings.....31  
3 or more servings .....42  
Not sure .....<1

111. On an average day, how many times does your child eat vegetables? One serving is ½ cup cooked or raw vegetables, or 1 cup of raw leafy greens. [341 Respondents]

1 or fewer servings .....40%  
2 servings.....37  
3 or more servings .....23  
Not sure .....<1

112. On average, approximately how many hours a day does your child spend in front of a tv, computer, smart phone, tablet or video gaming system for leisure? [341 Respondents]

1 hour or less .....	42%
2 to 3 hours .....	38
4 to 5 hours .....	14
6 or more hours.....	4
Not sure .....	2

113. During the past 30 days, how often did your child drink regular soda or pop that contains sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks? [335 Respondents]

0 times .....	38%
Few times per month .....	9
1 to 3 times per week.....	34
4 to 6 times per week.....	4
1 time per day .....	10
2 times per day .....	4
3 or more times per day .....	<1
Not sure .....	0

114. During the past seven days, on how many days was your child physically active for a total of at least 60 minutes that caused an increase in their heart rate and made them breathe hard some of the time? [265 Respondents of Children 4 to 17 years old]

0 or 1 day .....	5%	→ CONTINUE WITH Q115
2 through 4 days .....	29	→ CONTINUE WITH Q115
5 or more days .....	63	→ GO TO Q116
Not sure .....	3	→ GO TO Q116

115. Why was your child not physically active for at least 60 minutes on more days? [91 Respondents: Multiple responses accepted]

Weather .....	46%
Likes to play video games or on computer.....	20
Child does not like to be physically active .....	17
School/homework/other activities .....	10
No afterschool activities .....	9
Lack of time.....	8
Sick/ill .....	5
Work.....	5
Prefers to watch TV.....	2
Other.....	3

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

Yes.....	8%
No .....	92
Not sure .....	0

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

Yes.....	4%
No.....	96
Not sure .....	<1

118. Finally, what are the three largest health concerns in Tri-County?

Overweight or obesity .....	22%
Chronic diseases like diabetes or heart disease .....	21
Illegal drug use .....	18
Access to health care (physical, dental or mental care) .....	17
Cancer.....	17
Mental health or depression.....	15
Alcohol use or abuse.....	14
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases .....	13
Prescription or over-the-counter drug abuse.....	9
Affordable health care .....	8
Access to affordable healthy food .....	6
Lack of physical activity.....	5
Violence or crime .....	4
Tobacco use .....	3
Driving problems/aggressive driving/drunken driving.....	3
Environmental issues (air, water, wind turbines, animal waste) ...	3
Aging/aging population .....	2