

FOX VALLEY
COMMUNITY HEALTH
IMPROVEMENT COALITION

Fox Cities

Behavioral Risk Factor Surveillance System Study

2015 Report

THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM IN THE FOX CITIES

2015 KEY FINDINGS SUMMARY

Methodology:

The Behavioral Risk Factor Surveillance System Survey was conducted by the St. Norbert College Strategic Research Institute (SRI) to gather information on the health practices and health related behavioral risks of residents of the cities of Appleton, Neenah, and Menasha, Wisconsin. A total of 400 telephone interviews were completed between November 11, 2014 and January 9, 2015. Respondents were scientifically selected so that the survey would be representative of all the communities' adult population 18-years-old and older. The sample of random telephone numbers, obtained from Survey Sampling International (SSI), Shelton, Connecticut was selected from both listed and unlisted numbers. Respondents within each household were randomly selected using the Trolldahl-Carter household selection technique. Up to eight attempts were made to contact a respondent at each household. The sample also included 25% cell only numbers which were also obtained by random sampling.

With a sample size of 400 we can be 95 percent sure that the sample percentage reported will not vary by more than +/- 5 percent from what would have been obtained by interviewing all persons 18-years-old and older who live within the cities of Appleton, Neenah and Menasha. The margin of error for smaller subgroups will be larger.

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

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

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

The Behavioral Risk Factor Surveillance System Survey was a community collaborative effort paid for by Affinity Health System, ThedaCare and the Appleton, Neenah and Menasha Health Departments.

What do the percentages represent?

Results of the Behavioral Risk Factor Surveillance System Survey of the Fox Cities can be generalized to the overall adult population (persons 18-years-old or older) of Appleton, Neenah and Menasha. In 2010, the U.S. Census Bureau recorded 86,658 adults age 18 or older an increase from 80,778 persons in the three cities who were 18 or older in 2000.

When using percentages from the Fox Cities Behavioral Risk Factor Survey, it is important to keep in mind what each percentage point actually represents in terms of the adult population in the area. One percentage point is approximately equal to at least 867 individuals. For example, 44 percent of survey respondents said they always get the social and emotional support they need, therefore 44 percent of the 2010 adult population represents 38,130 persons.

The 2010 U.S. Census recorded 46,973 households in Appleton, Neenah and Menasha. In some questions asked in the Behavior Risk Survey, respondents were asked to report information about their household. Each percentage point for household-level data represents at least 470 households.

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

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Summary Findings

Fox Cities Behavioral Risk Factor Surveillance System Survey

1. **Overall Health Rating** - Over half (56%) of the residents of Appleton, Neenah and Menasha felt their overall health was either very good or excellent. Just under half of respondents (49%) said that there was no time in the past 30 days that their physical health was not good while 60% indicated they had no days of poor mental health. Furthermore, 48% indicated they were not kept from usual activities by poor physical or mental health during the past 30 days.
2. **Health Care Access** - The majority of respondents have some type of health coverage. However, people are generally seeing doctors less often for annual physicals or checkups. Additionally, up to 7% of respondents indicated they themselves or someone in their household are not taking their medications due to the cost, and 21% are still paying off medical bills over time.
3. **Weight/Diet/Exercise** - Respondent's BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 28% were obese, 36% were overweight, and 36% were neither overweight or obese. Additionally, the plurality of respondents said they eat two servings of vegetables per day and one serving of fruit per day. Seventy-three percent (73%) said they participated in physical activities or exercises during the past month; 87% reported they do moderate exercise in a typical week and 49% reported they do vigorous exercise in a typical week.
4. **Inadequate Sleep** - Twenty-nine percent (29%) of respondents reported sleeping 8 hours or more in a 24-hour period while 7% reported sleeping 5 hours or less within a 24-hour period. The majority (64%) get between 6-7 hours of sleep.
5. **Asthma** - Seventeen percent (17%) of all respondents said they had ever been told they had asthma. Of those who have ever had it, 81% said they still have it. There has also been a trending increase in asthma since 2000.
6. **Depressive Disorder** - Twenty-three percent (23%) of respondents reported ever being told they have a depressive disorder. Females, those with lower incomes, or those not in the workforce have the highest prevalence of a depressive disorder.
7. **Diabetes** - Seven percent (7%) of respondents said a doctor told them they had diabetes. The vast majority, 93%, said they had never been told they had diabetes. As age increases, so does the number of diabetes cases, however as education and income increase, diabetes prevalence decreases.

8. **Oral Health** - The majority (77%) of respondents had been to a dentist within the past year, a 10% decrease from 2005 levels. Additionally, 9% said they had not visited a dentist in at least 5 years.
9. **Tobacco Use** - The majority of respondents (59%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or every day, 70% said they had tried to quit for at least one day in the past year. Ninety-eight (98%) percent reported not using chewing tobacco, snuff, or snus and 95% do not use electronic cigarettes.
10. **Alcohol Consumption** - Seventy-one percent (71%) of respondents reported drinking at least one drink of any alcoholic beverage at least one day in the past 30 days. Eighteen percent (18%) of respondents reported drinking at least one alcoholic beverage 15 or more days per month in the past 30 days. During the past 30 days when respondents drank, 34% reported having an average of one drink while 14% indicated 5 or more drinks.
11. **Immunization** - Less than half (43%) of respondents reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.
12. **Falls** - Seventy-three (73%) percent of respondents reported zero falls in the past 12 months while 15% reported one fall, 6% reported two falls, and 8% reported 3 or more falls. Of those who reported having fallen, 66% reported that their fall had not caused an injury.
13. **Seatbelt Use** - A large percentage (80%) of respondents reported always using their seatbelt while driving or riding in a car.
14. **Drinking and Driving** - The majority of respondents (95%) reported never driving while perhaps having too much to drink while 3% reported driving one time when they've perhaps had too much to drink.
15. **Women's Health Issues** - Eighty-seven percent (87%) of women had breast exams and 93% have had a Pap test. Additionally, 90% of women age 40 and over had a mammogram.
16. **Colorectal Cancer Screening** - A large percentage of respondents (69%) have never used a blood stool home testing kit while more respondents (75%) have had a colonoscopy/sigmoidoscopy.
17. **Alcohol Screening & Brief Intervention (ASBI)** - A majority (68%) of respondents reported that a health care provider did ask them how much the drink while only 5% reported being advised to reduce or quit drinking at their last routine checkup.
18. **Social Context** - In the past 12 months, 11% of respondents were always or usually worried about having enough money to pay their rent/mortgage while 9% reported being always or usually worried about having enough money to buy nutritious meals. Over 50% reported never being worried about having enough money or rent/mortgage or for nutritious meals.

19. **Hypertension and Cholesterol Awareness** - Twenty-five percent (25%) of respondents said they had high blood pressure, while 33% of those who had ever had their cholesterol checked said they had high cholesterol.
20. **Emotional Support** - Slightly under half of respondents (44%) feel they always receive the social and emotional support they need.
21. **Screen Time** - The majority of respondents (53%) spend 2-3 hours in front of an electronic screen at home or for leisure per day.
22. **Sugar Drinks** - The majority of respondents drank soda with sugar over the past 30 days (54%), however concerning sugared fruit drinks, tea, and energy drinks, the majority (65%) never had any.
23. **Family Dining** - Thirty-one percent (31%) of respondents reported eating a household meal together 7 or more times in the past week while only 3% said they never ate a meal together.

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

Demographics

- ◆ Twelve percent (12%) of respondents were age 18-24, 20% were age 25-34, 17% were age 35-44, 20% were age 45-54, 15% were age 55-64, and 16% were 65 years old and older.
- ◆ Ninety-six percent (96%) of respondents reported their ethnic heritage as white, 1% reported being Asian, Pacific Islander, and 1% reported being American Indian, Alaska Native. No respondent reported their ethnic heritage as black. Two percent (2%) of respondents in addition to classifying their ethnic heritage also indicated being Hispanic/Latino.
- ◆ Almost half (49%) of respondents reported being married, 14% divorced, 7% widowed, 1% separated, 27% never been married, and 3% identified as a member of an unmarried couple.
- ◆ No respondent reported their highest grade or year of education completed as grades 1-8 or kindergarten/never attended. Six percent (6%) reported grades 9-11, 22% grade 12 or GED, 31% reported college 1-3 years, and 41% reported college 4 years or more. Education categories were then collapsed to better assess statistically significant differences. Please see Figures 1 and 2 below.

Figure 1 – Education Categories

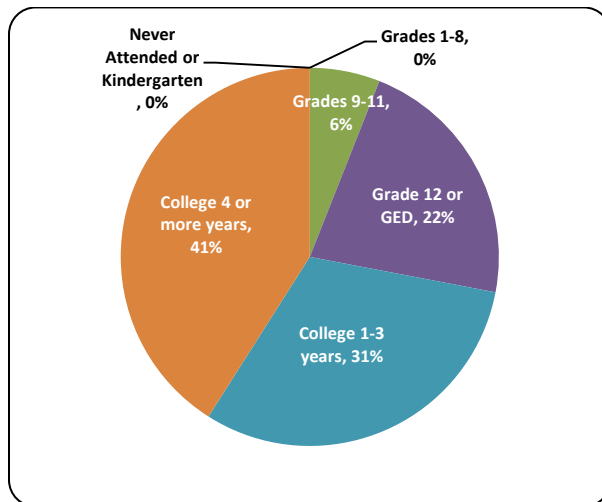
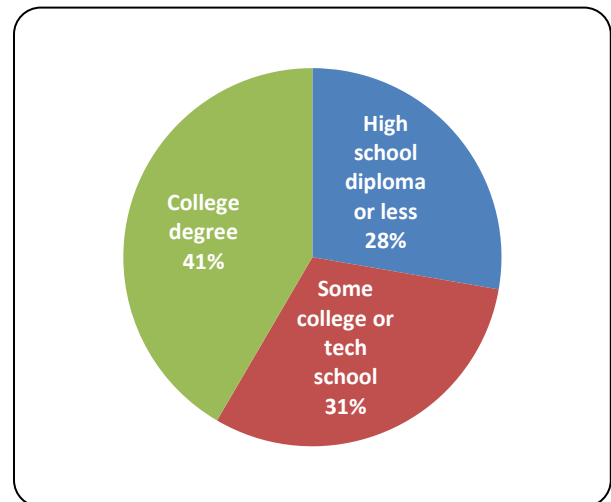


Figure 2 – Education Recoded



- ◆ Fifty-two percent (52%) of respondents reported being employed for wages, 17% reported retired, 11% reported being a student, 7% reported being unable to work, 6% reported being self-employed, 4% are a homemaker, 2% reported being out of work for less than one year, and 1% reported being out of work for more than 1 year. No respondent reported being a farmer. Employment categories were later collapsed to better assess statistically significant differences. Please see Figures 3 and 4 below.

Figure 3 – Employment Status

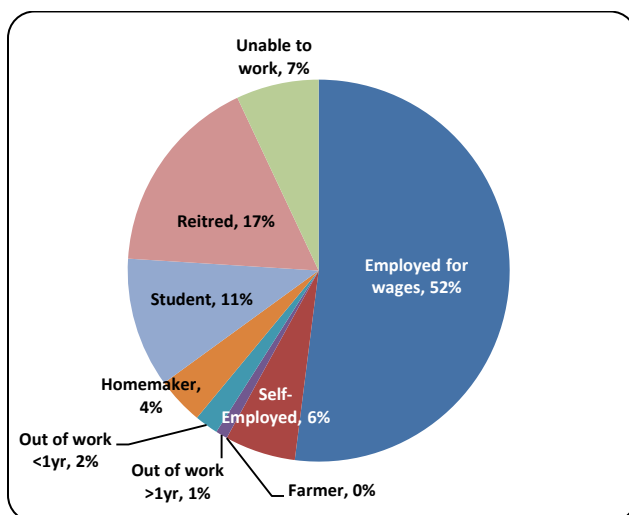
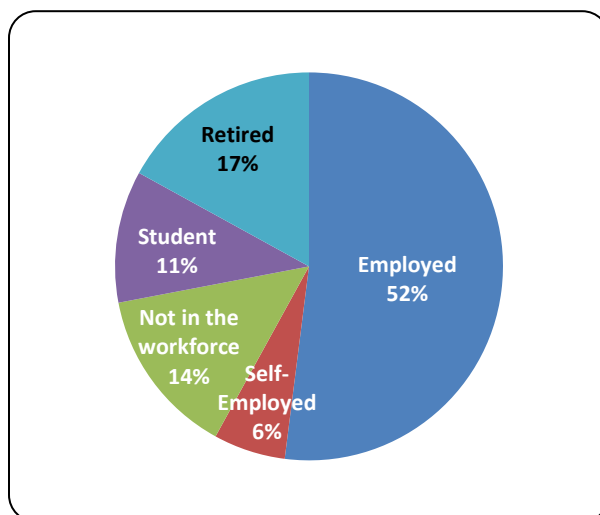
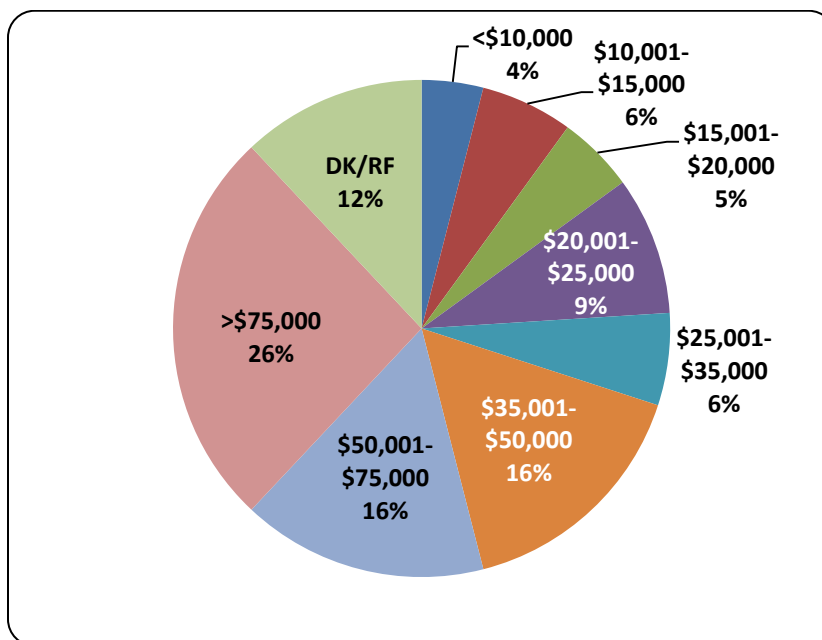


Figure 4 – Employment Recoded



- ◆ Four percent (4%) of respondents reported an annual household income of less than \$10,000, 6% reported \$10,001 to \$15,000, 5% reported \$15,001 to \$20,000, 9% reported \$20,001 to \$25,000, 6% reported \$25,001 to \$35,000, 16% each reported \$35,001 to \$50,000 and \$50,001 to \$75,000, 26% reported \$75,001 or more, and 12% reported don't know/not sure or refused to state income. Please see Figure 5 below.

Figure 5 – Annual Household Income



- ◆ Sixty percent (60%) of respondents reported not having any children under the age of 18 currently living in their household. Thirty-two percent (32%) reported 1-

2 children, 8% reported 3-4 children, and 1% reported 5 or more children less than 18 years of age currently living in their household.

- ◆ Sixty-five percent (65%) of respondents reported living in Appleton, 25% in Neenah, and 11% in Menasha.
- ◆ Forty-nine percent (49%) of the respondent population was male and 51% was female.

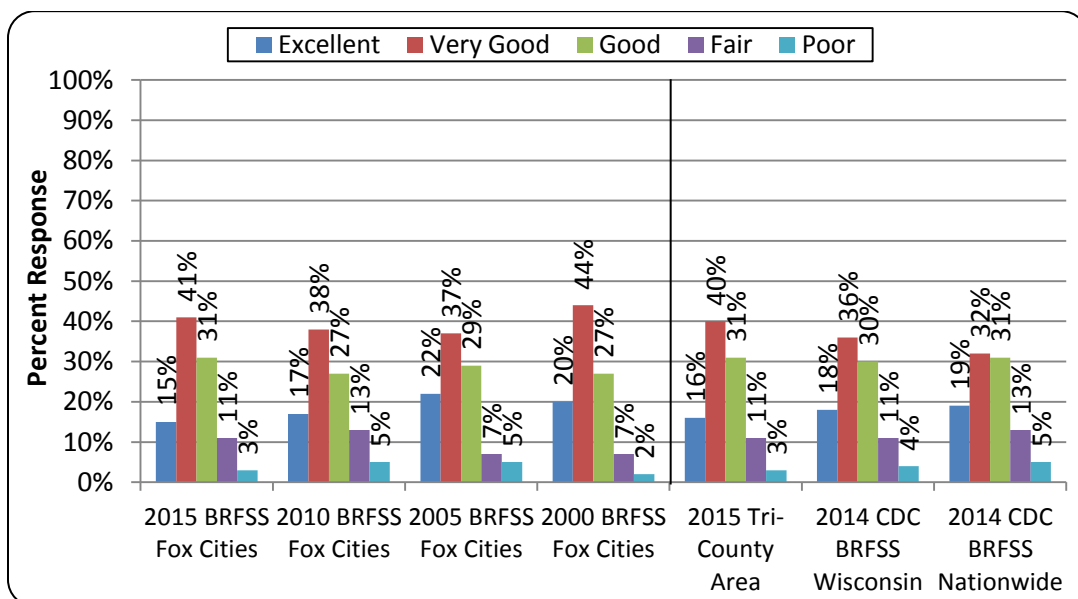
Overall Health Rating

Key Finding #1 *Over half (56%) of the residents of Appleton, Neenah and Menasha felt their overall health was either very good or excellent. Just under half of respondents (49%) said that there was no time in the past 30 days that their physical health was not good while 60% indicated they had no days of poor mental health. Furthermore, 48% indicated they were not kept from usual activities by poor physical or mental health during the past 30 days.*

Overall Ratings

- ◆ Over half (56%) of respondents felt their overall general health was either very good or excellent, this is up just 1% from the 55% indicating the same in 2010. Only 3% responded that it was poor in 2015, which is down 2% from 2010. Please see Figure 6 below.

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



- ◆ The majority or plurality of all respondents 18 years old and older reported their general health as very good (35% to 56%) except for those age 25-34 in which the majority reported their general health as only good (51%). In general, those who are younger ranked their general health as better than those who are older.
- ◆ Respondents with higher education statuses reported better levels of general health than those with lower education. Almost 70% of respondents with a college degree reported their general health as excellent or very good compared to 53% of respondents with some college or tech school and only 38% of respondents with a high school diploma or less.
- ◆ No respondent with an annual household income of \$15,000 or less reported their general health as excellent while 22% who make \$50,001 to \$75,000 or \$75,001 and over per year reported their general health as excellent. In general, as total household income levels increase, so does the rating of overall general health. Fifty-nine percent (59%) of respondents making \$75,001 or more reported their general health as very good compared to only 6% making less than \$10,000. The plurality of respondents making \$10,000 or less reported their general health as good (44%). Please see Table 1 below.

Table 1 – Income by General Health Status

Health Status	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Excellent	0%	0%	6%	8%	12%	14%	22%	22%
Very Good	6	33	33	25	36	41	40	59
Good	44	29	33	47	32	36	33	11
Fair	31	33	11	14	12	8	5	8
Poor	19	4	17	6	8	2	0	0

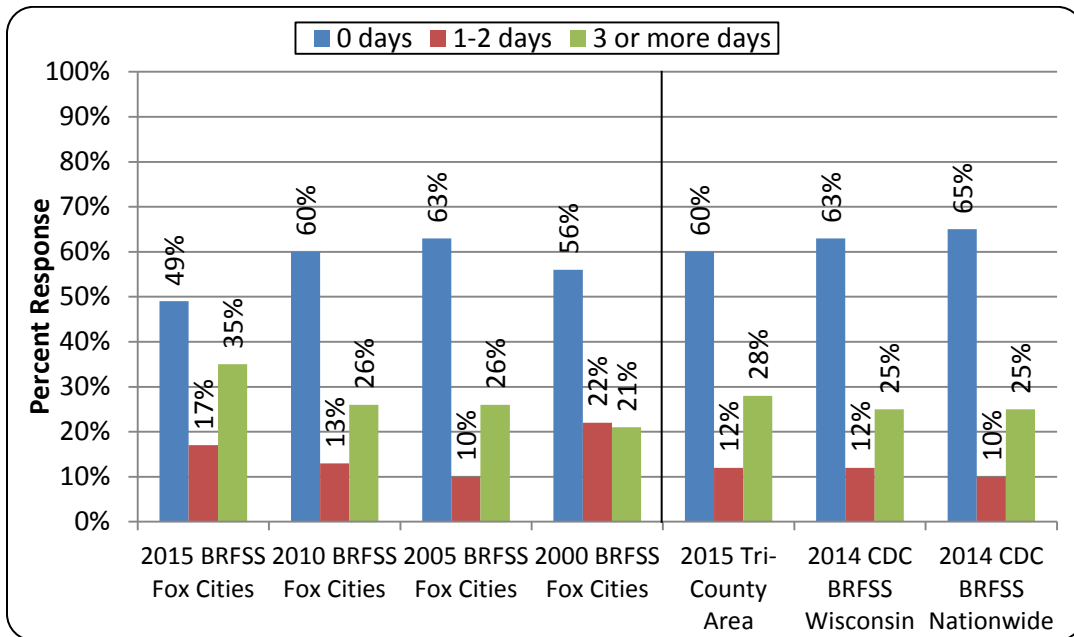
- ◆ The majority or plurality of respondents who are employed (41%), a student (55%), or retired (37%) reported their overall general health as very good. The majority of respondents who are self-employed (52%) reported their general health as good while the plurality who are not in the workforce also reported their general health as good. Those not in the workforce had the highest percentage who reported their general health as being poor (12%) while no respondent who is self-employed or a student reported their general health as poor.
- ◆ Having children less than 18 years old currently living in the household of the respondent had a statistically significant impact on their overall general health. Most respondents with kids (47%) and without kids (36%) reported their general health as very good. A larger percentage of respondents without kids reported their general health as fair (16%) or poor (4%) compared with respondents who do have children under 18 years old living in their household (3% fair; 1% poor).

Physically Unhealthy Days

- ◆ Although 11% lower than 2010, almost half (49%) of respondents in 2015 said that there was no time in the past 30 days that their physical health (including

physical illness and injury) was not good. Seventeen percent (17%) reported their physical health as not good 1-2 days during the past 30 days and 35% reported 3 days or more (a 9% increase from 2010). Please see Figure 7 below.

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



- ◆ Interestingly, there is a general increase in the number of respondents reporting no physically unhealthy days in the past 30 days as age increases. One-third (33%) of respondents 18-24 reported 0 days while 64% of respondents 65 and over reported 0 days. Respondents age 35-44 had the greatest percentage of having 3 or more physically unhealthy days within the past 30 days (44%). Please see Table 2 below.

Table 2 – Age by Number of Physically Unhealthy Days

Number of Days	18-24	25-34	35-44	45-54	55-64	65 and over
0 days	33%	38%	43%	54%	61%	64%
1-2 days	31	27	13	15	7	8
3 or more days	35	35	44	31	33	28

- ◆ Forty-two percent (42%) of respondents with a high school diploma or less reported 0 unhealthy days compared to 52% with a college degree. Those with a high school diploma or less had the greatest percentage of having 3 or more physically unhealthy days (46%).
- ◆ In general, as total household income increases, so did the percentage of respondents who reported having no physically unhealthy days within the past 30 days. This trend went from 12% who make less than \$10,000 per year to 68%

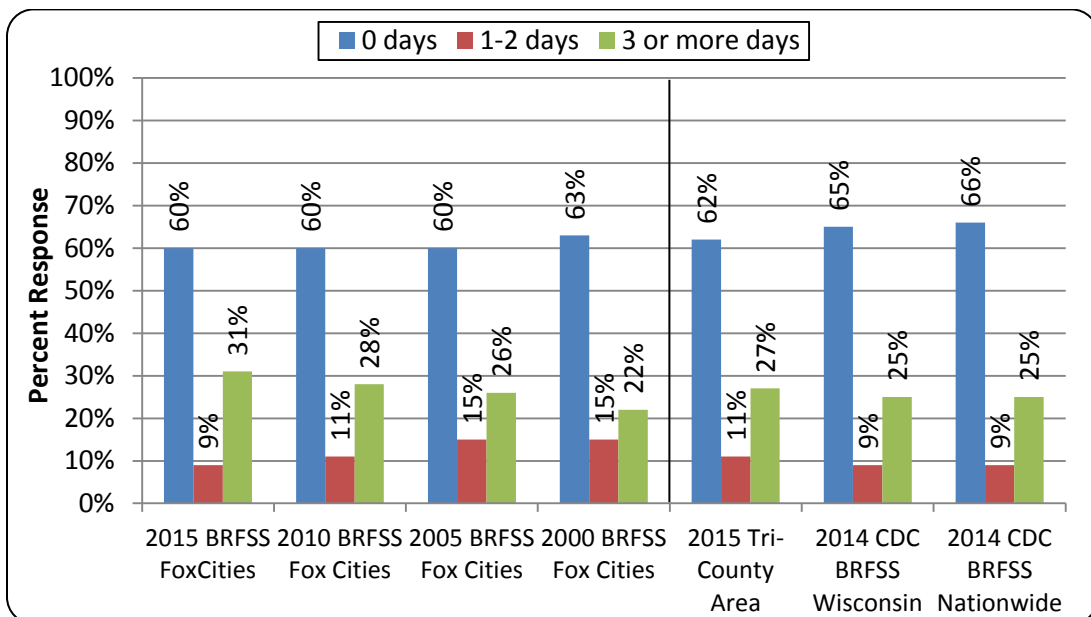
who make \$75,001 or more per year. The income category that doesn't follow this trend include those making \$10,001 to \$15,000, in which 54% reported no physically unhealthy days in the past 30 days. Respondents making less than \$10,000 had the highest percentage of 3 or more physically unhealthy days at 88%.

- ◆ Over half of respondents who are retired (65%) or a student (55%) reported no physically unhealthy days within the past 30 days. Close to half of respondents who are employed (48%) and self-employed (44%) reported no physically unhealthy days while only 30% of those not in the workforce reported no physically unhealthy days. Those who are self-employed had the highest percentage of respondents who reported 3 or more physically unhealthy days at 57%.

Mentally Unhealthy Days

- ◆ When asked how many days respondents felt stress, depression, or problems with emotions, 60% of respondents said they did NOT suffer from this during the last 30 days (the same in both 2010 and 2005), though 9% said they did for 1 or 2 days (down from 11% in 2010). There was an increase in the number of respondents indicating poor mental health 3 or more days between 2010 and 2015. Please see Figure 8 below.

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



- ◆ Even though age was statistically significant, no general pattern emerged. Respondents age 18-24 had the lowest percentage (27%) of having no mentally unhealthy days within the past 30 days and the highest (48%) for having 3 or

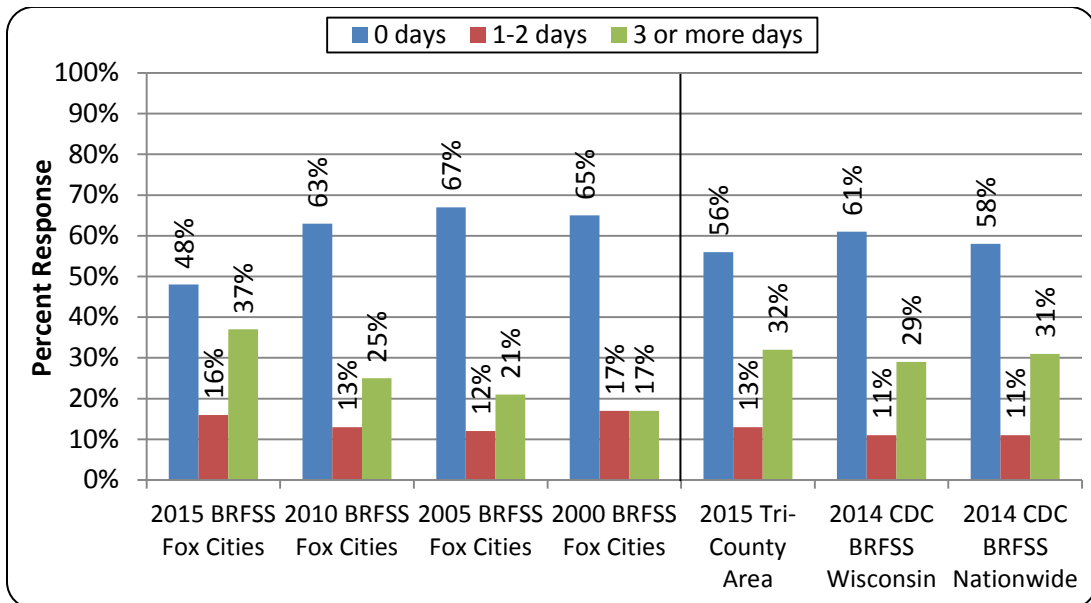
more mentally unhealthy days. Respondents 65 and over had the highest percentage (78%) of having no mentally unhealthy days. Respondents age 25-64 fell between the range of 54% and 68% in terms of having no mentally unhealthy days.

- ◆ The majority or plurality of respondents with a high school diploma or less (58%), some college or tech school (46%) and a college degree (71%) all reported no mentally unhealthy days within the past 30 days. Respondents with a high school diploma or less had the highest percentage of respondents in the 3 or more unhealthy mental day's category (41%).
- ◆ There is no general trend for respondents making more than \$10,001 or more per year for no mentally unhealthy days. All total household income categories above \$10,001 had a response rate between 55% and 68% except for those in the \$20,001 to \$35,000 category, which had a response rate of 49%.
- ◆ When analyzing employment by number of mentally unhealthy days, it was found that respondents who are self-employed had the highest percentage of respondents reporting 0 mentally unhealthy days within the past 30 days (78%), followed closely by those who are retired (76%) and those who are employed (66%). Respondents not in the workforce (33%) and students (29%) had the lowest response rates in terms of having 0 unhealthy days and the highest in the 3 or more unhealthy days category (54% for not in the workforce and 36% for students).

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

- ◆ A smaller percentage of respondents in 2015 (48%) had indicated they had NO physical or emotional health problems during the last 30 days which kept them from their normal activities compared to 2010 (63%). A larger percentage of respondents in 2015 (37%) had indicated they had 3 or more days during the last 30 days in which physical or emotional problems kept them from their normal activities compared to 2010 (25%). Those reporting 1-2 days stayed about the same from 2010 (13%) to 2015 (16%). Please see Figure 9 below.

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



- ◆ A little over half of respondents ages 18-24 (56%), 35-44 (55%), and 55-64 (53%) reported no days in which poor physical or mental health during the past 30 days kept them from doing their usual activities. Sixty-three percent (63%) of respondents 65 and older reported zero days while only 29% age 25-34 and 39% age 45-54 reported zero days. Respondents age 45-54 had the highest percentage who reported 3 or more days (46%).
- ◆ Sixty-two percent (62%) of respondents with some college or tech school reported no days in which poor physical or mental health kept them from doing their usual activities during the past 30 days. Lower percentages were reported from respondents with a high school diploma or less (39%) and respondents with a college degree (40%). Fifty-seven percent (57%) of respondents with a high school diploma or less reported 3 or more days.
- ◆ The majority or plurality of respondents with an annual household income of \$15,001 to \$20,000, \$25,001 to \$50,000, and \$75,001 or more reported zero days while the majority of respondents making \$10,001 to \$15,000 and \$20,001 to \$25,000 reported 3 or more days being kept from activities due to health.
- ◆ Overall, the majority of respondents who are self-employed (73%), a student (63%), or retired (59%) and the plurality of respondents who are employed (43%) reported zero days in which poor physical or mental health kept them from doing their usual activities. The majority of respondents not in the workforce (61%) reported 3 or more days in the past 30 days.
- ◆ More males (56%) than females (40%) reported zero days in terms of poor mental or physical health keeping them from doing their usual activities during the past 30 days.

- ◆ Having children in the household under age 18 had an impact on how many days the respondent's poor physical or mental health kept them from doing their usual activities. Fifty-four percent (54%) of respondents without children reported zero days compared to 38% of respondents who do have children living with them under the age of 18 years old. More respondents with kids (40%) than without kids (34%) reported 3 or more days in which their poor physical or mental health kept them from doing their usual activities.

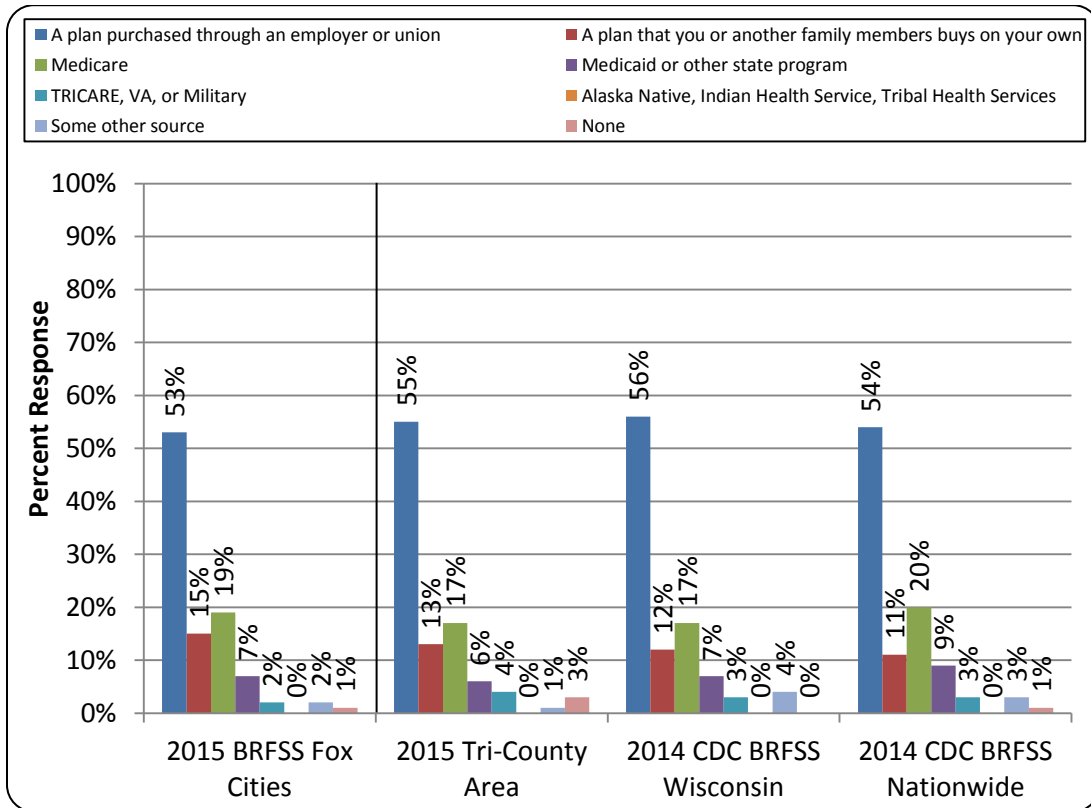
Health Care Access

Key Finding #2 *The majority of respondents have some type of health coverage. However, people are generally seeing doctors less often for annual physicals or checkups. Additionally, up to 7% of respondents indicated they themselves or someone in their household are not taking their medications due to the cost, and 21% are still paying off medical bills over time.*

Primary Source of Health Care Coverage

- ◆ Over half (53%) of respondents in 2015 reported their primary source of health care coverage as a plan purchased through an employer or union while another 19% reported Medicare as their primary source of health care coverage. Fifteen percent (15%) reported a plan that they or another family member buys on their own, 7% reported Medicaid or other state program, 2% each reported TRICARE, VA, or Military and some other source. One percent (1%) reported not having health care coverage. Please see Figure 10 below.

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



- ◆ The majority of respondents age 25-64 (59% to 81%) reported their primary source of health care coverage to be a plan purchased through an employer or union. The plurality of respondents age 18-24 (44%) reported their primary source of health care coverage to be a plan that you or a family member buys on their own and the majority of respondents 65 and over (89%) reported Medicare as their primary source of health care coverage.
- ◆ As total household income increased, the percentage of respondents who reported their primary source of health care coverage to be a plan purchased through an employer or union also increased; 83% with a total household income of \$75,001 or more had a plan purchased through an employer or union. The plurality or majority of respondents who make between \$10,001 and \$35,000 have Medicare.
- ◆ A large percentage (82%) of respondents who are employed have their health care coverage purchased through an employer or union. The majority (76%) of those retired and the plurality of those not in the workforce (27%) have Medicare. The plurality of those self-employed have a split between a plan purchased through an employer or union (39%) and a plan that you or a family member buys on their own (39%) while the plurality of students (31%) reported a plan purchased through an employer or union. Please see Table 3 below.

Table 3 – Employment Status by Primary Source of Health Care Coverage

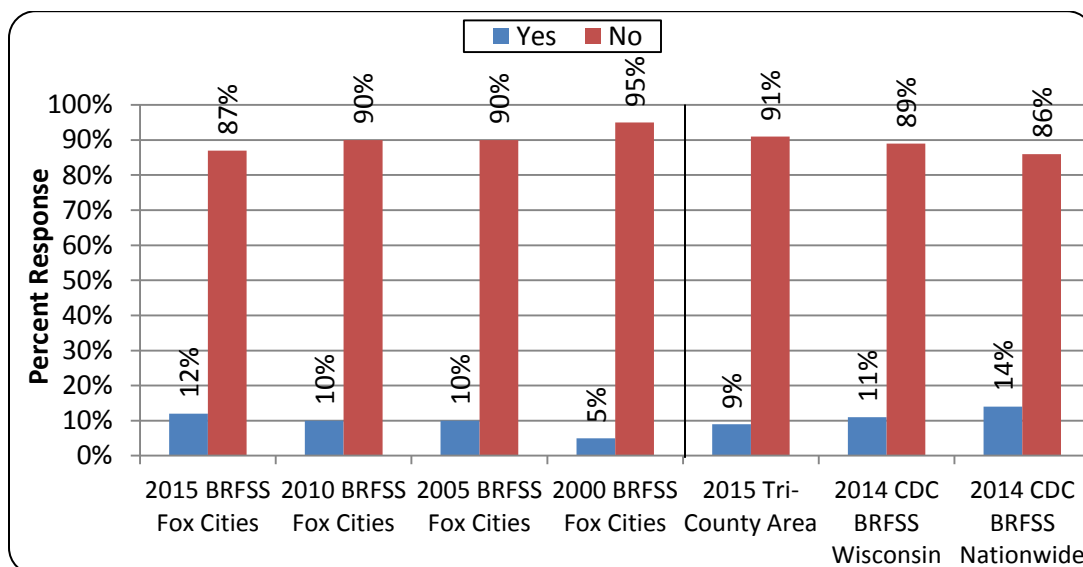
Insurance Type	Employed	Self-employed	Not in the workforce	Student	Retired
A plan purchased through an employer or union	82%	39%	23%	31%	8%
A plan that you or a family member buys on your own	12	39	11	27	11
Medicare	2	4	27	9	76
Medicaid or other state program like Badgercare	2	9	21	16	2
Tricare, VA, or military	0	9	4	7	3
Alaska Native, Indian Health Service, Tribal Health Services	0	0	0	4	0
Some other source	1	0	7	7	1
None, we don't have coverage	1	0	7	0	0

- ◆ The majority of both males (52%) and females (54%) reported their primary source of health care coverage to be a plan purchased through an employer or union.
- ◆ When comparing having children in the household under 18 years old and the respondents primary source of health care coverage, it was found that most respondents with (67%) or without children (44%) had a plan purchased through an employer or union. The next highest category for respondents without children living with them was Medicare (30%) or a plan that they or a family member buys on their own for respondents with children (15%).

Doctor's Cost

- ◆ Interestingly, even with a high percentage of coverage, in 2015, 12% of respondents said there was at least one time in the past 12 months when they did not go to the doctor when needed because they could not afford the cost, which was slightly higher than the 10% of respondents in 2010 and 2005. Please see Figure 11 below.

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



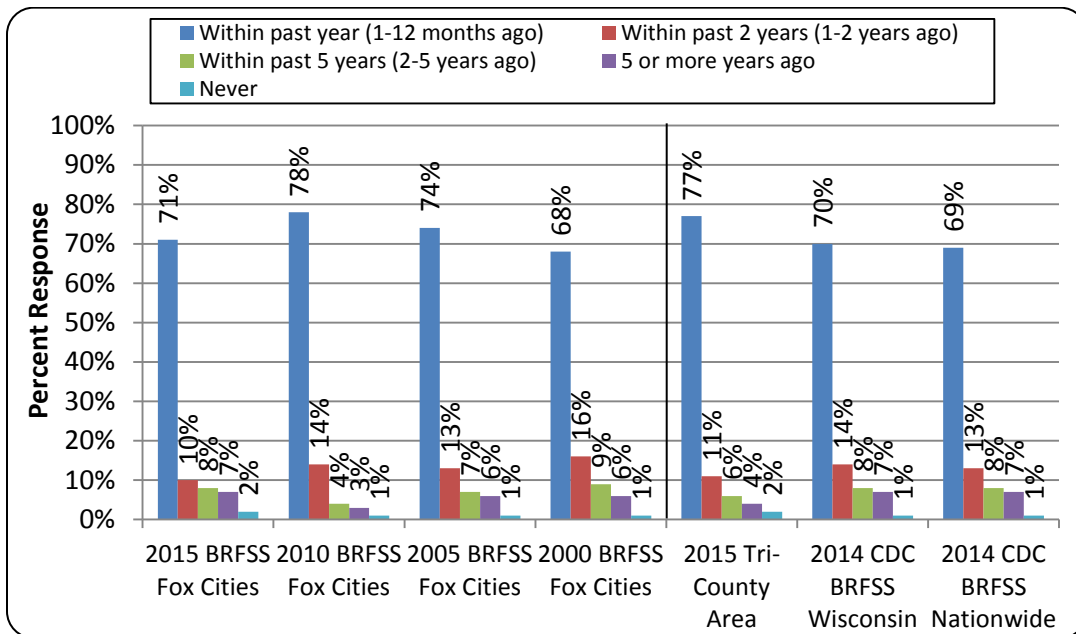
- ◆ The majority of respondents from all age categories reported no, there was not a time in the past 12 months when they needed to see a doctor but couldn't because of the cost. The highest percentage reporting yes was those age 25-34 at 20%.
- ◆ When analyzing total household income with this question, those making \$10,001 to \$15,000 had the highest percentage who reported yes there was a time in the past 12 months when they needed to see a doctor but couldn't because of the cost at 35%. The next highest was those with an annual household income of \$25,001 to \$35,000 at 25% followed by those making \$35,001 to \$50,000 at 19%. All other income categories garnered 13% or less in terms of not seeing a doctor in the past 12 months because of cost.
- ◆ Twenty-six percent (26%) of respondents who are self-employed reported not going to a doctor in the past 12 months when it was needed because of the cost followed by 21% who are not in the workforce. Eleven percent (11%) or less was garnered for those who are employed (11%), a student (11%) or respondents who are retired (5%).
- ◆ More females (16%) than males (9%) reported that there was a time in the past 12 months when they needed to see a doctor but could not because of cost.
- ◆ When analyzing a respondent's primary source of health care coverage by whether or not the respondent had not gone to a doctor in the past 12 months when needed because of cost, a significant difference was found. Sixty percent (60%) of respondents who don't have health care coverage reported not seeing a doctor when needed in the past 12 months because of cost. The same was true for 18% who have a plan they or a family member buys on their own, 15% who have Medicare, 11% who have Tricare, VA, or military, 11% who have some other source of health care coverage, 10% who have a plan purchased through

an employer or union, and 8% who have Medicaid or some other state program such as Badgercare.

Last Routine Checkup

- ◆ As seen in the Figure 12 below, a smaller number of respondents have seen the doctor within the past year for a routine physical or checkup in 2015 than in 2010. There had been a steady increase since 2001 such that 68% in 2001 had seen a doctor for a physical within the past year compared to 78% in 2010, a 10% increase. This then decreased by 7% to 71% in 2015. Please see Figure 12 below.

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



- ◆ The majority of respondents from all age categories except those age 25-34 reported having their last routine checkup within the past year (between 69% and 89%). Almost half (49%) of respondents age 25-34 reported their last routine checkup as being within the past year, 15% reported within the past 2 years, 16% reported within the past 5 years, and 19% reported 5 or more years ago.
- ◆ Sixty-one percent (61%) of those with a high school diploma or less, 73% with a college degree, and 81% with some college or tech school having their last routine checkup within the past year.
- ◆ All income categories, besides those making \$10,001 to \$15,000, are in the 70% range in terms of having their last routine checkup within the past year. Respondents with an annual household income of \$10,001 to \$15,000 have a 58% response rate in terms of having their last routine checkup within the past year.

- ◆ Eighty percent (80%) or above of respondents not in the workforce, a student, or retired reported their last routine checkup to be within the past year. There was a plurality split (36% each) for respondents who are self-employed between within the past year and within the past 2 years. Sixty-six percent (66%) of respondents who are employed reported having their last routine checkup within the past year while 11% each reported within the past 2 years and 5 or more years ago.
- ◆ More females (82%) than males (63%) reported having their last routine checkup within the past year. No females reported never having a routine checkup while 4% of males reported never having a routine checkup. Please see Table 4 below.

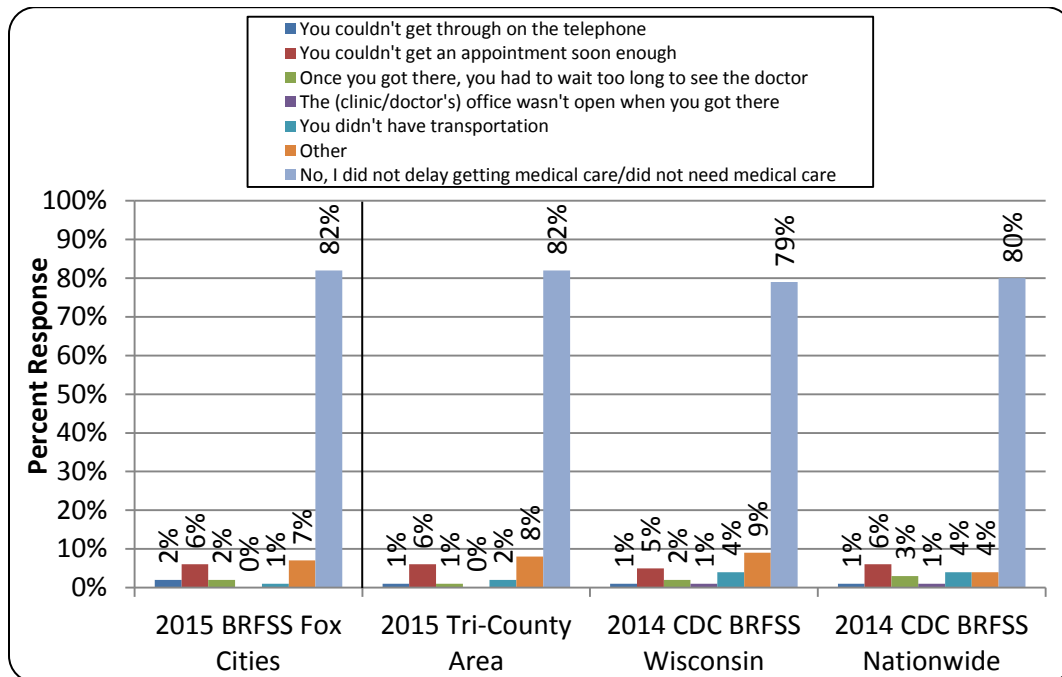
Table 4 – Gender by Last Routine Checkup

Length of Time	Male	Female
Within past year (1-12 months)	63%	82%
Within past 2 years (1-2 years)	14	8
Within past 5 years (2-5 years)	10	5
5 or more years ago	10	6
Never	4	0

Reasons Other than Cost for Delay of Medical Care

- ◆ Other than cost, respondents provided other reasons why they delayed getting the medical care they needed. Overall, a large percentage (82%) reported they did NOT delay getting medical care or did not need medical care in the past 12 months. However, 6% reported a delay because they couldn't get an appointment soon enough, 2% each reported they couldn't get through on the telephone or once they got there, they had to wait too long to see a doctor, 1% reported not having transportation, and 7% said other various reasons. Please see Figure 13 below.

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

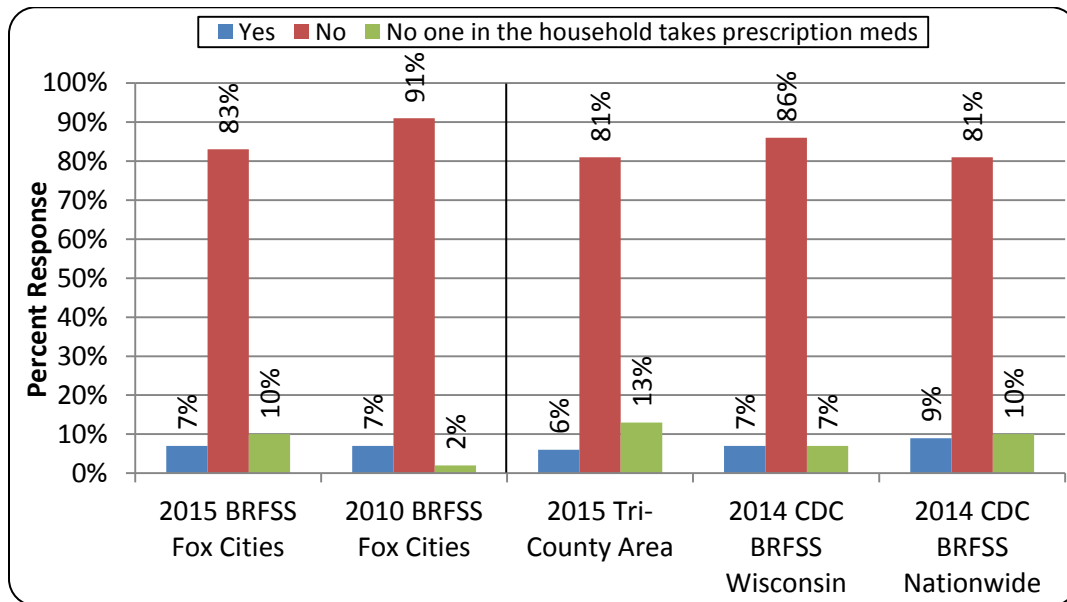


- ◆ The majority of all respondents in all age categories reported not delaying getting medical care or did not need medical care in the past 12 months. Thirteen percent (13%) of those age 25-34 reported a delay because they couldn't get an appointment soon enough. All other age categories and response options garnered 8% or less.
- ◆ Nine percent (9%) of respondents with a college degree reported a delay in medical care because they couldn't get an appointment soon enough. The majority of those with a high school diploma or less (74%), some college or tech school (89%), and a college degree (83%) reported they did not delay getting medical care or did not need medical care in the past 12 months. All other response categories and education statuses garnered 5% or less in terms of delaying getting medical care for any reason other than cost.
- ◆ Respondents with an annual household income of less than \$10,000 had the highest percentage in terms of delaying to get medical care. Nineteen percent (19%) of those making less than \$10,000 reported delaying medical care because they couldn't get through on the telephone and another 25% reported a delay because they couldn't get an appointment soon enough. Three quarters (75%) or more of respondents making more than \$10,001 reported not delaying getting medical care or not needing medical care.
- ◆ More males (87%) than females (77%) reported they did not delay getting medical care or did not need medical care in the past 12 months. Nine percent (9%) of women reported a delay because they couldn't get an appointment soon enough while all other categories for both genders garnered 3% or less.

Medication Cost

- ◆ Ninety-three percent (93%) of respondents had no issue or did not need medication during the past 12 months. Seven percent (7%) reported not taking their medication in the past 12 months as prescribed because of the cost (same as 2010). Please see Figure 14 below.

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

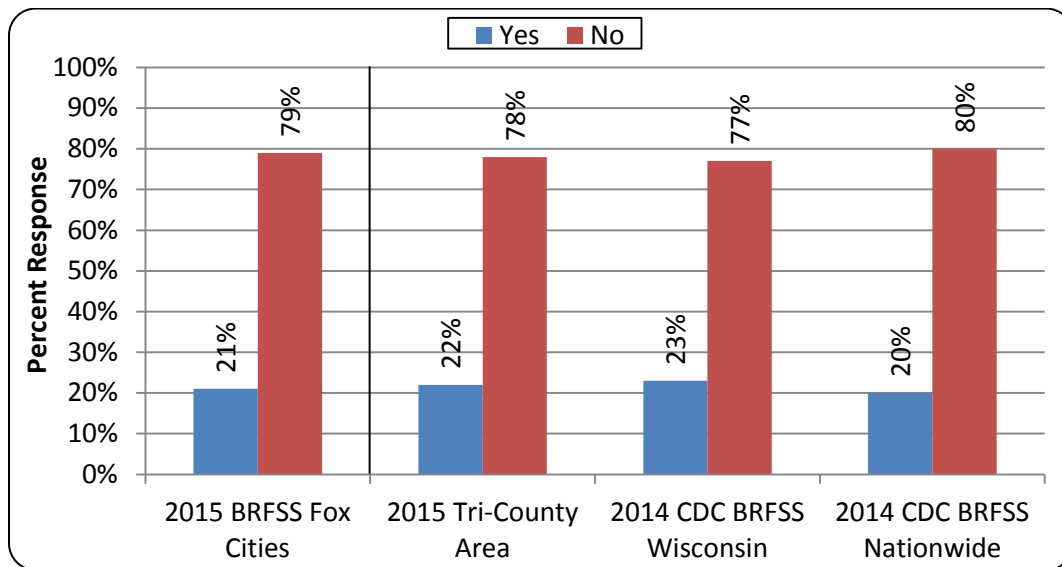


- ◆ The majority of respondents age 18 or older have not delayed taking their medication as prescribed because of cost. Of those who did not take their medication as prescribed because of cost, 9% were 25-34, 4% were 35-44, 10% were 45-54, 12% were 55-64, and 6% were age 65 and over.
- ◆ Nine percent (9%) of respondents with a high school diploma, 8% with a college degree, and 3% with some college or tech school have not taken their medication as prescribed at some point in the past 12 months because of cost.
- ◆ A response rate of 16% or below was observed for all household income levels who reported not taking their medication as prescribed because of cost with those making \$35,001 to \$50,000 at 16%.
- ◆ More females (10%) than males (4%) reported not taking their medication as prescribed in the past 12 months because of cost.

Health Care Bills Being Paid Off Over Time

- ◆ Twenty-one percent (21%) of respondents reported they currently have health care bills being paid off over time while 79% said they do not. Please see Figure 15 below.

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



- ◆ Currently, between 21% and 31% of respondent's age 25-64 have bills being paid off over time. Only 14% of respondents 18-24 and 8% of respondents 65 and over currently have bills being paid off over time.
- ◆ Eleven percent (11%) of respondents with a college degree currently have bills being paid off over time. This is less than those with a high school diploma or less (27%) and those with some college or tech school (30%).
- ◆ The majority of respondents across all total household income levels currently do not have medical bill being paid off over time. Of those who do have bills being paid off over time, those with an annual household income of \$20,001 to \$25,000 have the highest percentage at 43%, followed by those making \$35,001 to \$50,000 and \$50,001 to \$75,000, each of which are at 30%.
- ◆ Thirty-nine percent (39%) of respondents who are not in the workforce said they currently have health care bills being paid off over time. This percentage then decreases to 23% for those who are employed, 21% who are self-employed, 9% who are retired, and 8% who are students.
- ◆ Having children under the age of 18 in the household was also statistically significant with currently having bills being paid off over time. More respondents with children under the age of 18 years old living with them (26%) reported having health care bills being paid off over time compared to those who don't have children living with them under the age of 18 (18%).

Weight/Diet/Exercise

Key Finding #3

Respondent's BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 28% were obese, 36% were overweight, and 36% were neither overweight or obese. Additionally, the plurality of respondents said they eat two servings of vegetables per day and one serving of fruit per day. Seventy-three percent (73%) said they participated in physical activities or exercises during the past month; 87% reported they do moderate exercise in a typical week and 49% reported they do vigorous exercise in a typical week.

Weight - BMI – Body Mass Index

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

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

- ♦ We asked respondents their weight (rounding up for fractions) and their height (in feet and inches) without shoes on. We then calculated their BMIs. According to the CDC categories, respondents fell into the following categories according to Figure 16 and Table 5 below.

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

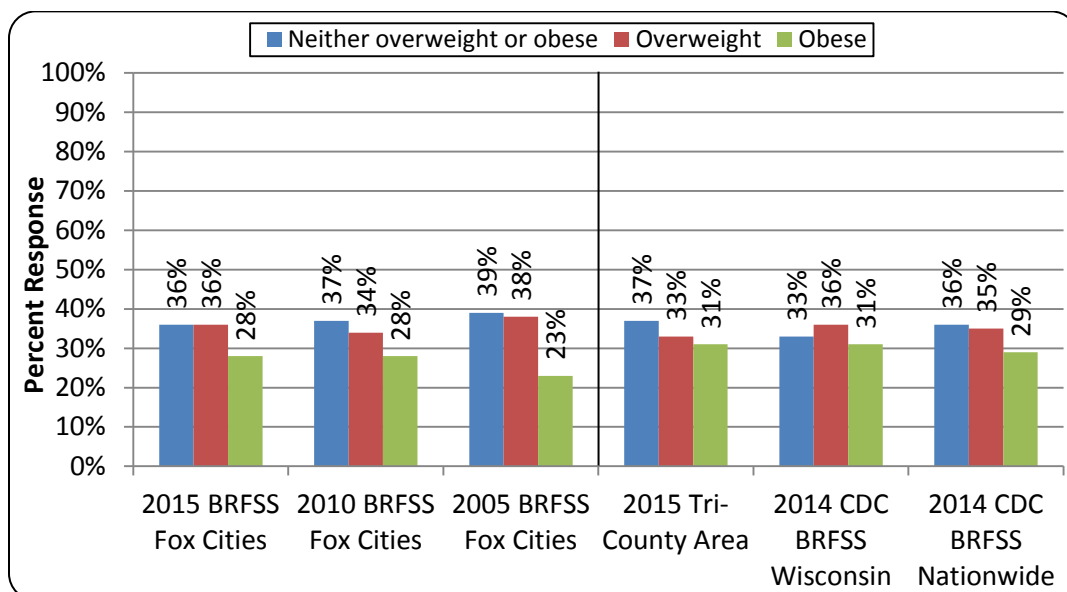
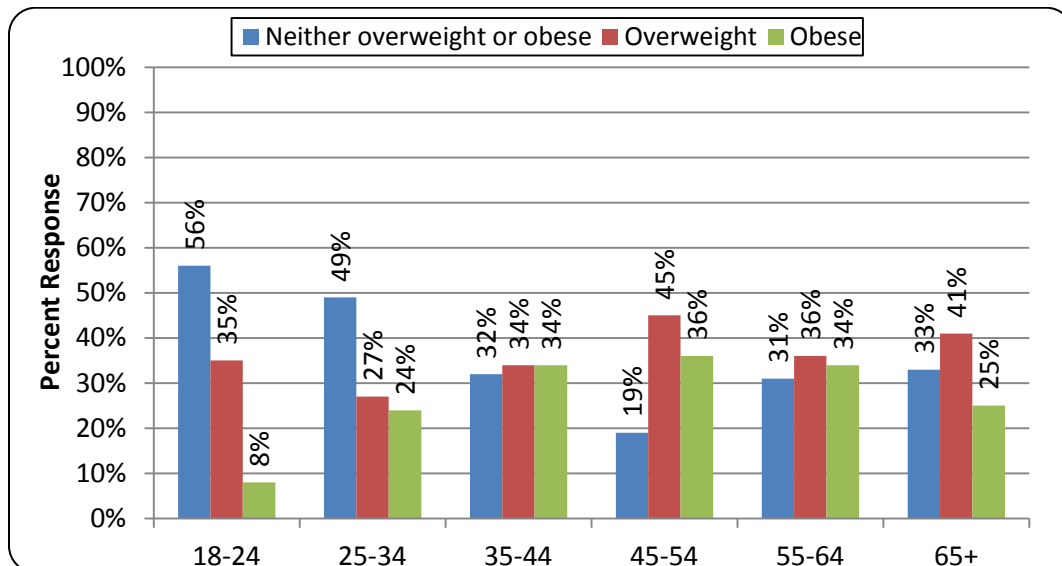


Table 5 – Respondent's BMI

BMI range		Percentage of respondents
Underweight	(Below 18.5)	<1%
Normal	(18.5 - 24.9)	36
Overweight	(25.0 – 29.9)	36
Obese	(30.0 +)	28

- ◆ The BMI range for respondents went from a low of 15.81 to a high of 57.84. The weight range was from 93 to 380 pounds. The mean BMI was 28.0 and median was 26.6 with a standard deviation of 6.4.
- ◆ Those in the 45 to 54 age category were the most likely to be “obese” as well as “overweight” according to CDC definitions. The youngest adults were most likely to be “normal” weight. Note: the “underweight” category was rolled into neither overweight or obese because there were so few people that when broken down further into demographic categories, the percentages look very large for a single respondent. Please see Figure 17 below.

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



- ◆ Incidence rates of obesity were also related to education status. The plurality of respondents with a college degree had an obesity incidence rate of 38%. There was a plurality split between “normal” and “overweight” for those with some college or tech school at 35%. The plurality of respondents with a high school diploma or less (41%) fell into the “normal” category.
- ◆ A little over half (52%) of respondents who are self-employed are considered “overweight;” the same is true for 64% of students and 38% of retired respondents. Thirty-nine percent (39%) of respondents who are employed are

considered “normal” while 39% of those not in the workforce are considered “obese.”

- ◆ More females (42%) than males (29%) are considered “normal” weight. More males (44%) than females (29%) are considered “overweight” and slightly more females (29%) than males (27%) are considered “obese.”
- ◆ Interesting results were found when analyzing BMI and overall rating of general health. The plurality of respondents who are “normal” (45%) and “overweight” (45%) rated their general health as very good, while the plurality of respondents who are “obese” reported their general health as only good (44%). The general health rating of excellent reduces drastically as BMI increases. Please see Table 6 below.

Table 6 – BMI by General Health

General Health	Normal	Overweight	Obese
Excellent	24%	11%	8%
Very Good	45	45	28
Good	18	36	44
Fair	11	8	15
Poor	2	1	6

- ◆ When comparing BMI to respondents who participated in physical activities or exercises in the past month other than their regular job, the majority of respondents who are “normal” (76%), “overweight” (78%), and “obese” (65%) reported some type of physical activity or exercise in the past month. This shows there is a real interest in staying active to combat this issue.
- ◆ When looking at high blood pressure, although the majority of respondents from each BMI category had never been told they had high blood pressure by a doctor, nurse, or other health professional, those who are “normal” had the lowest percentage (18%) of having high blood pressure while those who are “obese” had the highest percentage (41%). In terms of high blood cholesterol, fewer respondents who are “normal” (24%) and “overweight” (28%) had been told they have high blood cholesterol while just over half (51%) of respondents who are “obese” were told they have high blood cholesterol.
- ◆ The majority of respondents from all BMI categories reported not drinking any sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks during the past 30 days (between 60% and 69%). On the days in which respondents did drink these sugary drinks, 5% of respondents who are “obese” drank an average of 5 or more drinks, which was slightly more than respondents who are “overweight” (4%) and “normal” respondents (3%) but still a small percentage.
- ◆ There was a plurality split between eating 1 serving of vegetables per day and eating 2 servings of vegetables per day for respondents who are considered “normal” (28%). The plurality for respondents “overweight” (46%) and “obese” (28%) ate an average of 1 serving per day. Respondents who are “obese” had the highest percentage in terms of not eating any vegetables per day (9%). Please see Table 7 below.

Table 7 – BMI by Servings of Vegetables

Number of Servings	Neither overweight or obese	Overweight	Obese
1 serving	28%	46%	28%
2 servings	28	27	25
3 servings	26	16	23
4 servings	8	3	9
5 or more servings	8	7	6
None	3	1	9

- ♦ The plurality of respondents who are “normal” (35%) reported eating an average of 2 servings of fruit per day while the plurality of respondents who are “overweight” (37%) and “obese” (38%) reported eating an average of 1 serving. Respondents who are “overweight” had the highest percentage in terms of not eating any fruits per day (9%). Please see Table 8 below.

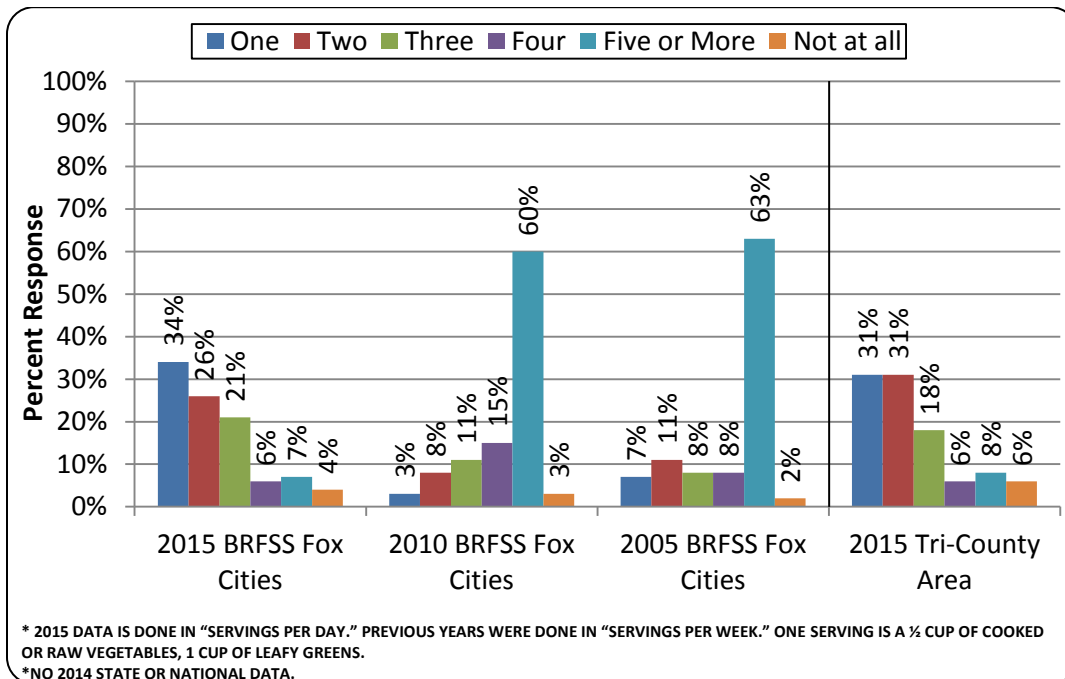
Table 8 – BMI by Servings of Fruit

Number of Servings	Neither overweight or obese	Overweight	Obese
1 serving	18%	37%	38%
2 servings	35	32	32
3 servings	25	19	16
4 servings	11	3	3
5 or more servings	4	1	5
None	7	9	7

Vegetables

- ♦ On average, 34% of respondents eat one serving of vegetables a day, 26% eat two, 21% eat three, 6% eat four, 7% eat five or more, and 4% eat none. Please see Figure 18 below.

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



- ◆ When looking at age, the plurality of respondents 18-24 (42%), 45-54 (39%), 55-64 (37%), and 65 and over (39%) reported eating an average of one serving of vegetables per day. The plurality of those age 25-44 reported an average of three servings (33% for 25-34 and 33% for 35-44). Please see Table 9 below.

Table 9 – Age by Servings of Vegetables

Number of Servings	18-24	25-34	35-44	45-54	55-64	65 and over
1 serving	42%	31%	23%	39%	37%	39%
2 servings	27	18	28	25	31	32
3 servings	15	33	33	15	17	13
4 servings	8	9	0	10	3	7
5 or more servings	8	9	9	5	9	3
None	0	0	7	6	3	7

- ◆ There is a split for respondents with a college degree with one, two, and three serving per day each garnering a 29% response rate. The plurality of those with a high school diploma or less (45%) and some college or tech school (33%) fell into the one serving per day category.
- ◆ Seventy-one percent (71%) of respondents with an annual household income of less than \$10,000 reported eating an average of one serving of vegetables per day. In general, almost all respondents in all income categories reported eating an average of between one and three servings of vegetables per day. A small percentage of respondents from all income categories reported eating 4 or more

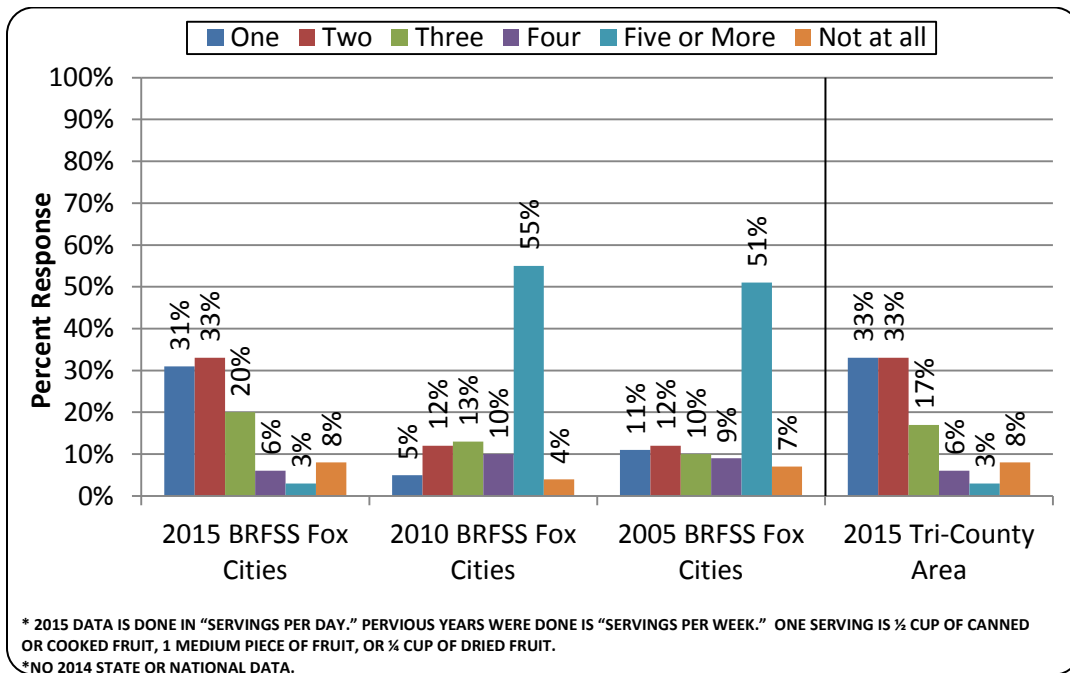
servings of vegetables. The highest percentage in the five or more category is from those with an annual household income of \$35,001-\$50,000 at only 14%.

- ◆ More respondents who are not in the workforce (46%), a student (39%), retired (38%), or employed (31%) reported eating an average of one serving of vegetables a day. More respondents who are self-employed (35%) reported an average of two servings. Respondents not in the workforce had the highest percentage of eating five or more servings per day at 11%.
- ◆ More males than females eat an average of one (39%) or two (28%) servings of vegetables per day compared to females (one 30%; two 25%). Conversely more females (41%) than males (29%) eat an average of three or more servings of vegetables per day.

Fruits

- ◆ When asked about the average number of servings of fruit they eat per day, not counting juice, 31% reported one serving, 33% reported two, 20% three, 6% four, 3% five or more, and 8% reported none. Please see Figure 19 below.

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



- ◆ The plurality of respondents age 45-54 (46%), 55-64 (32%), and 65 and over (45%) reported eating an average of one serving of fruit per day while the plurality of respondents age 18-24 (33%) and 35-44 (49%) reported an average of two servings of fruit per day. Respondents age 25-34 had the highest plurality in terms of the most amount of serving per day (32% reported eating three

servings of fruit per day) but also had the highest percentage of respondents who reported not eating any fruits at all (11%). Please see Table 10 below.

Table 10 – Age by Servings of Fruit

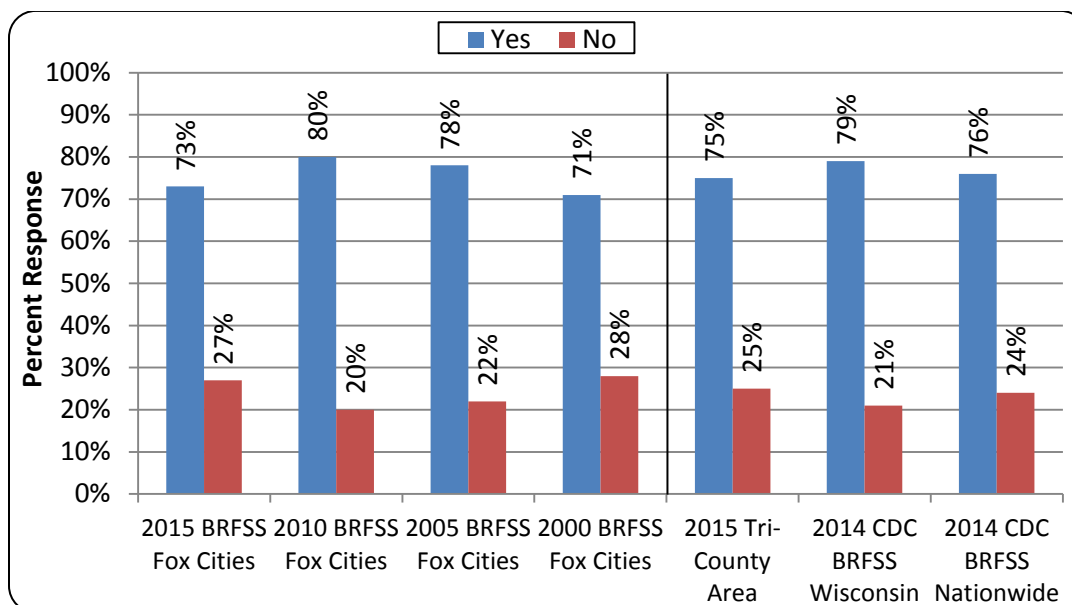
Number of Servings	18-24	25-34	35-44	45-54	55-64	65 and over
1 serving	14%	18%	23%	46%	32%	45%
2 servings	33	27	49	31	29	31
3 servings	31	32	15	15	16	13
4 servings	16	4	1	3	8	3
5 or more servings	0	9	4	0	3	2
None	6	11	7	5	11	6

- ◆ Sixty-three percent (63%) each of respondents with an annual household income of \$20,001 to \$25,000 and \$25,001 to \$35,000 reported eating an average of one serving of fruit per day. Thirty percent (30%) of respondents who make \$10,001 to \$15,000, 37% who make \$15,001 to \$20,000, 32% who make \$35,001 to \$50,000, 38% who make \$50,001 to \$75,000, and 40% who make \$75,001 or more annually reported eating an average of two servings of fruit per day. The plurality of respondents who make less than \$10,000 per year reported not eating any fruits (41%).
- ◆ The plurality of respondents who are not in the workforce (47%) or retired (42%) reported eating an average of one serving of fruit per day while the plurality of respondents who are employed (36%), self-employed (44%), or a student (40%) reported eating an average of two servings of fruits per day. Seven percent (7%) of respondents not in the workforce reported eating five or more servings per day while no respondent who is self-employed, a student, or retired reported five or more.
- ◆ More males (35%) than females (26%) reported eating only one serving of fruit per day but more females (42%) than males (24%) reported two servings. Also, more females (6%) than males (0%) reported eating an average of five or more servings of fruit per day.

Exercise Participation Outside of Regular Job

- ◆ During the past month, other than their regular job, 73% of respondents reported participating in any physical activities or exercises. This is down 7% from 2010. Twenty-seven percent (27%) reported not doing any exercise during the past month. Please see Figure 20 below.

Figure 20 – “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

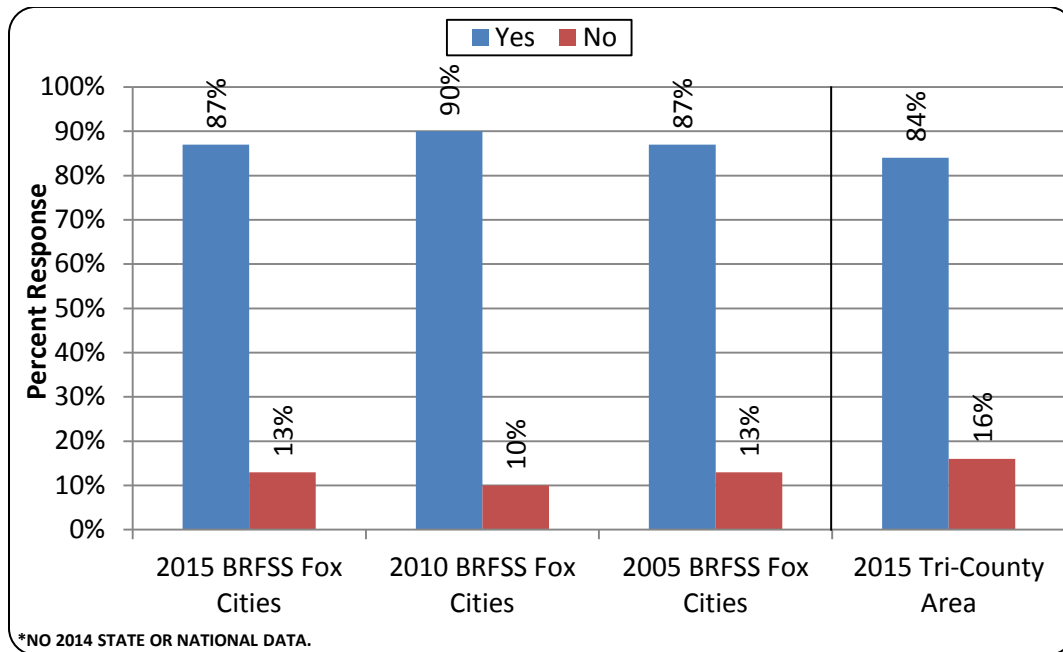


- ◆ When looking at exercise participation and age, the general trend found was that as age increased, the amount of respondents participating in any physical activities or exercises outside their regular job also decreased (83% for those age 18-24 down to 61% for those age 55-64). Respondents age 65 and over did not follow this overall trend. Sixty-eight percent (68%) reported participating in exercise, which is higher than those age 45-54 (63%) and 55-64 (61%).
- ◆ Respondents with a college degree had the highest percentage who reported exercising in the past month other than their regular job (79%). This was followed by those with some college or tech school (75%) and those with a high school diploma or less (63%). As can be seen, as education status increased, so did the percentage of respondents exercising outside of their job.
- ◆ A large percentage of students (91%) reported exercising during the past month other than at their regular job. This was followed by those who are employed (76%), retired (69%), and not in the workforce (61%). Those who are self-employed had the lowest percentage at 57%.

Moderate Exercise Participation

- ◆ Of those who reported participating in any physical activities or exercises during the past month other than their regular job, 87% reported doing at least 10 minutes of moderate activities at a time during a usual week. This is just slightly down from 2010 (90%). Moderate exercise included things such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate. Please see Figure 21 below.

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

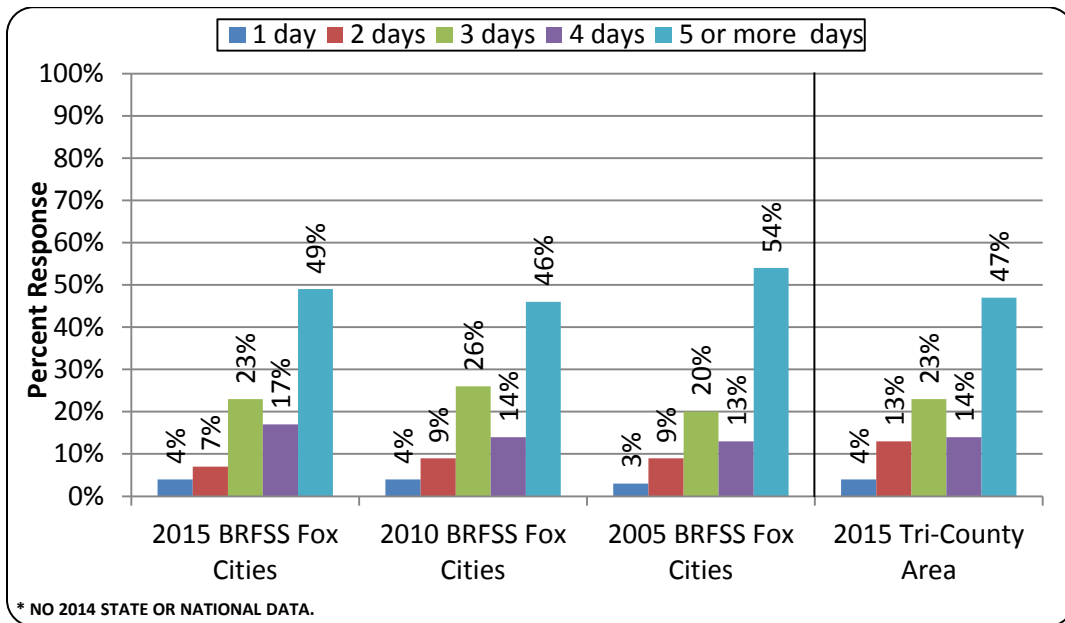


- ◆ All respondents (100%) age 18-24, as well as over 90% of respondents age 25-34 (94%) and age 35-44 (93%) reported doing moderate activities for at least 10 minutes at a time in a usual week. This was followed by respondents age 65 and over (81%), respondents 45-54 (79%), and respondents 55-64 (75%).
- ◆ More respondents with a college degree (92%) reported doing moderate activities for at least 10 minutes at a time during a usual week than those with a high school diploma or less (83%) or some college or tech school (82%).
- ◆ One hundred percent (100%) of respondents who are students, 91% who are employed, 81% not in the workforce, and 81% who are retired reported participating in at least 10 minutes at a time of moderate activity a week. A little over half (57%) of those self-employed said they did moderate exercise about 10 minutes at a time during a usual week.

Moderate Exercise Days per Week

- ◆ Of those who participate in moderate activities, almost half (49%) of respondents reported an average of 5 or more days per week in which they do their moderate activities for at least 10 minutes at a time, which is up 3% from 2010. Seventeen percent (17%) reported 4 days, 23% reported 3 days, 7% reported 2 days, and 4% reported only 1 day. Please see Figure 22 below.

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

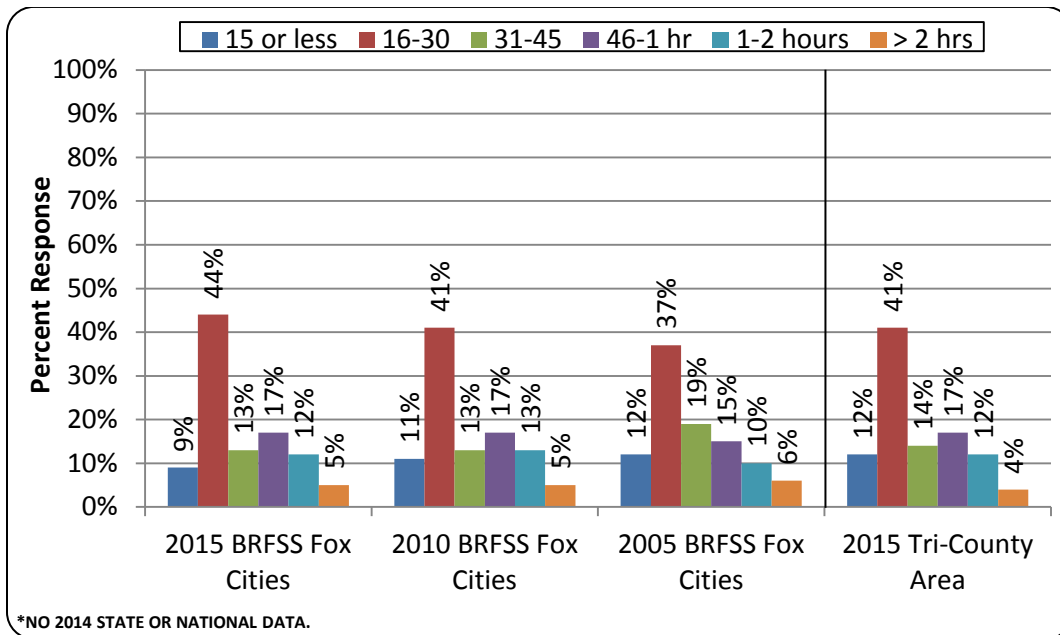


- ◆ The majority or plurality of respondents across all age groups reported 5 or more days per week in which they do their moderate activities for at least 10 minutes at a time. The lowest percent for 5 or more days per week was those age 45-54 at 38%; all other age categories were between 48% and 57% with those age 55-64 showing the highest percentage at 57%.
- ◆ Over half of respondents who have a high school diploma or less (52%) or some college or tech school (58%) reported 5 or more days per week in which they do at least 10 minutes at a time of moderate activity. A smaller percentage of respondents (43%) with a college degree reported 5 or more days per week.

Moderate Exercise Minutes

- ◆ When asked on the days in which respondents do their moderate activities for at least 10 minutes at a time, how much total time do they spend doing these activities, 9% reported 15 minutes or less, 44% reported 16-30 minutes, 13% reported 31-45 minutes, 17% reported 46 minutes to 1 hour, 12% reported 1-2 hours, and 5% reported more than 2 hours. The percentage of respondents who reported 15 minutes or less decreased from 2010 (11%) while the percentage of respondents who reported 16-30 minutes increased from 2010 (41%). Please see Figure 23 below.

Figure 23 – “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?”

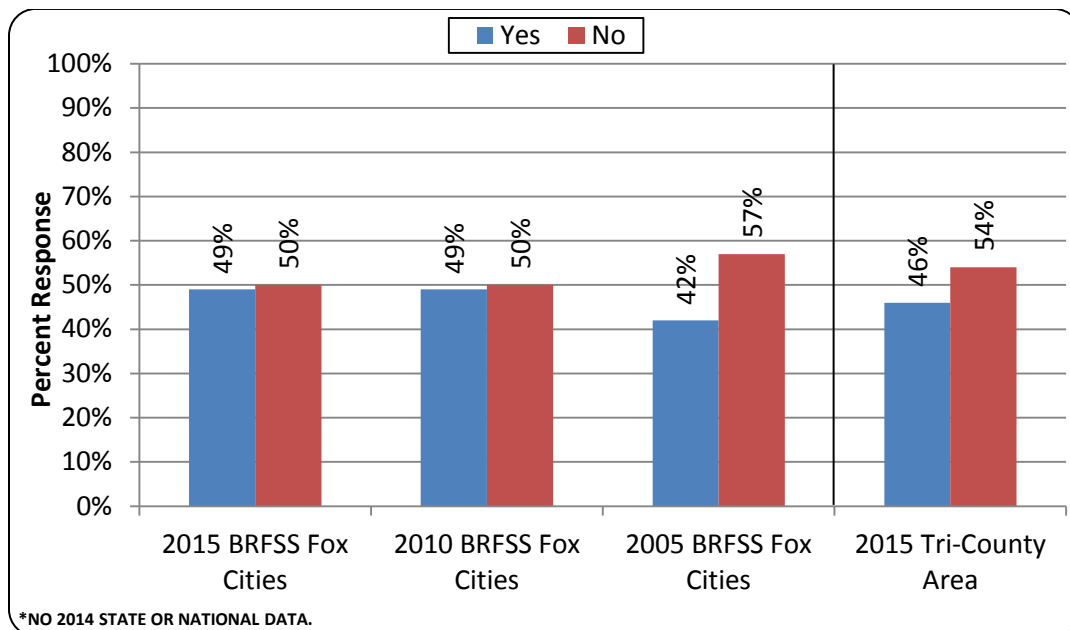


- ◆ For respondents who reported doing moderate activities 16-30 minutes a day (which is where a plurality of respondents fell), as age increased, the percentage of respondents in that category decreased from 47% of those age 18-24 to 31% of those 65 and over.
- ◆ For the 16-30 minutes category, as education level increased, so did the percentage of respondents in this category. Thirty-seven percent (37%) of respondents with a high school diploma or less reported 16-30 minutes compared to 49% with a college degree.
- ◆ The majority or plurality of respondents who are a student (52%), not in the workforce (51%), employed (46%), or retired (33%) reported an average of 16-30 minutes of moderate exercise at a time. The plurality of respondents who are self-employed (39%) do 31-45 minutes of moderate exercise on the days in which they do their moderate activities.

Vigorous Exercise Participation

- ◆ Respondents were further asked about their vigorous exercise participation when they are not working. Vigorous exercise (of least 10 minutes at a time) included things such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. There was almost a 50/50 split between those who do at least 10 minutes of vigorous activities at a time in a usual week (49%) and those that don't (50%). This split is the same as in 2010. Please see Figure 24 below.

Figure 24 – “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...”



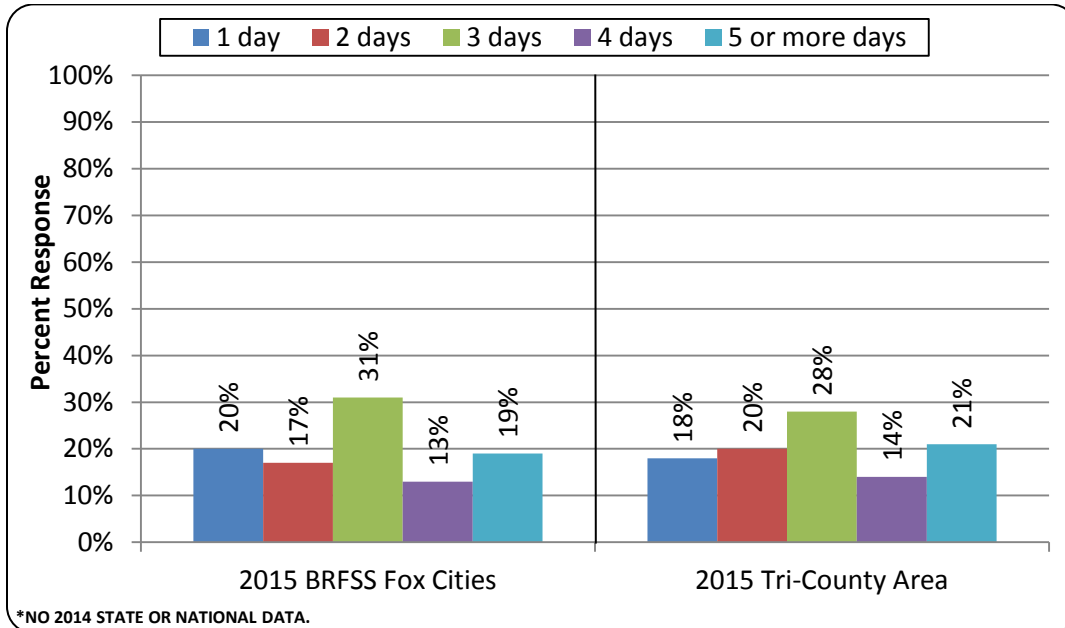
- ◆ Respondents age 44 and younger had response rates of 61% or higher in terms of doing at least 10 minutes of vigorous exercise at a time whereas those age 45 and older had a response rate of 34% or less. Those age 18-24 had the highest percent at 75% and those age 55-64 had the lowest percent at 30%.
- ◆ In general, as annual income level increased, so did the percentage of respondents who reported doing vigorous exercise for at least 10 minutes at a time in a usual week (19% of respondents who make less than \$10,000 annually to 61% who make \$50,001 to \$75,000). Those with an annual income of \$75,001 or more did not follow this trend; there was a slight decrease from 61% of those who make \$50,001 to \$75,000 to 54% who make \$75,001 or more.
- ◆ A large percentage (96%) of students reported doing at least 10 minutes at a time of vigorous activity in a usual week. Just over half (52%) of employed respondents reported this as well. A smaller percentage of respondents who are self-employed (48%), retired (35%), and not in the workforce (21%) reported doing at least 10 minutes at a time of vigorous activities.
- ◆ More males (59%) than females (41%) reported doing vigorous activities for at least 10 minutes at a time in a usual week.

Vigorous Exercise Days

- ◆ When asked how many days per week they do their vigorous activities for at least 10 minutes at a time, 20% of respondents reported 1 day, 17% reported 2

days, 31% reported 3 days, 13% reported 4 days, and 19% reported 5 or more days. Please see Figure 25 below.

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

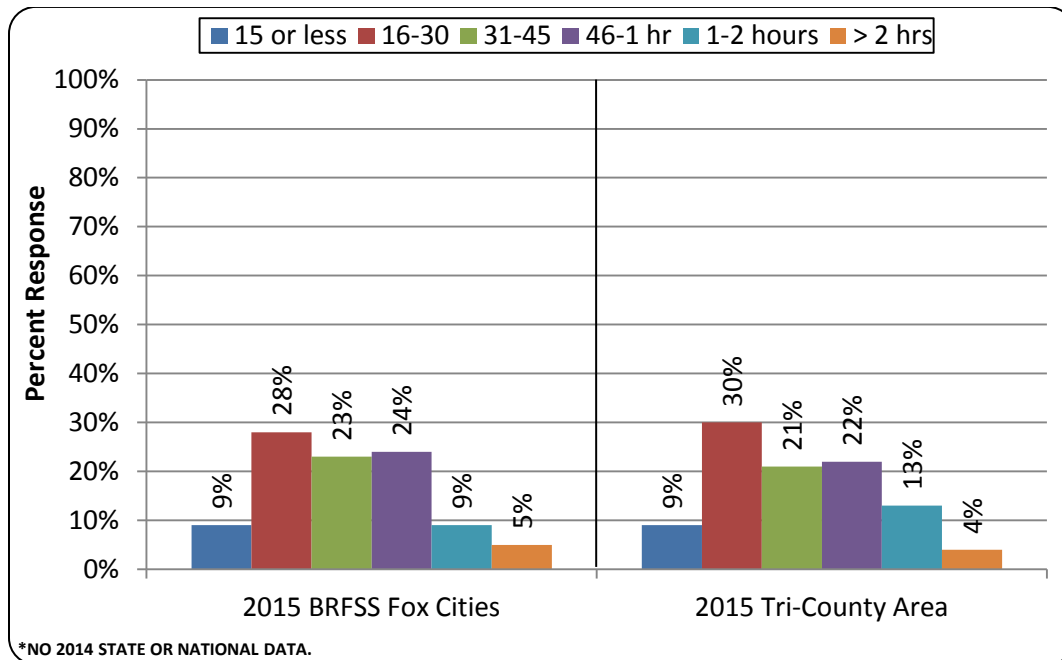


- ◆ Forty-one percent (41%) of respondents age 18-24 reported an average of 5 or more days in terms of doing vigorous activities for at least 10 minutes at a time during the period of one week whereas only 5% of respondents age 25-34 reported the same. The plurality of respondents (between 27% and 33%) age 25 and over fell between an average of 1 day to 3 days.
- ◆ Most respondents with a high school diploma or less (44%) or a college degree (28%) reported an average of 3 days a week in which they participate in at least 10 minutes of vigorous exercise at a time. Over three-quarters (77%) of respondents with a college degree fell in the categories of between 1 day and 3 days. There is a plurality split at 27% for 1 day and 3 days for those with some college or tech school.

Vigorous Exercise Minutes

- ◆ On the days in which the respondents reported doing at least 10 minutes of vigorous exercise at a time, 9% reported a total of 15 minutes or less per day, 28% reported 16-30 minutes, 23% reported 31-45 minutes, 24% reported 46 minutes to 1 hour, 9% reported 1-2 hours, and 5% reported more than 2 hours. Please see Figure 26 below.

Figure 26 – “On the days when 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?”



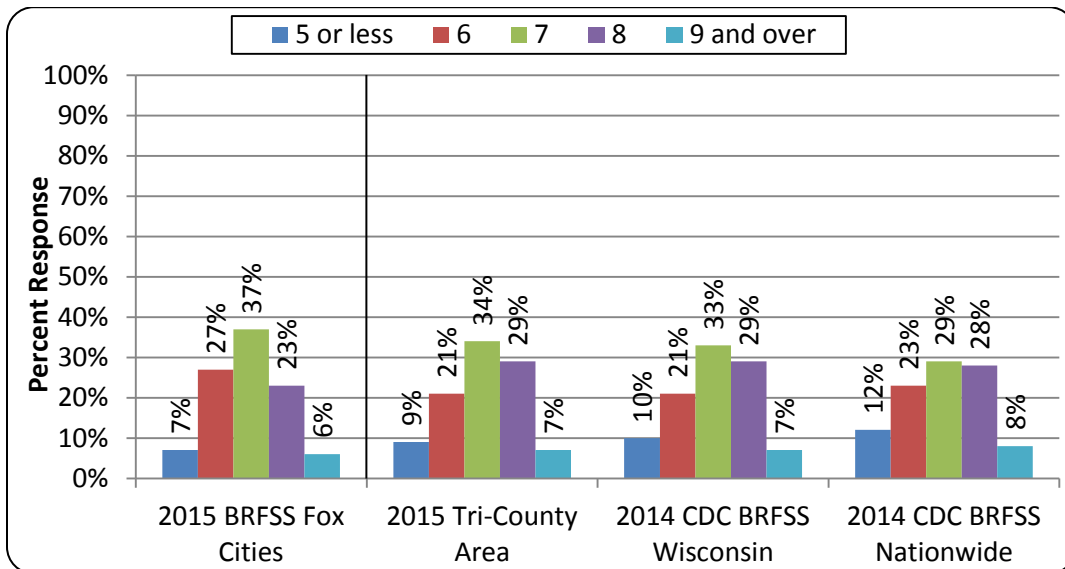
- ◆ The plurality of respondents age 18-24 (30%), 25-34 (38%), and 65 and over (30%) reported doing vigorous activities an average of 16-30 minutes per day. The plurality of respondents age 35-44 (42%) and 45-54 (30%) reported an average of 31-45 minutes per day whereas there was a plurality split between 16-30 minutes and 46 minutes to 1 hour for those age 55-64 at 33%.
- ◆ More respondents with a high school diploma or less (31%) are at 46 minutes to 1 hour, which is a greater amount of time than of those with some college or tech school (30%) and those with a college degree (31%) with an average of only 16-30 minutes per day of vigorous activity.

Inadequate Sleep

Key Finding #4 *Twenty-nine percent (29%) of respondents reported sleeping 8 hours or more in a 24-hour period while 7% reported sleeping 5 hours or less within a 24-hour period. The majority (64%) get between 6-7 hours of sleep.*

- ◆ When respondents were asked how many hours of sleep they get in a 24-hour period, 7% reported 5 hours or less, 27% reported 6 hours, 37% reported 7 hours, 23% reported 8 hours, and 6% reported 9 hours or more. Please see Figure 27 below.

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



- ◆ The plurality of respondents age 18-24 (33%) and 35-44 (41%) reported getting an average of 7 hours of sleep in a 24-hour period while the majority of respondents age 25-34 (54%) reported an average of 6 hours and the plurality of respondents 65 and over (34%) reported an average of 8 hours of sleep in a 24-hour period.
- ◆ Most respondents with a college degree (48%) or some college or tech school (34%) reported getting an average of 7 hours of sleep while the plurality of respondents with a high school diploma or less (37%) reported an average of 6 hours of sleep within a 24-hour period.
- ◆ Many respondents who make 15,001 to \$20,000, \$50,001 to \$75,000, and \$75,001 or more annually get around 6 to 8 hours of sleep within a 24-hour period. Respondents making less than \$10,000 get between 6 and 7 hours of sleep while respondents making \$25,001 to \$35,000 get 7 to 8 hours. Most respondents with an annual household income of \$10,001 to \$15,000 and \$20,001 to \$25,000 get 6 hours of sleep on average compared to respondents who make \$35,001 to \$50,000 who get an average of 7 hours of sleep within a 24-hour period. Please see Table 11 below.

Table 11 – Income by Hours of Sleep

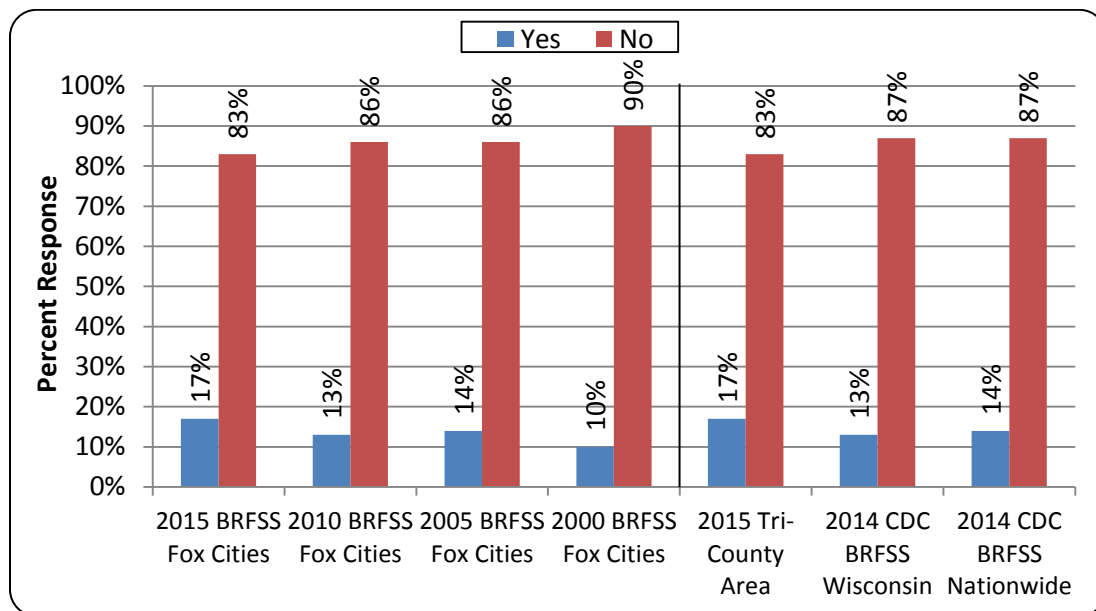
Hours of Sleep	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
5 or less hours	11%	4%	5%	19%	4%	2%	13%	4%
6 hours	28	68	26	44	17	19	21	23
7 hours	39	8	32	11	44	62	38	42
8 hours	17	16	32	17	26	16	27	21
9 or more hours	6	4	5	8	9	2	2	11

Asthma

Key Finding #5 *Seventeen percent (17%) of all respondents said they had ever been told they had asthma. Of those who have ever had it, 81% said they still have it. There has also been a trending increase in asthma since 2000.*

- ◆ Seventeen percent (17%) of respondents said they have ever been told by a doctor, nurse, or other health professional they have asthma. The general trend since 2000 shows that the prevalence of asthma has been slowly increasing. Please see Figure 28 below.

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

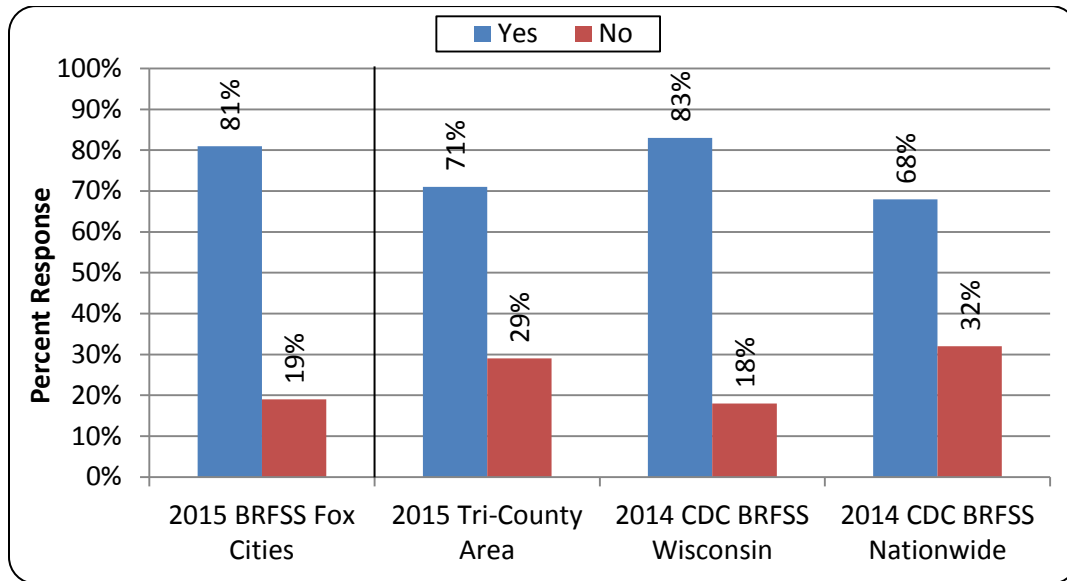


- ◆ Those age 18-24 have the lowest percentage of respondents who have ever had asthma (6%) while those age 25-34 have the highest percentage of respondents who have ever had asthma (27%), followed closely by those age 45-54 (23%). Sixteen percent (16%) age 55-64, 13% age 35-44 (13%), and 13% 65 and over reported ever having asthma.
- ◆ No self-employed respondent reported ever having asthma while 42% of those not in the workforce have. Between 13% and 16% of respondents who are employed, a student, or retired said they had ever had asthma.
- ◆ More females (25%) than males (9%) reported ever having asthma.

Still Have Asthma

- ◆ Of those who reported ever having asthma, 81% said they still have asthma. Please see Figure 29 below.

Figure 29 – “Do you still have asthma?”

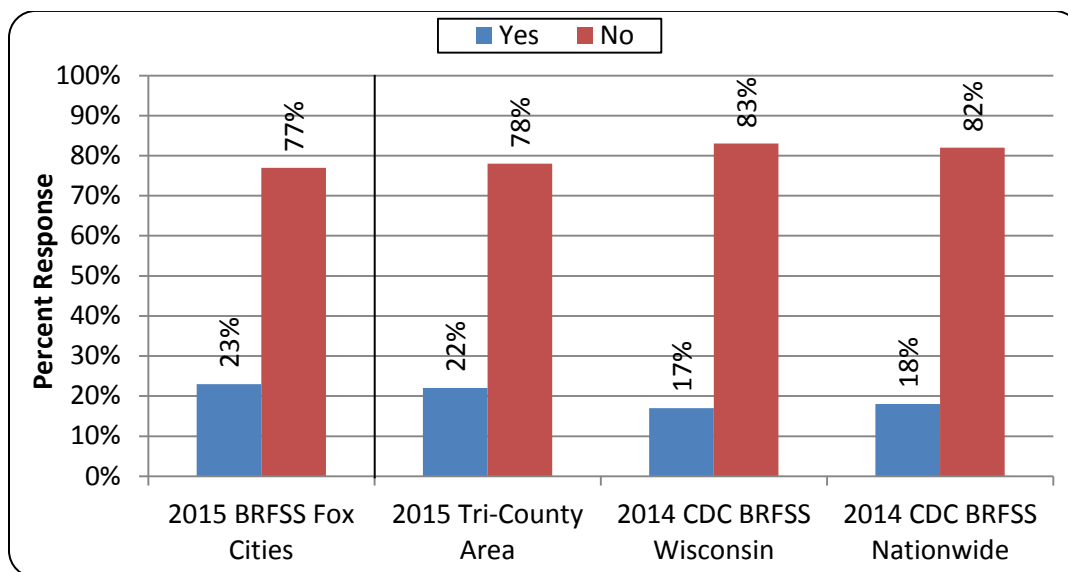


Depressive Disorder

Key Finding #6 *Twenty-three percent (23%) of respondents reported ever being told they have a depressive disorder. Females, those with lower incomes, or those not in the workforce have the highest prevalence of a depressive disorder.*

- ◆ Twenty-three percent (23%) of respondents reported being told by a doctor, nurse, or other health professional they have a depressive disorder, including depression, major depression, dysthymia, or minor depression while 77% reported they have not. Please see Figure 30 below.

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



- ◆ In general, as total household income increased, the number of respondents told they have a depressive disorder decreased. Sixty-nine percent (69%) of respondents with an annual household income of less than \$10,000 were told they had a depressive disorder while only 19% with an annual household income of \$75,001 or more were told they had a depressive disorder.
- ◆ Those not in the workforce had the greatest percentage of being told they had a depressive disorder at 60% while those who are self-employed had the lowest percentage of being told they had a depressive disorder at 9%. Between 15% to 18% of those employed, a student, or retired were told they have a depressive disorder.
- ◆ More females (32%) than males (13%) were told they have a depressive disorder.

Diabetes

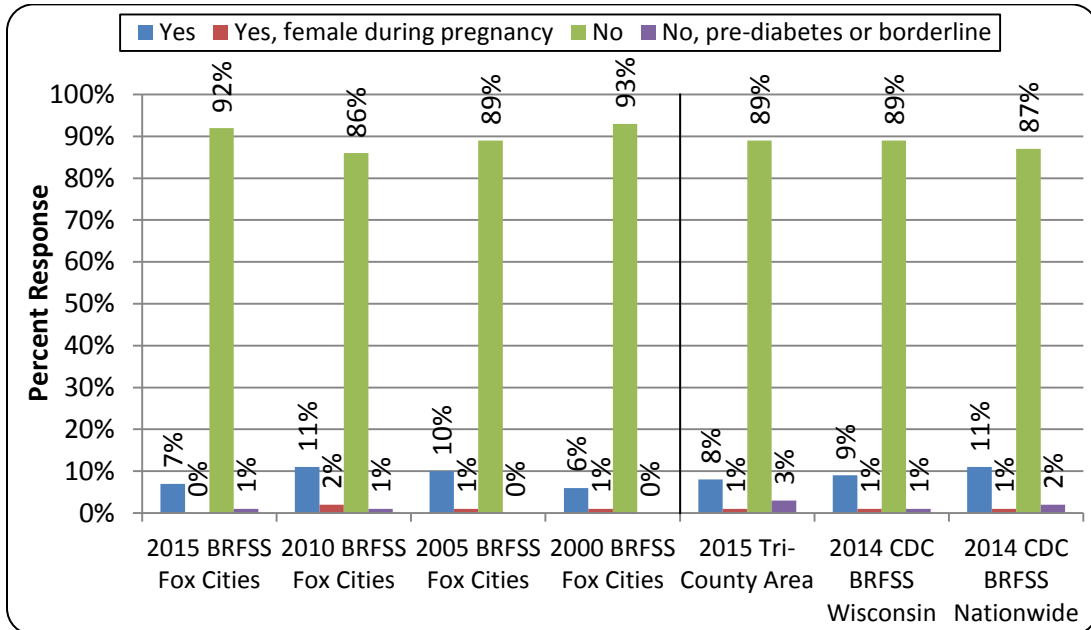
Key Finding #7

Seven percent (7%) of respondents said a doctor told them they had diabetes. The vast majority, 93%, said they had never been told they had diabetes. As age increases, so does the number of diabetes cases, however as education and income increase, diabetes prevalence decreases.

- ◆ Seven percent (7%) of respondents said they had been told by a doctor that they had diabetes, with no further respondents reporting diabetes only during pregnancy, and only 1% said they had been told they were borderline. The vast

majority, 92%, said they had never been told they had diabetes or pre-diabetes, which is an improvement since 2010 (87%). Please see Figure 31 below.

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



- ◆ Seventy-five percent (75%) or more in all age categories had never been told by a doctor that they have diabetes. Eight percent (8%) age 18-24, 6% age 45-54, 13% age 55-64, and 20% age 65 and over reported having diabetes.
- ◆ Those with less education generally had higher rates of diabetes; 13% with a high school diploma or less, 6% with some college or tech school, and only 4% with a college degree had been told.
- ◆ In general, as total household income increased, the percentage of respondents diagnosed with diabetes decreased. Twenty-four percent (24%) with an annual household income of less than \$10,000 were told by a doctor they have diabetes while only 2% with an annual household income of \$75,001 or more were told they have diabetes. Please see Table 12 below.

Table 12 – Income by Diabetes

Diabetes	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Yes	24%	21%	11%	9%	8%	6%	3%	2%
No	76	79	89	91	92	94	97	98

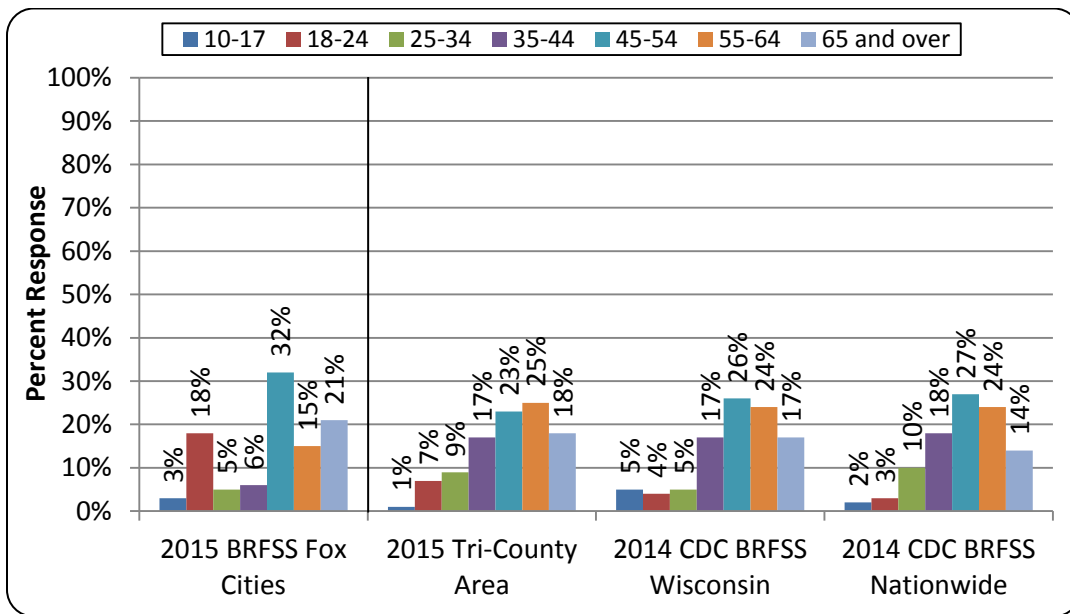
- ◆ The majority of respondents from all employment categories were never told by a doctor they have diabetes. No self-employed or student respondent was told they

have diabetes while 18% who are retired, 14% who are not in the workforce, and 4% who are employed were told they have diabetes.

Diabetes Age

- ◆ Of those who reported having diabetes, 3% were told at the age of 10-17, 18% at 18-24, 5% at 25-34, 6% at 35-44, 32% at 45-54, 15% at 55-64, and 21% said they were told at age 65 or over. Please see Figure 32 below.

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

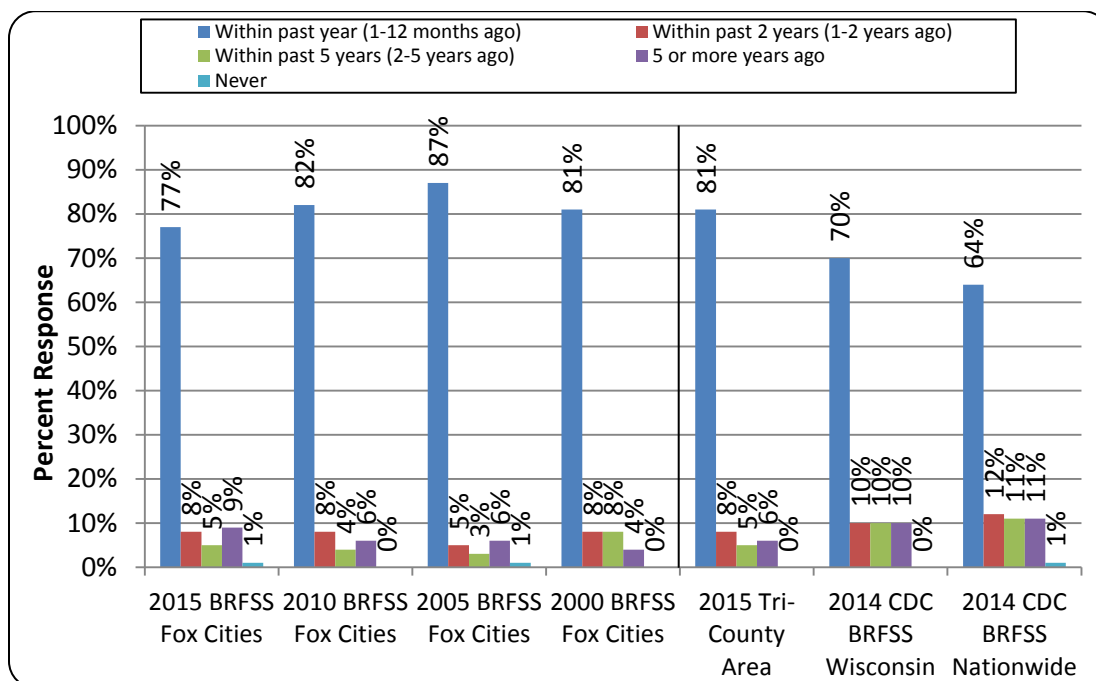


Oral Health

Key Finding #8 *The majority (77%) of respondents had been to a dentist within the past year, a 10% decrease from 2005 levels. Additionally, 9% said they had not visited a dentist in at least 5 years.*

- ◆ Even though the majority of respondents (77%) have seen a dentist within the past year, there is a 5% decline since 2010 (82%) and a 10% decline since 2005. Please see Figure 33 below.

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



- ◆ The majority of respondents age 18 and older have been to the dentist or a dental clinic within the past year. However, 24% of those age 25-34 and 10% of those 65 and over reported visiting a dentist or dental clinic 5 or more years ago; all other age categories were 6% or below in terms of visiting a dentist or dental clinic 5 or more years ago.
- ◆ Those with a college degree (90%) had higher percentages of respondents who had visited a dentist or dental clinic within the past year compared to those with a high school diploma or less (70%) and those with some college or tech school (67%).
- ◆ In general, as total household income increased, so did the percentage of respondents who reported visiting a dentist or dental clinic within the past year (an increase from 44% to 91%). The only income category which is an exception to this trend is those making \$15,001 to \$20,000, in which 80% reported visiting a dentist or dental clinic within the past year. Please see Table 13 below.

Table 13 – Income by Last Oral Health Checkup

Last Visit	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Within the past year (1-12 months ago)	44%	54%	80%	64%	72%	76%	81%	91%
Within the past 2 years (1-2 years ago)	6	0	10	11	12	8	5	5
Within the past 5 years (2-5 years ago)	0	33	5	3	12	2	3	3
5 or more years ago	50	8	5	22	4	14	11	1
Never	0	4	0	0	0	0	0	0

- ♦ The majority of respondents from all employment statuses have visited a dentist or dental clinic within the past year. Eighty-nine percent (89%) of respondents who are students reported visiting a dentist or dental clinic within the past year compared to 54% of those not in the workforce.

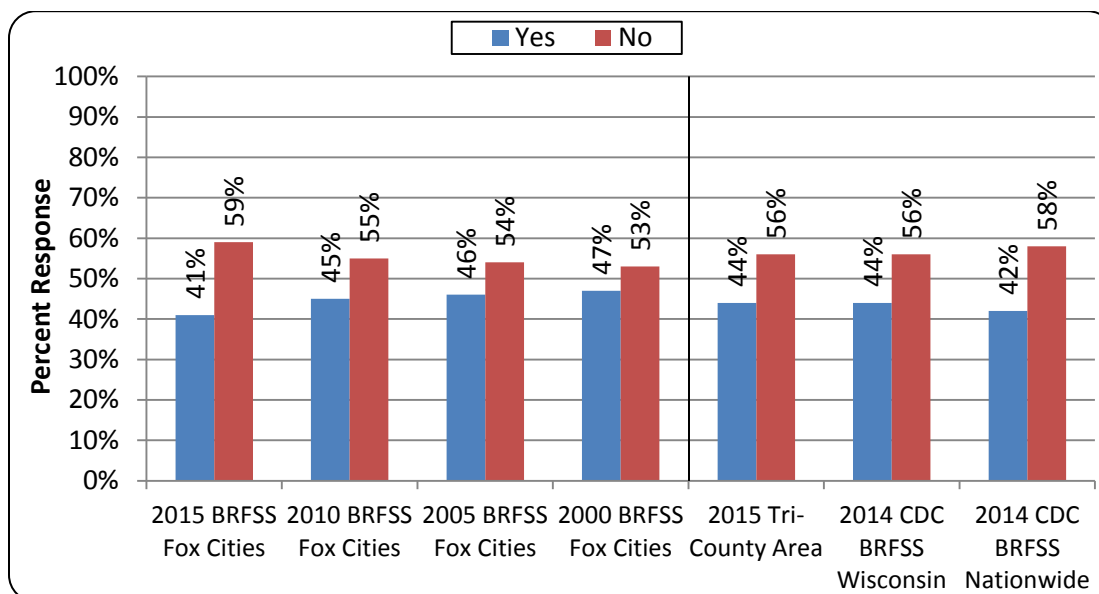
Tobacco Use

Key Finding #9 ***The majority of respondents (59%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or every day, 70% said they had tried to quit for at least one day in the past year. Ninety-eight (98%) percent reported not using chewing tobacco, snuff, or snus and 95% do not use electronic cigarettes.***

Smoking – 100 cigarettes in entire life

- ♦ The majority of respondents (59%) had not smoked at least 100 cigarettes in their lifetime. This is up 4% from 2010 (55%). In general, from 2000-2015, the percentage of respondents who have smoked at least 100 cigarettes in their entire life has been slowly decreasing. Please see Figure 34 below.

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



- ◆ The majority of respondents age 18-64 (53% to 67%) reported not smoking at least 100 cigarettes in their entire life while the majority of respondents 65 and over (59%) DID report having smoked at least 100 cigarettes in their entire life.
- ◆ A much higher percentage of respondents with a high school diploma or less (68%) reported having smoked at least 100 cigarettes in their lifetime compared to respondents with some college or tech school (46%) or a college degree (19%).
- ◆ The majority of respondents making \$35,000 or less (63% to 82%) reported smoking at least 100 cigarettes in their lifetime, except for those making \$15,001 to \$20,000, in which the majority of respondents reported not smoking at least 100 cigarettes in their lifetime (63%). The majority of those making \$35,001 and over (60% to 77%) reported not smoking at least 100 cigarettes in their entire life. Overall, for the most part, as income increases, smoking drastically decreases. Please see Table 14 below.

Table 14 – Income by 100 Cigarettes

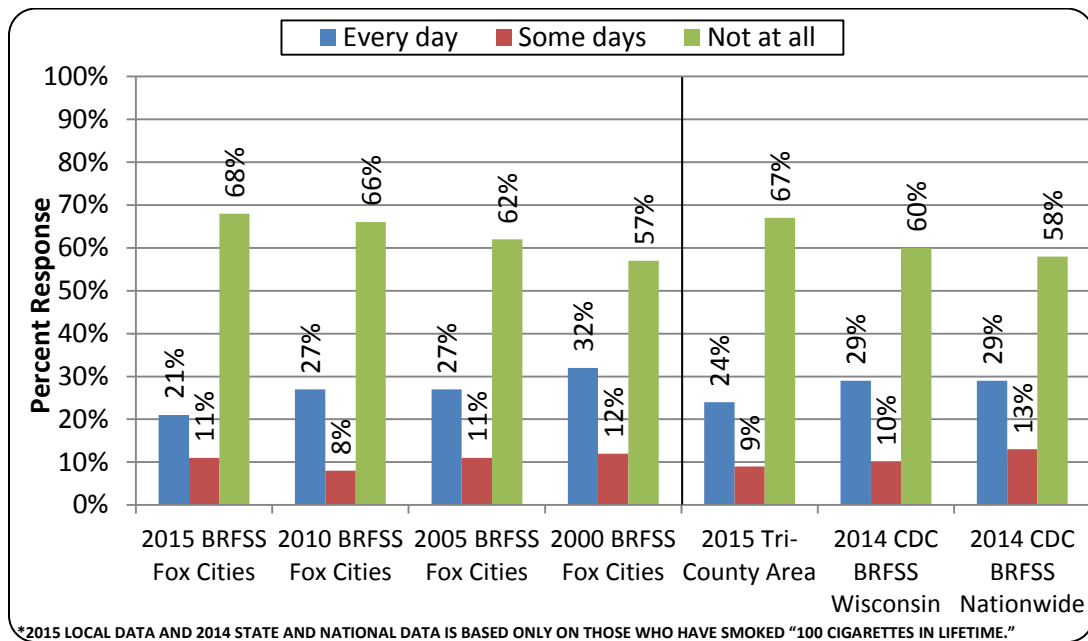
Smoked 100 Cigarettes	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Yes	82%	80%	37%	69%	63%	40%	33%	23%
No	18	21	63	31	38	60	67	77

- ◆ The majority of respondents who are not in the workforce (63%) and retired (58%) reported having smoked at least 100 cigarettes in their lifetime. A smaller percentage of respondents who are self-employed (46%), employed (32%), or a student (30%) reported having smoked at least 100 cigarettes in their lifetime.

Current Smoking Days

- Of those who had smoked at least 100 cigarettes in their entire life, 68% said they currently do not smoke at all, while 11% said they smoke some days and 21% said they smoke every day. Please see Figure 35 below.

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



- Half (50%) of respondents who smoked at least 100 cigarettes in their entire life and are age 18-24 reported smoking every day while the majority of those age 25 and over reported that they now do not smoke at all.
- The majority or plurality of all income categories, except for those making \$10,001 to \$15,000, reported that they now do not smoke at all. Fifty-eight percent (58%) of those making \$10,001 to \$15,000 reported smoking every day while zero respondents with an annual income of \$15,001 to \$20,000 or \$50,001 to \$75,000 reported smoking every day. Please see Table 15 below.

Table 15 – Income by Current Smoking

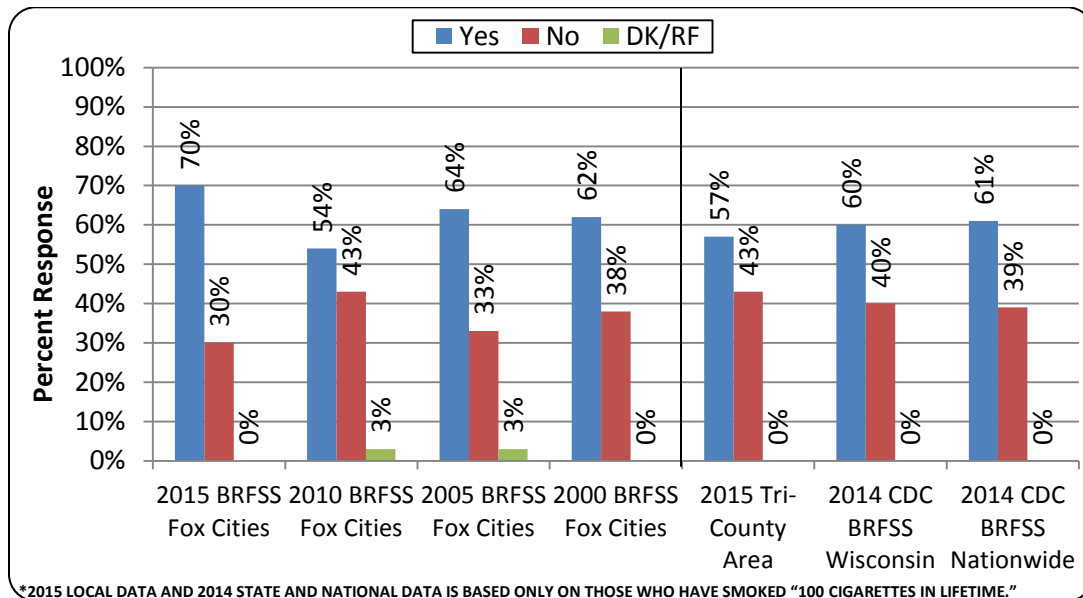
Current Smoking	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Everyday	7%	58%	0%	32%	30%	30%	0%	13%
Some days	21	0	0	20	7	4	14	13
Not at all	71	42	100	48	71	76	86	75

- More males (31%) than females (11%) reported smoking every day. In turn, more females (72%) than males (63%) reported not smoking at all.

Stopped Smoking

- ◆ Of respondents who reported smoking every day or some days, the majority (70%) have stopped smoking for one day or longer because they were trying to quit while 30% have not tried to quit smoking during the past 12 months. Please see Figure 36 below.

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

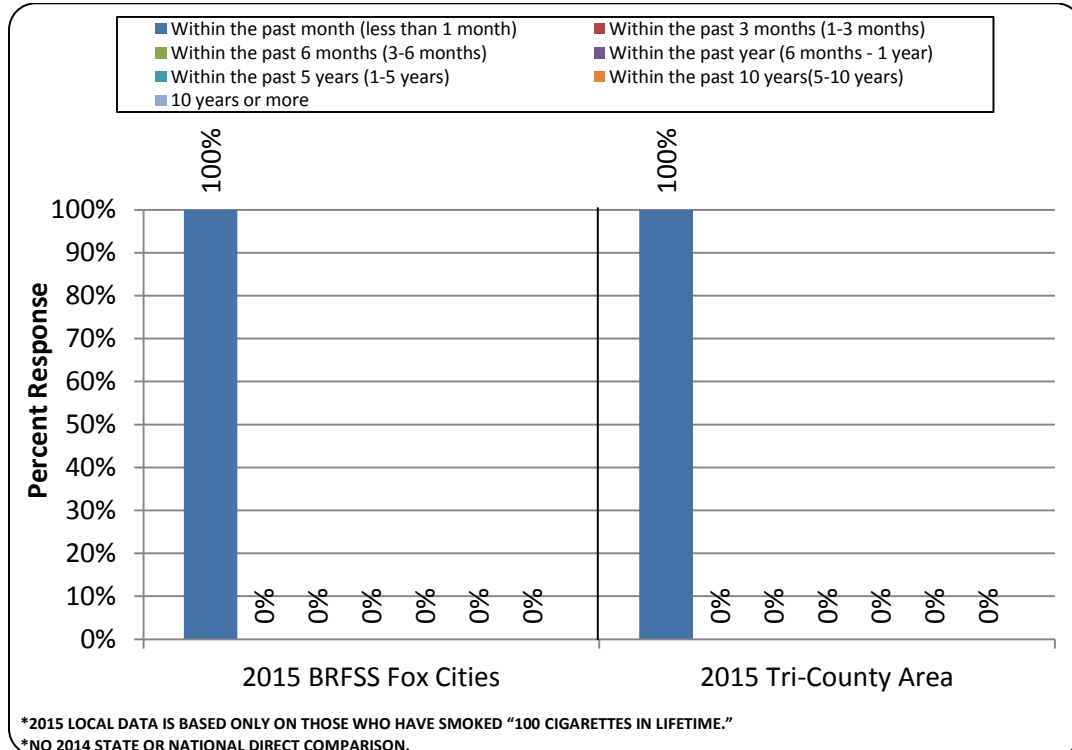


- ◆ Of those who reported smoking every day or some days, 100% of respondents age 18-34 reported to have stopped smoking for one day or longer because they were trying to quit. The majority of respondents age 35-54 and 65 and over reported to have stopped smoking because of trying to quit. However, 75% of respondents age 55-64 did not stop smoking for one day or longer because they were trying to quit smoking.
- ◆ All respondents with an annual household income of \$20,001 to \$25,000 and \$50,001 to \$75,000 reported having stopped smoking for one day or longer because they were trying to quit smoking. The majority of those making \$10,001 to \$15,000 (82%) or less than \$10,000 (60%) reported they had stopped smoking for one day or longer because they were trying to quit. Respondents from the income categories \$35,001 to \$50,000 (33%) and \$75,001 (33%) or more had the smallest percentages in terms of trying to quit smoking.
- ◆ In general, more males (31%) than females (11%) reported smoking every day and more females (72%) than males (63%) reported that they don't smoke.
- ◆ One hundred percent (100%) of respondents who are a student, 89% of those not in the workforce, (70%) of those employed, and 43% of respondents who are retired reported having stopped smoking for one day or longer because they were trying to quit.

Tobacco Use

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

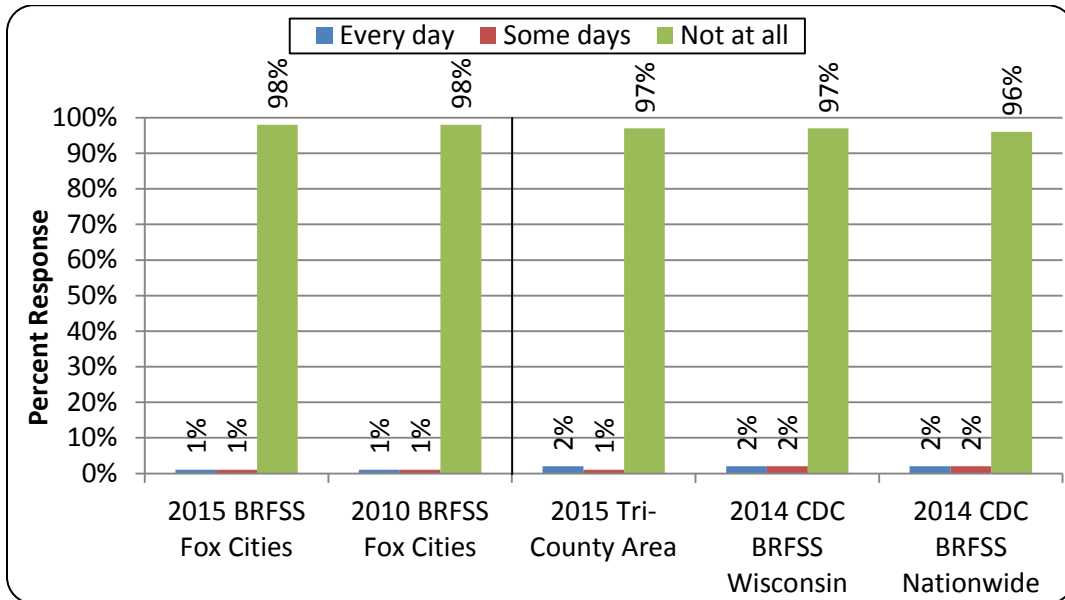
Figure 37 – “How long has it been since you last smoked a cigarette, even one or two puffs?”



Chewing Tobacco, Snuff, or Snus

- ◆ One percent each (2%) of respondents reported using chewing tobacco, snuff, or snus either every day or some days, while 98% reported not at all. Please see Figure 38 below.

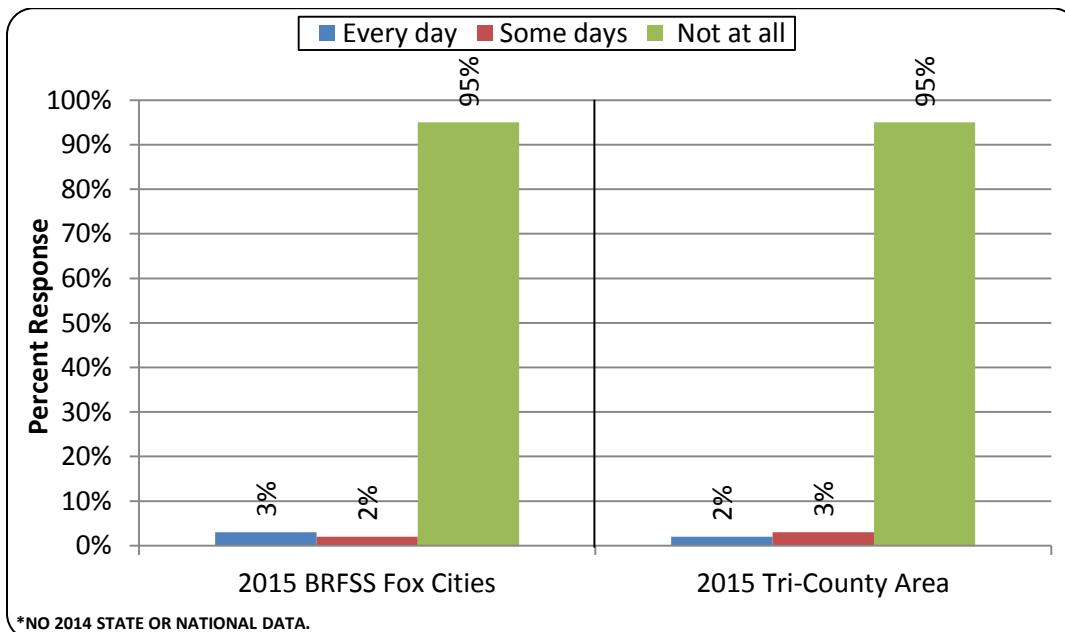
Figure 38 – “Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?”



Electronic Cigarettes

- ◆ Ninety-five percent (95%) of respondents reported they do not use electronic cigarettes while 3% reported every day and 2% reported some days. Please see Figure 39 below.

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



- ◆ Those age 18-24 had the largest response rates for using electronic cigarettes every day (8%) and some days (10%). Still, the majority of respondents age 18 and over reported not using electronic cigarettes at all.
- ◆ Even though there is very a small percentage of individuals who use electronic cigarettes, the general trend found from education status is that as education status increased, the amount of respondents using electronic cigarettes every day and some days decreased (13% for high school diploma or less, 2% for some college or tech school, and 1% for college degree).
- ◆ In general, as total household income increased, the number of respondents who reported using electronic cigarettes decreased. Thirty-three percent (33%) of those with an annual household income of less than \$10,000 reported using electronic cigarettes every day or some days while only 1% of those making \$75,001 or more reported every day or some days.

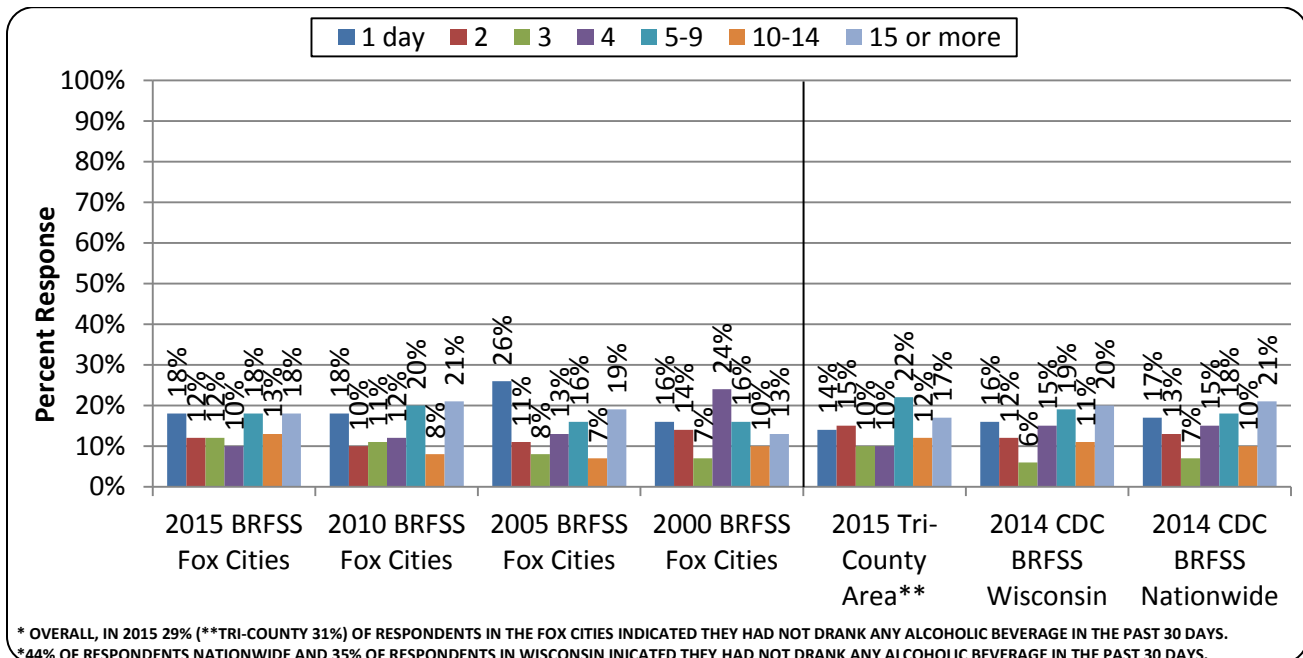
Alcohol Consumption

Key Finding #10 ***Seventy-one percent (71%) of respondents reported drinking at least one drink of any alcoholic beverage at least one day in the past 30 days. Eighteen percent (18%) of respondents reported drinking at least one alcoholic beverage 15 or more days per month in the past 30 days. During the past 30 days when respondents drank, 34% reported having an average of one drink while 14% indicated 5 or more drinks.***

Average Number of Days Drinking in Past 30 Days

- ◆ Overall, in 2015, 29% of respondents indicated that they had not drank any alcoholic beverage in the past 30 days. Of those did drink, 18% of respondents said 1 day when asked how many days per month they had at least one alcoholic beverage in the last 30 days. Twelve percent (12%) each reported 2 days and 3 days, 10% reported 4 days, 18% reported 5-9 days, 13% reported 10-14 days, and 18% reported 15 or more days in the past 30 days. Please see Figure 40 below.

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



- ◆ Of the respondents who had reported drinking at least one alcoholic beverage during the past 30 days, the plurality who are age 45-54 (30%) and 65 and over (36%) reported drinking 15 or more days. There is a plurality split at 26% for respondent's age 25-34 who reported drinking 1 or less days, 5 to 9 days, and 10 to 14 days. As for the rest of the age cohorts, the pluralities fall in different categories; 31% of respondents age 18-24 reported 2 days, 18% each of respondents age 35-44 reported 1 day or less and an average of 3 days, 31% of respondents age 55-64 reported 1 day or less.
- ◆ Most respondents with a high school diploma or less (33%) reported drinking an alcoholic beverage 1 day or less in the past 30 days whereas 19% reported 15 or more days. Twenty percent (20%) of respondents who have some college or tech school reported drinking 15 or more days within the past 30 days and 17% of respondents with a college degree reported the same. These percentages are based only off of respondents who reported drinking at least one alcoholic beverage during the past 30 days.
- ◆ The plurality of respondents who had reported drinking at least one alcoholic beverage during the past 30 days with an annual household income of less than \$10,000 (60%) and \$10,001 to \$15,000 (42%) reported drinking 1 day or less in the past 30 days while those with an annual household income of \$15,001 to \$20,000 had a response rate of 33% each for the 5 to 9 days category and the 15 or more drinks categories. Respondents making \$75,001 or more also had a plurality response rate in the 15 or more drinks category (25%). Please see Table 16 below.

Table 16 – Income by Average Number of Days Drinking in Past 30 Days

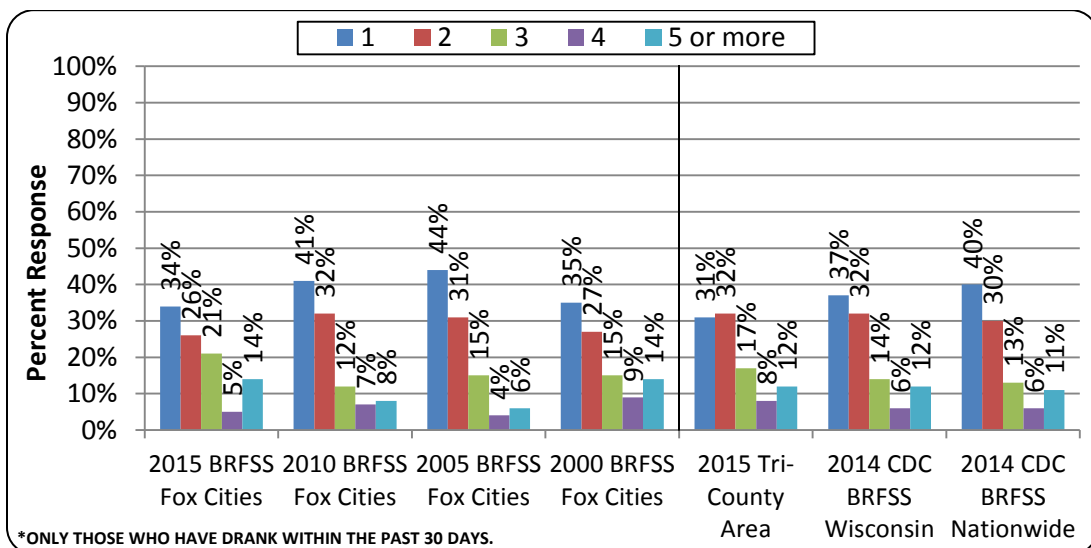
Number of Days	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
1 or less days	60%	42%	17%	6%	25%	25%	15%	11%
2 days	30	26	8	6	6	6	6	19
3 days	0	11	0	18	13	6	13	14
4 days	0	0	0	41	19	21	11	3
5 to 9 days	10	11	8	12	6	19	8	16
10 to 14 days	0	5	33	6	13	19	8	16
15 or more days	0	5	33	12	19	6	21	25

- ◆ Of respondents who had reported drinking an alcoholic beverage in the past 30 days, 29% of respondents who are self-employed, 32% who are not in the workforce, and 35% who are retired reported drinking an average of 15 days or more within the past 30 days.
- ◆ More males (22%) than females (13%) who had reported drinking at least one alcoholic beverage within the past 30 days reported having at least one alcoholic beverage an average of 15 or more days. More females (26%) than males (11%) reported drinking an average of 1 day or less.

Average Number of Drinks

- ◆ Of those who did drink in the past 30 days, 34% drank an average of 1 drink, 26% 2 drinks, 21% 3 drinks, 5% 4 drinks, and 14% 5 or more drinks. This trends toward an increase in binge drinking. Please see Figure 41 below.

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



- ◆ The majority of respondents age 18-24 reported having an average of 3 drinks at a time (69%) while no respondents age 18-24 reported an average of 1 drink or 2 drinks. Respondents who reported drinking the most (35% reported 5 or more drinks at a time) were age 25-34. The majority of respondents 65 and over reported an average of 1 drink at a time in the past 30 days (52%).
- ◆ Those with a high school diploma or less (36%) or some college or tech school (34%) had a plurality of an average of 3 drinks on the days in past 30 days in which they drank. The plurality of respondents with a college degree (44%) reported an average of only 1 drink.
- ◆ No discernible pattern exists when comparing total household income and the average number of drinks a respondent had on the days in which they drank. Respondents with an annual household income of less than \$10,000 had the highest number of respondents who drank an average of 5 or more drinks (30%).
- ◆ Most respondents who are employed (36%), not in the workforce (46%), or retired (52%) reported drinking an average of 1 drink on the days in which they drank. The majority of those self-employed (57%) or student (53%) reported drinking an average of 3 drinks. Seventeen percent (17%) of respondents who are employed reported drinking an average of 5 or more drinks at a time followed by 14% who are not in the workforce.
- ◆ More females (44%) than males (25%) reported drinking an average of 1 drink on the days in which they drank in the past 30 days while more males (16%) than females (11%) reported drinking an average of 5 or more drinks. Please see Table 17 below.

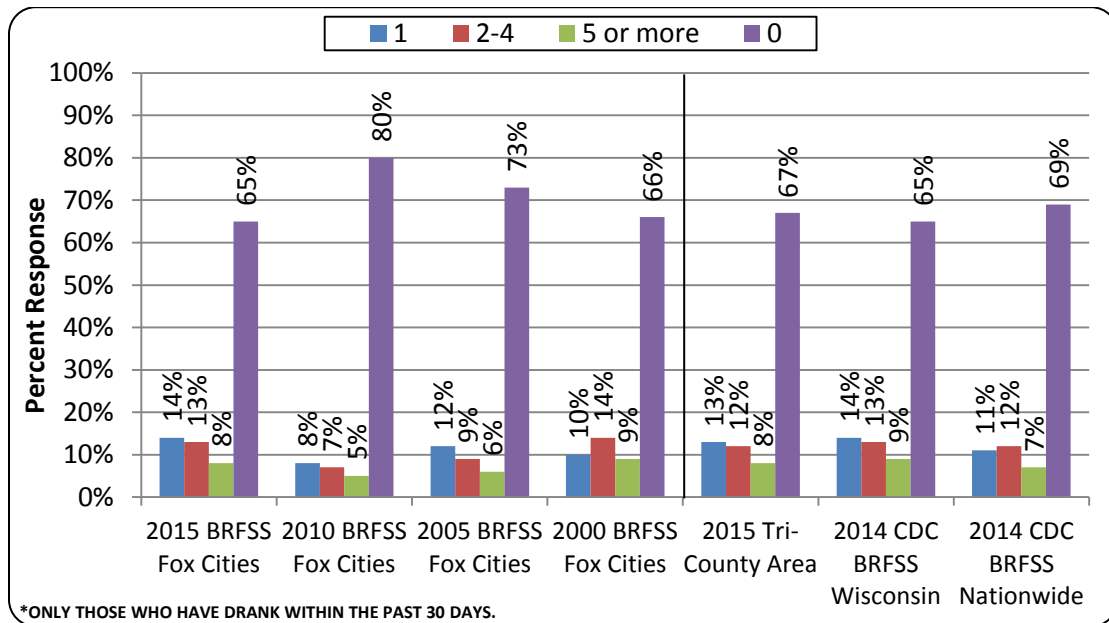
Table 17 – Gender by Average Number of Drinks on an Occasion

Number of Drinks	Male	Female
1 drink	25%	44%
2 drinks	28	24
3 drinks	26	16
4 drinks	6	4
5 or more drinks	16	11

5 or More Drinks on an Occasion

- ◆ The majority of respondents (65%) did not have 5 or more drinks on an occasion in the past 30 days. This percentage is down from 2010 in which 80% reported not having 5 or more drinks on occasion in the past 30 days showing binge drinking is again on the rise. Fourteen percent (14%) reported having 5 or more drinks on an occasion once, 13% reported 2-4 times, and 8% reported 5 or more times. Please see Figure 42 below.

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



- ◆ The majority (93%) of those age 65 and over reported zero times of having 5 or more drinks on an occasion. Most respondents from all other age categories also reported zero times in terms of having 5 or more drinks on an occasion, however, 43% of those age 18-24 reported having 5 or more drinks 2 to 4 times in the past 30 days. Please see Table 18 below.

Table 18 – Age by 5 or More Drinks on an Occasion

Number of Times	18-24	25-34	35-44	45-54	55-64	65 and over
1 time	11%	39%	7%	12%	8%	2%
2 to 4 times	43	13	7	8	10	5
5 or more times	0	9	13	12	8	0
0 times	46	39	73	69	74	93

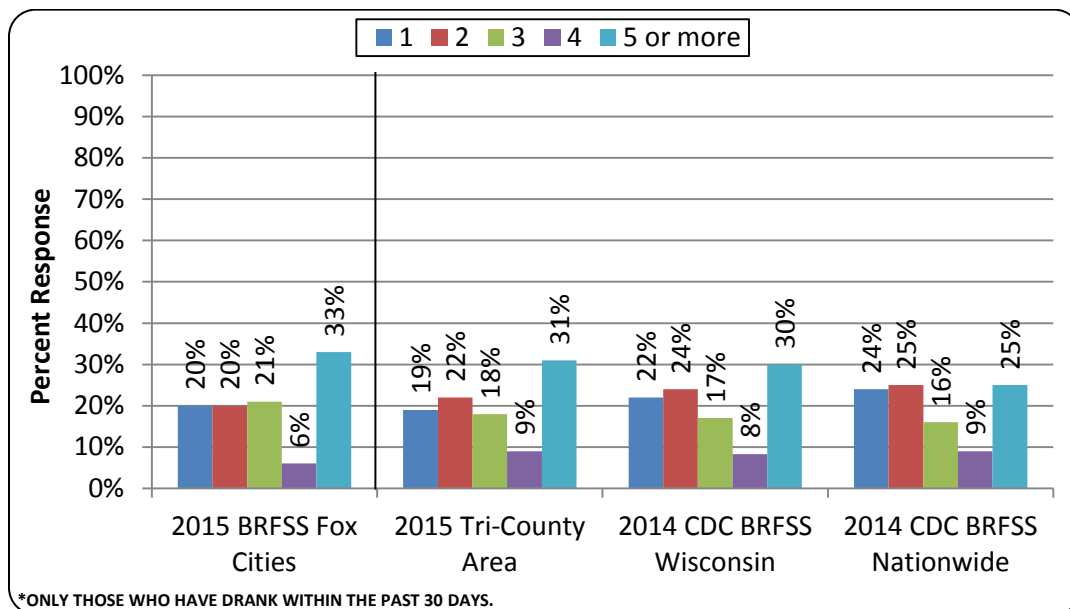
- ◆ Most respondents from all education categories reported an average of zero times in term of having 5 or more drinks on one occasion during the past 30 days; 52% with some college or tech school, 66% with a high school diploma or less, and 75% with a college degree. Respondents with a high school diploma or less had the highest number of respondents who reported drinking 5 or more drinks on an occasion 5 or more times (10%).
- ◆ The majority or plurality of respondents from all income cohorts reported zero times in terms of the number of times in the past 30 days in which they had 5 or more drinks. Respondents with an annual household income of \$75,001 or more had the highest percentage of respondents who had 5 or more drinks on an occasion 5 or more times (17%).

- ◆ More females (75%) than males (57%) reported zero times in terms of having 5 or more drinks on any occasion in the past 30 days. Males had higher percentages of respondents compared to females for 2 to 4 times (16% males; 9% females) and 5 or more times (15% males; 1% females) but a smaller percentage for 1 time (12% males; 16% females).

Largest Number of Drinks on an Occasion

- ◆ During the past 30 days, 33% said the largest number of drinks they had on any occasion was 5 or more drinks. Six percent (6%) reported 4 drinks, 20% each reported 1 and 2 drinks, and 21% reported 3 drinks. Please see Figure 43 below.

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



- ◆ Seventy-nine percent (79%) of respondents age 18-24 reported 5 or more drinks as the largest number of drinks on an occasion in the past 30 days. The next highest percentage of respondents who reported their largest number of drinks to be 5 or more are respondents age 25-34 at 48%. Thirty percent (30%) of respondents age 55-64 reported their largest number of drinks on an occasion to be only 1 drink. Please see Table 19 below.

Table 19 – Age by Largest Number of Drinks

Number of Drinks	18-24	25-34	35-44	45-54	55-64	65 and over
1 drink	0%	23%	23%	13%	30%	26%
2 drinks	0	6	20	24	25	42
3 drinks	12	23	23	28	10	19
4 drinks	9	0	8	7	8	9
5 or more drinks	79	48	26	28	28	5

- ◆ Half of respondents with some college or tech school reported their largest number of drinks on an occasion to be 5 or more drinks, followed by 39% with a high school diploma or less and 22% with a college degree. Respondents with a college degree were found to have the least amount of drinks on an occasion at 23%. Please see Table 20 below.

Table 20 – Education Status by Largest Number of Drinks

Number of Drinks	High school diploma or less	Some college or tech school	College degree
1 drink	20%	15%	23%
2 drinks	20	13	25
3 drinks	23	14	24
4 drinks	4	8	7
5 or more drinks	39	50	22

- ◆ Respondents with an annual household income of less than \$10,000 and \$20,001 to \$25,000 had the highest percentages in terms of 5 or more drinks being largest number of drinks on any occasion (67%, less than \$10,000; 65%, \$20,001 to \$25,000). All other income categories garnered 32% or less in terms of having 5 or more drinks being their largest number of drinks they have had on an occasion in the past 30 days.
- ◆ Seventy-one percent (71%) of respondents who are students reported their largest number of drinks on an occasion in the past 30 days to be 5 or more drinks, which is only slightly higher than respondents who are self-employed (68%). Thirty percent (30%) of respondents who are not in the workforce reported their largest number of drink on an occasion to be only one drink. Please see Table 21 below.

Table 21 – Employment Status by Largest Number of Drinks

Number of Drinks	Employed	Self-employed	Not in the workforce	Student	Retired
1 drink	22%	5%	30%	0%	27%
2 drinks	19	9	19	6	42
3 drinks	24	14	15	15	16
4 drinks	6	5	7	8	7
5 or more drinks	28	68	30	71	9

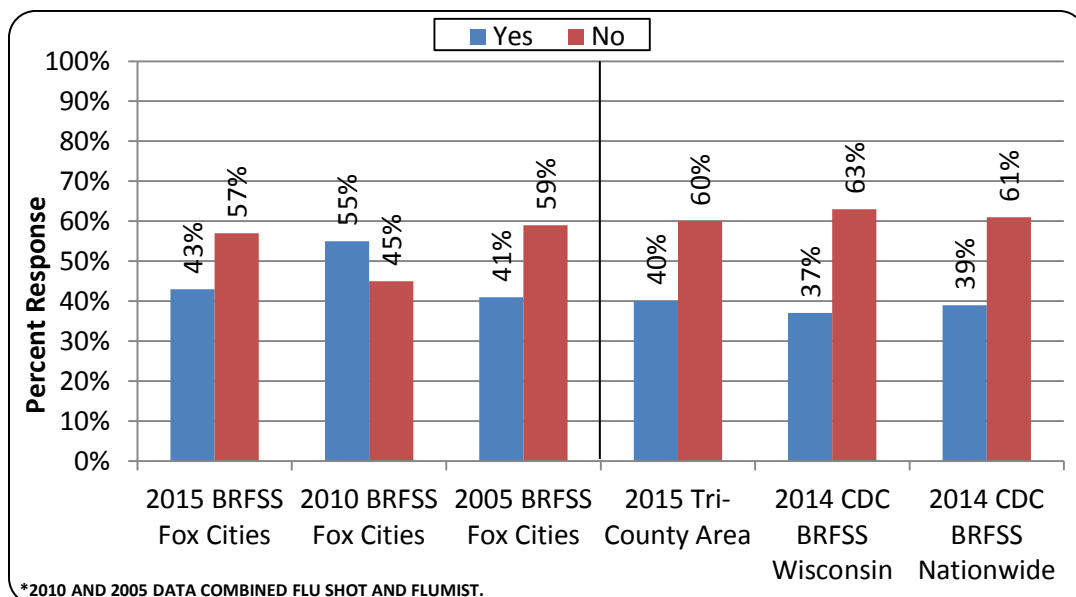
- ◆ It was found that most males (49%) and females (73%) reported their largest number of drinks on any occasion in the past 30 days to be between 1 drink and 3 drinks. In general, as the largest number of drinks increased, more males than females fell into those categories.

Immunization

Key Finding #11 *Less than half (43%) of respondents reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.*

- ◆ Respondents were asked whether they had a flu shot or flu vaccine that was sprayed in their nose in the past 12 months. The majority (57%) of respondents said they had not while 43% said they had, a 12% decrease from 2010. Please see Figure 44 below.

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



- ◆ Although age was statistically significant, no discernible pattern was found. Eighteen percent (18%) of those age 18-24, 24% age 25-34, 54% age 35-44, 36% 45-54, 49% 55-64, and 77% age 65 and over reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.
- ◆ More respondents with a higher education level were found to have had either the flu shot or flu vaccine sprayed in their nose within the past 12 months; 32% with a high school diploma or less, 44% with some college or tech school, and 51% with a college degree had either the flu shot or flu vaccine sprayed in their nose within the past 12 months.
- ◆ Less than half of respondents who are not in the workforce (49%), who are self-employed (44%), who are employed (35%), or respondents who are students (30%) reported having the flu shot or flu vaccine within the past 12 months. The only employment category in which more than half of respondents reported having the flu shot or flu vaccine sprayed in their nose within the past 12 months were respondents who were retired (72%).

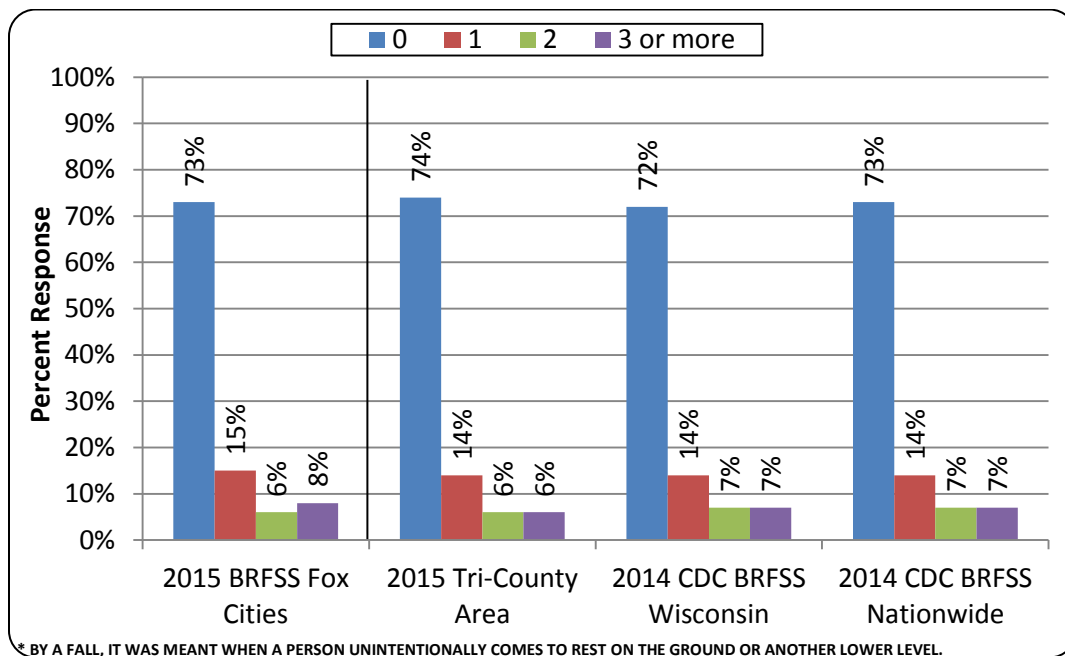
- ◆ More females (49%) than males (38%) reported having the either the flu shot or flu vaccine within the past 12 months.

Falls

Key Finding #12 *Seventy-three (73%) percent of respondents reported zero falls in the past 12 months while 15% reported one fall, 6% reported two falls, and 8% reported 3 or more falls. Of those who reported having fallen, 66% reported that their fall had not caused an injury.*

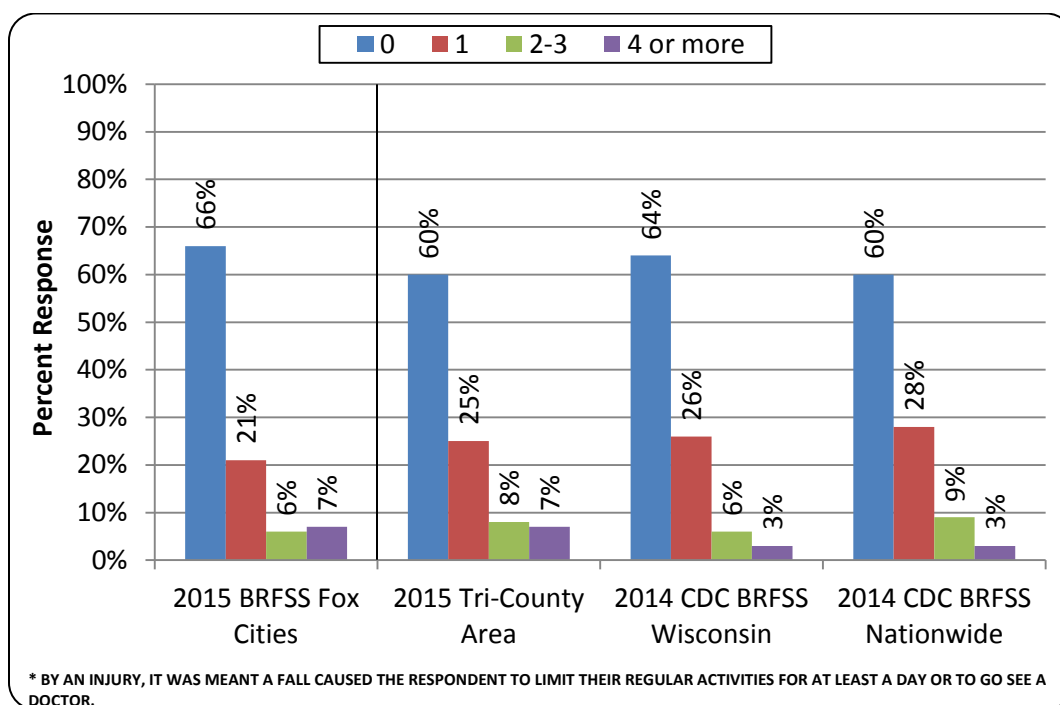
- ◆ If the respondent was 45 years old or older, they were asked about any recent falls they may have had. By a fall, it was meant when a person unintentionally comes to rest on the ground or another lower level. First, respondents were asked how many times they had fallen. The majority (73%) reported never falling while 15% indicated once, 6% twice, and 8% 3 or more times. Please see Figure 45 below.

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



- ◆ Of those who had fallen at least once, 66% of respondents reported that none of their falls caused an injury, 21% said one fall caused an injury, 6% said 2-3 falls caused an injury, and 7% said 4 or more falls caused an injury. By an injury, it was meant that the fall caused them to limit their regular activities for at least a day or to go see a doctor. Please see Figure 46 below.

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

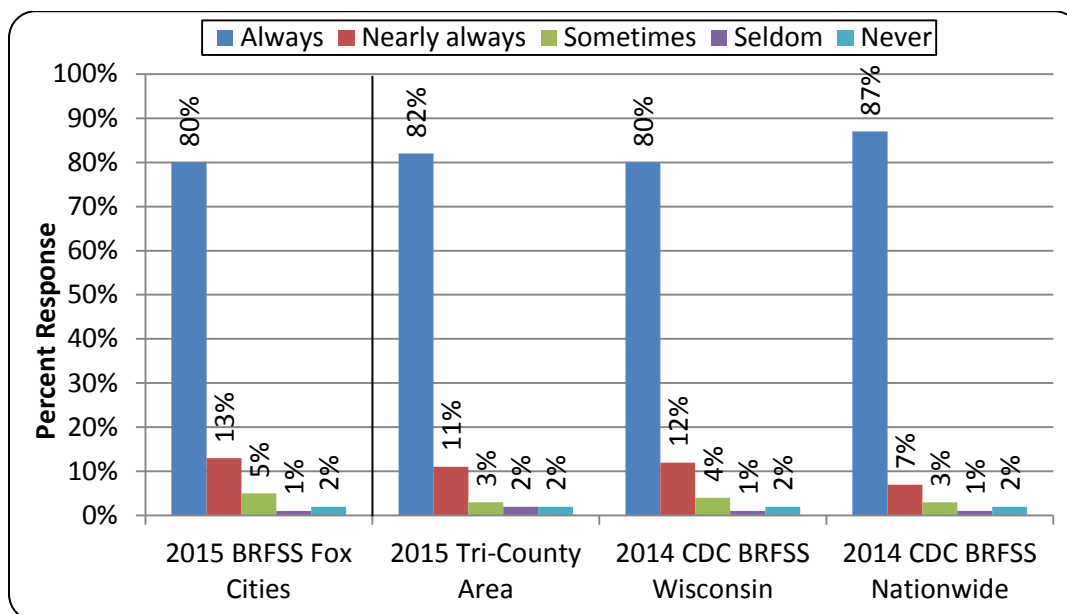


Seatbelt Use

Key Finding #13 ***A large percentage (80%) of respondents reported always using their seatbelt while driving or riding in a car.***

- ♦ A majority of respondents (80%) reported always using a seat belt while they drive or ride in a car. Thirteen percent (13%) reported nearly always using a seat belt, 5% reported sometimes, 1% reported seldom, and 2% reported never using a seat belt while driving or riding in a car. Please see Figure 47 below.

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



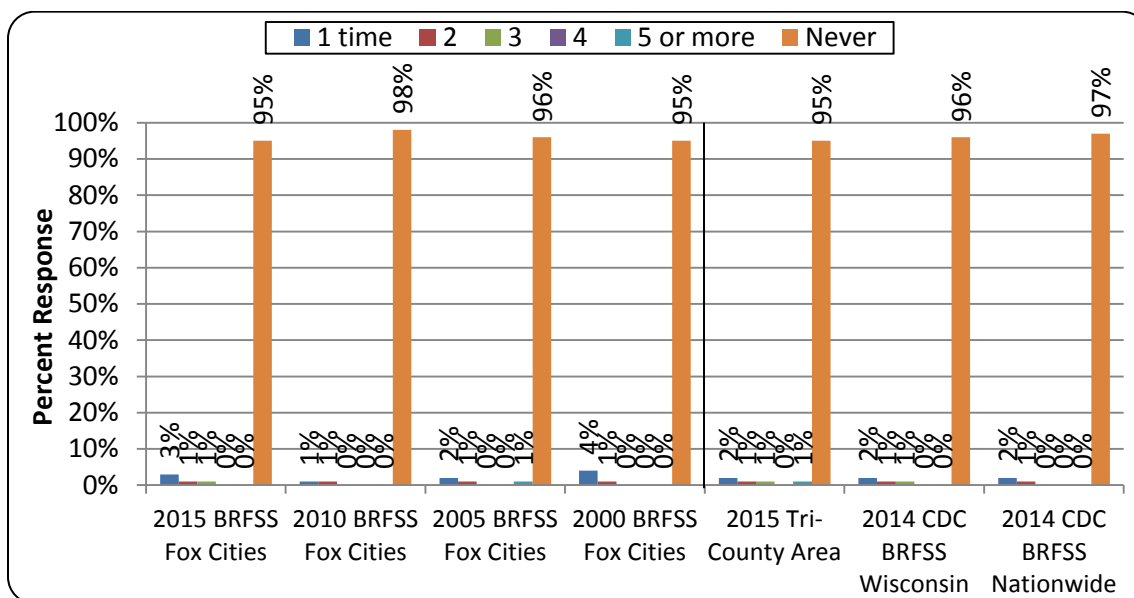
- ◆ The majority of respondents in all age categories reported always using their seatbelt while driving or riding in a car. Ninety-two percent (92%) of those age 65 and over reported always while only 64% of those 25-34 reported always.
- ◆ The general trend found when looking at seatbelt use by education, as educational attainment level increased, so did the percentage who use their seatbelt while driving or riding in a car (71% with a high school diploma or less, 75% with some college or tech school, and 89% with a college degree wear a seatbelt).
- ◆ No discernible pattern was found when comparing total household income and seatbelt use. The majority of those from all household incomes reported always wearing their seatbelt while driving or riding in a car except for those with an annual household income of less than \$10,000 (47%). Ninety-six percent (96%) of those with an annual household income of \$35,001 to \$50,000 reported always while all other income cohorts ranged between 73% and 84%.
- ◆ The majority of respondents in all employment categories reported always wearing their seatbelt while driving or riding in a car. Ninety-one percent (91%) of students and 91% of retired individuals always wear their seat belt while only 63% of those who are self-employed reported always.
- ◆ Eighty-nine percent (89%) of females reported always wearing their seatbelt while driving or riding in a car. The majority of males, though much less than females, also reported always wearing their seatbelt while driving or riding in a car (69%).

Drinking and Driving

Key Finding #14 *The majority of respondents (95%) reported never driving while perhaps having too much to drink while 3% reported driving one time when they've perhaps had too much to drink.*

- ◆ When respondents were asked how many times they have driven when they've had perhaps too much to drink, 95% reported never, 3% reported 1 time, 1% each reported 2 times or 3 times, and no respondent reported 4 times or 5 or more times. This is a slight increase since 2010. Please see Figure 48 below.

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



- ◆ The vast majority of respondents with a high school diploma or less (99%), a college degree (96%), or some college or tech school (90%) reported never driving when they've perhaps had too much to drink.
- ◆ Overall, the majority of respondents in all employment categories reported never driving when they perhaps had too much to drink. However, those who are self-employed had an interesting split where 61% (n=14) reported no times and 30% (n=7) reported one time. All other employment categories were 4% or less in terms driving between 1 and 5 or more times when they've perhaps had too much to drink.
- ◆ Ninety-nine percent (99%) of females and 92% of males reported never driving when they've perhaps had too much to drink. Six percent (6%) of males reported driving one time when they've perhaps had too much to drink.

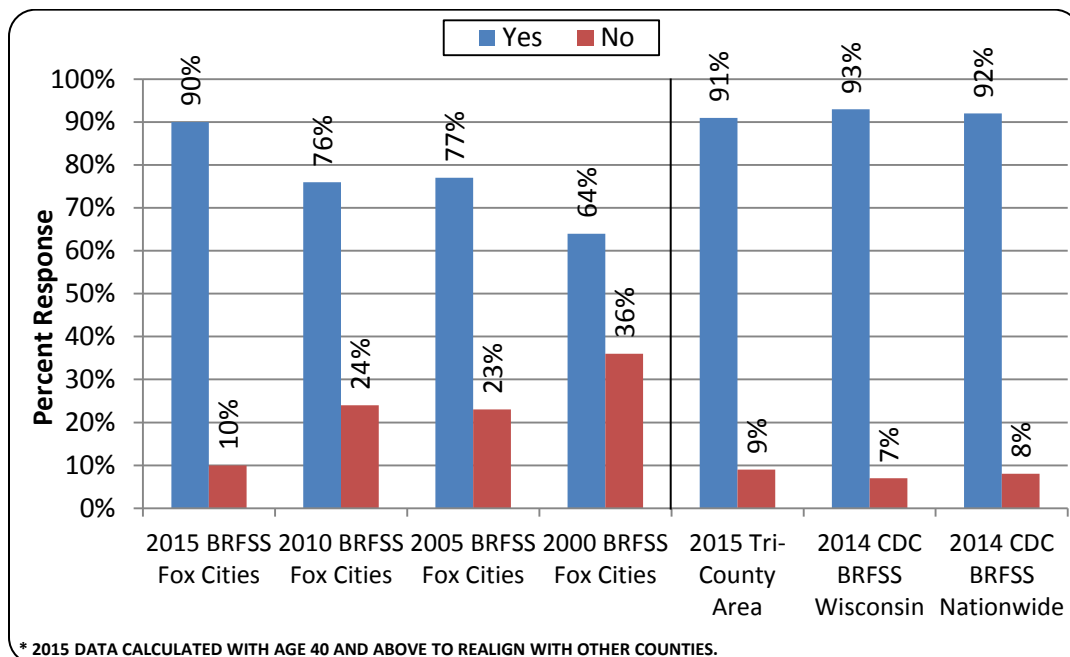
Women's Health Issues

Key Finding #15 *Eighty-seven percent (87%) of women had breast exams and 93% have had a Pap test. Additionally, 90% of women age 40 and over had a mammogram.*

Mammogram

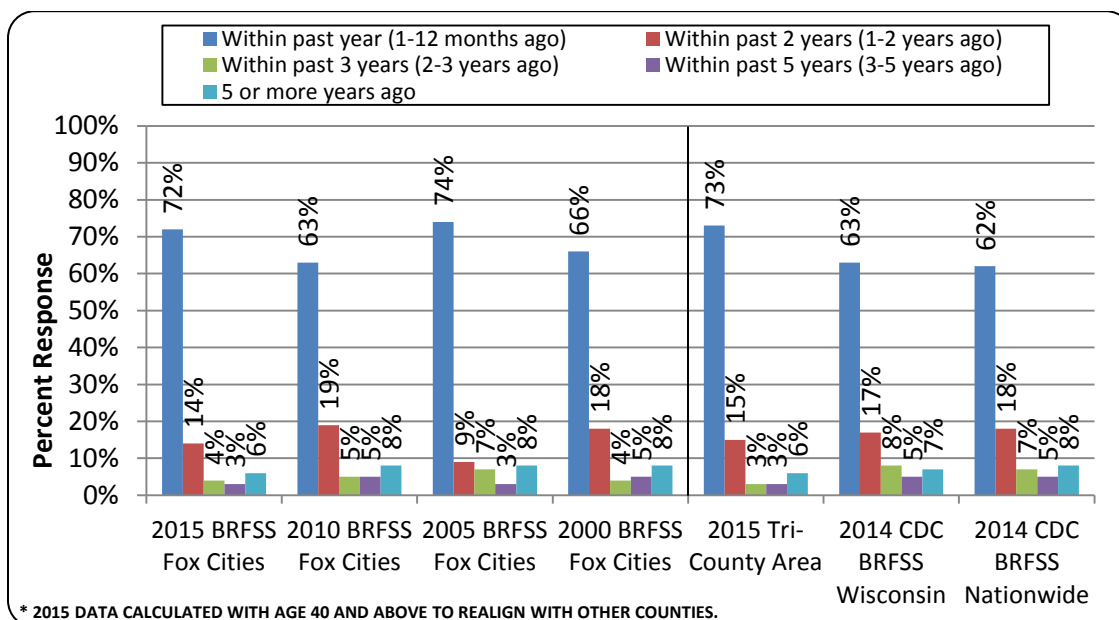
- ◆ In 2015, 90% of women respondents reported ever having a mammogram. Only women who are age 40 and above were included in this calculation to realign with the other counties. Please see Figure 49 below.

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



- ◆ Of the women age 40 and above who reported having a mammogram, 72% reported having one within the past year. Fourteen percent (14%) reported having one 1-2 years ago, and 13% reported having one more than 2 years ago. Please refer to Figure 50 below.

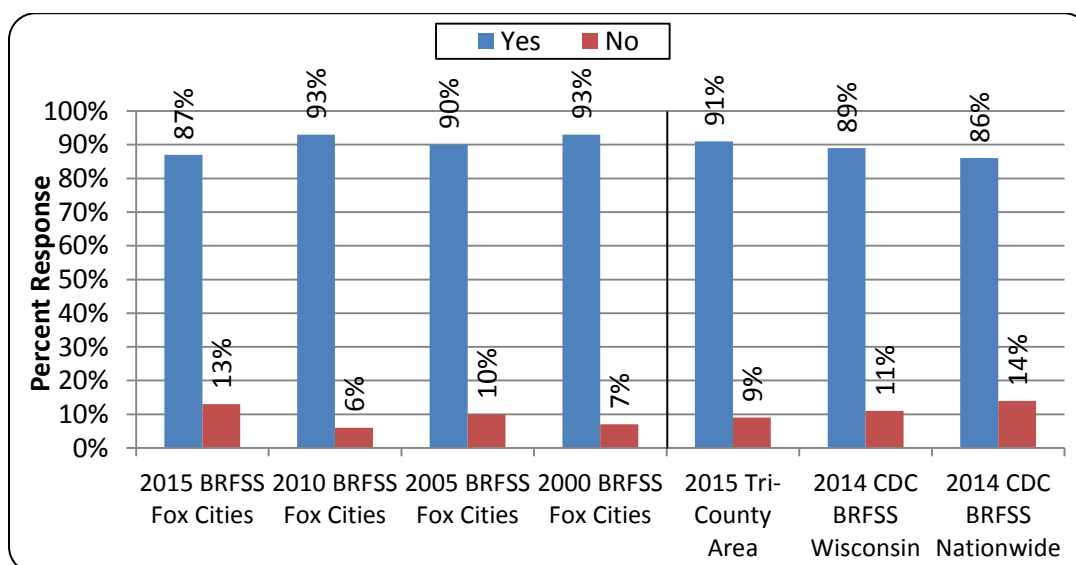
Figure 50 – “How long has it been since you had your last mammogram?” (*Age 40+)



Clinical Breast Exam

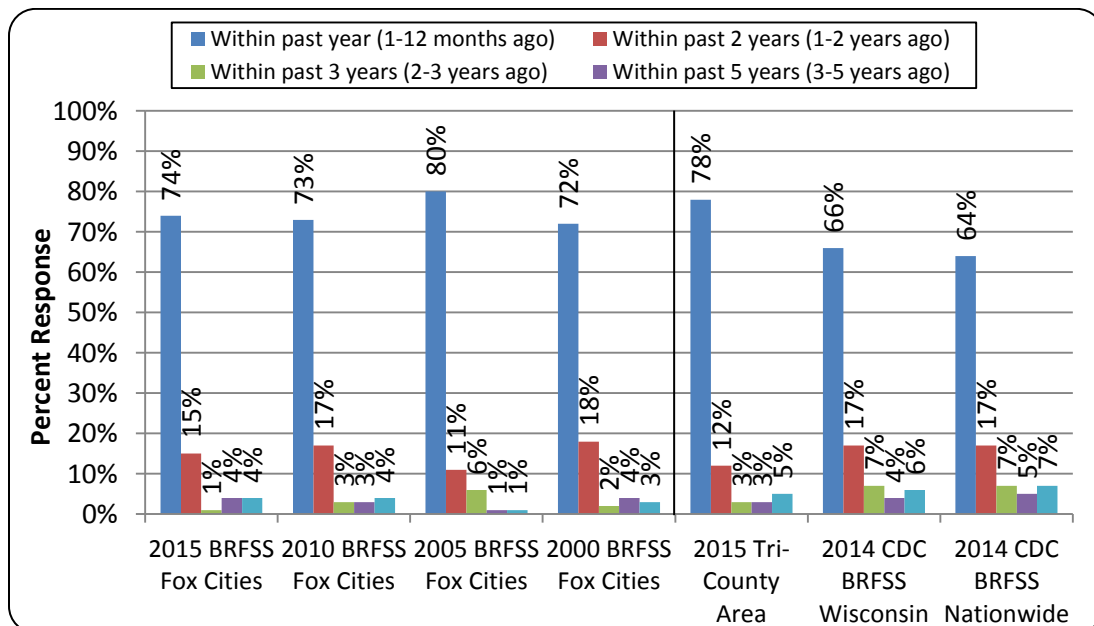
- ◆ Eighty-seven percent (87%) of women respondents reported ever having a clinical breast exam which is 6% less than in 2010. Please see Figure 51 below.

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



- ◆ Eighty-three percent (83%) of women age 25-34 reported ever having a clinical breast exam while over 90% of women age 35 and over reported ever having a clinical breast exam. Only one-third (33%) of women age 18-24 reported ever having a clinical breast exam.
- ◆ Seventy-one percent (71%) of women with a high school diploma or less reported ever having a clinical breast exam whereas 96% with some college or tech school and 92% with a college degree reported ever having a clinical breast exam.
- ◆ All income categories had a response rate of 90% or higher in terms of ever having a clinical breast exam except for those who earned less than \$10,000 (69%) and those who earned between \$15,001 and \$20,000 (73%).
- ◆ Eighty-five percent (85%) or higher of women who are employed, self-employed, not in the workforce, or retired reported ever having a clinical breast exam. A smaller, yet still large percentage of students reported ever having a clinical breast exam (69%).
- ◆ Of those who have had a clinical breast exam, 74% reported having one within the past year, which is up 1% from 2010 but down 6% from 2005. Fifteen percent (15%) reported having a clinical breast exam within the past 1-2 years, and 9% reported having one more than 2 years ago. Please refer to Figure 52 below.

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

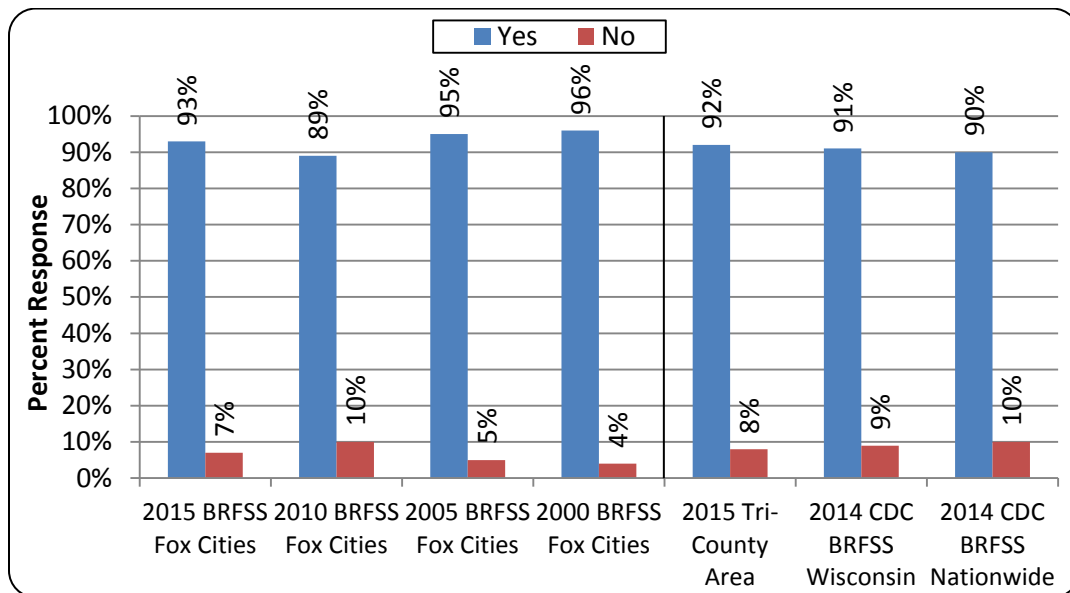


- ◆ The majority of respondents in all age and income categories have had a clinical breast exam within the past year. Those age 18-24 are split 50/50 in terms of having a clinical breast exam within the past year and 1-2 years ago. Those with an income of less than \$10,000 also had a 50/50 split in terms of having a clinical breast exam within the past year and 3-5 years ago.

Pap Test

- ◆ All women were told that a Pap test is a test for cancer of the cervix. A large percentage of women (93%) reported ever having a Pap test, which is 4% more than in 2010 but still 2% less than 2005. Please see Figure 53 below.

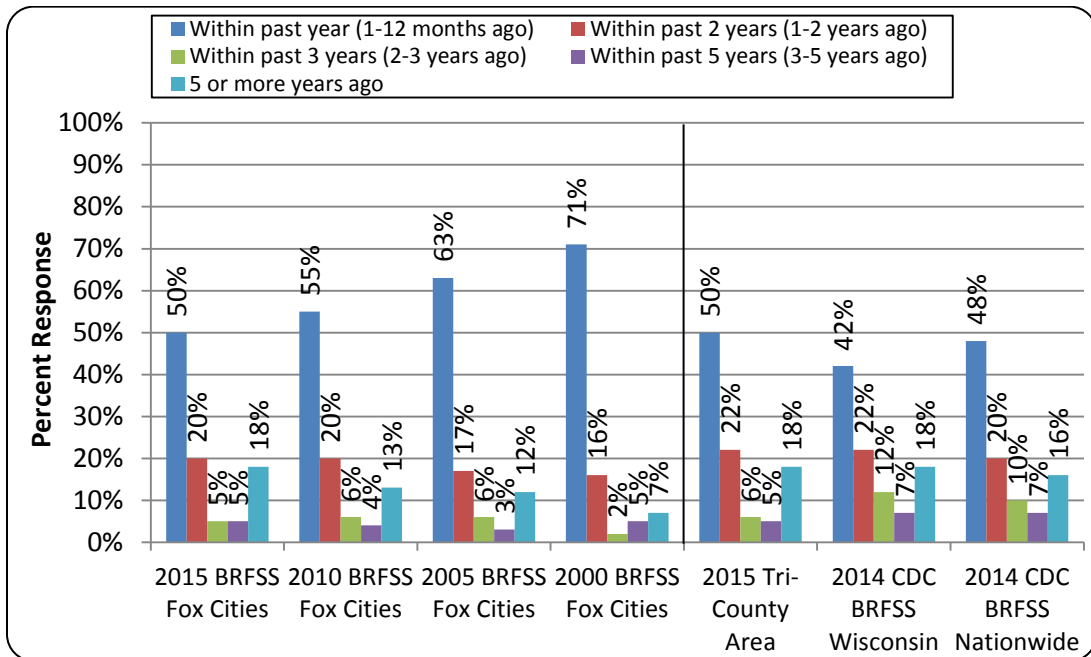
**Figure 53 – “A Pap test is a test for cancer of the cervix.
Have you ever had a Pap test?”**



- ◆ Ninety-five percent (95%) or more of women age 25 and over reported ever having a Pap test. One-third (33%) of women age 18-24 reported ever having a Pap test.
- ◆ Seventy-eight percent (78%) of women with a high school diploma or less, 98% with some college or tech school, and 100% with a college degree have ever had a Pap test.
- ◆ Seventy-one percent (71%) of women who have an annual household income of less than \$10,000 have ever had a Pap test, between 91% and 95% of women who have an annual household income of \$10,001 to \$25,000 have ever had a Pap test, and 100% of women who have an annual household income of over \$25,000 reported ever having a Pap test.
- ◆ Ninety-five percent (95%) to 100% of women employed, self-employed, not in the workforce, or retired reported ever having a Pap test, while 69% of students ever reported having a Pap test.
- ◆ Of the women who reported ever having a Pap test, 50% reported having one within the past year. As can be seen from Figure 54 below, the percentage of women who have had a Pap test within the past year has been decreasing since 2000. Twenty percent (20%) reported having a Pap test 1-2 years ago while 18%

reported having their last one 5 or more years ago. Please refer to Figure 54 below.

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



- ◆ The majority or plurality of women age 18-64 have had a Pap test within the past year. The majority of those age 65 and over have had a Pap test 5 or more years ago.
- ◆ The majority or plurality of women employed, self-employed, not in the workforce, and a student have had a Pap test within the past year.

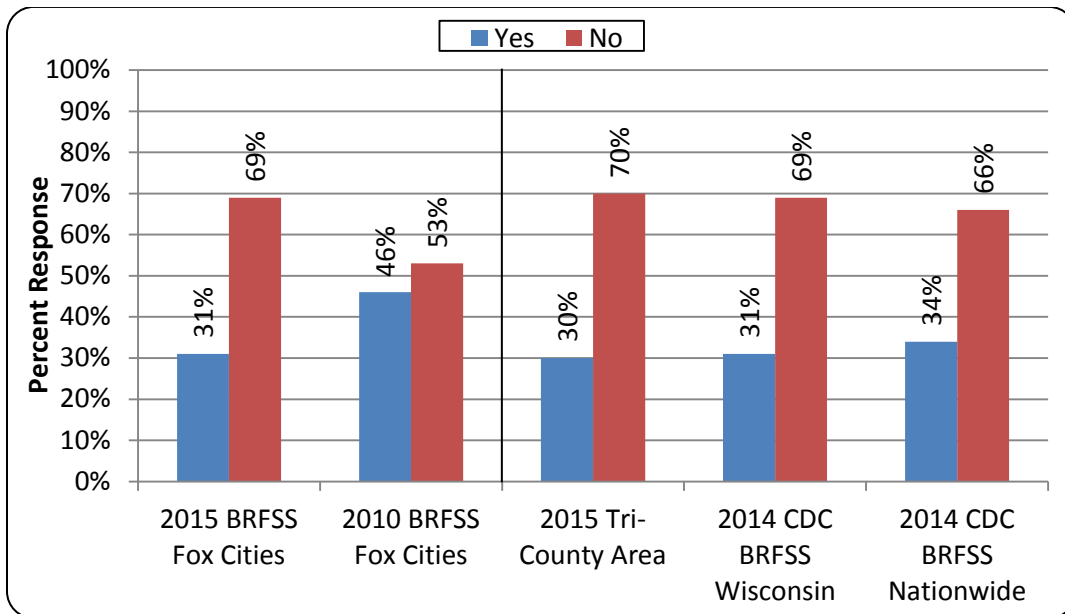
Colorectal Cancer Screening

Key Finding #16 *A large percentage of respondents (69%) have never used a blood stool home testing kit while more respondents (75%) have had a colonoscopy/sigmoidoscopy.*

Home Blood Stool Test

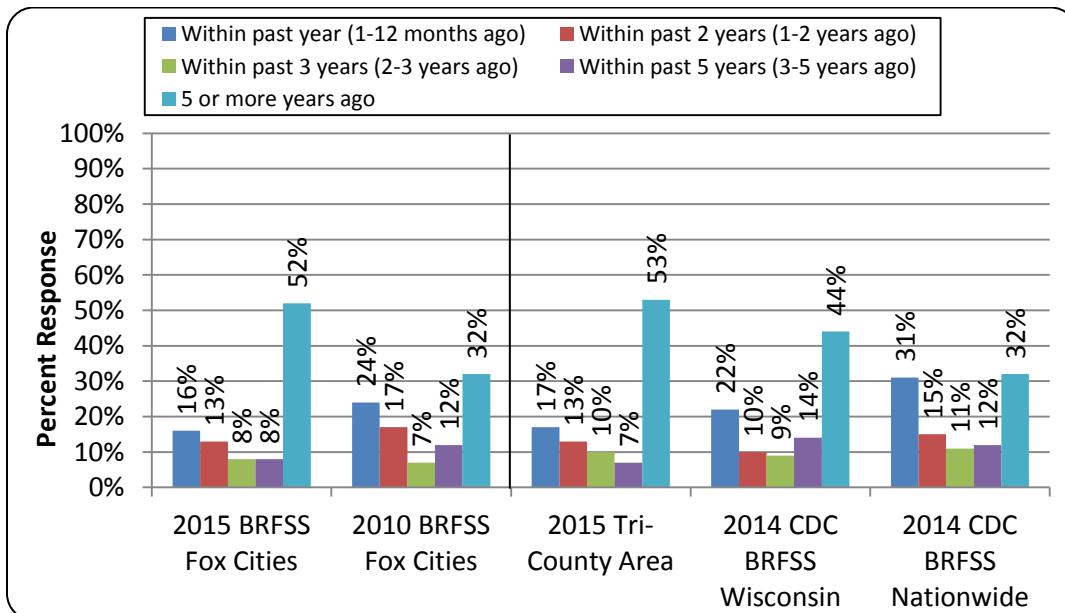
- ◆ Before respondents were asked if they had ever used a blood stool home kit, they were told that a blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Only those age 50 or older were asked to respond to questions about a home blood stool testing kit. A majority (69%) of respondents age 50 or over reported never using a home test kit while 31% reported using one. This is down from 2010 in which 46% reported ever using a home blood stool testing kit. Please see Figure 55 below.

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



- ◆ Of those who had used a blood stool home test kit, 52% reported using it 5 or more years ago. Sixteen percent (16%) reported using one within the past year, 13% within the past 2 years, 13% within the past 2 years, and 8% each within the past 3 years and within the past 5 years. Please refer to Figure 56 below.

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

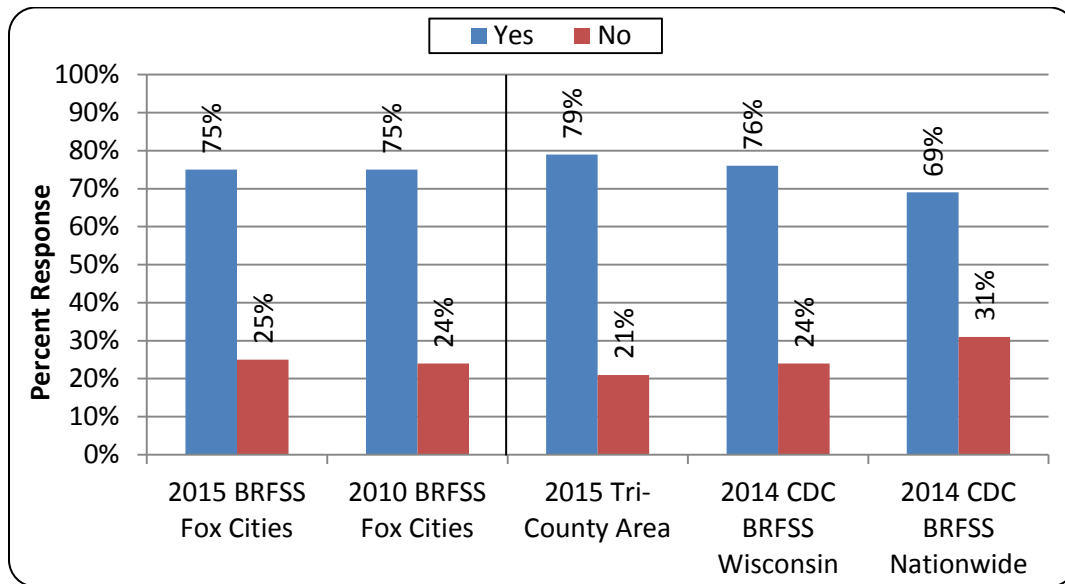


- ◆ Even though significance was found for education, no discernible trend was found. One-third (33%) of individuals with a high school diploma or less have used a home blood stool test, 25% of those with a college degree have, while no respondent with some college or tech school have used a home blood stool test.
- ◆ Forty-five percent (45%) of those who have used a blood stool home testing kit are retired, 25% are not in the workforce, 23% are employed, 11% are self-employed, and none are students.

Colonoscopy and Sigmoidoscopy

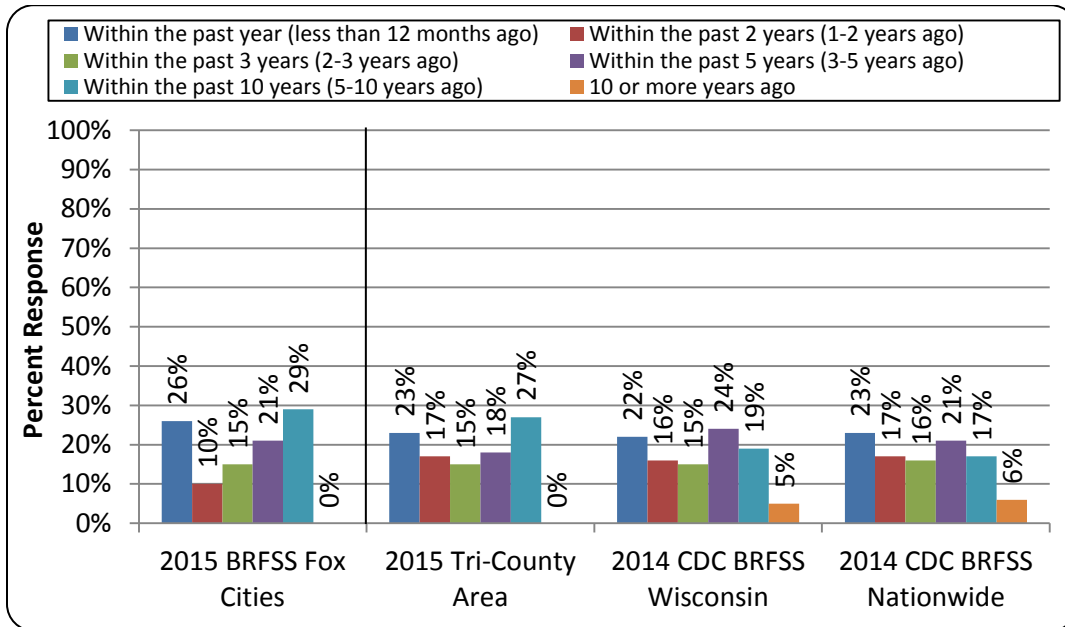
- ◆ Respondents were told that a colonoscopy and sigmoidoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Only respondents age 50 or older were asked to respond to the questions pertaining to colonoscopy and sigmoidoscopy. Seventy-five percent (75%) of respondents reported ever having a colonoscopy or sigmoidoscopy, which is the same percentage as in 2010. Please see Figure 57 below.

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



- ◆ Of those who have had a colonoscopy/sigmoidoscopy, 26% have had one within the past year, 10% reported within the past 2 years, 15% reported within the past 3 years, 21% reported within the past 5 years, 29% reported within the past 10 years, and 0% reported more than 10 years ago. Please see Figure 58 below.

Figure 58 – “How long has it been since your last sigmoidoscopy or colonoscopy?”

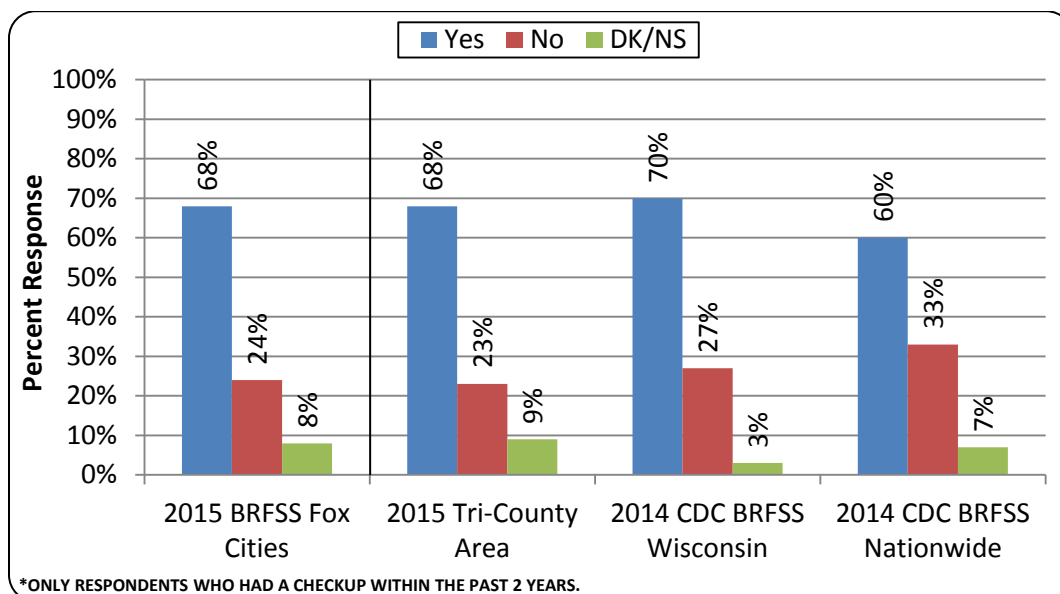


Alcohol Screening & Brief Intervention (ASBI)

Key Finding #17 *A majority (68%) of respondents reported that a health care provider did ask them how much they drink while only 5% reported being advised to reduce or quit drinking at their last routine checkup.*

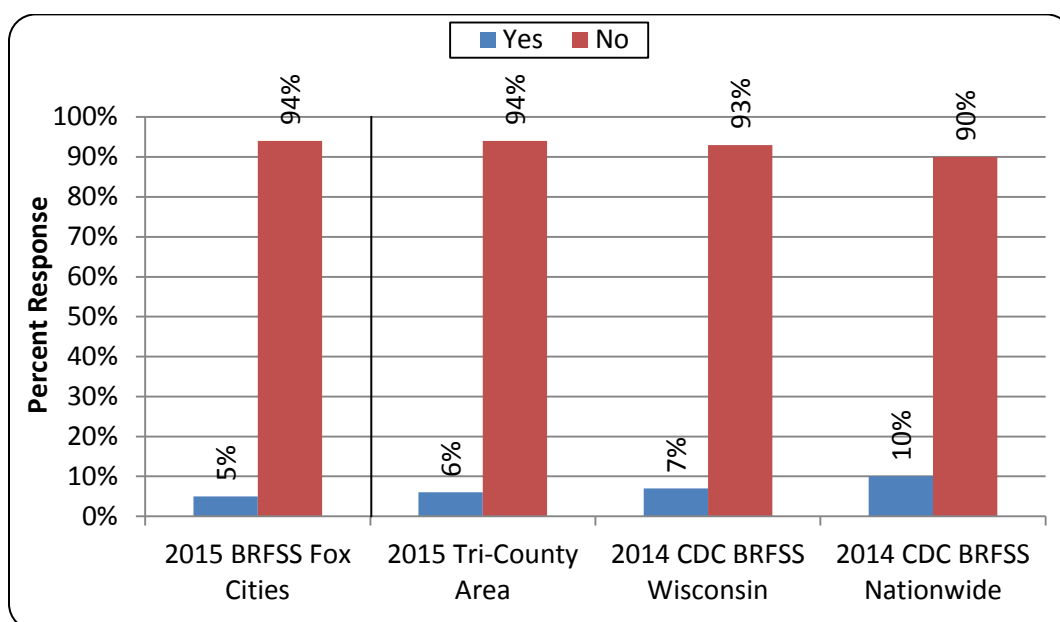
- ◆ Each respondent who had a checkup within the past 2 years was asked if their health care provider asked them in person or on a form how much they drink. A large percentage (68%) reported yes, 24% reported no and 8% reported they were not sure. If respondents reported yes to this question, they were then asked if they were advised to reduce or quit drinking at their last routine checkup. Almost all respondents (94%) reported no while only 5% reported yes. Please see Figures 59 and 60 below.

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



- ◆ The majority of respondents from all age categories (52% age 18-24 to 88% age 35-44) have been asked during their last routine checkup how much they drink.
- ◆ More females (82%) than males (63%) were asked how much alcohol they drink by a health care provider the last time they went in for a routine checkup.

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



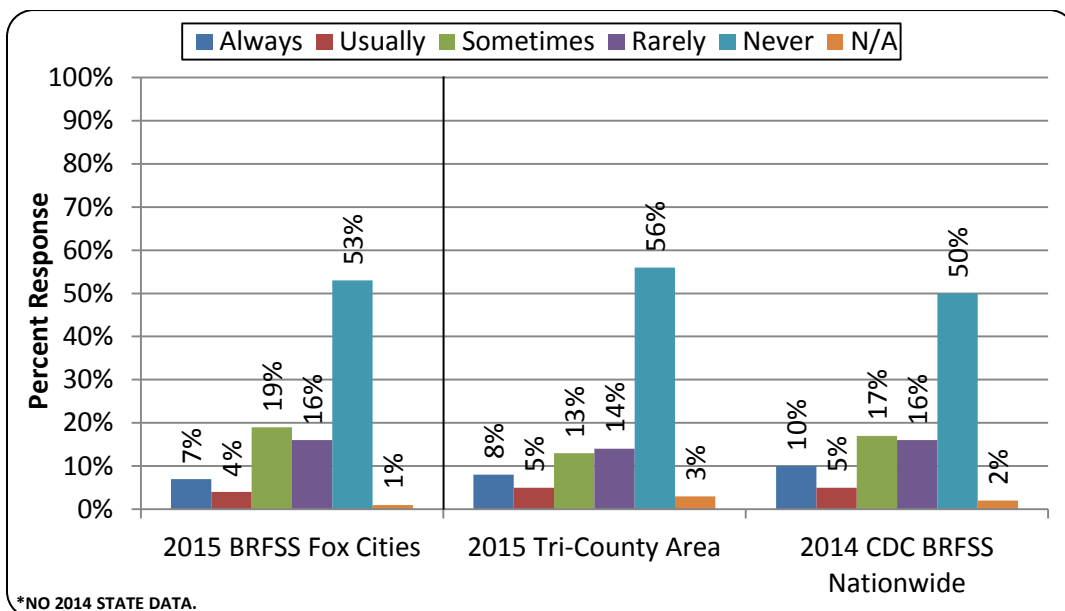
Social Context

Key Finding #18 *In the past 12 months, 11% of respondents were always or usually worried about having enough money to pay their rent/mortgage while 9% reported being always or usually worried about having enough money to buy nutritious meals. Over 50% reported never being worried about having enough money or rent/mortgage or for nutritious meals.*

Rent/Mortgage

- ◆ Respondents were asked how often in the past 12 months they were worried or stressed about having enough money to pay their rent/mortgage. A little over half (53%) reported never while 7% said always and 4% stated usually. A larger percentage (19%) reported sometimes and 16% said rarely. One percent (1%) of respondents were not applicable to this question. Please see Figure 61 below.

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



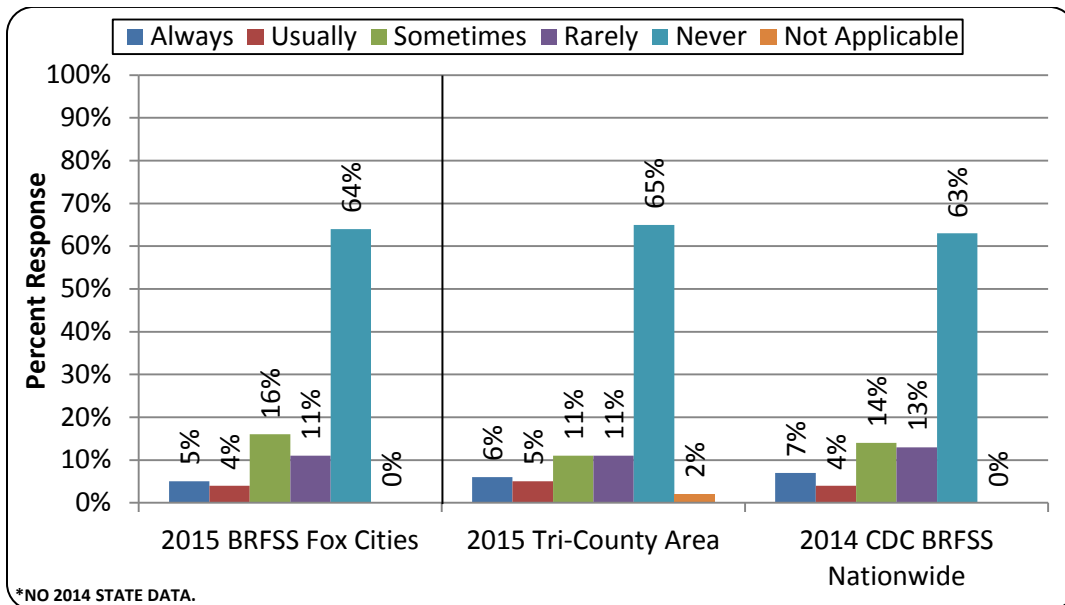
- ◆ Most respondents across all age categories never worried or stressed about having enough money to pay their rent/mortgage in the past 12 months. However, 76% of those 65 and older reported never being worried or stressed about having enough money to pay their rent/mortgage compared to only 35% of those age 18-24 reported never being worried or stressed about having enough money to pay their rent/mortgage. Here younger respondents show a much greater likelihood to be stressed about housing costs.

- ◆ In general, those with a college degree (3% always; 4% usually) tend to worry the least about having enough money to pay their rent/mortgage, followed by those with a high school diploma or less (10% always; 3% usually). Those with some college or tech school tend to worry the most (10% always; 6% usually).
- ◆ As for income, those who make more than \$25,000 (0% to 8% said always) worry less about having enough money to pay their rent/mortgage in the past 12 months than those who earn less than \$25,000 (13% to 36% said always). The income category that doesn't follow this general pattern is respondents making \$15,001 to \$20,000 (5% reported always worrying about having enough money to pay their rent/mortgage).
- ◆ Those who are not in the workforce had the highest percentage (26%) of being always worried or stressed about having enough money to pay their rent/mortgage.
- ◆ In general, more females than males reported being worried or stressed about having enough money to pay their rent/mortgage. Nine percent (9%) of males reported always or usually being worried or stressed about having enough money to pay their rent/mortgage while 14% of females reported always or usually.
- ◆ When analyzing respondents who do and do not have children by being worried or stressed about having enough money to pay their rent/mortgage, 26% of respondents without children reported they always, usually, or sometimes worry. This increased to 36% for respondents who have children under the age of 18 living in their household.

Nutritious Meals

- ◆ Respondents were also asked how often in the past 12 months they were worried or stressed about having enough money to buy nutritious meals. Over half (64%) reported never while 5% reported always, 4% said usually, 16% reported sometimes, and another 11% stated rarely. Please see Figure 62 below.

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



- ◆ The majority of all age categories (52% to 82%) reported not being worried or stressed about having enough money to buy nutritious meals in the past 12 months. Eleven percent (11%) or less of each age category reported always or usually for this question with those age 25-34 being the most worried. Please see Table 22 below.

Table 22 – Age by Worried/Stressed about Buying Nutritious Meals

Worried or Stressed	18-24	25-34	35-44	45-54	55-64	65 and over
Always	6%	4%	6%	4%	7%	2%
Usually	0	11	0	1	7	3
Sometimes	31	17	12	18	5	3
Rarely	8	6	8	20	13	10
Never	55	52	75	58	67	82
Not Applicable	0	0	0	0	2	0

- ◆ The majority of individuals from all education statuses reported never being worried or stressed about having enough money to buy nutritious meals. In general, individuals with a higher education status were less worried or stressed about having money to buy nutritious meals in the past 12 months.
- ◆ Respondents who earned \$25,000 or more (0% to 8% always worried) reported less worry and stress then respondents who earned less than \$25,000 (9% to 14% always worried) in terms of having enough money to buy nutritious meals in the past 12 months. The income category that doesn't follow this general pattern is respondents making \$15,001 to \$20,000 in which only 5% reported always

worrying about having enough money to buy nutritious meals. Please see Table 23 below.

Table 23 – Income by Worried/Stressed about Buying Nutritious Meals

Number of Days	Less than \$10,000	\$10,001 to \$15,000	\$15,001 to \$20,000	\$20,001 to \$25,000	\$25,001 to \$35,000	\$35,001 to \$50,000	\$50,001 to \$75,000	\$75,001 or more
Always	13%	9%	5%	14%	0%	8%	2%	1%
Usually	6	4	0	11	4	2	0	0
Sometimes	56	48	50	25	13	8	11	5
Rarely	6	4	5	22	29	5	17	5
Never	19	35	40	28	54	78	69	89
Not Applicable	0	0	0	0	0	0	2	0

- ◆ No respondents who is self-employed or a student reported always being worried about having enough money to buy nutritious meals and only 2% of respondents who are retired reported always worrying. A slightly larger percentage of respondents who are employed (4%) reported always being worried and 14% of respondents who are not in the workforce reported always being worried. Even though no respondent who was self-employed reported always being worried, 22% did report usually being worried about having enough money to buy nutritious meals in the past month, the highest percentage in the “usually” category.
- ◆ As for gender, the general trend found is that more females (8%) than males (1%) were always worried or stressed about having enough money to buy nutritious meals.
- ◆ When analyzing respondents who do and do not have children by respondents who are worried or stressed about having enough money to buy nutritious meals, 22% of respondents without children reported they always, usually, or sometimes worry. This increased to 27% for respondents who have children under the age of 18 living in their household.

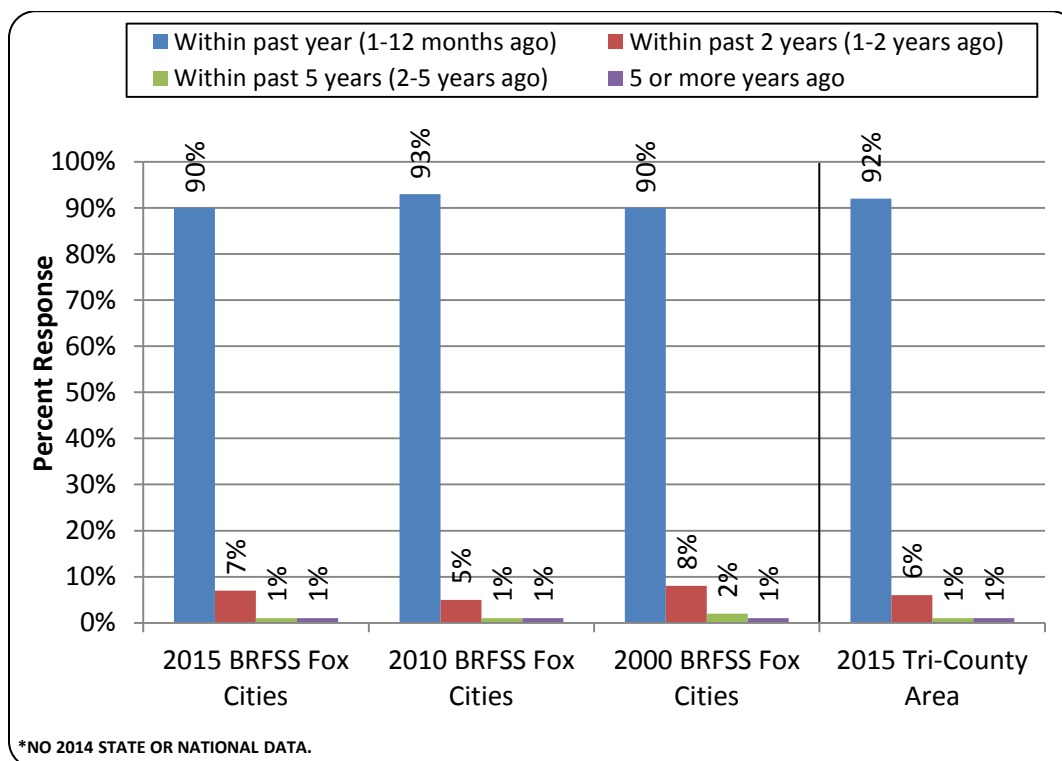
Hypertension and Cholesterol Awareness

Key Finding #19 ***Twenty-five percent (25%) of respondents said they had high blood pressure, while 33% of those who had ever had their cholesterol checked said they had high cholesterol.***

Blood Pressure Checked

- ◆ A large percentage (90%) of respondents have had their blood pressure taken by a doctor, nurse, or other health professional within the past year. Seven percent (7%) reported within the past 2 years, and 1% each reported within the past 5 years and 5 or more years ago. Please see Figure 63 below.

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

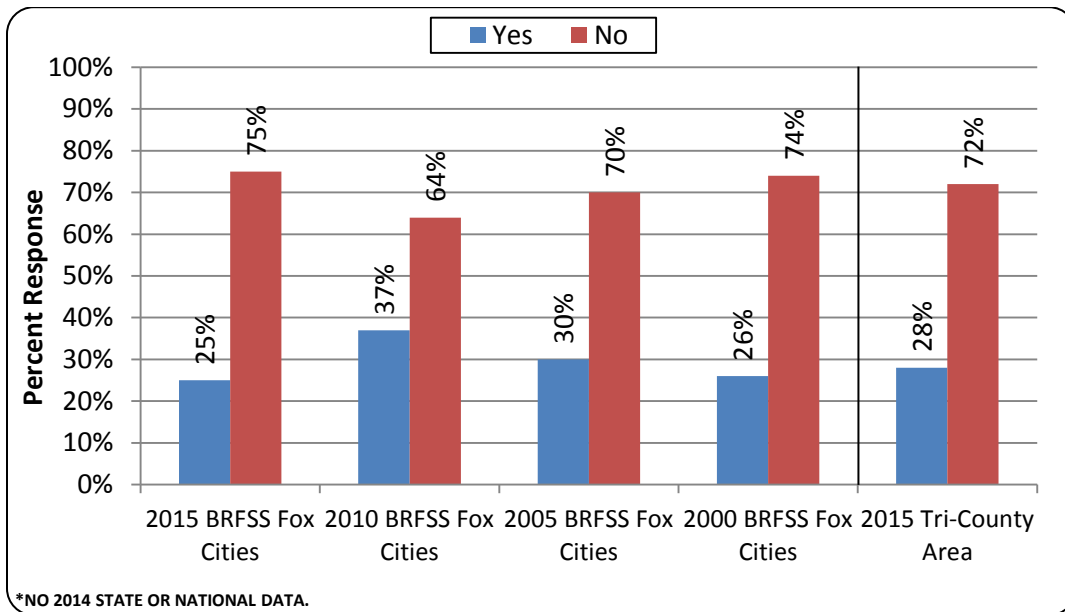


- ◆ All respondents age 18-24, as well as all respondents who are students have had their blood pressure taken by a doctor, nurse, or other health professional within the past year. Between 86% (age 25-34) and 98% (age 65 and over) of respondents age 25 and older has had their blood pressure taken by a professional within the past year.
- ◆ Individuals who are self-employed have the lowest percentage of having their blood pressure taken within the past year (74%). Between 89% and 98% of employed, not in the workforce, and retired individuals have had their blood pressure taken within the past year by a doctor, nurse, or other health professional.
- ◆ More females (96%) than males (86%) have had their blood pressure taken within the past year by a doctor, nurse, or other health professional.
- ◆ Education and income were not statistically significant in terms of having their blood pressure checked by a doctor, nurse, or other health professional.

Told They Have High Blood Pressure

- ◆ For those who reported having their blood pressure taken by a doctor, nurse, or other health professional, 75% said they have never been told they have high blood pressure while 25% said they have. Please see Figure 64 below.

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



- ◆ Education, income, and gender were not statistically significant in terms of being told by a doctor, nurse, or other health professional they have high blood pressure.
- ◆ No respondent age 18-24, as well as only 2% of students had been told by a doctor, nurse, or other health professional that they have high blood pressure. The only age category in which more respondents were told they have high blood pressure than not having high blood pressure were respondents age 65 and over (55%). Please see Table 24 below.

Table 24 – Age by High Blood Pressure

High Blood Pressure	18-24	25-34	35-44	45-54	55-64	65 and over
Yes	0%	18%	4%	34%	36%	55%
No	100	82	96	66	64	45

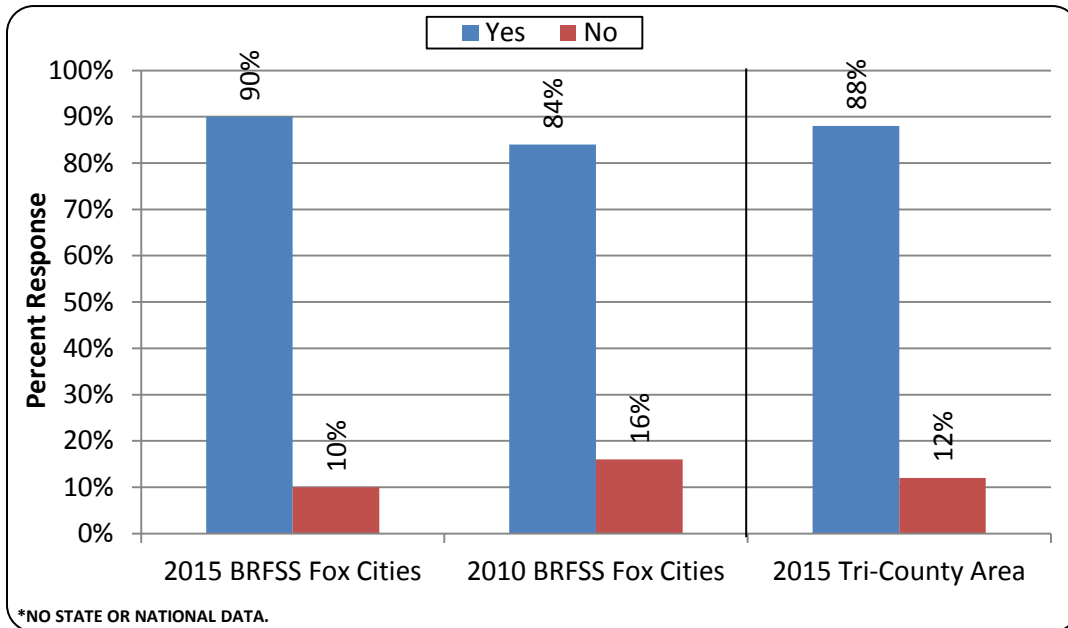
- ◆ Forty-nine percent (49%) of respondents who are retired were told they have high blood pressure by a doctor, nurse, or other health professional. Between 23% and 25% of respondents who are employed (23%), not in the workforce (23%), and self-employed (25%) were told they have high blood pressure compared with only 2% of students.

Taking Action to Control High Blood Pressure

- ◆ For those who said they currently had high blood pressure, 90% said they were taking action to control it such as losing weight, increasing physical activity,

reducing salt intake, or taking medication. This is a positive increase since 2010. Please see Figure 65 below.

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

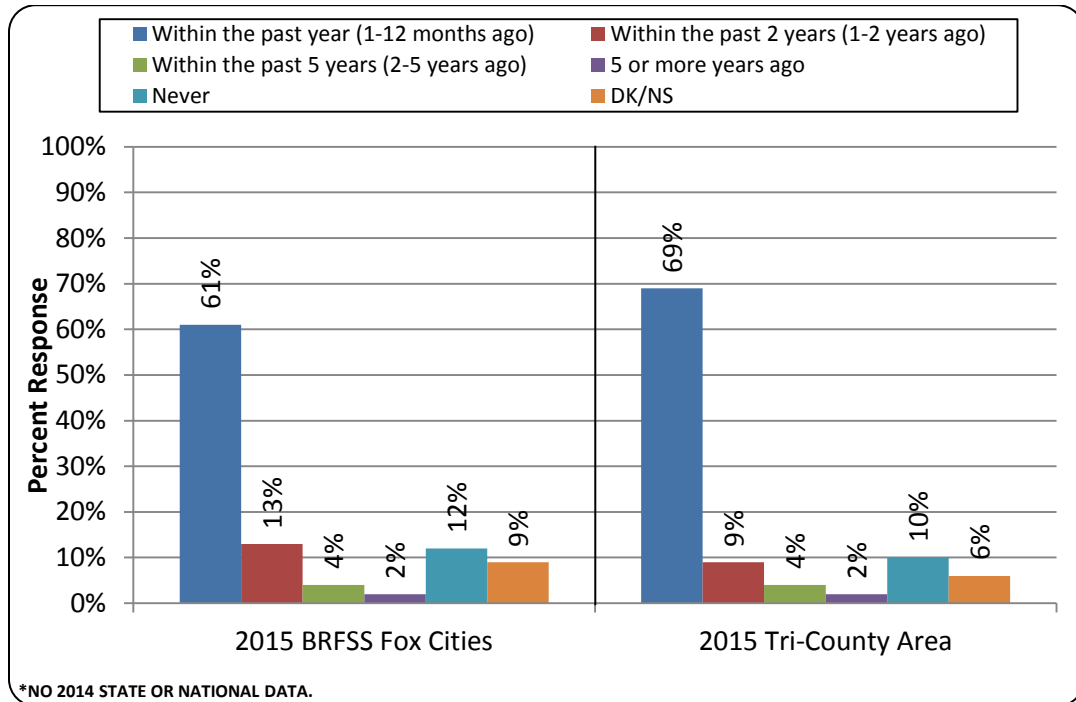


- ◆ Only education showed a significant difference for this question. Of those who were told they have high blood pressure, 100% of both students and those not in the workforce, 94% of those employed, and 88% of those retired are taking action to help control their high blood pressure. However, only 40% of those self-employed are taking action.

Blood Cholesterol Checked

- ◆ Sixty-one percent (61%) of respondents said they had their blood cholesterol checked within the past year, 13% stated between 1 and 2 years ago, 4% were between 2 and 5 years, and 2% had been checked more than 5 years ago. Twelve percent (12%) reported never having their blood cholesterol checked. Please see Figure 66 below.

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



- ◆ As age increased, so did the number of respondents who reported having their blood cholesterol checked within the past year (from 31% age 18-24 to 84% age 65 and over). Respondents age 18-24 had the highest percentage in terms of not ever having their blood cholesterol checked (59%). Please see Table 25 below.

Table 25 – Age by Blood Cholesterol Checked

Blood Cholesterol Last Checked	18-24	25-34	35-44	45-54	55-64	65 and over
Within the past year (1-12 months ago)	31%	57%	66%	68%	78%	84%
Within the past 2 years (1-2 Years ago)	10	16	18	20	8	10
Within the past 5 years (2-5 years ago)	0	0	10	6	3	3
5 or more years ago	0	0	0	1	7	2
Never	59	28	6	5	3	2

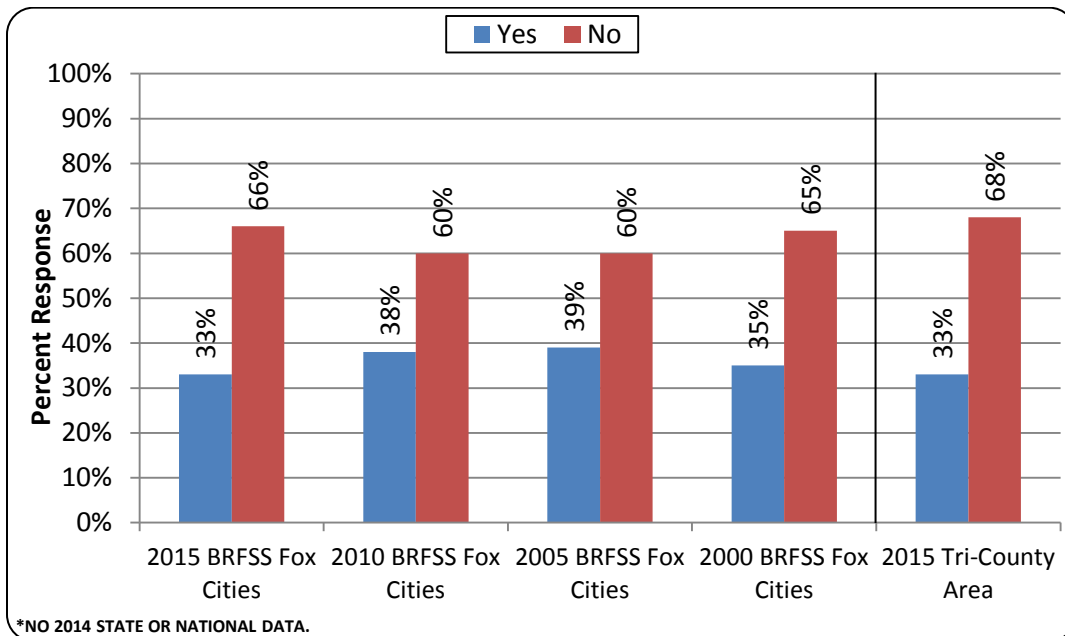
- ◆ A large percentage of respondents with a high school diploma or less (57%), a college degree (70%), or some college or tech school (72%) have had their blood cholesterol checked within the past year.

- ◆ Even though annual household income was statistically significant, no pattern emerged other than the majority or plurality of all income categories besides \$10,001 to \$15,000 have had their blood cholesterol checked within the past year. Those who make \$10,001 to \$15,000 had the majority of respondents report they never had their blood cholesterol checked (50%).

Told They Have High Blood Cholesterol

- ◆ Of those who have had their blood cholesterol checked, 33% reported being told by a doctor or other health professional that their blood cholesterol is high. Please see Figure 67 below.

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



- ◆ The only age and employment category in which the majority of respondents were told by a doctor or other health professional their blood cholesterol is high are respondents age 65 and over and respondents who are retired (both at 57%). As age increases so does the number of respondents who are diagnosed with high blood cholesterol. Please see Table 26 below.

Table 26 – Age by High Blood Cholesterol

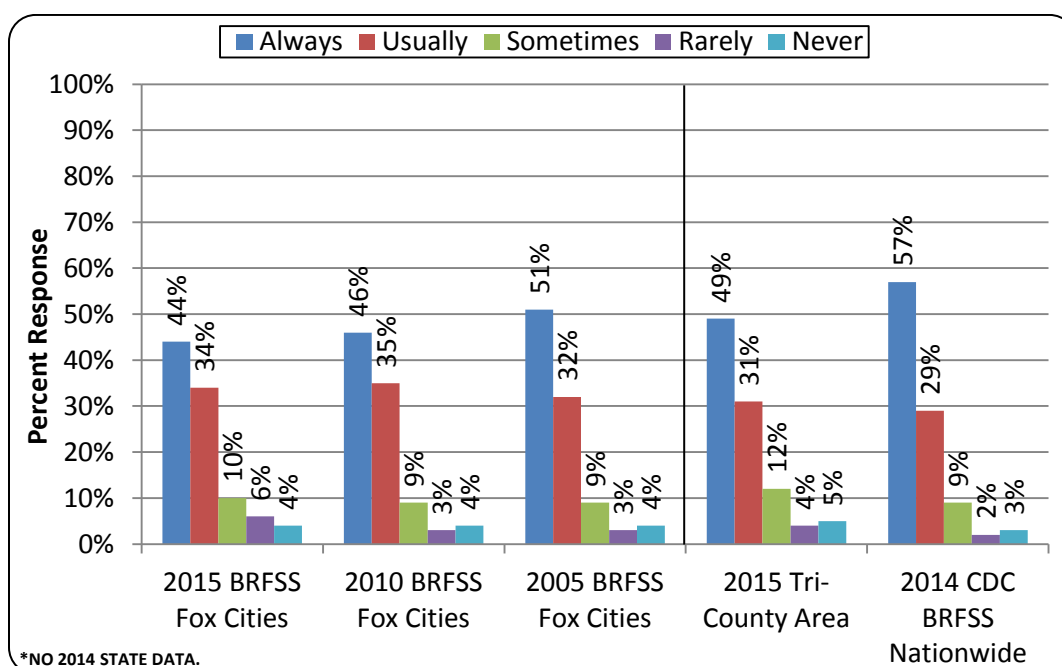
High Blood Cholesterol	18-24	25-34	35-44	45-54	55-64	65 and over
Yes	0%	11%	29%	39%	43%	57%
No	100%	89	71	61	57	43

Emotional Support

Key Finding #20 *Slightly under half of respondents (44%) feel they always receive the social and emotional support they need.*

- When respondents were asked how often they receive the social and emotional support they needed, the overall trend of social and emotional support has been decreasing over the past 10 years. The number of respondents who say they always receive emotional support in 2015 (44%) is trending lower than in 2010 (46%) and 2005 (51%). Please see Figure 68 below.

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



- Social and emotional support is directly related to overall health. Logically, those respondents in the best health (health rating of excellent) tended to always have the social and emotional support they needed more than their less healthy counterparts and additionally are much more satisfied with their life overall. For example, 67% of those who rated their overall health as excellent said they always felt socially and emotionally supported (57% in 2010) compared to only 37% (35% in 2010) of those who said their health was fair and 25% (32% in 2010) of those whose health was poor.
- In general, most respondents in all age groups either always or usually receive the social and emotional support they need.
- The majority of respondents who have a high school diploma or less always get the social and emotional support they need (51%). The plurality of those with a

college degree (44%) or some college or tech school (43%) always get the social and emotional support they need as well.

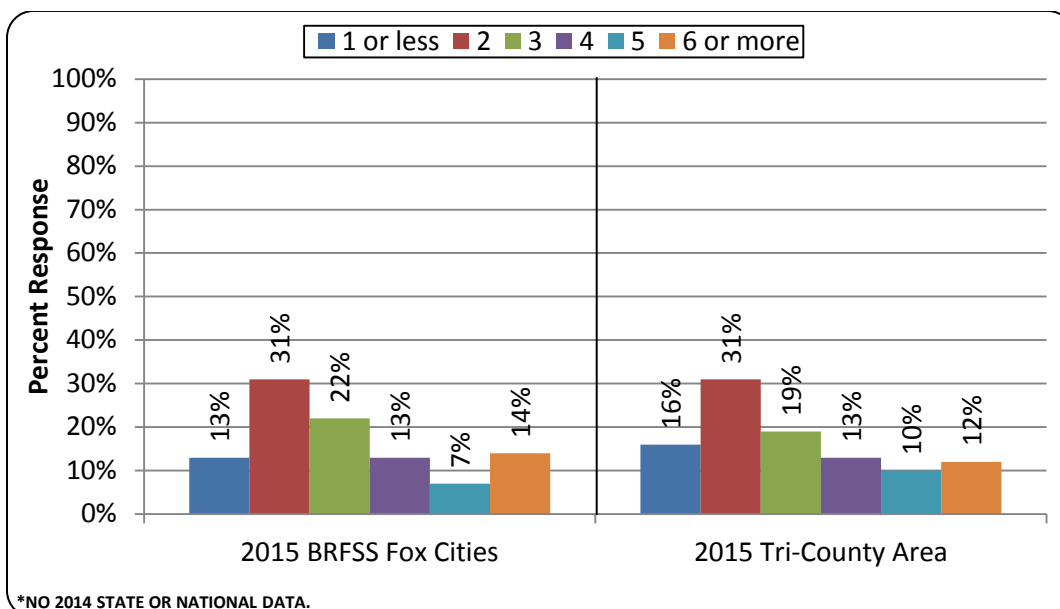
- ◆ While income displays no specific pattern for emotional support received, it does generally show that as level of income increases, feelings of social and emotional support also increases.
- ◆ Over half of respondents who are retired (53%) or a student (59%) reported always getting the social and emotional support they need. Forty-four percent (44%) who are employed and 41% who are not in the workforce reported always while only 17% of respondent who are self-employed feel they always get the social and emotional support they need.
- ◆ In general, more females (47%) than males (43%) tended to always feel they get the social and emotional support they need.
- ◆ Over half of respondents who are married (51%) reported always getting the social and emotional support they need. There was a 50/50 split between those who are separated between always and usually getting the social and emotional support they need. Those who are a member of an unmarried couple had the lowest percentage of always getting the social and emotional support they need (23%).

Screen Time

Key Finding #21 ***The majority of respondents (53%) spend 2-3 hours in front of an electronic screen at home or for leisure per day.***

- ◆ When asked about their screen time, 13% of respondents said that, on average, they spend 1 hour or less a day in front of a TV, computer, smart phone, tablet, or video gaming systems at home or for leisure. A larger percentage (31%) reported an average of 2 hours, 22% stated an average of 3 hours, 13% said 4 hours, 7% reported 5 hours, and 14% stated an average of 6 hours or more. Please see Figure 69 below.

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



- ◆ The plurality of responses (25%-38%) for ages 18-64 all fall in the category of spending 2 hours a day in front of an electronic screen at home or for leisure. The plurality for age 65 and over falls in the 6 or more hours a day category at 26%. Overall, those in the youngest and oldest age groups log the most screen time. Please see Table 27 below.

Table 27 – Age by Screen Time

Number of Hours	18-24	25-34	35-44	45-54	55-64	65 and over
1 hour or less	6%	14%	24%	15%	12%	7%
2 hours	25	42	35	38	25	15
3 hours	18	31	18	21	16	23
4 hours	14	9	9	6	21	21
5 hours	22	0	0	8	12	10
6 or more hours	14	4	15	13	15	26

- ◆ The plurality of responses (28%-33%) for all education categories also falls in the same category of spending 2 hours a day in front of an electronic screen at home or for leisure.
- ◆ There is no discernible pattern when comparing time spent in front of an electronic screen at home or for leisure by income level. When looking at the category of 6 hours or more, a general pattern found was that as income increased, the percentage of respondents in the 6 hours or more category decreased (33% of respondents making less than \$10,000 and 8% of respondents making \$75,001 or more annually).

- ◆ Most respondents from who are employed and self-employed spend between 1 to 3 hours in front of an electronic screen and most respondents who are not in the workforce spend an average of 2 to 3 hours or 6 or more hours. A large percentage of respondents who are students reported spending an average of 2 to 3 hours in front of an electronic screen. Most respondents who are retired spend an average of 3 to 4 hours or 6 or more hours in front of an electronic screen. Please see Table 28 below.

Table 28 – Employment Status by Screen Time

Number of Hours	Employed	Self-employed	Not in the workforce	Student	Retired
1 hour or less	20%	26%	2%	0%	6%
2 hours	38	30	26	36	11
3 hours	18	26	17	36	25
4 hours	11	4	21	2	23
5 hours	6	0	12	11	9
6 or more hours	8	13	22	16	26

- ◆ More males than females reported spending 2 hours (36%) and 5 hours (10%) in front of an electronic screen at home or for leisure while more females than males spend 3 hours (24%) and 4 hours (17%) in front an electronic screen at home or for leisure. Thirteen percent (13%) of both males and females spend 1 hour or less a day in front of an electronic screen and 14% of both males and females spend 6 or more hours a day in front of an electronic screen at home or for leisure. Please see Table 29 below.

Table 29 – Gender by Screen Time

Number of Hours	Male	Female
1 hour or less	13%	13%
2 hours	36	26
3 hours	19	24
4 hours	8	17
5 hours	10	5
6 or more hours	14	14

- ◆ The plurality of respondents with children living in their household under the age of 18 years old (45%) reported spending an average of 2 hours in front of an electronic screen at home or for leisure. The plurality of respondents with no children (23%) reported an average of 3 hours.

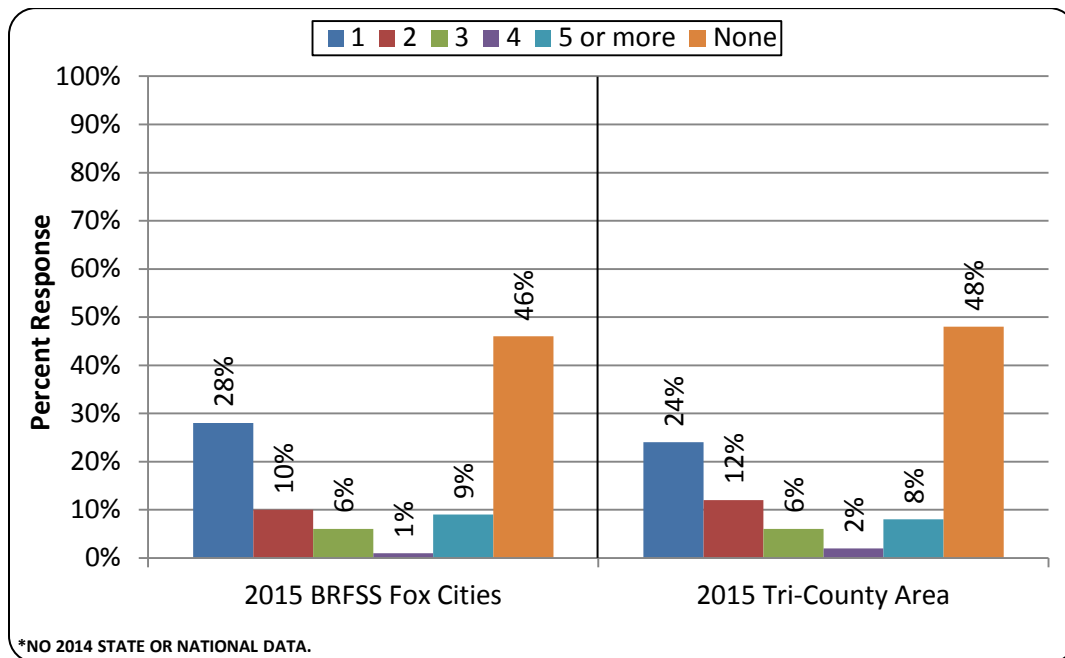
Sugar Drinks

Key Finding #22 *The majority of respondents drank soda with sugar over the past 30 days (54%), however concerning sugared fruit drinks, tea, and energy drinks, the majority (65%) never had any.*

Regular Soda or Pop

- ◆ During the past 30 days, on the days when respondents drank regular soda or pop that contains sugar, 28% said they drank an average of one drink, 10% said 2 drinks, 6% said 3 drinks, 1% said 4 drinks, 9% said 5 or more drinks while 46% did not drink any regular soda or pop. Please see Figure 70 below.

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



- ◆ When comparing the number of respondents who drank regular soda or pop in the past 30 days to the age of respondents, an interesting pattern emerges. The plurality of respondents age 18-24 (27%) and 25-34 (39%) reported an average of one drink while majority of respondents age 45-54 (51%), 55-64 (65%), and 65 and over (64%) reported not drinking any regular soda or pop that contains sugar in the past 30 days.
- ◆ Respondents with an annual household income of less than \$10,000 reported the highest percentage of drinking 5 or more regular sodas or pop that contains sugar in the past 30 days. Respondents who earn \$50,001 to \$75,000 drank the least amount of regular soda or pop that contains sugar; 44% reported 1 drink and 46% reported not drinking any at all.

- ◆ When looking at the average number of regular soda or pop that contains sugar drank in the past 30 days and gender, interesting results emerged. More males drink an average of 1 drink, 2 drinks, and 3 drinks while more females drink an average of 4 drinks or 5 or more drinks. Fifty-one percent (51%) of females have not drank any soda or pop in the past 30 days; this percentage is lower for males (41%). Please see Table 30 below.

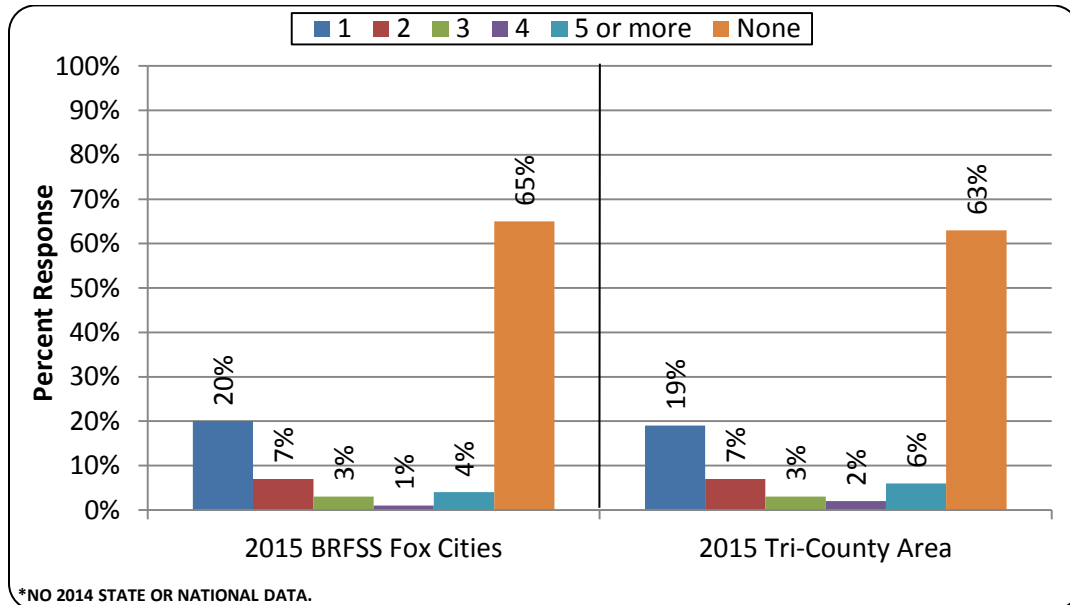
Table 30 – Gender by Regular Soda or Pop

Number of Drinks	Male	Female
1 drink	29%	27%
2 drinks	13	8
3 drinks	9	3
4 drinks	1	2
5 or more drinks	8	10
None	41	51

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

- ◆ During the past 30 days, on the days when respondents drank sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks, 20% drank an average of 1 drink, 7% said 2 drinks, 3% said 3 drinks, 1% said 4 drinks, 4% said 5 or more drinks, and 65% said they did not drink any. Please see Figure 71 below.

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



- ◆ The majority of respondents age 18-24 (55%) drink an average of 1 sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks. This age group is the only one in which the majority is not in the no drinks category. Every other

age cohort between the ages of 25 and older was between 63% and 87% in terms of not drinking any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days, which generally increased with age. Please see Table 31 below.

Table 31 – Age by Sugar-Sweetened Beverages

Number of Drinks	18-24	25-34	35-44	45-54	55-64	65 and over
1 drink	55%	18%	20%	14%	5	14%
2 drinks	14	12	6	4	5	2
3 drinks	14	4	0	4	0	2
4 drinks	0	4	0	0	2	2
5 or more drinks	6	0	9	5	2	2
None	10	63	65	74	87	80

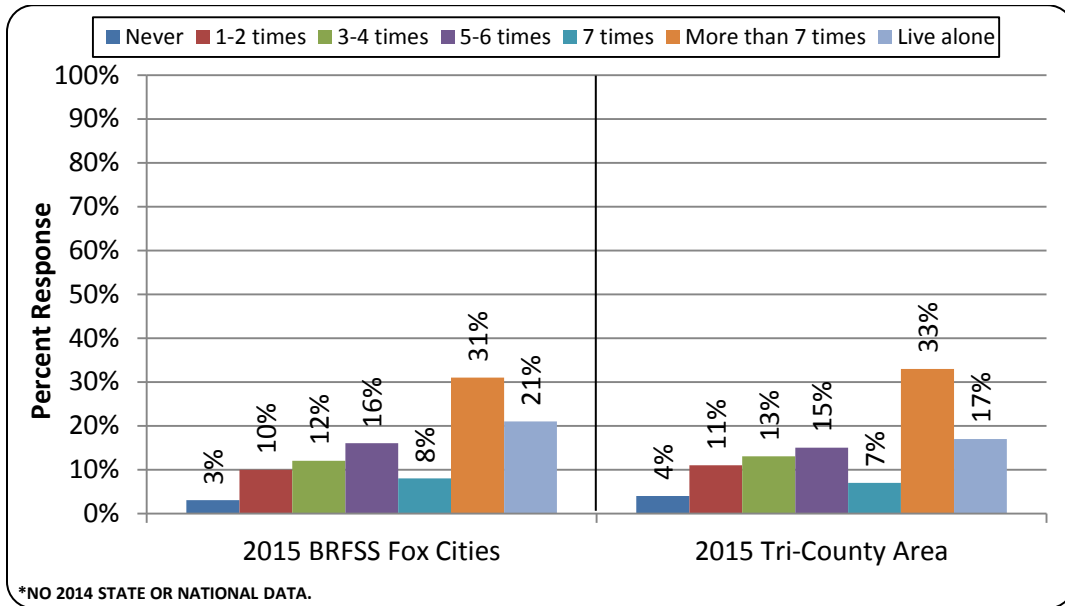
- ◆ The majority or plurality (41% to 83%) of responses for all income levels fell in the none category in terms of not drinking any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days. Respondents who make less than \$10,000 annually drank the most sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days (5 or more drinks, 29%) while respondents making \$50,001 to \$75,000 reported drinking the least (1 drink, 30%).
- ◆ Other than individuals who are students, the majority of respondents (65% to 83%) across all other employment statuses have not drank any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days. The plurality for students fell in the 1 drink category at 36%.
- ◆ Similarly, it was found that more females (76%) than males (55%) did not drink any sugar-sweetened fruit drinks, sweet tea, or sports or energy drinks in the past 30 days. However, more males than females drink 1 drink, 2 drinks, 3 drinks, and 5 or more drinks while more females than males drink 4 drinks.

Family Dining

Key Finding #23 ***Thirty-one percent (31%) of respondents reported eating a household meal together 7 or more times in the past week while only 3% said they never ate a meal together.***

- ◆ Each respondent was asked how many times all or most of their family members living in their household eat a meal together during the past week. Three percent (3%) reported never eating a meal together, 10% reported 1-2 times, 12% reported 3-4 times, 16% reported 5-6 times, 8% reported 7 times, and 31% reported eating more than 7 meals together. Twenty-one percent (21%) of respondents reported living alone. Please see Figure 72 below.

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



- ◆ Even though statistically significant results are found when analyzing the amount of times a household eats a meal together by age of respondents, there is not a strong overall trend in the data. The plurality of 18-24 year olds (47%) eat 5-6 meals together with family members while only 8% eat more than 7 meals together. Alternatively, the majority or plurality of respondents eat 7 or meals together for those age 25-34 (57%), 35-44 (44%), 45-54 (29%), 55-64 (42%), and 65 and over (58%). Please see Table 32 below.

Table 32 – Age by Family Meals Together

Number of Times	18-24	25-34	35-44	45-54	55-64	65 and over
Never	6%	0%	0%	8%	7%	3%
1-2 times	25	0	10	18	14	10
3-4 times	14	17	18	16	12	7
5-6 times	47	16	15	19	14	7
7 times	0	10	13	11	12	16
More than 7 times	8	57	44	29	42	58

- ◆ This question was also significant by employment status. The plurality or majority of respondents for all employment categories except one eat more than 7 times together with family members of their household. This includes 31% of employed respondents, 55% of self-employed respondents, 62% of respondents who are not in the workforce, and 61% of retired respondents. As for those who are students, the plurality of respondents (31%) eat 5-6 times with family members in their household.
- ◆ The plurality or majority of responses for all income levels is in the category of eating more than 7 meals together in the past week; 67% for those with an

income of less than \$10,000, 31% for those with an income of \$10,001 to \$15,000, 60% for those with an income of \$15,001 to \$20,000, 38% for those with an income of \$25,001 to \$25,000, 50% for those with an income of \$25,001 to \$35,000, 44% for those with an income of \$35,001 to \$50,000, 35% for those with an income of \$50,001 to \$75,000, and 41% for those with an income of more than \$75,001.

- ◆ In general, females ate more meals together with family members in the past week than males.

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