This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of area residents. This summary was prepared by JKV Research for Ascension, Aurora Health Care, Children's Hospital of Wisconsin and Froedtert Health in partnership with the Center for Urban Population Health, Cudahy Health Department, Oak Creek Health Department, St. Francis Health Department and South Milwaukee Health Department.


| Health Conditions in Past 3 Years |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| South Milwaukee County | $\underline{2006}$ | 2009 | 2012 | 2015 | 2018 |
| High Blood Pressure | 26\% | 29\% | 30\% | 28\% | 32\% |
| High Blood Cholesterol | 24\% | 20\% | 25\% | 23\% | 24\% |
| Mental Health Condition |  |  | 15\% | 17\% | 18\% |
| Diabetes | 8\% | 9\% | 10\% | 10\% | 12\% |
| Heart Disease/Condition | 9\% | 8\% | 10\% | 8\% |  |
| Asthma (Current) | 9\% | 10\% | 12\% | 8\% |  |
|  |  |  |  |  |  |
| Physical Health and Nutrition |  |  |  |  |  |
| South Milwaukee County | 2006 | 2009 | 201 | 2015 | 2018 |
| Physical Activity/Week |  |  |  |  |  |
| Moderate Activity (5 Times/30 Min) | 39\% | 34\% | 41\% | 44\% |  |
| Vigorous Activity (3 Times/20 Min) | 25\% | 21\% | 23\% | 36\% | 30\% |
| Recommended Moderate or Vigorous | 49\% | 45\% | 49\% | 58\% |  |
| Overweight Status |  |  |  |  |  |
| Overweight (BMI 25.0+) | 63\% | 65\% | 69\% | 69\% | 71\% |
| Obese (BMI 30.0+) | 27\% | 27\% | 30\% | 35\% | 36\% |
| Fruit Intake (2+ Servings/Day) | 64\% | 62\% | 63\% | 63\% |  |
| Vegetable Intake (3+ Servings/Day) |  | 24\% | 29\% | 32\% | 29\% |
| At Least 5 Fruit/Vegetables/Day |  | 37\% | 39\% | 39\% | 38\% |
|  |  |  |  |  |  |
| Other Research: (2016) |  |  |  |  |  |
| Overweight (BMI 25.0+) |  |  |  |  | 65\% |
| Obese (BMI 30.0+) |  |  |  |  | 30\% |

## Women's Health

| South Milwaukee County | $\underline{2006}$ | $\underline{2009}$ | $\underline{2012}$ | $\underline{2015}$ | $\underline{2018}$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Mammogram (50+; Within Past 2 Years) | $82 \%$ | $81 \%$ | $82 \%$ | $77 \%$ | $72 \%$ |
| Bone Density Scan (65 and Older) | $73 \%$ | $78 \%$ | $82 \%$ | $87 \%$ | $86 \%$ |
|  |  |  |  |  |  |
| Other Research: (2016) |  | WI | U.S. |  |  |
| Mammogram (50 - 74; Within Past 2 Years) |  | $80 \%$ | $78 \%$ |  |  |




## Overall Health and Health Care Key Findings

In 2018, $3 \%$ of respondents reported they were not currently covered by health care insurance. Four percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported someone in the household was not covered at least part of the time in the past year while from 2015 to 2018, there was no statistical change.

In 2018, $\mathbf{7 \%}$ of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year; respondents in the bottom 40 percent household income bracket or married were more likely to report this. Eight percent of respondents reported someone in the household did not receive the medical care needed in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. Nine percent of respondents reported someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Two percent of respondents reported someone in the household did not receive the mental health care needed. From 2012 to 2018, there was a statistical decrease in the overall percent of respondents who reported someone in their household had not taken their prescribed medication due to prescription costs while from 2015 to 2018, there was no statistical change. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported someone in the household did not receive the medical care needed while from 2015 to 2018, there was a statistical decrease. From 2012 to 2018, there was a statistical decrease in the overall percent of respondents who reported a household member did not receive the dental care needed, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported a household member did not receive the mental health care needed, as well as from 2015 to 2018.

In $2018,90 \%$ of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; female respondents were more likely to report a primary care physician. Seventy-seven percent of respondents reported their primary place for health services when they are sick was from a doctor's or nurse practitioner's office while $12 \%$ reported urgent care center. Respondents who were female, with a college education or married were more likely to report a doctor's or nurse practitioner's office as their primary health care when they are sick. Respondents who were 18 to 44 years old were more likely to report urgent care as their primary health care service. Forty percent of respondents had an advance care plan; respondents who were 65 and older or with a high school education or less were more likely to report an advance care plan. From 2015 to 2018, Cudahy/Oak Creek/St. Francis/South Milwaukee Community Health Survey Summary-2018
there was no statistical change in the overall percent of respondents who reported they have a primary care doctor, nurse practitioner, physician assistant or primary care clinic they regularly go to for checkups and when they are sick. From 2006 to 2018, the overall percent statistically decreased for respondents who reported their primary place for health services when they are sick was a doctor's or nurse practitioner's office while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported their primary place for health services when they are sick was an urgent care center while from 2015 to 2018, there was a statistical decrease. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported having an advance care plan, as well as from 2015 to 2018.

In 2018, $72 \%$ of respondents reported a visit to the dentist in the past year. Respondents who were female, with at least some post high school education, in the top 60 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.

In 2018, $45 \%$ of respondents had a flu vaccination in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. From 2006 to 2018, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past year while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past year, as well as from 2015 to 2018.

## Health Risk Factors Key Findings

In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure ( $32 \%$ ). Respondents who were male, 65 and older, in the bottom 40 percent household income bracket, overweight, inactive or nonsmokers were more likely to report high blood pressure. Twenty-four percent reported high blood cholesterol; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight, inactive or nonsmokers were more likely to report high blood cholesterol. Eighteen percent reported a mental health condition; respondents with a high school education or less or unmarried respondents were more likely to report this. Twelve percent or respondents reported diabetes; respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, overweight, inactive or nonsmokers were more likely to report this. Nine percent of respondents reported they were treated for, or told they had a heart disease/condition in the past three years; respondents 65 and older, with a high school education or less, overweight or inactive were more likely to report this. Six percent of respondents reported current asthma; respondents who were female or in the bottom 40 percent household income bracket were more likely to report this. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported high blood pressure while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, as well as from 2015 to 2018. From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported a mental health condition while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported diabetes while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma while from 2015 to 2018, there was no statistical change.

In 2018, $9 \%$ of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents with a high school education or less, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Six percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a high school education or less, who were unmarried or with children in the household were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year, as well as from 2015 to 2018.

## Behavioral Risk Factors Key Findings

In 2018, $32 \%$ of respondents did moderate physical activity five times a week for 30 minutes. Thirty percent of respondents did vigorous activity three times a week for 20 minutes. Combined, $45 \%$ met the recommended amount of physical activity; respondents who were 18 to 34 years old, with a college education, in the middle 20 percent household income bracket, unmarried or not overweight were more likely to report this. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes while from 2015 to 2018, there was a statistical decrease. From 2006 to 2018,
there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity while from 2015 to 2018, there was a statistical decrease.

In $2018,71 \%$ of respondents were classified as at least overweight while $36 \%$ were obese. Respondents who were 45 to 54 years old, married or inactive were more likely to be overweight or obese. From 2006 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight or obese while from 2015 to 2018, there was no statistical change.

In $2018,59 \%$ of respondents reported two or more servings of fruit while $29 \%$ reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents with at least some post high school education, who were married, not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-eight percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education, in the top 40 percent household income bracket, not overweight or who met the recommended amount of physical activity were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2015 to 2018.

In 2018, $72 \%$ of female respondents 50 and older reported a mammogram within the past two years. Eighty-six percent of female respondents 65 and older had a bone density scan. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents 50 and older who reported having a mammogram within the past two years while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan, as well as from 2015 to 2018.

In $2018,17 \%$ of respondents 50 and older reported a blood stool test within the past year. Five percent of respondents 50 and older reported a sigmoidoscopy within the past five years. Sixty-six percent of respondents reported a colonoscopy within the past ten years. This results in $72 \%$ of respondents meeting the current colorectal cancer screening recommendations. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year while from 2015 to 2018, there was a statistical increase. From 2009 to 2018, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy in the past five years or a colonoscopy within the past ten years, as well as from 2015 to 2018. From 2009 to 2018, there was no statistical change in the overall percent of respondents who reported they had at least one of these tests in the recommended time frame, as well as from 2015 to 2018.

In 2018, $18 \%$ of respondents were current tobacco cigarette smokers; respondents who were 35 to 44 years old were more likely to be a smoker. From 2006 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.

In $2018,81 \%$ of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 60 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2015 to 2018, there was no statistical change.

In $2018,7 \%$ of respondents used electronic cigarettes in the past month; respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. Three percent of respondents used cigars, cigarillos or little cigars in the past month. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they used electronic cigarettes or cigars/cigarillos/little cigars.

In $2018,31 \%$ of respondents were binge drinkers in the past month. Respondents who were 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month while from 2015 to 2018, there was a statistical decrease. Please note: binge drinking definition was $5+$ drinks in 2006 and 2009 while it was 4+drinks for females and 5+drinks for males since 2012.

In $2018,2 \%$ of respondents each reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol or a problem with cocaine/heroin/other street drugs in the past year. Three percent of respondents reported someone in their household experienced a problem in a connection with marijuana. One percent of
respondents reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over the counter drugs. Less than one percent of respondents reported someone in their household experienced a problem in connection with gambling. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol while from 2015 to 2018, there was a statistical decrease. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana or with cocaine/heroin//other street drugs while from 2015 to 2018, there was a statistical increase. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs or with gambling, as well as from 2015 to 2018.

In $2018,3 \%$ of respondents reported someone made them afraid for their personal safety in the past year. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old were more likely to report this. A total of $6 \%$ reported at least one of these two situations. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they were pushed/kicked/slapped/or hit while from 2015 to 2018, there was a statistical decrease. From 2006 to 2018, there was a no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues while from 2015 to 2018, there was a statistical decrease.

## Children in Household Key Findings

In 2018, a random child was selected for the respondent to talk about the child's health and behavior. Ninety-six percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with $92 \%$ reporting their child visited their personal doctor or nurse for preventive care during the past year. Five percent reported there was a time in the past year their child did not receive the medical care needed while $3 \%$ of respondents reported their child did not receive the dental care needed and $0 \%$ reported their child was not able to visit a specialist they needed to see. Thirteen percent of respondents reported their child currently had asthma. Zero percent of respondents reported their child was seldom or never safe in their community. Thirty-nine percent of respondents reported their child has two or fewer hours of screen time on an average school/week day. Sixty-three percent of respondents reported their child did not drink soda or pop in the past week, excluding diet soda. Fifty-nine percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Four percent of respondents reported their 5 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Thirteen percent reported their 5 to 17 year old child experienced some form of bullying in the past year; $11 \%$ reported verbal bullying, $6 \%$ reported cyber bullying and $0 \%$ reported physical bullying. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child has a personal doctor/nurse or visited their personal doctor/nurse for preventive care, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child had an unmet medical need, an unmet dental need or their child was unable to see a specialist when needed, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child had asthma or their child was seldom/never safe in their community, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active five times a week for at least 60 minutes or their child always or nearly always felt unhappy/sad/depressed, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child was bullied or in the type of bullying, as well as from 2015 to 2018.

## Community Health Issues Key Findings

In 2018, respondents were asked to list the top three community health issues. The most often cited was illegal drug use ( $31 \%$ ). Respondents who were female or in the top 40 percent household income bracket were more likely to report illegal drug use as a top community health issue. Twenty-three percent of respondents reported overweight/obesity as a top health issue; respondents 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. Eighteen percent reported access to health care as a top community health issue; respondents with a college education or in the middle 20 percent household income bracket were more likely to report this. Seventeen percent of respondents reported prescription or over-the counter drug abuse; respondents in the top 40 percent household income bracket or married respondents were more likely to report this. Sixteen percent of respondents reported mental health or depression as a top community health issue; respondents who were female, 18 to 34 years old, with a college education or unmarried were more likely to report this. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents in the bottom 40 percent household income bracket were more likely to report this. Thirteen percent of respondents reported chronic diseases; respondents in the top 40 percent household income bracket were more likely to report this. Ten percent of respondents reported infectious diseases as a top community health issue. Respondents who were female, with a college education or in the middle 20 percent household income bracket were more likely to report infectious diseases. Eight percent of respondents reported cancer as a top community health issue. Respondents who were 35 to 44 years old, 55 to 64 years old or unmarried were more likely to report cancer. Eight percent of respondents reported tobacco use as a top health issue; respondents who were male, 18 to 34 years old, in the bottom 40
percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Seven percent of respondents reported violence or crime; respondents 65 and older were more likely to report this. Seven percent of respondents reported environmental issues as a top community health issue; respondents 35 to 44 years old were more likely to report this. Seven percent of respondents reported affordable health care; respondents who were female, 45 to 64 years old, with some post high school education or married respondents were more likely to report this. Four percent of respondents reported access to affordable healthy food as a top community health issue. Respondents with some post high school education or in the middle 20 percent household income bracket were more likely to report access to affordable healthy food as a top health issue. Four percent of respondents reported lack of physical activity as a top community health issue. Respondents who were male, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report lack of physical activity.

