# Wauwatosa/West Allis/West Milwaukee Community Health Survey Report 2018 

Commissioned by: Ascension<br>Aurora Health Care<br>Children's Hospital of Wisconsin<br>Froedtert Health

In Partnership with: Center for Urban Population Health<br>Wauwatosa Health Department West Allis Health Department

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## Purpose

The purpose of this project is to provide Wauwatosa, West Allis and West Milwaukee with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Select information will also be collected about the respondent's household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate, health data of residents to previous health studies.
4. Compare, where appropriate and available, health data of residents to state and national measurements along with Healthy People 2020 goals.

This report was commissioned by Ascension, Aurora Health Care, Children's Hospital of Wisconsin and Froedtert Health in partnership with the Center for Urban Population Health, Wauwatosa Health Department and West Allis Health Department.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey @jkvresearch.com. For further information about the survey, contact Wauwatosa Health Department at (414) 479-8936 or West Allis Health Department at (414) 3028600.

## Methodology

## Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the area. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer and based on the number of adults in the household ( $\mathrm{n}=220$ ). 2) A cell phone-only sample where the person answering the phone was selected as the respondent $(\mathrm{n}=180)$. At least 8 attempts were made to contact a respondent in both samples. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated. A total of 400 telephone interviews were completed between February 20 and May 12, 2018.

## Weighting of Data

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

## Margin of Error

With a sample size of 400 , we can be $95 \%$ sure that the sample percentage reported would not vary by more than $\pm 5$ percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the area. This margin of error provides us with confidence in the data; 95 times out of 100 , the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than $\pm 5$ percent, since fewer respondents are in that category (e.g., adults 65 years old or older who were asked if they ever received a pneumonia vaccination).

In 2016, the Census Bureau estimated 88,809 adult residents in Wauwatosa, West Allis and West Milwaukee. Thus, in this report, one percentage point equals approximately 890 adults. So, when $22 \%$ of respondents reported they have high blood pressure, this roughly equals 19,580 residents $\pm 4,450$ individuals. Therefore, from 15,130 to 24,030 residents likely have high blood pressure. Because the margin of error is $\pm 5 \%$, events or health risks that are small will include zero.

In 2016, the Census Bureau estimated 50,113 occupied housing units in the area. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2016 household estimate, each percentage point for household-level data represents approximately 500 households.

## Statistical Significance

The use of statistics is to determine whether a true difference between two percentages is likely to exist. If a difference is statistically significant, it is unlikely that the difference between the two percentages is due to chance. Conversely, if a difference is not statistically significant, it is likely there is no real difference. For example, the difference between the percentage of adults reporting in 2006 being told or treated for high blood pressure in the past three years ( $26 \%$ ) and the percentage of adults reporting this in 2018 (22\%) is not statistically significant and so it is likely not a real difference; it is within the margin of error of the survey.

## Data Interpretation

Data that has been found "statistically significant" and "not statistically significant" are both important for stakeholders to better understand area residents as they work on action plans. Additionally, demographic crosstabulations provide information on whether or not there are statistically significant differences within the demographic categories (gender, age, education, household income level and marital status). Demographic data cannot be broken down for race and ethnicity because there are too few cases in the sample. Finally, Healthy People 2020 goals as well as Wisconsin and national percentages are included to provide another perspective of the health issues.

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

## Definitions

Certain variables were recoded for better analysis and are listed below.
Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

Household income: It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau classifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of $\$ 10,000$ or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom $40 \%$, middle $20 \%$ and top $40 \%$ household income brackets each survey year. In 2006, the bottom $40 \%$ income bracket included survey categories less than $\$ 30,001$, the middle $20 \%$ income bracket was $\$ 30,001$ to $\$ 50,000$ and the top $40 \%$ income bracket was at least $\$ 50,001$. In 2009, 2012, 2015 and 2018, the bottom $40 \%$ income bracket included survey categories less than $\$ 40,001$, the middle $20 \%$ income bracket was $\$ 40,001$ to $\$ 60,000$ and the top $40 \%$ income bracket was at least $\$ 60,001$.

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

Overweight status was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms $/$ meter $^{2}$. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. In this report "overweight" includes both overweight and obese respondents.

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

The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2012, 2015 and 2018, the Community Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. In 2006 and 2009, the definition was five or more drinks, regardless of gender.

## Demographic Profile

The following table includes the weighted demographic breakdown of respondents in the area.
Table 1. Weighted Demographic Variables of Community Health Survey Respondents for $2018^{\circledR}$

|  | Survey Results |
| :--- | :---: |
| TOTAL | $100 \%$ |
| Gender |  |
| $\quad$ Male | $47 \%$ |
| Female | 53 |
| Age |  |
| 18 to 34 | $31 \%$ |
| 35 to 44 | 16 |
| 45 to 54 | 19 |
| 55 to 64 | 15 |
| 65 and Older | 19 |
| Education |  |
| High School Graduate or Less | $21 \%$ |
| Some Post High School | 27 |
| College Graduate | 52 |
| Household Income |  |
| Bottom 40 Percent Bracket | $31 \%$ |
| Middle 20 Percent Bracket | 17 |
| Top 40 Percent Bracket | 45 |
| Not Sure/No Answer | 9 |
| Married | $44 \%$ |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Wauwatosa, West Allis and West Milwaukee residents. The following data are highlights of the comprehensive study.

| Health Care Coverage |  |  |  |  |  | Health Conditions in Past 3 Years |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Wauwatosa/West Allis/West Milwaukee | 2006 | 2009 | 2012 | 2015 | 2018 | Wauwatosa/West Allis/West Milwaukee | $\underline{2006}$ | 2009 | 2012 | 2015 | 2018 |
| Personally Not Currently Covered |  |  |  |  |  | Mental Health Condition | -- | 14\% | 14\% | 18\% | 26\% |
| 18 and Older | 6\% | 8\% | 5\% | 2\% |  | High Blood Pressure | 26\% | 29\% | 30\% | 24\% | 22\% |
| 18 to 64 Years Old | 7\% | 10\% | 6\% | 3\% | 3\% | High Blood Cholesterol | 19\% | 27\% | 26\% | 22\% | 21\% |
| At Least One Household Member Not |  |  |  |  |  | Heart Disease/Condition | 7\% | 9\% | 8\% | 9\% | 10\% |
| Covered in Past Year | 17\% | 15\% | 9\% | 11\% |  | Diabetes | 6\% | 7\% | 9\% | 7\% | 7\% |
|  |  |  |  |  |  | Asthma (Current) | 8\% | 7\% | 9\% | 11\% | 16\% |
| Other Research: (2016) |  |  |  | WI |  |  |  |  |  |  |  |
| Personally Not Covered (Currently) |  |  |  |  |  | Physical Health and Nutrition |  |  |  |  |  |
|  |  |  |  |  |  | Wauwatosa/West Allis/West Milwaukee | $\underline{2006}$ | 2009 | 2012 | 2015 | 2018 |
| Unmet Care |  |  |  |  |  | Physical Activity/Week |  |  |  |  |  |
| Wauwatosa/West Allis/West Milwaukee |  |  | $\underline{2012}$ | 2015 | $\underline{2018}$ | Moderate Activity (5 Times/30 Min) | 34\% | 33\% | 43\% | 36\% | 32\% |
| Someone in Household in Past Year |  |  |  |  |  | Vigorous Activity (3 Times/20 Min) | 25\% | 19\% | 30\% | 33\% | 29\% |
| Prescription Drug Not Taken Due to Cost |  |  |  | 15\% | 11\% | Recommended Moderate or Vigorous | 47\% | 43\% | 56\% | 48\% | 46\% |
| Unmet Medical Care Need |  |  |  | 11\% |  | Overweight Status |  |  |  |  |  |
| Unmet Dental Care Need |  |  | 12\% | 18\% | 17\% | Overweight (BMI 25.0+) | 56\% | 61\% | 63\% | 70\% | 71\% |
| Unmet Mental Health Care Need |  |  |  | 2\% |  | Obese (BMI 30.0+) | 23\% | 25\% | 24\% | 34\% | 29\% |
|  |  |  |  |  |  | Fruit Intake (2+ Servings/Day) | 65\% | 62\% | 70\% | 68\% | 60\% |
| Health Information and Services |  |  |  |  |  | Vegetable Intake (3+ Servings/Day) | 27\% | 27\% | 29\% | 32\% | 33\% |
| Wauwatosa/West Allis/West Milwaukee | $\underline{2006}$ | 2009 | 2012 | 2015 | 2018 |  | 39\% | 29\% | 44\% | 43\% | 35\% |
| Have a Primary Care Physician |  |  |  | 86\% | 89\% | At Least 5 Fruit/Vegetables/Day |  |  |  |  |  |
| Primary Health Services |  |  |  |  |  | Other Research: (2016) |  |  |  |  | U.S. |
| Doctor/Nurse Practitioner's Office | 82\% | 85\% | 80\% | 79\% | 82\% | Overweight (BMI 25.0+) |  |  |  |  | 65\% |
| Urgent Care Center | 3\% | 6\% | 7\% | 10\% |  | Obese (BMI 30.0+) |  |  |  | 31\% | 30\% |
| Public Health Clinic/Com. Health Center | 3\% | 1\% | 3\% | 3\% |  |  |  |  |  |  |  |
| Hospital Emergency Room | 1\% | <1\% | 4\% | 5\% |  | Women's Health |  |  |  |  |  |
| Hospital Outpatient | 4\% | 2\% | <1\% | 1\% | <1\% | Wauwatosa/West Allis/West Milwaukee | 2006 | 2009 | 2012 | 2015 | 2018 |
| No Usual Place | 5\% |  | 5\% | 2\% | 5\% |  |  | 79\% | 75\% |  | 85\% |
| Advance Care Plan | 38\% | 38\% | 37\% | 39\% | 39\% | Mammogram (50+; Within Past 2 Years) Bone Density Scan (65 and Older) | 81\% | 80\% | 79\% | 81\% | 85\% |
| Dental Checkup (Past Year) | 70\% | 74\% | 65\% | 64\% |  |  |  |  |  |  |  |
| Flu Vaccination (Past Year) |  |  |  |  |  | Other Research: (2016) |  |  |  |  | U.S. |
| 18 and Older | 33\% | 49\% | 45\% | 51\% | 56\% | Mammogram (50-74; Within Past 2 Years) |  |  |  |  | 78\% |
| 65 and Older | 74\% | 67\% | 64\% | 79\% | 79\% |  |  |  |  |  |  |
|  |  |  |  |  |  | Colorectal Cancer Screenings (50 and Older) |  |  |  |  |  |
| Other Research: (2016) |  |  |  | WI | U.S. | Wauwatosa/West Allis/West Milwaukee | $\underline{2006}$ | $\underline{2009}$ | 2012 | 2015 | 2018 |
| Flu Vaccination (65 and Older, Past Year) |  |  |  | 50\% |  | Blood Stool Test (Within Past Year) | 24\% | -- | 14\% | 15\% | 13\% |
| Dental Checkup (Past Year) |  |  |  | 73\% |  | Sigmoidoscopy (Within Past 5 Years) |  | 10\% | 10\% | 9\% |  |
|  |  |  |  |  |  | Colonoscopy (Within Past 10 Years) |  | 60\% | 62\% | 66\% | 64\% |
| Tobacco Use in Past Month |  |  |  |  |  | Screening in Recommended Time Frame |  | 62\% | 67\% | 69\% | 70\% |
| Wauwatosa/West Allis/West Milwaukee | 2006 | 2009 | 2012 | 2015 | 2018 |  |  |  |  |  |  |
| Cigarette Smokers | 20\% | 22\% | 20\% | 21\% | 13\% | Other Research: (2016) |  |  |  |  | U.S. |
| Electronic Cigarettes |  |  |  |  |  | Screening in Recommended Time Frame |  |  |  |  | 68\% |
| Cigars, Cigarillos or Little Cigars |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | Mental Health Status |  |  |  |  |  |
| Other Research: (2016) |  |  |  | WI | U.S. | Wauwatosa/West Allis/West Milwaukee |  | 2009 | $\underline{2012}$ | 2015 | 2018 |
| Cigarette Smokers |  |  |  | 17\% | 17\% | Felt Sad, Blue or Depressed |  |  |  |  |  |
| Electronic Cigarettes |  |  |  |  |  | Always/Nearly Always (Past Month) | 5\% | 6\% | 6\% | 8\% |  |
|  |  |  |  |  |  | Considered Suicide (Past Year) | 4\% | 4\% | 3\% | 4\% | 5\% |
| Smoking Policy at Home |  |  |  |  |  |  |  |  |  |  |  |
| Wauwatosa/West Allis/West Milwaukee |  | 2009 | 2012 | 2015 | 2018 | Alcohol Use in Past Month |  |  |  |  |  |
| Not Allowed Anywhere |  | 72\% | 80\% | 81\% | 81\% | Wauwatosa/West Allis/West Milwaukee |  | $\underline{2009}$ | $\underline{2012}$ | $\underline{2015}$ | $\underline{2018}$ |
| Allowed in Some Places/at Some Times |  | 11\% | 7\% | 9\% |  | Binge Drinker | 21\% | 23\% | 29\% | 33\% | 28\% |
| Allowed Anywhere |  |  | 3\% | 1\% |  |  |  |  |  |  |  |
| No Rules Inside Home |  | 15\% | 10\% | 8\% | 12\% | Other Research: (2016) |  |  |  |  | U.S. |
|  |  |  |  |  |  | Binge Drinker |  |  |  |  | 17\% |


| Household Problems in Past Year |  |  | Personal Safety in Past Year |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Wauwatosa/West Allis/West Milwaukee | $\underline{2006} \underline{2009} \underline{\underline{2012}}$ | $2015 \underline{2018}$ | Wauwatosa/West Allis/West Milwaukee $\underline{\underline{2006}}$ | $\underline{2009}$ | $\underline{2012} \underline{2015} \underline{2018}$ |  |  |
| Alcohol | 4\% $3 \% \quad 3 \%$ | 5\% 3\% | Afraid for Their Safety 6\% | 6\% | 5\% | 9\% |  |
| Marijuana | <1\% | 2\% $2 \%$ | Pushed, Kicked, Slapped, or Hit 2\% | 4\% | 3\% | 2\% | 4\% |
| Cocaine, Heroin or Other Street Drugs | 1\% | 1\% 2\% | At Least One of the Safety Issues 7\% | 8\% | 7\% | 9\% | 9\% |
| Misuse of Prescription or OTC Drugs | <1\% | <1\% <1\% |  |  |  |  |  |
| Gambling | <1\% | 1\% <1\% | Children in Household |  |  |  |  |
|  |  |  | Wauwatosa/West Allis/West Milwaukee |  |  | $\underline{2015}$ | $\underline{2018}$ |
| Top Community Health Issues |  |  | Personal Health Doctor/Nurse Who |  |  |  |  |
| Wauwatosa/West Allis/West Milwaukee |  | 2018 | Knows Child Well and Familiar with History |  | 90\% | 97\% | 100\% |
| Access to Health Care |  | 25\% | Visited Personal Doctor/Nurse for |  |  |  |  |
| Illegal Drug Use |  | 24\% | Preventive Care (Past Year) |  | 93\% | 94\% |  |
| Overweight or Obesity |  | 21\% | Did Not Receive Care Needed (Past Year) |  |  |  |  |
| Chronic Diseases |  | 17\% | Medical Care |  | <1\% | 3\% |  |
| Mental Health or Depression |  | 16\% | Dental Care |  | 4\% | 5\% |  |
| Prescription or OTC Drug Abuse |  | 14\% | Specialist |  | <1\% | 3\% | 6\% |
| Cancer |  | 12\% | Current Asthma |  |  | 11\% | 7\% |
| Infectious Diseases |  | 12\% | Safe in Community/Neighborhood (Seldom/Never) |  | 1\% | 0\% | 2\% |
| Alcohol Use or Abuse |  | 12\% | Screen Time (2 or Fewer Hours per Day) |  |  |  | 60\% |
| Violence or Crime |  | 9\% | Soda Consumption (0 in Past Week) |  |  |  | 71\% |
| Access to Affordable Healthy Food |  | 9\% | Children 5 to 17 Years Old |  |  |  |  |
| Environmental Issues |  | 7\% | Physical Activity (60 Min./5 or More Days/Week) |  | 67\% | 70\% | 63\% |
| Lack of Physical Activity |  | 7\% | Unhappy, Sad or Depressed in Past 6 Months |  |  |  |  |
| Affordable Health Care |  | 7\% | Always/Nearly Always |  | 1\% | 4\% | 3\% |
| Driving Problems/Aggressive Driving/Dr | Driving | 7\% | Experienced Some Form of Bullying (Past Year) |  | 17\% | 34\% | 27\% |
|  |  |  | Verbally Bullied |  | 17\% | 32\% | 26\% |
|  |  |  | Physically Bullied |  | $2 \%$ | 3\% | 6\% |
|  |  |  | Cyber Bullied |  | 1\% | 3\% | 5\% |

## Overall Health and Health Care Key Findings

In 2018, $2 \%$ of respondents reported they were not currently covered by health care insurance. Seven 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 60 percent household income bracket or unmarried were more likely to report this. From 2006 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2015 to 2018, there was no statistical change. From 2006 to 2018, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year, as well as from 2015 to 2018.

In $2018,11 \%$ 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 middle 20 percent household income bracket were more likely to report this. Seven percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket, unmarried, or without children in the household were more likely to report this. Three percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed. From 2012 to 2018, the overall percent statistically remained the same for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs or there was an unmet mental health care need, as well as from 2015 to 2018. From 2012 to 2018, the overall percent statistically remained the same for respondents who reported they did not receive the medical care needed while from 2015 to 2018, there was a statistical decrease. From 2012 to 2018, the overall percent statistically increased for respondents who reported they did not receive the dental care needed while from 2015 to 2018, there was no statistical change.

In $2018,89 \%$ of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were 55 and older, with some post high school education or unmarried were more likely to report a primary care physician. Eighty-two 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 $9 \%$ reported urgent care center. Respondents who
were 65 and older were more likely to report a doctor's or nurse practitioner's office as their primary health care service when they are sick. Respondents who were 35 to 44 years old, with a high school education or less, with a college education or married were more likely to report urgent care as their primary health care service. Thirty-nine percent of respondents had an advance care plan; respondents who were 65 and older or married more likely to report an advance care plan. From 2015 to 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, there was no statistical change in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's or nurse practitioner's office, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting their primary place for health services when they are sick was an urgent care center 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 having an advance care plan, as well as from 2015 to 2018.

In $2018,71 \%$ of respondents reported a visit to the dentist in the past year. Respondents with a college education, in the top 40 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, while from 2015 to 2018, there was a statistical increase.

In 2018, $56 \%$ of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older, with a college education, 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 a mental health condition ( $26 \%$ ), high blood pressure ( $22 \%$ ) or high blood cholesterol ( $21 \%$ ). Respondents who were 18 to 34 years old, with a high school education or less, unmarried or a smoker were more likely to report a mental health condition. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report high blood pressure. Respondents who were female, 65 and older, or inactive were more likely to report high blood cholesterol. Ten percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were 65 and older, in the middle 20 percent household income bracket or inactive were more likely to report this. Seven percent of respondents reported diabetes. Respondents 65 and older, with some post high school education or less or who were overweight were more likely to report diabetes. Sixteen percent of respondents reported current asthma; female respondents were more likely to report this. From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported a mental health condition, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or high blood cholesterol, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition or diabetes, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported current asthma, as well as from 2015 to 2018.

In 2018, $7 \%$ of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents with some post high school education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were male, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. 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/ depressed in the past month or 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. Twenty-nine percent of respondents did vigorous activity three times a week for 20 minutes. Combined, $46 \%$ met the recommended amount of physical activity; respondents who were 18 to 34 years old, with a college education, in the top 40 percent household
income bracket, married or not overweight were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes or vigorous physical activity three times a week for at least 20 minutes, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2015 to 2018.

In $2018,71 \%$ of respondents were classified as at least overweight while $29 \%$ were obese. Respondents who were male, with some post high school education or less, in the top 40 percent household income bracket or inactive respondents were more likely to be classified as at least overweight. Respondents with some post high school education or who were inactive were more likely to be obese. From 2006 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight 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 being obese while from 2015 to 2018, there was no statistical change.

In 2018, $60 \%$ of respondents reported two or more servings of fruit while $33 \%$ reported three or more servings of vegetables on an average day. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, married, who were not overweight or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-five percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, 45 to 54 years old, with a college education, married 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 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 at least three servings of vegetables, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, while from 2015 to 2018 there was a statistical decrease.

In 2018, $85 \%$ of female respondents 50 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan. From 2006 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years or respondents 65 and older who reported a bone density scan, as well as from 2015 to 2018.

In 2018, $13 \%$ of respondents 50 and older reported a blood stool test within the past year. Six percent of respondents 50 and older reported a sigmoidoscopy within the past five years while $64 \%$ reported a colonoscopy within the past ten years. This results in $70 \%$ of respondents meeting the current colorectal cancer screening recommendations; respondents who were in the top 40 percent household income bracket or married were more likely to report this. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2015 to 2018, there was no statistical change. 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 10 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, $13 \%$ of respondents were current tobacco cigarette smokers; respondents who were 35 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.

In 2018, $81 \%$ of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, 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, $6 \%$ of respondents used electronic cigarettes in the past month; respondents 35 to 44 years old or in the bottom 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 $2018,28 \%$ of respondents were binge drinkers in the past month. Respondents who were 45 to 54 years old 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 no statistical change. 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, $3 \%$ of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year. Two percent of respondents reported someone in their household experienced a problem in connection with marijuana or cocaine/heroin/other street drugs. Less than one percent of respondents each reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs or 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, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting a household problem with marijuana 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 reporting a household problem with cocaine/heroin/other street drugs, with the misuse of prescription drugs/over-the-counter drugs or gambling, as well as from 2015 to 2018.

In $2018,6 \%$ of respondents reported someone made them afraid for their personal safety in the past year; respondents with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were male, 18 to 34 years old, with some post high school education or who were unmarried were more likely to report this. A total of $9 \%$ reported at least one of these two situations; respondents with some post high school education or who were unmarried were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting they were pushed/kicked/slapped/hit 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 at least one of the two personal safety issues, as well as from 2015 to 2018.

## Children in Household Key Findings

In 2018, a random child was selected for the respondent to talk about the child's health and behavior. One hundred percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with $94 \%$ reporting their child visited their personal doctor or nurse for preventive care during the past year. Three percent reported there was a time in the past year their child did not receive the dental care or medical care needed while $6 \%$ of respondents reported their child was not able to visit a specialist they needed to see. Seven percent of respondents reported their child currently had asthma. Two percent of respondents reported their child was seldom or never safe in their community. Sixty percent of respondents reported their child has two or fewer hours of screen time on an average school/week day. Seventy-one percent of respondents reported their child did not drink soda or pop in the past week, excluding diet soda. Sixty-three percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Three 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. Twenty-seven percent reported their 5 to 17 year old child experienced some form of bullying in the past year; $26 \%$ reported verbal bullying, $6 \%$ reported physical bullying and $5 \%$ reported cyber bullying. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child has a personal doctor or nurse 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 reporting their child 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 or an unmet dental need, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child was unable to see a specialist when needed 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 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, 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 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 access to health care ( $25 \%$ ) or illegal drug use ( $24 \%$ ). Respondents who were female, 45 to 54 years old, with some post high school education or unmarried were more likely to report access to health care as a top community health issue. Respondents who were male or with a college education were more likely to report illegal drug use. Twenty-one percent reported overweight or obesity as a top health issue. Respondents who were male, 18 to 34 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report overweight or obesity. Seventeen percent reported chronic diseases; respondents who were female or in the bottom 60 percent household income bracket were more likely to report this. Sixteen percent of respondents reported mental health or depression; respondents who were female, 45 to 54 years old or with at least some post high school education were more likely to report this. Fourteen percent of respondents reported prescription or over-the-counter drug abuse as a top community health issue; respondents who were married were more likely to report this. Twelve percent of respondents reported cancer; respondents who were 18 to 34 years old or unmarried were more likely to report this. Twelve percent of respondents reported infectious diseases as a top community health issue. Respondents with a high school education or less were more likely to report infectious diseases. Twelve percent of respondents reported alcohol use or abuse as a top health issue; respondents who were male or with a college education were more likely to report this. Nine percent of respondents reported violence or crime; respondents 65 and older or with some post high school education were more likely to report this. Nine percent of respondents reported access to affordable healthy food as a top community health issue. Respondents who were female, 35 to 44 years old or with at least some post high school education were more likely to report access to affordable healthy food. Seven percent of respondents reported environmental issues as a top health issue; respondents 18 to 34 years old or in the top 60 percent household income bracket were more likely to report this. Seven percent of respondents reported lack of physical activity as a top health issue. Respondents with a college education were more likely to report lack of physical activity. Seven percent of respondents reported affordable health care as a top community health issue; respondents 35 to 54 years old, with some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report this. Seven percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with a high school education or less or in the top 40 percent household income bracket were more likely to report this.

## Key Findings

## Health Care Coverage (Figures 1 \& 2; Tables 2 \& 3)

KEY FINDINGS: In 2018, $2 \%$ of respondents reported they were not currently covered by health care insurance. Seven 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 60 percent household income bracket or unmarried were more likely to report this.

From 2006 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2015 to 2018, there was no statistical change. From 2006 to 2018, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year, as well as from 2015 to 2018.

## Personally Not Currently Covered

The Healthy People 2020 goal for all persons having medical insurance is 100\%. (Objective AHS-1.1)
In 2016, $9 \%$ of Wisconsin respondents 18 and older reported they personally did not have health care coverage. Ten percent of U.S. respondents reported this. Ten percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while $12 \%$ of U.S. respondents 18 to 64 years old reported this ( 2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Two percent of respondents reported they were not currently covered by any health care insurance. Sixty-nine percent reported private insurance through an employer while $8 \%$ reported Medicaid, including medical assistance, Title 19 or Badger Care. Twenty-one percent of respondents reported Medicare.

Figure 1. Type of Health Care Coverage for 2018


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


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- In 2006, respondents who were male, 18 to 54 years old, with a high school education or less, or unmarried respondents were more likely to report they were not covered currently by health care insurance.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they were not currently covered by health insurance in both study years.

Table 2. Personally No Health Care Coverage by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | $2015{ }^{\text {® }}$ | $2018{ }^{\text {® }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL |  |  |  |  |  |
| All Respondents ${ }^{\text {a }}$ | 6\% | 8\% | 5\% | 2\% | 2\% |
| Respondents 18 to 64 Years Old ${ }^{\text {a }}$ | 7 | 10 | 6 | 3 | 3 |
| Gender ${ }^{1,2}$ |  |  |  |  |  |
| Male | 8 | 10 | 5 | -- | -- |
| Female | 3 | 6 | 4 | -- | -- |
| Age ${ }^{1,2,3}$ |  |  |  |  |  |
| 18 to 34 | 7 | 15 | 10 | -- | -- |
| 35 to 44 | 8 | 7 | 2 | -- | -- |
| 45 to 54 | 9 | 8 | 2 | -- | -- |
| 55 to 64 | 3 | 8 | 7 | -- | -- |
| 65 and Older | 0 | 0 | <1 | -- | -- |
| Education ${ }^{1,3}$ |  |  |  |  |  |
| High School or Less | 10 | 11 | 11 | -- | -- |
| Some Post High School | 5 | 8 | 3 | -- | -- |
| College Graduate | 2 | 6 | 2 | -- | -- |
| Household Income ${ }^{2}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 8 | 17 | 5 | -- | -- |
| Middle 20 Percent Bracket | 7 | 5 | 9 | -- | -- |
| Top 40 Percent Bracket | 3 | <1 | 3 | -- | -- |
| Marital Status ${ }^{1,2,3}$ |  |  |  |  |  |
| Married | 3 | 3 | 1 | -- | -- |
| Not Married | 9 | 14 | 9 | -- | -- |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{8}$ Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this. ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015 ; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; ' year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Someone in Household Not Covered in the Past Year

## 2018 Findings

- Seven percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past year.
- Twelve percent of respondents in the bottom 40 percent household income bracket and $10 \%$ of those in the middle 20 percent income bracket reported someone in their household was not covered by insurance at least part of the time in the past year compared to $4 \%$ of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report someone in their household was not covered by insurance at least part of the time in the past year compared to married respondents ( $11 \%$ and $3 \%$, respectively).


## $\underline{2006 \text { to } 2018 \text { Year Comparisons }}$

- From 2006 to 2018, the overall percent statistically decreased for respondents who reported someone in their household was not covered at least part of the time in the past year.
- In 2006 and 2018, respondents in the bottom 60 percent household income bracket were more likely to report someone in their household was not covered in the past year. From 2006 to 2018, there was a noted decrease in the percent of respondents across household income reporting someone in their household was not covered in the past year.
- In 2006 and 2018, unmarried respondents were more likely to report someone in their household was not covered in the past year. From 2006 to 2018, there was a noted decrease in the percent of respondents across marital status reporting someone in their household was not covered in the past year.
- In 2006 and 2018, the presence of children in the household was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of respondents with or without children in the household reporting someone in their household was not covered in the past year.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, the overall percent statistically decreased for respondents who reported someone in their household was not covered at least part of the time in the past year.
- In 2015, respondents in the bottom 40 percent household income bracket or top 40 percent household income bracket were more likely to report someone in their household was not covered in the past year. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report someone in their household was not covered in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting someone in their household was not covered in the past year.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report someone in their household was not covered in the past year. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting someone in their household was not covered in the past year.
- In 2015, respondents with children in the household were more likely to report someone in their household was not covered in the past year. In 2018, the presence of children in the household was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents with children in the household reporting someone in their household was not covered in the past year.

Table 3. Someone in Household Not Covered by Health Insurance in Past Year by Demographic Variables for Each

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a,b }}$ | 17\% | 15\% | 9\% | 11\% | 7\% |

Household Income ${ }^{1,2,4,5}$

| Bottom 40 Percent Bracket $^{\mathrm{a}}$ | 22 | 25 | 11 | 14 | 12 |
| :--- | :--- | ---: | ---: | ---: | ---: |
| Middle 20 Percent Bracket $^{\mathrm{a}, \mathrm{b}}$ | 24 | 9 | 13 | 2 | 10 |
| Top 40 Percent Bracket ${ }^{\text {a }}$, | 10 | 4 | 6 | 13 | 4 |

Marital Status ${ }^{1,2,3,5}$

| Married ${ }^{\text {a,b }}$ | 12 | 9 | 4 | 12 | 3 |
| :--- | ---: | ---: | ---: | ---: | ---: |
| Not Married ${ }^{\text {a }}$ | 24 | 21 | 13 | 10 | 11 |

Children in Household ${ }^{4}$

| Yes $^{\mathrm{a}, \mathrm{b}}$ | 16 | 11 | 8 | 21 | 6 |
| :--- | :--- | :--- | :--- | ---: | :--- |
| $\mathrm{No}^{\mathrm{a}}$ | 18 | 17 | 9 | 6 | 8 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Health Care Coverage Overall

## Year Comparisons

- From 2006 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2015 to 2018, there was no statistical change. From 2006 to 2018, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year, as well as from 2015 to 2018.



## Health Care Needed (Figure 3; Tables 4-6)

KEY FINDINGS: In 2018, 11\% 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 middle 20 percent household income bracket were more likely to report this. Seven percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket, unmarried, or without children in the household were more likely to report this. Three percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed.

From 2012 to 2018, the overall percent statistically remained the same for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs or there was an unmet mental health care need, as well as from 2015 to 2018. From 2012 to 2018, the overall percent statistically remained the same for respondents who reported they did not receive the medical care needed while from 2015 to 2018, there was a statistical decrease. From 2012 to 2018, the overall percent statistically increased for respondents who reported they did not receive the dental care needed while from 2015 to 2018, there was no statistical change.

## Financial Burden of Prescription Medication

The Healthy People 2020 goal for a family member unable to obtain or having to delay needed prescription medicines in the past 12 months is 3\%. (Objective AHS-6.4)

## 2018 Findings

- Eleven percent of respondents reported in the past year someone in their household had not taken their prescribed medication due to prescription costs.
- Twenty-four percent of respondents in the middle 20 percent household income bracket reported someone in their household had not taken their prescribed medication due to prescription costs in the past year compared to $17 \%$ of those in the bottom 40 percent income bracket or $5 \%$ of respondents in the top 40 percent household income bracket.


## 2012 to 2018 Year Comparisons

- From 2012 to 2018, the overall percent statistically remained the same for respondents who reported in the past year someone in their household had not taken their medication due to prescription costs.
- In 2012, household income was not a significant variable. In 2018, respondents in the middle 20 percent household income bracket were more likely to report someone in their household had not taken their prescribed medication due to prescription costs in the past year. From 2012 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting someone in their household had not taken their prescribed medication due to prescription costs in the past year.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, the overall percent statistically remained the same for respondents who reported in the past year someone in their household had not taken their medication due to prescription costs.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household had not taken their prescribed medication due to prescription costs in the past year. In 2018, respondents in the middle 20 percent household income bracket were more likely to report someone in their household had not taken their prescribed medication due to prescription costs in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 40 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a household member had not taken their prescribed medication due to prescription costs in the past year.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting someone in their household had not taken their prescribed medication due to prescription costs in the past year.
- In 2015, respondents with children in the household were more likely to report someone in their household had not taken their prescribed medication due to prescription costs in the past year. In 2018, the presence of children in the household was not a significant variable.

Table 4. Prescription Medication Not Taken Due to Cost in Past Year by Demographic Variables for Each Survey Year (Household Member) ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: |
| TOTAL | 8\% | 15\% | 11\% |
| Household Income ${ }^{2,3}$ |  |  |  |
| Bottom 40 Percent Bracket | 10 | 18 | 17 |
| Middle 20 Percent Bracket ${ }^{\text {a,b }}$ | 4 | 8 | 24 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 7 | 13 | 5 |
| Marital Status |  |  |  |
| Married ${ }^{\text {b }}$ | 6 | 16 | 9 |
| Not Married | 9 | 14 | 13 |
| Children in Household ${ }^{2}$ |  |  |  |
| Yes | 9 | 19 | 15 |
| No | 7 | 12 | 10 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Unmet Medical Care

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

## 2018 Findings

- Seven percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed.
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported there was a time in the past year someone in the household did not receive the medical care needed compared to $5 \%$ of those in the middle 20 percent income bracket or $2 \%$ of respondents in the top 40 percent household income bracket.
- Of the 28 respondents who reported an unmet medical care need, $48 \%$ reported they cannot afford to pay as the reason for the unmet need while $27 \%$ reported insurance did not cover it. Twenty-two percent reported poor medical care.


## $\underline{2012 \text { to } 2018 \text { Year Comparisons }}$

- From 2012 to 2018, the overall percent statistically remained the same for respondents who reported there was a time in the past year someone in the household did not receive the medical care needed.
- In 2012, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report there was a time in the past year they did not receive the medical care needed. From 2012 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a household member did not receive the medical care needed.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, the overall percent statistically decreased for respondents who reported there was a time in the past year someone in the household did not receive the medical care needed.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report there was a time in the past year a household member did not receive the medical care needed. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they did not receive the medical care needed.
- In 2015, unmarried respondents were more likely to report there was a time in the past year a household member did not receive the medical care needed. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting a household member did not receive the medical care needed.
- In 2015 and 2018, the presence of children in the household was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents without children in the household reporting there was a time in the past year someone in the household did not receive the medical care needed.

Table 5. Unmet Medical Care in Past Year by Demographic Variables for Each Survey Year (Household Member) ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :--- | ---: | ---: | ---: |
| TOTAL $^{\mathrm{b}}$ | $7 \%$ | $11 \%$ | $7 \%$ |
| Household Income $^{2,3}$ |  |  |  |
| $\quad$ Bottom 40 Percent Bracket | 11 | 15 | 14 |
| Middle 20 Percent Bracket | 8 | 3 | 5 |
| Top 40 Percent Bracket ${ }^{\text {a,b }}$ | 7 | 10 | 2 |
| Marital Status |  |  |  |
| $\quad$ Married |  |  |  |
| $\quad$ Not Married |  |  |  |
| Children in Household | 6 | 7 | 6 |
| $\quad$ Yes | 9 | 15 | 8 |
| No |  |  |  |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2012 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Unmet Dental Care

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

## 2018 Findings

- Seventeen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed.
- Twenty-six percent of respondents in the bottom 40 percent household income bracket reported someone in the household did not receive the dental care needed compared to $15 \%$ of those in the middle 20 percent income bracket or $14 \%$ of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report a household member did not receive the dental care needed compared to married respondents ( $23 \%$ and $8 \%$, respectively).
- Nineteen percent of respondents without children in the household reported someone in the household did not receive the dental care needed compared to $11 \%$ of respondents with children in the household.
- Of the 66 respondents who reported not receiving dental care needed, $37 \%$ reported uninsured as the reason for the unmet need while $32 \%$ reported the inability to pay. Twenty-four percent reported not enough time followed by $17 \%$ reporting unable to get appointment.


## 2012 to 2018 Year Comparisons

- From 2012 to 2018, the overall percent statistically increased for respondents who reported there was a time in the past year someone in the household did not receive the dental care needed.
- In 2012 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report someone in the household did not receive the dental care needed. From 2012 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting in the past year a household member did not receive the dental care needed.
- In 2012 and 2018, unmarried respondents were more likely to report in the past year a household member did not receive the dental care needed. From 2012 to 2018, there was a noted increase in the percent of unmarried respondents reporting in the past year a household member did not receive the dental care needed.
- In 2012, the presence of children in the household was not a significant variable. In 2018, respondents without children in the household were more likely to report in the past year a household member did not receive the dental care needed, with a noted increase since 2012.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, the overall percent statistically remained the same for respondents who reported there was a time in the past year someone in the household did not receive the dental care needed.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report a household member did not receive the dental care needed.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report in the past year a household member did not receive the dental care needed. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting in the past year someone in the household did not receive the dental care needed.
- In 2015, respondents with children in the household were more likely to report someone in the household did not receive the dental care needed. In 2018, respondents without children in the household were more likely to report a household member did not receive the dental care needed. From 2015 to 2018, there was a noted decrease in the percent of respondents with children in the household reporting in the past year they did not receive the dental care needed.

Table 6. Unmet Dental Care in Past Year by Demographic Variables for Each Survey Year (Household Member) ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 12\% | 18\% | 17\% |
| Household Income ${ }^{1,2,3}$ |  |  |  |
| Bottom 40 Percent Bracket | 22 | 26 | 26 |
| Middle 20 Percent Bracket | 13 | 9 | 15 |
| Top 40 Percent Bracket ${ }^{\text {a }}$ | 5 | 17 | 14 |
| Marital Status ${ }^{1,3}$ |  |  |  |
| Married ${ }^{\text {b }}$ | 9 | 19 | 8 |
| Not Married ${ }^{\text {a }}$ | 15 | 18 | 23 |
| Children in Household ${ }^{2,3}$ |  |  |  |
| Yes ${ }^{\text {b }}$ | 12 | 25 | 11 |
| $\mathrm{No}^{\text {a }}$ | 12 | 15 | 19 |

${ }^{\overline{ }}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Unmet Mental Health Care

## 2018 Findings

- Three percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported an unmet mental health care need.
- Of the 12 respondents who reported not receiving the mental health care needed, 10 respondents reported they cannot afford to pay as the main reason for the unmet need while nine respondents reported uninsured.


## $\underline{2012 \text { to } 2018 \text { Year Comparisons }}$

- From 2012 to 2018, the overall percent statistically remained the same for respondents who reported there was a time in the past year someone in the household did not receive the mental health care needed ( $3 \%$ and $3 \%$, respectively).
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported an unmet mental health care need in both study years.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, the overall percent statistically remained the same for respondents who reported there was a time in the past year someone in the household did not receive the mental health care needed ( $2 \%$ and $3 \%$, respectively).
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported an unmet mental health care need in in both study years.


## Health Care Needed Overall

## Year Comparisons

- From 2012 to 2018, the overall percent statistically remained the same for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs or did not receive the mental health care needed, as well as from 2015 to 2018. From 2012 to 2018, the overall percent statistically remained the same for 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, the overall percent statistically increased for respondents who reported a household member did not receive the dental care needed while from 2015 to 2018, there was no statistical change.



## Health Information and Services (Figure 4; Tables 7-10)

KEY FINDINGS: In 2018, $89 \%$ of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were 55 and older, with some post high school education or unmarried were more likely to report a primary care physician. Eighty-two 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 $9 \%$ reported urgent care center. Respondents who were 65 and older were more likely to report a doctor's or nurse practitioner's office as their primary health care service when they are sick. Respondents who were 35 to 44 years old, with a high school education or less, with a college education or married were more likely to report urgent care as their primary health care service. Thirty-nine percent of respondents had an advance care plan; respondents who were 65 and older or married more likely to report an advance care plan.

From 2015 to 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, there was no statistical change in the overall percent of respondents reporting their primary place
for health services when they are sick was a doctor's or nurse practitioner's office, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting their primary place for health services when they are sick was an urgent care center 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 having an advance care plan, as well as from 2015 to 2018.

## Primary Care Physician

## 2018 Findings

- Eighty-nine percent of respondents 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.
- Ninety-nine percent of respondents 65 and older and $98 \%$ of those 55 to 64 years old reported a primary care physician compared to $73 \%$ of respondents 35 to 44 years old.
- Ninety-five percent of respondents with some post high school education reported a primary care physician compared to $88 \%$ of those with a high school education or less or $86 \%$ of respondents with a college education.
- Unmarried respondents were more likely to report a primary care physician compared to married respondents ( $92 \%$ and $84 \%$, respectively).


## 2015 to 2018 Year Comparisons

- From 2015 to 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.
- In 2015, female respondents were more likely to report a primary care physician. In 2018, gender was not a significant variable.
- In 2015, respondents 65 and older were more likely to report a primary care physician. In 2018, respondents 55 and older were more likely to report a primary care physician. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old or 55 to 64 years old and a noted decrease in the percent of respondents 35 to 44 years old who reported a primary care physician.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report a primary care physician, with a noted increase since 2015.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to report a primary care physician. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket and a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a primary care physician.
- In 2015, married respondents were more likely to report a primary care physician. In 2018, unmarried respondents were more likely to report a primary care physician. From 2015 to 2018, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting a primary care physician.

Table 7. Have a Primary Care Physician by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2015 | 2018 |
| :---: | :---: | :---: |
| TOTAL | 86\% | 89\% |
| Gender ${ }^{1}$ |  |  |
| Male | 82 | 87 |
| Female | 90 | 90 |
| Age ${ }^{1,2}$ |  |  |
| 18 to $34^{\text {a }}$ | 72 | 85 |
| 35 to $44^{\text {a }}$ | 87 | 73 |
| 45 to 54 | 95 | 90 |
| 55 to $64^{\text {a }}$ | 88 | 98 |
| 65 and Older | 98 | 99 |
| Education ${ }^{2}$ |  |  |
| High School or Less | 86 | 88 |
| Some Post High School ${ }^{\text {a }}$ | 85 | 95 |
| College Graduate | 88 | 86 |
| Household Income ${ }^{1}$ |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 80 | 89 |
| Middle 20 Percent Bracket ${ }^{\text {a }}$ | 92 | 82 |
| Top 40 Percent Bracket | 89 | 89 |
| Marital Status ${ }^{1,2}$ |  |  |
| Married ${ }^{\text {a }}$ | 92 | 84 |
| Not Married ${ }^{\text {a }}$ | 82 | 92 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from previous years or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Primary Health Care Services

## 2018 Findings

- Eighty-two percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick. Nine percent reported urgent care center. Five percent reported no usual place.


## Doctor's or Nurse Practitioner's Office as Primary Health Care Services

## 2018 Findings

- Eighty-two percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick.
- Ninety-one percent of respondents 65 and older reported a doctor's or nurse practitioner's office compared to $78 \%$ of those 45 to 54 years old or $67 \%$ of respondents 35 to 44 years old.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting their primary place when they are sick was a doctor's or nurse practitioner's office.
- In 2006, female respondents were more likely to report a doctor's or nurse practitioner's office. In 2018, gender was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of female respondents reporting a doctor's or nurse practitioner's office.
- In 2006, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. In 2018, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 35 to 44 years old reporting a doctor's or nurse practitioner's office.
- In 2006, married respondents were more likely to report a doctor's or nurse practitioner's office. In 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting a doctor's or nurse practitioner's office.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their primary place when they are sick was a doctor's or nurse practitioner's office.
- In 2015 , respondents 45 to 54 years old or 65 and older were more likely to report a doctor's or nurse practitioner's office. In 2018, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting a doctor's or nurse practitioner's office.
- In 2015, respondents with a college education were more likely to report a doctor's or nurse practitioner's office. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents with some post high school education or less and a noted decrease in the percent of respondents with a college education reporting a doctor's or nurse practitioner's office.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to report a doctor's or nurse practitioner's office. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent household income bracket reporting a doctor's or nurse practitioner's office.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents reporting a doctor's or nurse practitioner's office.

Table 8. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables for

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 82\% | 85\% | 80\% | 79\% | 82\% |
| Gender ${ }^{1,2,3}$ |  |  |  |  |  |
| Male | 74 | 80 | 76 | 78 | 81 |
| Female ${ }^{\text {a }}$ | 89 | 90 | 85 | 80 | 82 |
| Age ${ }^{1,2,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a,b }}$ | 72 | 73 | 74 | 72 | 83 |
| 35 to $44^{\text {a }}$ | 82 | 89 | 80 | 80 | 67 |
| 45 to 54 | 84 | 88 | 83 | 83 | 78 |
| 55 to 64 | 91 | 92 | 82 | 80 | 86 |
| 65 and Older | 90 | 92 | 88 | 84 | 91 |
| Education ${ }^{2,4}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {b }}$ | 80 | 83 | 78 | 75 | 87 |
| Some Post High School ${ }^{\text {b }}$ | 85 | 81 | 78 | 72 | 85 |
| College Graduate ${ }^{\text {b }}$ | 82 | 90 | 84 | 86 | 77 |
| Household Income ${ }^{2,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 80 | 76 | 75 | 74 | 77 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 79 | 86 | 84 | 88 | 74 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 83 | 92 | 82 | 76 | 85 |
| Marital Status ${ }^{1,2,3}$ |  |  |  |  |  |
| Married ${ }^{\text {a }}$ | 86 | 91 | 87 | 80 | 78 |
| Not Married ${ }^{\text {a,b }}$ | 78 | 79 | 74 | 78 | 85 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Urgent Care Center as Primary Health Care Services

## 2018 Findings

- Nine percent of respondents reported they go to an urgent care center when they are sick.
- Respondents 35 to 44 years old were more likely to report urgent care center ( $19 \%$ ) compared to those 18 to 34 years old ( $6 \%$ ) or respondents 65 and older (3\%).
- Twelve percent of respondents with a college education and $10 \%$ of those with a high school education or less reported urgent care center compared to $2 \%$ of respondents with some post high school education.
- Eleven percent of married respondents reported urgent care center compared to $6 \%$ of unmarried respondents.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting their primary place when they are sick was an urgent care center.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported their primary place when they are sick was an urgent care center in 2006.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their primary place when they are sick was an urgent care center.
- In 2015 and 2018, respondents 35 to 44 years old were more likely to report urgent care center. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting urgent care center.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less or a college education were more likely to report urgent care center. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting urgent care center.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report urgent care center. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket and a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting urgent care center.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report urgent care.

Table 9. Urgent Care Center as Primary Health Care Service by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | $2006{ }^{\text {® }}$ | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 3\% | 6\% | 7\% | 10\% | 9\% |
| Gender ${ }^{2}$ |  |  |  |  |  |
| Male | -- | 9 | 7 | 9 | 7 |
| Female | -- | 3 | 6 | 11 | 9 |
| Age ${ }^{2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {b }}$ | -- | 14 | 9 | 13 | 6 |
| 35 to 44 | -- | 5 | 11 | 16 | 19 |
| 45 to 54 | -- | 4 | 6 | 10 | 10 |
| 55 to 64 | -- | 3 | 5 | 6 | 9 |
| 65 and Older | -- | <1 | <1 | 4 | 3 |
| Education ${ }^{2,3,5}$ |  |  |  |  |  |
| High School or Less | -- | 4 | 10 | 9 | 10 |
| Some Post High School ${ }^{\text {b }}$ | -- | 10 | <1 | 12 | 2 |
| College Graduate | -- | 4 | 8 | 9 | 12 |
| Household Income ${ }^{4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | -- | 6 | 5 | 8 | 7 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | -- | 12 | 4 | 5 | 16 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | -- | 6 | 9 | 16 | 7 |
| Marital Status ${ }^{5}$ |  |  |  |  |  |
| Married | -- | 6 | 7 | 12 | 11 |
| Not Married | -- | 6 | 6 | 8 | 6 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{8}$ Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this. ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Advance Care Plan

## 2018 Findings

- Thirty-nine percent of respondents reported they had an advance care plan, living will or health care power of attorney stating their end of life health care wishes.
- Seventy-eight percent of respondents 65 and older reported they had an advance care plan compared to $26 \%$ of those 45 to 54 years old or $20 \%$ of respondents 18 to 34 years old.
- Married respondents were more likely to report having an advance care plan compared to unmarried respondents ( $49 \%$ and $31 \%$, respectively).


## $\underline{2006}$ to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents having an advance care plan.
- In 2006, female respondents were more likely to report having an advance care plan. In 2018, gender was not a significant variable.
- In 2006 and 2018, respondents 65 and older were more likely to report having an advance care plan.
- In 2006, respondents with some post high school education were more likely to report having an advance care plan. In 2018, education was not a significant variable.
- In 2006, marital status was not a significant variable. In 2018, married respondents were more likely to report having an advance care plan. From 2006 to 2018, there was a noted increase in the percent of married respondents reporting an advance care plan.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents having an advance care plan.
- In 2015 and 2018, respondents 65 and older were more likely to report having an advance care plan. From 2015 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting an advance care plan.
- In 2015, respondents with a high school education or less were more likely to report having an advance care plan. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less and a noted increase in the percent of respondents with some post high school education reporting an advance care plan.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report they had an advance care plan, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting an advance care plan.

Table 10. Advance Care Plan by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 38\% | 38\% | 37\% | 39\% | 39\% |
| Gender ${ }^{1}$ |  |  |  |  |  |
| Male | 31 | 37 | 36 | 36 | 40 |
| Female | 43 | 39 | 38 | 42 | 39 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to 34 | 17 | 18 | 19 | 24 | 20 |
| 35 to $44^{\text {b }}$ | 21 | 28 | 18 | 18 | 32 |
| 45 to 54 | 36 | 33 | 41 | 34 | 26 |
| 55 to 64 | 52 | 44 | 38 | 53 | 52 |
| 65 and Older | 76 | 73 | 77 | 76 | 78 |
| Education ${ }^{1,4}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {b }}$ | 29 | 39 | 35 | 50 | 29 |
| Some Post High School ${ }^{\text {b }}$ | 47 | 36 | 38 | 27 | 42 |
| College Graduate | 39 | 39 | 38 | 44 | 42 |
| Household Income ${ }^{2}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 38 | 41 | 41 | 36 | 33 |
| Middle 20 Percent Bracket | 29 | 20 | 40 | 41 | 34 |
| Top 40 Percent Bracket | 38 | 39 | 30 | 35 | 40 |
| Marital Status ${ }^{5}$ |  |  |  |  |  |
| Married ${ }^{\text {a,b }}$ | 40 | 37 | 40 | 39 | 49 |
| Not Married ${ }^{\text {b }}$ | 35 | 40 | 33 | 40 | 31 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Health Information and Services Overall

## Year Comparisons

- From 2015 to 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, there was no statistical change in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's or nurse practitioner's office, as well as from 2015 to 2018 . From 2006 to 2018 , there was a statistical increase in the overall percent of respondents reporting their primary place for health services when they are sick was an urgent care center 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 having an advance care plan, as well as from 2015 to 2018.



## Dental Checkup (Figure 5; Table 11)

KEY FINDINGS: In 2018, $71 \%$ of respondents reported a visit to the dentist in the past year. Respondents with a college education, in the top 40 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, while from 2015 to 2018, there was a statistical increase.

## Dental Checkup

Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended. ${ }^{\text {I }}$

[^0]The Healthy People 2020 goal for an oral health care system visit in the past 12 months is $49 \%$. (Objective OH-7)

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

## 2018 Findings

- Seventy-one percent of respondents reported a dental visit in the past year. An additional $17 \%$ had a visit in the past one to two years.
- Eighty-two percent of respondents with a college education reported a dental checkup in the past year compared to $68 \%$ of those with some post high school education or $48 \%$ of respondents with a high school education or less.
- Eighty-two percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to $63 \%$ of those in the middle 20 percent income bracket or $53 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents ( $79 \%$ and $65 \%$, respectively).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2006, respondents 55 to 64 years old were more likely to report a dental checkup in the past year. In 2018, age was not a significant variable.
- In 2006 and 2018, respondents with a college education were more likely to report a dental checkup in the past year.
- In 2006 and 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year.
- In 2006, marital status was not a significant variable. In 2018, married respondents were more likely to report a dental checkup in the past year.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2015, female respondents were more likely to report a dental checkup in the past year. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents reporting a dental checkup in the past year.
- In 2015 and 2018, respondents with a college education were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents with a college education reporting a dental checkup in the past year.
- In 2015, respondents in the top 60 percent household income bracket were more likely to report a dental checkup in the past year. In 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year, with a noted increase since 2015.
- In 2015 and 2018, married respondents were more likely to report a dental checkup in the past year.

Table 11. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {b }}$ | 70\% | 74\% | 65\% | 64\% | 71\% |
| Gender ${ }^{4}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 66 | 75 | 62 | 59 | 71 |
| Female | 73 | 73 | 68 | 68 | 70 |
| $\mathrm{Age}^{1,2,3}$ |  |  |  |  |  |
| 18 to 34 | 65 | 82 | 56 | 57 | 61 |
| 35 to 44 | 64 | 72 | 70 | 63 | 76 |
| 45 to 54 | 78 | 77 | 70 | 67 | 74 |
| 55 to 64 | 82 | 73 | 69 | 73 | 78 |
| 65 and Older | 70 | 65 | 69 | 65 | 72 |
| Education ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| High School or Less | 54 | 69 | 61 | 50 | 48 |
| Some Post High School | 69 | 68 | 59 | 63 | 68 |
| College Graduate ${ }^{\text {b }}$ | 83 | 82 | 73 | 71 | 82 |
| Household Income ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 60 | 59 | 51 | 50 | 53 |
| Middle 20 Percent Bracket | 70 | 81 | 63 | 71 | 63 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 81 | 82 | 76 | 71 | 82 |
| Marital Status ${ }^{2,3,4,5}$ |  |  |  |  |  |
| Married | 72 | 81 | 72 | 71 | 79 |
| Not Married | 66 | 65 | 58 | 58 | 65 |

$\overline{{ }^{\oplus} \text { Percentages occasionally may differ by } 1 \text { or } 2 \text { percentage points from previous reports or the Appendix as a result of }}$ rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'bear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Dental Checkup Overall

Year Comparisons

- From 2006 to 2018 , there was no statistical change in the overall percent of respondents reporting a dental checkup less than one year ago, while from 2015 to 2018, there was a noted increase.



## Flu Vaccination (Figure 6; Table 12)

KEY FINDINGS: In 2018, $56 \%$ of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older, with a college education, 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.

## Flu Vaccination

The Healthy People 2020 goal for adults 18 and older having an annual influenza vaccination is 70\%. (Objectives IID-12.8)

In 2016, 50\% of Wisconsin respondents and 59\% of U.S. respondents 65 and older reported they received a flu vaccination in the past year (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Fifty-six percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination compared to male respondents ( $66 \%$ and $45 \%$, respectively).
- Respondents 65 and older were more likely to report receiving a flu vaccination ( $79 \%$ ) compared to those 34 to 44 years old ( $47 \%$ ) or respondents 18 to 34 years old ( $39 \%$ ).
- Sixty-five percent of respondents with a college education reported receiving a flu vaccination compared to $53 \%$ of those with some post high school education or $38 \%$ of respondents with a high school education or less.
- Sixty-seven percent of married respondents reported a flu vaccination compared to $47 \%$ of unmarried respondents.


## $\underline{2006 \text { to } 2018 \text { Year Comparisons }}$

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported a flu vaccination in the past year.
- In 2006 and 2018, female respondents were more likely to report a flu vaccination. From 2006 to 2018, there was a noted increase in the percent of respondents across gender reporting a flu vaccination.
- In 2006 and 2018, respondents 65 and older were more likely to report a flu vaccination. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 64 years old reporting a flu vaccination.
- In 2006, education was not a significant variable. In 2018, respondents with a college education were more likely to report receiving a flu vaccination. From 2006 to 2018, there was a noted increase in the percent of respondents with at least some post high school education reporting a flu vaccination.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents across household income reporting a flu vaccination.
- In 2006, unmarried respondents were more likely to report receiving a flu vaccination. In 2018, married respondents were more likely to report receiving a flu vaccination. From 2006 to 2018, there was a noted increase in the percent of respondents across marital status reporting a flu vaccination.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a flu vaccination in the past year.
- In 2015 and 2018, female respondents were more likely to report a flu vaccination. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting a flu vaccination.
- In 2015 and 2018, respondents 65 and older were more likely to report a flu vaccination. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting a flu vaccination.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to report a flu vaccination, with a noted increase since 2015.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report receiving a flu vaccination. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a flu vaccination.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a flu vaccination, with a noted increase since 2015.

Table 12. Flu Vaccination in Past Year by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 33\% | 49\% | 45\% | 51\% | 56\% |
| Gender ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Male ${ }^{\text {a }}$ | 27 | 45 | 38 | 45 | 45 |
| Female ${ }^{\text {a,b }}$ | 38 | 53 | 52 | 55 | 66 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 14 | 51 | 27 | 35 | 39 |
| 35 to $44^{\text {a }}$ | 17 | 35 | 45 | 35 | 47 |
| 45 to $54^{\text {a,b }}$ | 25 | 42 | 50 | 48 | 68 |
| 55 to $64{ }^{\text {a }}$ | 42 | 50 | 51 | 62 | 60 |
| 65 and Older | 74 | 67 | 64 | 79 | 79 |
| Education ${ }^{2,3,5}$ |  |  |  |  |  |
| High School or Less | 32 | 45 | 48 | 47 | 38 |
| Some Post High School ${ }^{\text {a }}$ | 39 | 43 | 36 | 46 | 53 |
| College Graduate ${ }^{\text {a,b }}$ | 30 | 57 | 48 | 56 | 65 |
| Household Income ${ }^{2,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 33 | 53 | 43 | 60 | 50 |
| Middle 20 Percent Bracket ${ }^{\text {tab }}$ | 27 | 39 | 35 | 49 | 66 |
| Top 40 Percent Bracket ${ }^{\text {a,b }}$ | 31 | 51 | 47 | 39 | 55 |
| Marital Status ${ }^{1,2,3,5}$ |  |  |  |  |  |
| Married ${ }^{\text {a,b }}$ | 29 | 54 | 50 | 52 | 67 |
| Not Married ${ }^{\text {a }}$ | 37 | 45 | 40 | 50 | 47 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Flu Vaccination Overall

## Year Comparisons

- 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.

Figure 6. Flu Vaccination in Past Year


## Prevalence of Select Health Conditions (Figures 7 \& 8; Tables 13-18)

Respondents were asked a series of questions regarding if they had certain health conditions in the past three years. Current diagnosis of asthma was asked.

KEY FINDINGS: In 2018, out of six health conditions listed, the most often mentioned in the past three years was a mental health condition ( $26 \%$ ), high blood pressure ( $22 \%$ ) or high blood cholesterol ( $21 \%$ ).
Respondents who were 18 to 34 years old, with a high school education or less, unmarried or a smoker were more likely to report a mental health condition. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report high blood pressure. Respondents who were female, 65 and older, or inactive were more likely to report high blood cholesterol. Ten percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were 65 and older, in the middle 20 percent household income bracket or inactive were more likely to report this. Seven percent of respondents reported diabetes. Respondents 65 and older, with some post high school education or less or who were overweight were more likely to report diabetes. Sixteen percent of respondents reported current asthma; female respondents were more likely to report this.

From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported a mental health condition, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or high blood cholesterol, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition or diabetes, as well as from 2015 to 2018. From 2006 to 2018, there was a
statistical increase in the overall percent of respondents who reported current asthma, as well as from 2015 to 2018.

## 2018 Findings

- Respondents were more likely to report a mental health condition ( $26 \%$ ), high blood pressure ( $22 \%$ ) or high blood cholesterol ( $21 \%$ ) in the past three years out of six health conditions listed.



## Mental Health Condition

## 2018 Findings

- Twenty-six percent of respondents reported a mental health condition, such as an anxiety disorder, obsessivecompulsive disorder, panic disorder, post-traumatic stress disorder or depression in the past three years.
- Respondents 18 to 34 years old were more likely to report a mental health condition ( $41 \%$ ) compared to those 35 to 54 years old ( $22 \%$ ) or respondents 65 and older (12\%).
- Respondents with a high school education or less were more likely to report a mental health condition (39\%) compared to those with some post high school education ( $26 \%$ ) or respondents with a college education ( $20 \%$ ).
- Unmarried respondents were more likely to report a mental health condition compared to married respondents ( $37 \%$ and $12 \%$, respectively).
- Thirty-nine percent of smokers reported a mental health condition compared to $24 \%$ of nonsmokers.


## 2009 to 2018 Year Comparisons

- From 2009 to 2018, there was a statistical increase in the overall percent of respondents reporting a mental health condition.
- In 2009 and 2018, gender was not a significant variable. From 2009 to 2018, there was a noted increase in the percent of respondents across gender reporting a mental health condition.
- In 2009, respondents 35 to 64 years old were more likely to report a mental health condition. In 2018, respondents 18 to 34 years old were more likely to report a mental health condition, with a noted increase since 2009.
- In 2009, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report a mental health condition. From 2009 to 2018, there was a noted increase in the percent of respondents with some post high school education or less reporting a mental health condition.
- In 2009, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2018, household income was not a significant variable. From 2009 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting a mental health condition.
- In 2009 and 2018, unmarried respondents were more likely to report a mental health condition. From 2009 to 2018, there was a noted increase in the percent of unmarried respondents reporting a mental health condition.
- In 2009 and 2018, overweight status was not a significant variable. From 2009 to 2018, there was a noted increase in the percent of respondents across overweight status reporting a mental health condition.
- In 2009, inactive respondents were more likely to report a mental health condition. In 2018, physical activity was not a significant variable. From 2009 to 2018, there was a noted increase in the percent of respondents who did at least some physical activity reporting a mental health condition.
- In 2009 and 2018, smokers were more likely to report a mental health condition. From 2009 to 2018, there was a noted increase in the percent of nonsmokers reporting a mental health condition.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting a mental health condition.
- In 2015, female respondents were more likely to report a mental health condition. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents reporting a mental health condition.
- In 2015, respondents 18 to 34 years old or 45 to 64 years old were more likely to report a mental health condition. In 2018, respondents 18 to 34 years old were more likely to report a mental health condition, with a noted increase since 2015.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report a mental health condition, with a noted increase since 2015.
- In 2015 , respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting a mental health condition.
- In 2015 and 2018, unmarried respondents were more likely to report a mental health condition. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents reporting a mental health condition.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of overweight respondents reporting a mental health condition.
- In 2015 and 2018, physical activity was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting a mental health condition.
- In 2015 and 2018, smokers were more likely to report a mental health condition. From 2015 to 2018, there was a noted increase in the percent of nonsmokers reporting a mental health condition.

Table 13. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a,b }}$ | 14\% | 14\% | 18\% | 26\% |
| Gender ${ }^{2,3}$ |  |  |  |  |
| Male ${ }^{\text {a,b }}$ | 12 | 11 | 11 | 22 |
| Female ${ }^{\text {a }}$ | 15 | 17 | 24 | 29 |
| Age ${ }^{1,2,3,4}$ |  |  |  |  |
| 18 to $34^{\text {a,b }}$ | 11 | 22 | 20 | 41 |
| 35 to 44 | 18 | 12 | 13 | 22 |
| 45 to 54 | 18 | 14 | 24 | 22 |
| 55 to 64 | 18 | 13 | 22 | 24 |
| 65 and Older | 8 | 6 | 10 | 12 |
| Education ${ }^{4}$ |  |  |  |  |
| High School or Less ${ }^{\text {a,b }}$ | 13 | 14 | 17 | 39 |
| Some Post High School ${ }^{\text {a }}$ | 13 | 17 | 18 | 26 |
| College Graduate | 15 | 13 | 18 | 20 |
| Household Income ${ }^{1,2,3}$ |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 18 | 26 | 28 | 31 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 14 | 11 | 8 | 23 |
| Top 40 Percent Bracket ${ }^{\text {a,b }}$ | 8 | 9 | 13 | 22 |
| Marital Status ${ }^{1,2,3,4}$ |  |  |  |  |
| Married | 11 | 11 | 14 | 12 |
| Not Married ${ }^{\text {a,b }}$ | 17 | 18 | 21 | 37 |
| Overweight Status |  |  |  |  |
| Not Overweight ${ }^{\text {a }}$ | 11 | 14 | 20 | 20 |
| Overweight ${ }^{\text {a,b }}$ | 14 | 15 | 17 | 28 |
| Physical Activity ${ }^{1}$ |  |  |  |  |
| Inactive | 22 | 20 | 21 | 29 |
| Insufficient ${ }^{\text {a }}$ | 10 | 15 | 19 | 26 |
| Recommended ${ }^{\text {a,b }}$ | 16 | 13 | 16 | 25 |
| Smoking Status ${ }^{1,2,3,4}$ |  |  |  |  |
| Nonsmoker ${ }^{\text {a,b }}$ | 9 | 13 | 14 | 24 |
| Smoker | 29 | 21 | 30 | 39 |

[^1]
## High Blood Pressure

## 2018 Findings

- Twenty-two percent of respondents reported high blood pressure in the past three years.
- Female respondents were more likely to report high blood pressure in the past three years compared to male respondents ( $27 \%$ and $16 \%$, respectively).
- Respondents 65 and older were more likely to report high blood pressure ( $63 \%$ ) compared to those 35 to 44 years old ( $18 \%$ ) or respondents 18 to 34 years old ( $0 \%$ ).
- Twenty-nine percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to $21 \%$ of those in the middle 20 percent income bracket or $14 \%$ of respondents in the top 40 percent household income bracket.
- Overweight respondents were more likely to report high blood pressure (24\%) compared to respondents who were not overweight (15\%).
- Fifty-one percent of inactive respondents reported high blood pressure compared to $17 \%$ of respondents who did at least some amount of physical activity.


## $\underline{2006}$ to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2006, gender was not a significant variable. In 2018, female respondents were more likely to report high blood pressure.
- In 2006 and 2018, respondents 65 and older were more likely to report high blood pressure. From 2006 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old or 55 to 64 years old reporting high blood pressure.
- In 2006, respondents with a high school education or less were more likely to report high blood pressure. In 2018, education was not a significant variable.
- In 2006 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2006, unmarried respondents were more likely to report high blood pressure. In 2018, marital status was not a significant variable.
- In 2006 and 2018, overweight respondents were more likely to report high blood pressure.
- In 2006 and 2018, inactive respondents were more likely to report high blood pressure. From 2006 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting high blood pressure.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report high blood pressure.
- In 2015 and 2018, respondents 65 and older were more likely to report high blood pressure. From 2015 to 2018, there was a noted decrease in the percent of respondents 55 to 64 years old reporting high blood pressure.
- In 2015, respondents with a high school education or less were more likely to report high blood pressure. In 2018, education was not a significant variable.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure.
- In 2015 and 2018, overweight respondents were more likely to report high blood pressure.
- In 2015 and 2018, inactive respondents were more likely to report high blood pressure.
- In 2015, nonsmokers were more likely to report high blood pressure. In 2018, smoking status was not a significant variable.

Table 14. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 26\% | 29\% | 30\% | 24\% | 22\% |
| Gender ${ }^{5}$ |  |  |  |  |  |
| Male | 23 | 30 | 33 | 23 | 16 |
| Female | 28 | 29 | 27 | 25 | 27 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 11 | 8 | 10 | 3 | 0 |
| 35 to 44 | 10 | 14 | 16 | 11 | 18 |
| 45 to 54 | 24 | 27 | 26 | 21 | 19 |
| 55 to $64^{\text {a,b }}$ | 45 | 46 | 44 | 41 | 22 |
| 65 and Older | 52 | 66 | 65 | 58 | 63 |
| Education ${ }^{1,3,4}$ |  |  |  |  |  |
| High School or Less | 37 | 32 | 40 | 36 | 28 |
| Some Post High School | 28 | 31 | 29 | 24 | 24 |
| College Graduate | 15 | 27 | 23 | 17 | 18 |
| Household Income ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 34 | 43 | 37 | 32 | 29 |
| Middle 20 Percent Bracket | 25 | 18 | 31 | 22 | 21 |
| Top 40 Percent Bracket | 15 | 16 | 18 | 16 | 14 |
| Marital Status ${ }^{1,2,3}$ |  |  |  |  |  |
| Married | 23 | 24 | 23 | 23 | 18 |
| Not Married | 30 | 37 | 37 | 25 | 25 |
| Overweight Status ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Not Overweight | 19 | 18 | 23 | 16 | 15 |
| Overweight | 31 | 37 | 34 | 27 | 24 |
| Physical Activity ${ }^{1,3,4,5}$ |  |  |  |  |  |
| Inactive | 40 | 37 | 47 | 40 | 51 |
| Insufficient ${ }^{\text {a }}$ | 27 | 31 | 33 | 20 | 17 |
| Recommended | 21 | 26 | 24 | 22 | 17 |
| Smoking Status ${ }^{4}$ |  |  |  |  |  |
| Nonsmoker | 26 | 31 | 29 | 27 | 22 |
| Smoker | 26 | 23 | 32 | 13 | 18 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018


## High Blood Cholesterol

## 2018 Findings

- Twenty-one percent of respondents reported high blood cholesterol in the past three years.
- Female respondents were more likely to report high blood cholesterol in the past three years compared to male respondents ( $25 \%$ and $16 \%$, respectively).
- Respondents 65 and older were more likely to report high blood cholesterol ( $51 \%$ ) compared to those 35 to 44 years old (13\%) or respondents 18 to 34 years old ( $0 \%$ ).
- Inactive respondents were more likely to report high blood cholesterol (39\%) compared to those who did an insufficient amount of physical activity ( $19 \%$ ) or respondents who met the recommended amount of physical activity (18\%).


## $\underline{2006 \text { to } 2018 \text { Year Comparisons }}$

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2006, gender was not a significant variable. In 2018, female respondents were more likely to report high blood cholesterol.
- In 2006, respondents 55 and older were more likely to report high blood cholesterol. In 2018, respondents 65 and older were more likely to report high blood cholesterol.
- In 2006, respondents with some post high school education were more likely to report high blood cholesterol. In 2018, education was not a significant variable.
- In 2006, overweight respondents were more likely to report high blood cholesterol. In 2018, overweight status was not a significant variable.
- In 2006, respondents who did not meet the recommended amount of physical activity were more likely to report high blood cholesterol. In 2018, inactive respondents were more likely to report high blood cholesterol.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2015 and 2018, female respondents were more likely to report high blood cholesterol.
- In 2015, respondents 55 and older were more likely to report high blood cholesterol. In 2018, respondents 65 and older were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting high blood cholesterol.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. In 2018, household income was not a significant variable.
- In 2015, overweight respondents were more likely to report high blood cholesterol. In 2018, overweight status was not a significant variable.
- In 2015, physical activity was not a significant variable. In 2018, inactive respondents were more likely to report high blood cholesterol.

Table 15. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 19\% | 27\% | 26\% | 22\% | 21\% |
| Gender ${ }^{4,5}$ |  |  |  |  |  |
| Male | 18 | 28 | 29 | 18 | 16 |
| Female | 20 | 26 | 24 | 26 | 25 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {b }}$ | <1 | 9 | 9 | 9 | 0 |
| 35 to 44 | 8 | 21 | 20 | 8 | 13 |
| 45 to 54 | 27 | 28 | 26 | 21 | 15 |
| 55 to 64 | 37 | 42 | 40 | 42 | 42 |
| 65 and Older | 38 | 47 | 48 | 41 | 51 |
| Education ${ }^{1}$ |  |  |  |  |  |
| High School or Less | 18 | 23 | 29 | 24 | 24 |
| Some Post High School | 30 | 32 | 24 | 21 | 24 |
| College Graduate | 14 | 26 | 26 | 22 | 18 |
| Household Income ${ }^{2,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 20 | 32 | 30 | 27 | 25 |
| Middle 20 Percent Bracket | 17 | 27 | 22 | 23 | 23 |
| Top 40 Percent Bracket | 17 | 22 | 23 | 17 | 16 |
| Marital Status |  |  |  |  |  |
| Married | 16 | 24 | 28 | 20 | 23 |
| Not Married | 22 | 30 | 24 | 24 | 19 |
| Overweight Status ${ }^{1,2,3,4}$ |  |  |  |  |  |
| Not Overweight | 14 | 18 | 14 | 12 | 16 |
| Overweight | 23 | 33 | 33 | 27 | 23 |
| Physical Activity ${ }^{1,5}$ |  |  |  |  |  |
| Inactive | 24 | 24 | 39 | 27 | 39 |
| Insufficient | 22 | 28 | 27 | 22 | 19 |
| Recommended | 14 | 24 | 24 | 21 | 18 |
| Smoking Status ${ }^{3}$ |  |  |  |  |  |
| Nonsmoker | 20 | 28 | 29 | 21 | 21 |
| Smoker | 15 | 22 | 16 | 26 | 18 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Heart Disease/Condition

## 2018 Findings

- Ten percent of respondents reported heart disease or condition in the past three years.
- Twenty-nine percent of respondents 65 and older reported heart disease/condition in the past three years compared to $5 \%$ of those 18 to 34 years old or $3 \%$ of respondents 35 to 54 years old.
- Nineteen percent of respondents in the middle 20 percent household income bracket reported heart disease/condition compared to $12 \%$ of those in the bottom 40 percent income bracket or $4 \%$ of respondents in the top 40 percent household income bracket.
- Inactive respondents were more likely to report heart disease/condition (20\%) compared to those who did an insufficient amount of physical activity ( $9 \%$ ) or respondents who met the recommended amount of physical activity (8\%).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2006 and 2018, respondents 65 and older were more likely to report heart disease/condition. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting heart disease/condition.
- In 2006, respondents with some post high school education or less were more likely to report heart disease/condition. In 2018, education was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents with a college education reporting heart disease/condition.
- In 2006, household income was not a significant variable. In 2018, respondents in the middle 20 percent household income bracket were more likely to report heart disease/condition, with a noted increase since 2006.
- In 2006 and 2018, inactive respondents were more likely to report heart disease/condition.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition.
- In 2015 and 2018, respondents 65 and older were more likely to report heart disease/condition.
- In 2015, respondents with a high school education or less were more likely to report heart disease/condition. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents with some post high school education reporting heart disease/condition.
- In 2015, household income was not a significant variable. In 2018, respondents in the middle 20 percent household income bracket were more likely to report heart disease/condition, with a noted increase since 2015.
- In 2015, unmarried respondents were more likely to report heart disease/condition. In 2018, marital status was not a significant variable.
- In 2015 and 2018, inactive respondents were more likely to report heart disease/condition.
- In 2015, nonsmokers were more likely to report heart disease/condition. In 2018, smoking status was not a significant variable.

Table 16. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 7\% | 9\% | 8\% | 9\% | 10\% |
| Gender |  |  |  |  |  |
| Male | 6 | 9 | 10 | 8 | 8 |
| Female | 7 | 9 | 7 | 11 | 12 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 0 | 3 | 1 | 5 | 5 |
| 35 to 44 | <1 | 7 | 1 | 3 | 3 |
| 45 to 54 | 4 | 0 | 4 | 2 | 3 |
| 55 to 64 | 6 | 12 | 15 | 5 | 12 |
| 65 and Older | 23 | 24 | 23 | 31 | 29 |
| Education ${ }^{1,4}$ |  |  |  |  |  |
| High School or Less | 9 | 9 | 10 | 16 | 12 |
| Some Post High School ${ }^{\text {b }}$ | 8 | 9 | 10 | 6 | 13 |
| College Graduate ${ }^{\text {a }}$ | 3 | 9 | 5 | 8 | 8 |
| Household Income ${ }^{2,3,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 8 | 16 | 12 | 12 | 12 |
| Middle 20 Percent Bracket ${ }^{\text {a,b }}$ | 5 | 2 | 9 | 7 | 19 |
| Top 40 Percent Bracket | 4 | 3 | 3 | 7 | 4 |
| Marital Status ${ }^{2,4}$ |  |  |  |  |  |
| Married | 6 | 6 | 7 | 7 | 9 |
| Not Married | 7 | 13 | 9 | 12 | 10 |
| Overweight Status ${ }^{3}$ |  |  |  |  |  |
| Not Overweight | 5 | 7 | 5 | 7 | 5 |
| Overweight | 7 | 11 | 10 | 10 | 12 |
| Physical Activity ${ }^{1,3,4,5}$ |  |  |  |  |  |
| Inactive | 14 | 11 | 18 | 16 | 20 |
| Insufficient | 5 | 9 | 9 | 6 | 9 |
| Recommended | 6 | 8 | 6 | 10 | 8 |
| Smoking Status ${ }^{4}$ |  |  |  |  |  |
| Nonsmoker | 7 | 9 | 8 | 11 | 10 |
| Smoker | 4 | 10 | 7 | 4 | 6 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018


## Diabetes

## 2018 Findings

- Seven percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years ( $19 \%$ ) compared to those 35 to 44 years old (3\%) or respondents 18 to 34 years old ( $0 \%$ ).
- Eleven percent of respondents with some post high school education and $10 \%$ of those with a high school education or less reported diabetes compared to $3 \%$ of respondents with a college education.
- Nine percent of overweight respondents reported diabetes compared to $3 \%$ of respondents who were not overweight.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2006, respondents 55 and older were more likely to report diabetes. In 2018, respondents 65 and older were more likely to report diabetes.
- In 2006 and 2018, respondents with some post high school education or less were more likely to report diabetes.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report diabetes. In 2018, household income was not a significant variable.
- In 2006 and 2018, overweight respondents were more likely to report diabetes.
- In 2006, inactive respondents were more likely to report diabetes. In 2018, physical activity was not a significant variable.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2015 and 2018, respondents 65 and older were more likely to report diabetes.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report diabetes.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report diabetes. In 2018, household income was not a significant variable.
- In 2015 and 2018, overweight respondents were more likely to report diabetes.
- In 2015, inactive respondents were more likely to report diabetes. In 2018, physical activity was not a significant variable.
- In 2015, nonsmokers were more likely to report diabetes. In 2018, smoking status was not a significant variable.

Table 17. Diabetes in Past Three Years by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 6\% | 7\% | 9\% | 7\% | 7\% |
| Gender |  |  |  |  |  |
| Male | 6 | 6 | 11 | 9 | 6 |
| Female | 7 | 8 | 7 | 6 | 7 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to 34 | 2 | 0 | 1 | 1 | 0 |
| 35 to 44 | 1 | 2 | 3 | 0 | 3 |
| 45 to 54 | 7 | 7 | 3 | 7 | 4 |
| 55 to 64 | 12 | 19 | 24 | 13 | 10 |
| 65 and Older | 14 | 16 | 21 | 18 | 19 |
| Education ${ }^{1,5}$ |  |  |  |  |  |
| High School or Less | 8 | 8 | 12 | 10 | 10 |
| Some Post High School | 9 | 9 | 8 | 9 | 11 |
| College Graduate | 3 | 5 | 7 | 5 | 3 |
| Household Income ${ }^{1,2,3,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 9 | 13 | 14 | 9 | 9 |
| Middle 20 Percent Bracket | 7 | 3 | 8 | 10 | 8 |
| Top 40 Percent Bracket | 2 | 3 | 6 | 4 | 4 |
| Marital Status ${ }^{2}$ |  |  |  |  |  |
| Married | 5 | 5 | 8 | 7 | 8 |
| Not Married | 7 | 9 | 10 | 8 | 6 |
| Overweight Status ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Not Overweight | 3 | 3 | 3 | 2 | 3 |
| Overweight | 8 | 10 | 12 | 9 | 9 |
| Physical Activity ${ }^{1,2,3,4}$ |  |  |  |  |  |
| Inactive | 14 | 17 | 18 | 22 | 12 |
| Insufficient | 8 | 7 | 11 | 5 | 7 |
| Recommended | 2 | 5 | 6 | 5 | 5 |
| Smoking Status ${ }^{4}$ |  |  |  |  |  |
| Nonsmoker | 7 | 7 | 9 | 9 | 7 |
| Smoker | 5 | 7 | 8 | 1 | 2 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018


## Current Asthma

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

## 2018 Findings

- Sixteen percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma ( $21 \%$ ) compared to male respondents ( $10 \%$ ).


## $\underline{2006}$ to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting current asthma.
- In 2006 and 2018, female respondents were more likely to report current asthma. From 2006 to 2018, there was a noted increase in the percent of respondents across gender reporting current asthma.
- In 2006 and 2018, age was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 54 years old reporting current asthma.
- In 2006 and 2018, education was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents with at least some post high school education reporting current asthma.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting current asthma.
- In 2006 and 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents across marital status reporting current asthma.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported current asthma.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report current asthma, with a noted increase since 2015.
- In 2015 , respondents 45 to 54 years old were more likely to report current asthma. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting current asthma.
- In 2015, respondents with a college education were more likely to report current asthma. In 2018, education was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents with some post high school education reporting current asthma.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting current asthma.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents reporting current asthma.

Table 18. Current Asthma by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL $^{\text {a,b }}$ | 8\% | 7\% | 9\% | 11\% | 16\% |
| Gender ${ }^{1,2,5}$ |  |  |  |  |  |
| Male ${ }^{\text {a }}$ | 2 | 3 | 7 | 9 | 10 |
| Female ${ }^{\text {a,b }}$ | 13 | 10 | 10 | 12 | 21 |
| Age ${ }^{4}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 6 | 7 | 13 | 12 | 18 |
| 35 to $44^{\text {a,b }}$ | 11 | 7 | 4 | 5 | 26 |
| 45 to $54^{\text {a }}$ | 7 | 9 | 6 | 18 | 18 |
| 55 to 64 | 9 | 9 | 10 | 12 | 15 |
| 65 and Older | 7 | 3 | 7 | 6 | 7 |
| Education ${ }^{2,4}$ |  |  |  |  |  |
| High School or Less | 9 | 1 | 11 | 8 | 13 |
| Some Post High School ${ }^{\text {a,b }}$ | 8 | 8 | 11 | 7 | 18 |
| College Graduate ${ }^{\text {a }}$ | 6 | 10 | 6 | 15 | 16 |
| Household Income |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a,b }}$ | 5 | 6 | 10 | 9 | 21 |
| Middle 20 Percent Bracket ${ }^{\text {a,b }}$ | 6 | 7 | 13 | 6 | 16 |
| Top 40 Percent Bracket | 8 | 9 | 6 | 12 | 12 |
| Marital Status |  |  |  |  |  |
| Married ${ }^{\text {a }}$ | 7 | 7 | 7 | 9 | 12 |
| Not Married ${ }^{\text {a,b }}$ | 9 | 6 | 11 | 12 | 19 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;{ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015 ; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Health Conditions Overall

## Year Comparisons

- From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported a mental health condition, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or high blood cholesterol, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition or diabetes, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported current asthma, as well as from 2015 to 2018.



## Physical Activity (Figures 9 \& 10; Tables 19-21)

KEY FINDINGS: In 2018, 32\% of respondents did moderate physical activity five times a week for 30 minutes. Twenty-nine percent of respondents did vigorous activity three times a week for 20 minutes. Combined, $46 \%$ met the recommended amount of physical activity; respondents who were 18 to 34 years old, with a college education, in the top 40 percent household income bracket, married or not overweight were more likely to report this.

From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes or vigorous physical activity three times a week for at least 20 minutes, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2015 to 2018.

## Moderate Physical Activity in Usual Week

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

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

## 2018 Findings

- Thirty-two percent of all respondents did moderate physical activity at least five times a week for 30 minutes or more. Fifty-four percent did some moderate activity, while $14 \%$ did not do any moderate physical activity.
- Forty-six percent of respondents 45 to 54 years old met the recommended amount of moderate physical activity compared to $28 \%$ of those 65 and older or $15 \%$ of respondents 35 to 44 years old.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.
- In 2006, age was not a significant variable. In 2018, respondents 45 to 54 years old were more likely to meet the recommended amount of moderate physical activity. From 2006 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of moderate physical activity.
- In 2006, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2018, household income was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2006, married respondents were more likely to meet the recommended amount of moderate physical activity. In 2018, marital status was not a significant variable.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.
- In 2015, age was not a significant variable. In 2018, respondents 45 to 54 years old were more likely to meet the recommended amount of moderate physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of moderate physical activity.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2015, unmarried respondents were more likely to meet the recommended amount of moderate physical activity. In 2018, marital status was not a significant variable.
- In 2015, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents who were not overweight meeting the recommended amount of moderate physical activity.

Table 19. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year ${ }^{\circledR,(2)}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 34\% | 33\% | 43\% | 36\% | 32\% |
| Gender ${ }^{3}$ |  |  |  |  |  |
| Male | 31 | 33 | 48 | 37 | 32 |
| Female | 36 | 33 | 38 | 36 | 33 |
| Age ${ }^{3,5}$ |  |  |  |  |  |
| 18 to 34 | 30 | 31 | 59 | 39 | 31 |
| 35 to $44^{\text {a,b }}$ | 39 | 34 | 42 | 32 | 15 |
| 45 to 54 | 41 | 32 | 32 | 34 | 46 |
| 55 to 64 | 33 | 34 | 42 | 43 | 41 |
| 65 and Older | 29 | 35 | 29 | 33 | 28 |
| Education |  |  |  |  |  |
| High School or Less | 29 | 37 | 42 | 36 | 25 |
| Some Post High School | 37 | 34 | 43 | 40 | 33 |
| College Graduate | 35 | 30 | 42 | 34 | 35 |
| Household Income ${ }^{1,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 28 | 32 | 41 | 39 | 37 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 29 | 33 | 47 | 46 | 24 |
| Top 40 Percent Bracket ${ }^{\text {a }}$ | 44 | 37 | 45 | 26 | 34 |
| Marital Status ${ }^{1,4}$ |  |  |  |  |  |
| Married | 38 | 33 | 41 | 32 | 31 |
| Not Married | 28 | 33 | 45 | 40 | 34 |
| Overweight Status ${ }^{4}$ |  |  |  |  |  |
| Not Overweight ${ }^{\text {b }}$ | 37 | 33 | 47 | 51 | 32 |
| Overweight | 31 | 34 | 41 | 30 | 33 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{8}$ Recommended moderate physical activity is 5 times $/ 30+$ minutes in a week.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a year }}$ difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Vigorous Physical Activity in Usual Week

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

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

## 2018 Findings

- Twenty-nine percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Thirty-three percent did some vigorous physical activity while $38 \%$ did not do any vigorous physical activity.
- Respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity ( $52 \%$ ) compared to those 55 to 64 years old ( $12 \%$ ) or respondents 65 and older ( $9 \%$ ).
- Forty-two percent of respondents with a college education met the recommended amount of vigorous physical activity compared to $23 \%$ of those with some post high school education or $6 \%$ of respondents with a high school education or less.
- Forty-three percent of respondents in the top 40 percent household income bracket met the recommended amount of vigorous physical activity compared to $26 \%$ of those in the middle 20 percent income bracket or $16 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to meet the recommended amount of vigorous physical activity (35\%) compared to unmarried respondents ( $25 \%$ ).


## $\underline{2006 \text { to } 2018 \text { Year Comparisons }}$

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.
- In 2006 and 2018, gender was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of male respondents meeting the recommended amount of vigorous physical activity.
- In 2006 and 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.
- In 2006, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2006. From 2006 to 2018, there was a noted decrease in the percent of respondents with a high school education or less meeting the recommended amount of vigorous physical activity.
- In 2006 and 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity.
- In 2006 and 2018, married respondents were more likely to meet the recommended amount of vigorous physical activity.
- In 2006, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2018, overweight status was not a significant variable.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less meeting the recommended amount of vigorous physical activity.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket meeting the recommended amount of vigorous physical activity.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents meeting the recommended amount of physical activity.
- In 2015, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity. In 2018, overweight status was not a significant variable.

Table 20. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year ${ }^{\mathbb{Q}, \boldsymbol{Q}}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 25\% | 19\% | 30\% | 33\% | 29\% |
| Gender |  |  |  |  |  |
| Male ${ }^{\text {a }}$ | 25 | 22 | 33 | 31 | 33 |
| Female | 25 | 17 | 28 | 34 | 26 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 37 | 23 | 43 | 49 | 52 |
| 35 to 44 | 28 | 32 | 34 | 31 | 30 |
| 45 to 54 | 25 | 16 | 26 | 34 | 27 |
| 55 to 64 | 15 | 15 | 31 | 19 | 12 |
| 65 and Older | 9 | 8 | 9 | 17 | 9 |
| Education ${ }^{2,3,5}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {a,b }}$ | 21 | 14 | 23 | 25 | 6 |
| Some Post High School ${ }^{\text {b }}$ | 23 | 18 | 30 | 34 | 23 |
| College Graduate ${ }^{\text {a }}$ | 29 | 25 | 35 | 35 | 42 |
| Household Income ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {b }}$ | 18 | 12 | 17 | 26 | 16 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 15 | 17 | 32 | 51 | 26 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 38 | 29 | 42 | 30 | 43 |
| Marital Status ${ }^{1,3,5}$ |  |  |  |  |  |
| Married | 28 | 18 | 39 | 30 | 35 |
| Not Married ${ }^{\text {b }}$ | 21 | 20 | 21 | 35 | 25 |
| Overweight Status ${ }^{1,4}$ |  |  |  |  |  |
| Not Overweight | 29 | 21 | 34 | 44 | 36 |
| Overweight | 22 | 18 | 28 | 28 | 27 |

$\overline{{ }^{\circ} \text { Percentages occasionally may differ by } 1 \text { or } 2 \text { percentage points from previous reports or the Appendix as a result of }}$ rounding, recoding variables and response category distribution.
${ }^{0}$ Recommended vigorous physical activity is 3 times $/ 20+$ minutes in a week. ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{2}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Combined Recommended Amount of Physical Activity in Typical Week

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

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

## 2018 Findings

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

Figure 9. Physical Activity/Week for 2018*

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

- Fifty-six percent of respondents 18 to 34 years old met the recommended amount of physical activity compared to $33 \%$ of those 35 to 44 years old or $32 \%$ of respondents 65 and older.
- Fifty-eight percent of respondents with a college education met the recommended amount of physical activity compared to $37 \%$ of those with some post high school education or $27 \%$ of respondents with a high school education or less.
- Fifty-three percent of respondents in the top 40 percent household income bracket met the recommended amount of physical activity compared to $47 \%$ of those in the middle 20 percent income bracket or $38 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to meet the recommended amount of physical activity compared to unmarried respondents ( $52 \%$ and $41 \%$, respectively).
- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (57\%) compared to overweight respondents (42\%).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2006, respondents 35 to 54 years old were more likely to meet the recommended amount of physical activity. In 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. From 2006 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old meeting the recommended amount of physical activity.
- In 2006, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of physical activity. From 2006 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less meeting the recommended amount of physical activity.
- In 2006 and 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity.
- In 2006 and 2018, married respondents were more likely to meet the recommended amount of physical activity.
- In 2006 and 2018, respondents who were not overweight were more likely to meet the recommended amount of physical activity.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2015, age was not a significant variable. In 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less meeting the recommended amount of physical activity.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2018, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of physical activity, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket meeting the recommended amount of physical activity.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents meeting the recommended amount of physical activity.
- In 2015 and 2018, respondents who were not overweight were more likely to meet the recommended amount of physical activity.

Table 21. Recommended Moderate or Vigorous Physical Activity by Demographic Variables for Each Survey

| Year ${ }^{\text {®,(2) }}$ |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| TOTAL | 47\% | 43\% | 56\% | 48\% | 46\% |
| Gender |  |  |  |  |  |
| Male | 46 | 44 | 57 | 47 | 45 |
| Female | 48 | 43 | 54 | 49 | 46 |
| Age ${ }^{1,3,5}$ |  |  |  |  |  |
| 18 to 34 | 50 | 43 | 73 | 55 | 56 |
| 35 to $44^{\text {a }}$ | 53 | 49 | 60 | 44 | 33 |
| 45 to 54 | 53 | 42 | 47 | 47 | 53 |
| 55 to 64 | 40 | 43 | 54 | 46 | 45 |
| 65 and Older | 36 | 39 | 34 | 40 | 32 |
| Education ${ }^{5}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {a,b }}$ | 43 | 41 | 50 | 40 | 27 |
| Some Post High School ${ }^{\text {a }}$ | 49 | 41 | 57 | 47 | 37 |
| College Graduate | 50 | 46 | 59 | 52 | 58 |
| Household Income ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 41 | 37 | 48 | 45 | 38 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 37 | 45 | 49 | 65 | 47 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 61 | 51 | 65 | 39 | 53 |
| Marital Status ${ }^{1,5}$ |  |  |  |  |  |
| Married | 51 | 44 | 59 | 44 | 52 |
| Not Married ${ }^{\text {b }}$ | 43 | 41 | 52 | 51 | 41 |
| Overweight Status ${ }^{1,3,4,5}$ |  |  |  |  |  |
| Not Overweight | 53 | 44 | 62 | 59 | 57 |
| Overweight | 44 | 43 | 53 | 43 | 42 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{0}$ Recommended moderate physical activity is 5 times $/ 30+$ minutes in a week and recommended vigorous physical activity is 3 times/20+ minutes in a week.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Physical Activity Overall

## Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes or vigorous physical activity three times a week for at least 20 minutes, as well as from 2015 to 2018 . From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2015 to 2018.



## Body Weight (Figures 11 \& 12; Tables 22 \& 23)

KEY FINDINGS: In 2018, $71 \%$ of respondents were classified as at least overweight while $29 \%$ were obese. Respondents who were male, with some post high school education or less, in the top 40 percent household income bracket or inactive respondents were more likely to be classified as at least overweight. Respondents with some post high school education or who were inactive were more likely to be obese.

From 2006 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight 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 being obese while from 2015 to 2018, there was no statistical change.

## At Least Overweight

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

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

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

## 2018 Findings

- According to the definition, $71 \%$ of respondents were at least overweight.

Figure 11. Overweight Status for 2018


- Male respondents were more likely to be at least overweight (85\%) compared to female respondents (59\%).
- Seventy-nine percent of respondents with some post high school education or less were at least overweight compared to $65 \%$ of respondents with a college education.
- Seventy-eight percent of respondents in the top 40 percent household income bracket were at least overweight compared to $69 \%$ of those in the bottom 40 percent income bracket or $62 \%$ of respondents in the middle 20 percent household income bracket.
- Eighty percent of inactive respondents were at least overweight compared to $75 \%$ of those who did an insufficient amount of physical activity or $65 \%$ of respondents who met the recommended amount of physical activity.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents being overweight.
- In 2006, gender was not a significant variable. In 2018, male respondents were more likely to be classified as overweight, with a noted increase since 2006.
- In 2006, respondents 45 to 64 years old were more likely to be overweight. In 2018, age was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old, 45 to 54 years old or 65 and older being overweight.
- In 2006 and 2018, respondents with some post high school education or less were more likely to be overweight. From 2006 to 2018, there was a noted increase in the percent of respondents across education being overweight.
- In 2006, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to be overweight, with a noted increase since 2006. From 2006 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being overweight.
- In 2006, married respondents were more likely to be overweight. In 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents across marital status being overweight.
- In 2006, physical activity was not a significant variable. In 2018, inactive respondents were more likely to be overweight. From 2006 to 2018, there was a noted increase in the percent of respondents who did at least some physical activity being overweight.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents being overweight.
- In 2015 and 2018, male respondents were more likely to be classified as overweight. From 2015 to 2018, there was a noted increase in the percent of male respondents being overweight.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to be overweight. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less being overweight.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to be overweight.
- In 2015 and 2018, inactive respondents were more likely to be classified as overweight.

Table 22. Overweight (BMI 25.0 or Higher) by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: | :---: | :---: |
| TOTAL $^{\text {a }}$ | $56 \%$ | $61 \%$ | $63 \%$ | $70 \%$ | $71 \%$ |
| Gender $^{2,3,4,5}$ |  |  |  |  |  |
| Male $^{\text {a,b }}$ | 59 | 71 | 72 | 75 | 85 |
| Female | 54 | 52 | 56 | 64 | 59 |
| Age $^{1,2,3}$ |  |  |  |  |  |
| 18 to 34 |  |  |  |  |  |

${ }^{\oplus}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Obesity

The Healthy People 2020 goal for obesity is $31 \%$. (Objective NWS-9)
In 2016, $31 \%$ of Wisconsin respondents were classified as obese. In the U.S., $30 \%$ were classified as obese (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Twenty-nine percent of respondents were classified as obese (BMI 30.0 or higher).
- Forty-three percent of respondents with some post high school education were obese compared to $33 \%$ of those with a high school education or less or $20 \%$ of respondents with a college education.
- Fifty percent of inactive respondents were obese compared to $34 \%$ of those who did an insufficient amount of physical activity or $19 \%$ of respondents who met the recommended amount of physical activity.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents being obese.
- In 2006 and 2018, age was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents 65 and older being obese.
- In 2006, education was not a significant variable. In 2018, respondents with some post high school education were more likely to be obese, with a noted increase since 2006.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being obese.
- In 2006 and 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of married respondents being obese.
- In 2006 and 2018, inactive respondents were more likely to be obese.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents being obese.
- In 2015, respondents 45 to 54 years old were more likely to be obese. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old being obese.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to be obese. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education being obese.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents being obese.
- In 2015 and 2018, inactive respondents were more likely to be obese. From 2015 to 2018, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity being obese.

Table 23. Obese (BMI 30.0 or Higher) by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 23\% | 25\% | 24\% | 34\% | 29\% |
| Gender ${ }^{2}$ |  |  |  |  |  |
| Male | 22 | 30 | 27 | 34 | 27 |
| Female | 24 | 20 | 22 | 34 | 31 |
| Age ${ }^{2,3,4}$ |  |  |  |  |  |
| 18 to 34 | 20 | 19 | 12 | 27 | 21 |
| 35 to 44 | 26 | 31 | 34 | 39 | 36 |
| 45 to $54^{\text {b }}$ | 27 | 26 | 25 | 46 | 26 |
| 55 to 64 | 32 | 39 | 34 | 38 | 40 |
| 65 and Older ${ }^{\text {a }}$ | 19 | 20 | 29 | 28 | 31 |
| Education ${ }^{3,5}$ |  |  |  |  |  |
| High School or Less | 26 | 24 | 32 | 30 | 33 |
| Some Post High School ${ }^{\text {a }}$ | 27 | 30 | 26 | 37 | 43 |
| College Graduate ${ }^{\text {b }}$ | 19 | 21 | 18 | 34 | 20 |
| Household Income ${ }^{2,3}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 21 | 28 | 30 | 37 | 32 |
| Middle 20 Percent Bracket | 29 | 36 | 28 | 39 | 35 |
| Top 40 Percent Bracket | 21 | 19 | 16 | 32 | 25 |
| Marital Status |  |  |  |  |  |
| Married ${ }^{\text {a }}$ | 23 | 25 | 23 | 33 | 31 |
| Not Married ${ }^{\text {b }}$ | 23 | 26 | 26 | 35 | 27 |
| Physical Activity ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Inactive | 35 | 32 | 35 | 52 | 50 |
| Insufficient | 27 | 29 | 29 | 35 | 34 |
| Recommended ${ }^{\text {b }}$ | 17 | 17 | 20 | 28 | 19 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Body Weight Overall

## Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight 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 being obese while from 2015 to 2018, there was no statistical change.



## Nutrition (Figure 13; Tables 24-26)

KEY FINDINGS: In 2018, $60 \%$ of respondents reported two or more servings of fruit while $33 \%$ reported three or more servings of vegetables on an average day. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, married, who were not overweight or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-five percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, 45 to 54 years old, with a college education, married 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 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 at least three servings of vegetables, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, while from 2015 to 2018 there was a statistical decrease.

## Fruit Consumption

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

## 2018 Findings

- Sixty percent of respondents reported at least two servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (68\%) compared to male respondents (51\%).
- Sixty-eight percent of respondents in the top 40 percent household income bracket reported at least two servings of fruit a day compared to $56 \%$ of those in the middle 20 percent income bracket or $52 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report at least two servings of fruit a day compared to unmarried respondents ( $70 \%$ and $52 \%$, respectively).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2006 and 2018, female respondents were more likely to report at least two servings of fruit per day.
- In 2006, respondents with a college education were more likely to report two or more servings of fruit per day. In 2018, education was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting at least two servings of fruit per day.
- In 2006, respondents in the middle 20 percent household income bracket were more likely to report at least two servings of fruit a day. In 2018, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day. From 2006 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting at least two servings of fruit per day.
- In 2006 and 2018, married respondents were more likely to report two or more servings of fruit per day.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2015 and 2018, female respondents were more likely to report at least two servings of fruit per day. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting at least two servings of fruit per day.
- In 2015 , respondents 18 to 34 years old were more likely to report two or more servings of fruit per day. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting at least two servings of fruit per day.
- In 2015 and 2018, education was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education reporting at least two servings of fruit per day.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to report two or more servings of fruit. In 2018, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting at least two servings of fruit per day.
- In 2015 and 2018, married respondents were more likely to report at least two servings of fruit per day. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting at least two servings of fruit per day.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of overweight respondents reporting at least two servings of fruit per day.
- In 2015, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. In 2018, physical activity was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting two or more servings of fruit.

Table 24. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {b }}$ | 65\% | 62\% | 70\% | 68\% | 60\% |
| Gender ${ }^{1,2,4,5}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 53 | 53 | 66 | 64 | 51 |
| Female | 75 | 69 | 72 | 72 | 68 |
| Age ${ }^{4}$ |  |  |  |  |  |
| 18 to $34{ }^{\text {b }}$ | 62 | 64 | 77 | 76 | 54 |
| 35 to 44 | 59 | 59 | 63 | 68 | 66 |
| 45 to 54 | 71 | 53 | 68 | 64 | 60 |
| 55 to 64 | 70 | 62 | 67 | 59 | 57 |
| 65 and Older | 68 | 70 | 68 | 68 | 67 |
| Education ${ }^{1,2}$ |  |  |  |  |  |
| High School or Less | 59 | 54 | 67 | 63 | 57 |
| Some Post High School ${ }^{\text {a,b }}$ | 64 | 55 | 65 | 73 | 52 |
| College Graduate | 70 | 72 | 74 | 67 | 64 |
| Household Income ${ }^{1,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 55 | 57 | 57 | 52 | 52 |
| Middle 20 Percent Bracket ${ }^{\text {a,b }}$ | 75 | 61 | 74 | 82 | 56 |
| Top 40 Percent Bracket | 66 | 65 | 80 | 76 | 68 |
| Marital Status ${ }^{1,4,5}$ |  |  |  |  |  |
| Married | 69 | 61 | 72 | 75 | 70 |
| Not Married ${ }^{\text {b }}$ | 60 | 63 | 66 | 63 | 52 |
| Overweight Status ${ }^{2,3}$ |  |  |  |  |  |
| Not Overweight | 67 | 67 | 78 | 72 | 67 |
| Overweight ${ }^{\text {b }}$ | 63 | 59 | 65 | 66 | 57 |
| Physical Activity ${ }^{2,3,4}$ |  |  |  |  |  |
| Inactive | 59 | 50 | 46 | 48 | 45 |
| Insufficient | 62 | 59 | 65 | 67 | 63 |
| Recommended ${ }^{\text {b }}$ | 69 | 70 | 77 | 75 | 61 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Vegetable Consumption

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

## 2018 Findings

- Thirty-three percent of respondents reported three or more servings of vegetables on an average day.
- Female respondents were more likely to report at least three servings of vegetables a day ( $44 \%$ ) compared to male respondents ( $21 \%$ ).
- Respondents 18 to 34 years old were more likely to report at least three servings of vegetables a day ( $41 \%$ ) compared to those 35 to 44 years old ( $27 \%$ ) or respondents 65 and older ( $22 \%$ ).
- Forty-seven percent of respondents with a college education reported at least three servings of vegetables a day compared to $22 \%$ of those with some post high school education or $12 \%$ of respondents with a high school education or less.
- Married respondents were more likely to report at least three servings of vegetables compared to unmarried respondents ( $41 \%$ and $26 \%$, respectively).
- Forty-six percent of respondents who were not overweight reported at least three servings of vegetables compared to $28 \%$ of overweight respondents.
- Forty-three percent of respondents who met the recommended amount of physical activity reported at least three servings of vegetables a day compared to $29 \%$ of those who did an insufficient amount of physical activity or $8 \%$ of inactive respondents.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2006 and 2018, female respondents were more likely to report at least three vegetable servings per day. From 2006 to 2018, there was a noted increase in the percent of female respondents reporting at least three servings of vegetables per day.
- In 2006, age was not a significant variable. In 2018, respondents 18 to 34 years old were more likely to report at least three servings of vegetables, with a noted increase since 2006.
- In 2006 and 2018, respondents with a college education were more likely to report at least three servings of vegetables. From 2006 to 2018, there was a noted increase in the percent of respondents with a college education reporting at least three servings of vegetables per day.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting at least three servings of vegetables per day.
- In 2006, marital status was not a significant variable. In 2018, married respondents were more likely to report at least three servings of vegetables per day, with a noted increase since 2006.
- In 2006, overweight status was not a significant variable. In 2018, respondents who were not overweight were more likely to report at least three servings of vegetables, with a noted increase since 2006.
- In 2006 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables. From 2006 to 2018, there was a noted decrease in the percent of inactive respondents, and a noted increase in the percent of respondents who did an insufficient amount of physical activity reporting at least three servings of vegetables.


## 2015 to 2018 Year Comparisons

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

Table 25. Three or More Servings of Vegetables on Average Day by Demographic Variables for

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 27\% | 27\% | 29\% | 32\% | 33\% |
| Gender ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Male | 19 | 23 | 21 | 27 | 21 |
| Female ${ }^{\text {a }}$ | 35 | 30 | 36 | 37 | 44 |
| Age ${ }^{2,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a }}$ | 26 | 31 | 31 | 44 | 41 |
| 35 to 44 | 25 | 33 | 27 | 29 | 27 |
| 45 to 54 | 29 | 15 | 29 | 36 | 38 |
| 55 to 64 | 33 | 24 | 35 | 29 | 31 |
| 65 and Older | 27 | 26 | 22 | 16 | 22 |
| Education ${ }^{1,2,3,5}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {b }}$ | 21 | 21 | 18 | 29 | 12 |
| Some Post High School | 27 | 26 | 29 | 32 | 22 |
| College Graduate ${ }^{\text {a,b }}$ | 33 | 32 | 37 | 35 | 47 |
| Household Income ${ }^{3,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 26 | 28 | 23 | 24 | 30 |
| Middle 20 Percent Bracket ${ }^{\text {a }}$ | 21 | 17 | 26 | 55 | 45 |
| Top 40 Percent Bracket | 29 | 24 | 35 | 29 | 33 |
| Marital Status ${ }^{3,5}$ |  |  |  |  |  |
| Married ${ }^{\text {a }}$ | 28 | 25 | 35 | 33 | 41 |
| Not Married | 26 | 29 | 23 | 32 | 26 |
| Overweight Status ${ }^{5}$ |  |  |  |  |  |
| Not Overweight ${ }^{\text {a,b }}$ | 26 | 27 | 31 | 33 | 46 |
| Overweight | 28 | 26 | 28 | 32 | 28 |
| Physical Activity ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Inactive ${ }^{\text {a }}$ | 23 | 20 | 15 | 21 | 8 |
| Insufficient ${ }^{\text {a }}$ | 18 | 21 | 22 | 21 | 29 |
| Recommended | 36 | 36 | 37 | 46 | 43 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Five or More Fruit or Vegetables per Day

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

## 2018 Findings

- Thirty-five percent of respondents reported five or more servings of fruit/vegetables on an average day.
- Female respondents were more likely to report at least five servings of fruit/vegetables a day ( $46 \%$ ) compared to male respondents (23\%).
- Respondents 45 to 54 years old were more likely to report at least five servings of fruit/vegetables a day ( $49 \%$ ) compared to those 65 and older ( $28 \%$ ) or respondents 35 to 44 years old ( $25 \%$ ).
- Forty-six percent of respondents with a college education reported at least five servings of fruit/vegetables a day compared to $31 \%$ of those with some post high school education or $15 \%$ of respondents with a high school education or less.
- Married respondents were more likely to report at least five servings of fruit/vegetables a day compared to unmarried respondents ( $45 \%$ and $28 \%$, respectively).
- Respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables a day ( $43 \%$ ) compared to those who did an insufficient amount of physical activity ( $32 \%$ ) or inactive respondents ( $16 \%$ ).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.
- In 2006 and 2018, female respondents were more likely to report at least five fruit/vegetable servings per day.
- In 2006 and 2018, respondents 45 to 54 years old were more likely to report at least five fruit/vegetable servings per day.
- In 2006 and 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2006 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting at least five servings of fruit/vegetables per day.
- In 2006, marital status was not a significant variable. In 2018, married respondents were more likely to report at least five fruit/vegetable servings per day.
- In 2006 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables a day.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.
- In 2015 and 2018, female respondents were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting at least five servings of fruit/vegetables per day.
- In 2015, respondents 18 to 34 years old were more likely to report at least five fruit/vegetable servings per day. In 2018, respondents 45 to 54 years old were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting at least five servings of fruit/vegetables per day.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting at least five servings of fruit/vegetables per day.
- In 2015, respondents in the middle 20 percent household income bracket were more likely to report at least five fruit/vegetable servings per day. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, married respondents were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of overweight respondents reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a noted decrease in the percent of respondents who met the recommended amount of physical activity reporting at least five servings of fruit/vegetables per day.

Table 26. Five or More Servings of Fruit or Vegetables on Average Day by Demographic Variables for

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {b }}$ | 39\% | 29\% | 44\% | 43\% | 35\% |
| Gender ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 24 | 22 | 36 | 34 | 23 |
| Female | 51 | 36 | 51 | 50 | 46 |
| Age ${ }^{1,2,4,5}$ |  |  |  |  |  |
| 18 to $34{ }^{\text {b }}$ | 38 | 24 | 51 | 61 | 36 |
| 35 to 44 | 29 | 38 | 38 | 28 | 25 |
| 45 to 54 | 49 | 21 | 43 | 46 | 49 |
| 55 to 64 | 37 | 31 | 45 | 39 | 37 |
| 65 and Older | 41 | 34 | 36 | 28 | 28 |
| Education ${ }^{1,2,3,5}$ |  |  |  |  |  |
| High School or Less ${ }^{\text {a,b }}$ | 31 | 21 | 35 | 41 | 15 |
| Some Post High School ${ }^{\text {b }}$ | 37 | 31 | 40 | 43 | 31 |
| College Graduate | 45 | 35 | 52 | 43 | 46 |
| Household Income ${ }^{3,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 35 | 29 | 31 | 30 | 31 |
| Middle 20 Percent Bracket ${ }^{\text {b }}$ | 36 | 23 | 41 | 63 | 36 |
| Top 40 Percent Bracket | 40 | 29 | 55 | 44 | 39 |
| Marital Status ${ }^{3,4,5}$ |  |  |  |  |  |
| Married | 41 | 27 | 50 | 47 | 45 |
| Not Married ${ }^{\text {b }}$ | 35 | 32 | 37 | 39 | 28 |
| Overweight Status ${ }^{3}$ |  |  |  |  |  |
| Not Overweight | 39 | 28 | 55 | 45 | 41 |
| Overweight ${ }^{\text {b }}$ | 38 | 29 | 38 | 41 | 33 |
| Physical Activity ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Inactive | 30 | 13 | 22 | 25 | 16 |
| Insufficient | 32 | 23 | 36 | 34 | 32 |
| Recommended ${ }^{\text {b }}$ | 45 | 41 | 52 | 54 | 43 |

${ }^{\oplus}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Nutrition Overall

Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit 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 at least three servings of vegetables, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, while from 2015 to 2018 there was a statistical decrease.



## Women's Health (Figure 14)

KEY FINDINGS: In 2018, 85\% of female respondents 50 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan.

From 2006 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years or respondents 65 and older who reported a bone density scan, as well as from 2015 to 2018.

## Mammogram

Routine screening for breast cancer every one to two years with mammography is recommended for women 50 to 74 years old. ${ }^{2}$

In 2016, $80 \%$ of Wisconsin women and $78 \%$ of U.S. women 50 to 74 years old reported a mammogram within the past two years (2016 Behavioral Risk Factor Surveillance).

[^2]
## 2018 Findings

- Eighty-five percent of female respondents 50 and older had a mammogram within the past two years.
- No demographic comparisons were conducted as a result of the low percent of women who were asked this question.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the low percent of women who were asked this question in both study years.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.
- No demographic comparisons were conducted between years as a result of the low percent of women who were asked this question in both study years.


## Bone Density Scan

## 2018 Findings

- Eighty-five percent of the 46 female respondents 65 and older had a bone density scan to determine if they are at risk for fractures or are in the early stages of osteoporosis.
- No demographic comparisons were conducted as a result of the low percent of women who were asked this question.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported having a bone density scan.
- No demographic comparisons were conducted between years as a result of the low percent of women who were asked this question in both study years.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported having a bone density scan.
- No demographic comparisons were conducted between years as a result of the low percent of women who were asked this question in both study years.


## Women's Health Tests Overall

## Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years or respondents 65 and older who reported a bone density scan, as well as from 2015 to 2018.



## Colorectal Cancer Screening (Figure 15; Tables 27-30)

KEY FINDINGS: In 2018, 13\% of respondents 50 and older reported a blood stool test within the past year. Six percent of respondents 50 and older reported a sigmoidoscopy within the past five years while $64 \%$ reported a colonoscopy within the past ten years. This results in $70 \%$ of respondents meeting the current colorectal cancer screening recommendations; respondents who were in the top 40 percent household income bracket or married were more likely to report this.

From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2015 to 2018, there was no statistical change. 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 10 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.

## Blood Stool Test

In 2016, 7\% of Wisconsin respondents and $8 \%$ of U.S. respondents 50 to 75 years old reported a blood stool test within the past year (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Thirteen percent of respondents 50 and older had a blood stool test within the past year. Fifty-seven percent reported never while $3 \%$ were not sure.
- There were no statistically significant differences between demographic variables and responses of a blood stool test within the past year.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year.
- In 2006 and 2018, gender was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of male respondents reporting a blood stool test within the past year.
- In 2006 and 2018, education was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of respondents with a college education reporting a blood stool test within the past year.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting a blood stool test within the past year.
- In 2006 and 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of married respondents reporting a blood stool test within the past year.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year.
- From 2015 to 2018, there were no statistically significant differences between and within demographic variables and responses of reporting a blood stool test within the past year.

Table 27. Blood Stool Test Within Past Year by Demographic Variables for Each Survey Year (Respondents 50 and Older) ${ }^{\oplus}$

|  | 2006 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 24\% | 14\% | 15\% | 13\% |
| Gender ${ }^{2}$ |  |  |  |  |
| Male ${ }^{\text {a }}$ | 30 | 21 | 19 | 13 |
| Female | 21 | 9 | 12 | 13 |
| Education |  |  |  |  |
| Some Post High School or Less | 22 | 13 | 16 | 15 |
| College Graduate ${ }^{\text {a }}$ | 31 | 16 | 13 | 11 |
| Household Income |  |  |  |  |
| Bottom 60 Percent Bracket ${ }^{\text {a }}$ | 28 | 14 | 14 | 10 |
| Top 40 Percent Bracket | 24 | 15 | 16 | 17 |
| Marital Status |  |  |  |  |
| Married ${ }^{\text {a }}$ | 25 | 14 | 13 | 12 |
| Not Married | 24 | 14 | 18 | 14 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Sigmoidoscopy

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often. ${ }^{3}$

In 2016, $3 \%$ of Wisconsin respondents and $2 \%$ of U.S. respondents 50 to 75 years old reported a sigmoidoscopy within the past five years (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Six percent of respondents 50 and older reported their last sigmoidoscopy was within the past five years. Seventy-eight percent reported never.
- There were no statistically significant differences between demographic variables and responses of a sigmoidoscopy within the past five years.


## $\underline{2009}$ to 2018 Year Comparisons

- From 2009 to 2018 , there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy within the past five years.
- From 2009 to 2018, there were no statistically significant differences between and within demographic variables and responses of reporting a sigmoidoscopy within the past five years.

[^3]
## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy within the past five years.
- In 2015, male respondents were more likely to report a sigmoidoscopy within the past five years. In 2018, gender was not a significant variable.
- In 2015, respondents with some post high school education or less were more likely to report a sigmoidoscopy within the past five years. In 2018, education was not a significant variable.

Table 28. Sigmoidoscopy Within Past Five Years by Demographic Variables for Each Survey Year (Respondents 50 and Older) ${ }^{\oplus}$

|  | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: |
| TOTAL | 10\% | 10\% | 9\% | 6\% |
| Gender ${ }^{3}$ |  |  |  |  |
| Male | 11 | 12 | 16 | 9 |
| Female | 9 | 9 | 4 | 3 |
| Education ${ }^{3}$ |  |  |  |  |
| Some Post High School or Less | 11 | 10 | 12 | 7 |
| College Graduate | 8 | 10 | 4 | 4 |
| Household Income |  |  |  |  |
| Bottom 60 Percent Bracket | 9 | 11 | 8 | 6 |
| Top 40 Percent Bracket | 11 | 8 | 10 | 3 |
| Marital Status ${ }^{2}$ |  |  |  |  |
| Married | 10 | 7 | 11 | 5 |
| Not Married | 10 | 14 | 7 | 6 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2009 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Colonoscopy

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often. ${ }^{4}$

In 2016, $70 \%$ of Wisconsin respondents and $64 \%$ of U.S. respondents 50 to 75 years old reported a colonoscopy within the past ten years (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Sixty-four percent of respondents 50 and older had a colonoscopy within the past ten years. Twenty-four percent reported never.

[^4]- Married respondents were more likely to report a colonoscopy within the past ten years compared to unmarried respondents ( $73 \%$ and $57 \%$, respectively).


## $\underline{2009}$ to 2018 Year Comparisons

- From 2009 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported a colonoscopy within the past ten years.
- In 2009, marital status was not a significant variable. In 2018, married respondents were more likely to report a colonoscopy within the past ten years.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported a colonoscopy within the past ten years.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report a colonoscopy within the past ten years. In 2018, household income was not a significant variable.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a colonoscopy within the past ten years.

Table 29. Colonoscopy Within Past Ten Years by Demographic Variables for Each Survey Year (Respondents 50 and Older) ${ }^{\text {® }}$

| and Older) | 2009 | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: | :---: |
| TOTAL | $60 \%$ | $62 \%$ | $66 \%$ | $64 \%$ |
|  |  |  |  |  |
| Gender | 66 | 64 | 71 | 68 |
| $\quad$ Male | 56 | 61 | 62 | 61 |
| $\quad$ Female |  |  |  |  |
|  |  | 63 | 66 | 63 |
| Education | 56 | 60 | 66 | 65 |
| $\quad$ Some Post High School or Less | 69 |  |  |  |
| $\quad$ College Graduate |  | 62 | 61 | 60 |
| Household Income |  |  |  |  |
| $\quad$ Bottom 60 Percent Bracket | 59 | 62 | 72 |  |
| $\quad$ Top 40 Percent Bracket | 64 |  |  |  |
| Marital Status ${ }^{4}$ |  | 63 | 68 | 73 |
| $\quad$ Married | 69 | 61 | 65 | 57 |
| $\quad$ Not Married |  |  |  |  |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2009 to 2018; 'bear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Colorectal Cancer Screening Recommendation Met

The Healthy People 2020 goal for meeting the colorectal cancer screening recommendation is $71 \%$. (Objective C-16)

In 2016, $74 \%$ of Wisconsin respondents and $68 \%$ of U.S. respondents 50 to 75 years old reported one of the three tests in the recommended time frame (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Seventy percent of respondents 50 and older had one of the three tests in the time frame recommended (blood stool test within the past year, sigmoidoscopy within the past five years, or colonoscopy within the past 10 years).
- Eighty percent of respondents in the top 40 percent household income bracket reported a colorectal cancer screen in the recommended time frame compared to $63 \%$ of respondents in the bottom 60 percent household income bracket.
- Seventy-seven percent of married respondents reported a colorectal cancer screen in the recommended time frame compared to $63 \%$ of unmarried respondents.


## $\underline{2009}$ to 2018 Year Comparisons

- From 2009 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported a colorectal cancer screen in the recommended time frame.
- In 2009 , household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to report a colorectal cancer screen in the recommended time frame, with a noted increase since 2009.
- In 2009, marital status was not a significant variable. In 2018, married respondents were more likely to report a colorectal cancer screen in the recommended time frame, with a noted increase since 2009.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported a colorectal cancer screen in the recommended time frame.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report a colorectal cancer screen in the recommended time frame.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a colorectal cancer screen in the recommended time frame.

Table 30. Colorectal Cancer Screening in Recommended Time Frame by Demographic Variables for Each Survey Year (Respondents 50 and Older) ${ }^{\oplus}$

|  | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: |
| TOTAL | 62\% | 67\% | 69\% | 70\% |
| Gender |  |  |  |  |
| Male | 67 | 71 | 73 | 73 |
| Female | 58 | 64 | 65 | 67 |
| Education |  |  |  |  |
| Some Post High School or Less | 59 | 68 | 69 | 68 |
| College Graduate | 69 | 65 | 68 | 71 |
| Household Income ${ }^{3,4}$ |  |  |  |  |
| Bottom 60 Percent Bracket | 61 | 67 | 64 | 63 |
| Top 40 Percent Bracket ${ }^{\text {a }}$ | 64 | 69 | 77 | 80 |
| Marital Status ${ }^{4}$ |  |  |  |  |
| Married ${ }^{\text {a }}$ | 63 | 68 | 69 | 77 |
| Not Married | 61 | 66 | 69 | 63 |

${ }^{\overline{ }}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2009 to 2018; ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Colorectal Cancer Screenings Overall

## Year Comparisons

- From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2015 to 2018, there was no statistical change. 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 2009, blood stool test was not asked.


## Tobacco Cigarette Use (Figure 16; Table 31)

KEY FINDINGS: In 2018, 13\% of respondents were current tobacco cigarette smokers; respondents who were 35 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker.

From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.

## Current Tobacco Cigarette Smokers

The Healthy People 2020 goal for adult smoking is 12\%. (Objective TU-1.1)
In 2016, 17\% of Wisconsin respondents and 17\% of U.S. respondents were current smokers (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Thirteen percent of respondents were current tobacco cigarette smokers ( $8 \%$ every day and $5 \%$ some days).
- Twenty percent of respondents 45 to 54 years old and $19 \%$ of those 35 to 44 years old were current smokers compared to $5 \%$ of respondents 65 and older.
- Twenty-eight percent of respondents with a high school education or less were current smokers compared to $21 \%$ of those with some post high school education or $2 \%$ of respondents with a college education.
- Twenty-eight percent of respondents in the bottom 40 percent household income bracket were current smokers compared to $10 \%$ of those in the middle 20 percent income bracket or $5 \%$ of respondents in the top 40 percent household income bracket.


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2006, male respondents were more likely to be a current smoker. In 2018, gender was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent respondents across gender who were current smokers.
- In 2006 and 2018, respondents 35 to 54 years old were more likely to be a current smoker. From 2006 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old who were current smokers.
- In 2006, respondents with some post high school education or less were more likely to be a current smoker. In 2018, respondents with a high school education or less were more likely to be a current smoker. From 2006 to 2018, there was a noted decrease in the percent of respondents with a college education who were current smokers.
- In 2006, respondents in the bottom 60 percent household income bracket were more likely to be a current smoker. In 2018, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. From 2006 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket who were current smokers.
- In 2006 and 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted decrease in the percent of unmarried respondents who were current smokers.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of female respondents who were current smokers.
- In 2015 , respondents 18 to 54 years old were more likely to be a current smoker. In 2018, respondents 35 to 54 years old were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old who were current smokers.
- In 2015, respondents with some post high school education or less were more likely to be a current smoker. In 2018, respondents with a high school education or less were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education who were current smokers.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket who were current smokers.
- In 2015, unmarried respondents were more likely to be a current smoker. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents who were current smokers.

Table 31. Current Tobacco Cigarette Smokers by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL $^{\text {a,b }}$ | 20\% | 22\% | 20\% | 21\% | 13\% |
| Gender ${ }^{1,3}$ |  |  |  |  |  |
| Male ${ }^{\text {a }}$ | 24 | 22 | 25 | 17 | 15 |
| Female ${ }^{\text {a,b }}$ | 17 | 21 | 15 | 23 | 11 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a,b }}$ | 23 | 27 | 26 | 25 | 11 |
| 35 to 44 | 26 | 28 | 18 | 26 | 19 |
| 45 to 54 | 27 | 21 | 21 | 24 | 20 |
| 55 to 64 | 18 | 20 | 19 | 18 | 14 |
| 65 and Older | 8 | 11 | 10 | 8 | 5 |
| Education ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| High School or Less | 28 | 32 | 37 | 27 | 28 |
| Some Post High School | 26 | 22 | 18 | 29 | 21 |
| College Graduate ${ }^{\text {a,b }}$ | 10 | 14 | 8 | 10 | 2 |
| Household Income ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 26 | 30 | 25 | 30 | 28 |
| Middle 20 Percent Bracket ${ }^{\text {a,b }}$ | 27 | 20 | 28 | 22 | 10 |
| Top 40 Percent Bracket ${ }^{\text {a,b }}$ | 15 | 14 | 15 | 14 | 5 |
| Marital Status ${ }^{2,3,4}$ |  |  |  |  |  |
| Married | 18 | 16 | 12 | 14 | 13 |
| Not Married ${ }^{\text {a,b }}$ | 22 | 29 | 27 | 26 | 13 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ' ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Tobacco Cigarette Use Overall

Year Comparisons

- From 2006 to 2018 , there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.

Figure 16. Current Tobacco Cigarette Smokers


## Exposure to Cigarette Smoke (Figures 17 \& 18; Table 32)

KEY FINDINGS: In 2018, $81 \%$ of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, 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.

## Smoking Policy Inside Home

In 2005, $75 \%$ of Wisconsin respondents reported smoking is prohibited in their home (2005 Tobacco Use Supplement to the Current Population Survey). In 2006-2008, 79\% of U.S. respondents reported smoking is prohibited in their home (2006-2008 Tobacco Use Supplement to the Current Population Survey).

The Healthy People 2020 goal for smoke-free homes is 87\%. (Objective TU-14)

## 2018 Findings

- Eighty-one percent of respondents reported smoking is not allowed anywhere inside the home while $6 \%$ reported smoking is allowed in some places or at some times. One percent reported smoking is allowed anywhere inside the home. Twelve percent of respondents reported there are no rules about smoking inside the home.

Figure 17. Smoking Policy Inside Home for 2018

$12 \%$

- Ninety-two percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to $87 \%$ of those in the middle 20 percent income bracket or $66 \%$ of respondents in the bottom 40 percent household income bracket.
- Ninety-one percent of nonsmokers reported smoking is not allowed in the home compared to $14 \%$ of smokers.
- Respondents in households with children were more likely to report smoking is not allowed in the home (91\%) compared to respondents in households without children (77\%).


## 2009 to 2018 Year Comparisons

- 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.
- In 2009 and 2018, respondents in the top 40 percent household income bracket were more likely to report smoking is not allowed in the home. From 2009 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting smoking is not allowed in the home.
- In 2009, married respondents were more likely to report smoking is not allowed in the home. In 2018, marital status was not a significant variable. From 2009 to 2018, there was a noted increase in the percent of respondents across marital status reporting smoking is not allowed in the home.
- In 2009 and 2018, nonsmokers were more likely to report smoking is not allowed in the home. From 2009 to 2018, there was a noted increase in the percent of nonsmokers and a noted decrease in the percent of smokers reporting smoking is not allowed in the home.
- In 2009 and 2018, respondents in households with children were more likely to report smoking is not allowed in the home. From 2009 to 2018, there was a noted increase in the percent of respondents with or without children reporting smoking is not allowed in the home.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report smoking is not allowed in the home. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent household income bracket reporting smoking is not allowed in the home.
- In 2015 and 2018, nonsmokers were more likely to report smoking is not allowed in the home. From 2015 to 2018, there was a noted decrease in the percent of smokers reporting smoking is not allowed in the home.
- In 2015 and 2018, respondents in households with children were more likely to report smoking is not allowed in the home.

Table 32. Smoking Not Allowed in Home by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2009 | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: | :---: |
| TOTAL $^{\mathrm{a}}$ | $72 \%$ | $80 \%$ | $81 \%$ | $81 \%$ |
| Household Income $^{1,2,3,4}$ |  |  |  |  |
| $\quad$ Bottom 40 Percent Bracket $^{\mathrm{b}}$ | 62 | 70 | 76 | 66 |
| Middle 20 Percent Bracket | 76 | 78 | 81 | 87 |
| Top 40 Percent Bracket ${ }^{\text {a,b }}$ | 81 | 87 | 85 | 92 |
| Marital Status $^{1,2}$ |  |  |  |  |
| $\quad$ Married $^{\mathrm{a}}$ |  |  |  |  |
| $\quad$ Not Married $^{\mathrm{a}}$ | 76 | 87 | 84 | 85 |
| Smoking Status $^{1,2,3,4}$ | 66 | 73 | 80 | 78 |
| $\quad$ Nonsmoker |  |  |  |  |

 rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2009 to 2018; ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Exposure to Cigarette Smoke Overall

Year Comparisons

- 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.

Figure 18. Smoking Not Allowed in Home


## Other Tobacco Products (Figure 19; Table 33)

KEY FINDINGS: In 2018, $6 \%$ of respondents used electronic cigarettes in the past month; respondents 35 to 44 years old or in the bottom 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.

## Electronic Cigarettes

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

## 2018 Findings

- Six percent of respondents used electronic cigarettes in the past month.
- Thirteen percent of respondents 35 to 44 years old used electronic cigarettes in the past month compared to $3 \%$ of those 45 to 54 years old or $1 \%$ percent of respondents 65 and older.
- Eleven percent of respondents in the bottom 40 percent household income bracket used electronic cigarettes in the past month compared to $4 \%$ of those in the top 40 percent income bracket or $2 \%$ of respondents in the middle 20 percent household income bracket.


## 2015 to 2018 Year Comparisons

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

Table 33. Electronic Cigarettes in Past Month by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2015 | 2018 |
| :---: | :---: | :---: |
| TOTAL | 6\% | 6\% |
| Gender |  |  |
| Male | 5 | 7 |
| Female | 6 | 5 |
| Age ${ }^{1,2}$ |  |  |
| 18 to 34 | 9 | 8 |
| 35 to $44^{\text {a }}$ | 5 | 13 |
| 45 to 54 | 9 | 3 |
| 55 to 64 | 3 | 5 |
| 65 and Older | <1 | 1 |
| Education ${ }^{1}$ |  |  |
| High School or Less | 10 | 7 |
| Some Post High School | 7 | 3 |
| College Graduate ${ }^{\text {a }}$ | 2 | 6 |
| Household Income ${ }^{1,2}$ |  |  |
| Bottom 40 Percent Bracket | 9 | 11 |
| Middle 20 Percent Bracket | <1 | 2 |
| Top 40 Percent Bracket | 5 | 4 |
| Marital Status |  |  |
| Married | 4 | 5 |
| Not Married | 7 | 6 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Cigars, Cigarillos or Little Cigars

## 2018 Findings

- Three percent of respondents used cigars, cigarillos or little cigars in the past month.
- No demographic comparisons were conducted as a result of the low percent of respondents who used cigars, cigarillos or little cigars in the past month.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who used cigars, cigarillos or little cigars in the past month.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who used cigars, cigarillos or little cigars in both study years.


## Other Tobacco Products Overall

## Year Comparisons

- 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.

Figure 19. Other Tobacco Product Use


## Binge Drinking (Figure 20; Table 34)

KEY FINDINGS: In 2018, $28 \%$ of respondents were binge drinkers in the past month. Respondents who were 45 to 54 years old 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 no statistical change. 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.

## Binge Drinking in Past Month

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

The Healthy People 2020 goal for adult binge drinking (5 or more drinks) is 24\%. (Objective SA-14.3)
In 2016, $25 \%$ of Wisconsin respondents reported binge drinking in the past month (females having four or more drinks on one occasion, males having five or more drinks on one occasion). Seventeen percent of U.S. respondents reported binge drinking in the past month (2016 Behavioral Risk Factor Surveillance).

## 2018 Findings

- Twenty-eight percent of all respondents binged in the past month (four or more drinks for females and five or more drinks for males).
- Respondents 45 to 54 years old were more likely to have binged in the past month ( $54 \%$ ) compared to those 18 to 44 years old ( $25 \%$ ) or respondents 65 and older (5\%).


## 2006 to 2018 Year Comparisons

In 2012, 2015 and 2018, the Community Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males. In 2006 and 2009, the definition was five or more drinks, regardless of gender.

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents who binged.
- In 2006, male respondents were more likely to have binged. In 2018, gender was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of female respondents reporting binge drinking.
- In 2006, respondents 18 to 34 years old were more likely to have binged. In 2018, respondents 45 to 54 years old were more likely to have binged. From 2006 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 45 to 64 years old reporting binge drinking.
- In 2006 and 2018, education was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents with some post high school education reporting binge drinking.
- In 2006 and 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting binge drinking.
- In 2006 and 2018, marital status was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of unmarried respondents reporting binge drinking.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who binged.
- In 2015, male respondents were more likely to have binged. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting binge drinking.
- In 2015, respondents 18 to 34 years old were more likely to have binged. In 2018, respondents 45 to 54 years old were more likely to have binged. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 44 years old and a noted increase in the percent of respondents 45 to 64 years old reporting binge drinking.
- In 2015, respondents in the top 40 percent household income bracket were more likely to have binged. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting binge drinking.

Table 34. Binge Drinking in Past Month by Demographic Variables for Each Survey Year ${ }^{\circledR, \odot}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 21\% | 23\% | 29\% | 33\% | 28\% |
| Gender ${ }^{1,2,3,4}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 38 | 34 | 35 | 43 | 32 |
| Female ${ }^{\text {a }}$ | 7 | 14 | 23 | 24 | 24 |
| Age ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| 18 to $34^{\text {a,b }}$ | 36 | 33 | 39 | 57 | 25 |
| 35 to $44^{\text {b }}$ | 27 | 34 | 30 | 46 | 25 |
| 45 to $54^{\text {a,b }}$ | 18 | 15 | 36 | 23 | 54 |
| 55 to $64^{\text {a,b }}$ | 12 | 15 | 22 | 16 | 34 |
| 65 and Older | 5 | 11 | 11 | 8 | 5 |
| Education ${ }^{3}$ |  |  |  |  |  |
| High School or Less | 18 | 25 | 20 | 29 | 27 |
| Some Post High School ${ }^{\text {a }}$ | 22 | 27 | 39 | 39 | 35 |
| College Graduate | 24 | 20 | 29 | 31 | 25 |
| Household Income ${ }^{\text {3,4 }}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 22 | 22 | 20 | 33 | 32 |
| Middle 20 Percent Bracket | 21 | 31 | 29 | 24 | 34 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 26 | 30 | 38 | 43 | 24 |
| Marital Status |  |  |  |  |  |
| Married | 23 | 23 | 30 | 32 | 27 |
| Not Married ${ }^{\text {a }}$ | 20 | 24 | 28 | 34 | 28 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{8}$ In 2012, 2015 and 2018, "4 or more drinks on an occasion" for females and " 5 or more drinks on an occasion" for males was used; in 2006 and 2009, " 5 or more drinks on an occasion" was used for both males and females.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ' ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Binge Drinking Overall

## Year Comparisons

- 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 no statistical change. 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 2012, 2015 and 2018, "4 or more drinks on an occasion" for females and " 5 or more drinks on an occasion" for males was used; in 2006 and 2009, " 5 or more drinks on an occasion" was used for both males and females.


## Household Problems (Figure 21; Table 35)

KEY FINDINGS: In 2018, $3 \%$ of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year. Two percent of respondents reported someone in their household experienced a problem in connection with marijuana or cocaine/heroin/other street drugs. Less than one percent of respondents each reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs or 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, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting a household problem with marijuana 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 reporting a household problem with cocaine/heroin/other street drugs, with the misuse of prescription drugs/over-the-counter drugs or gambling, as well as from 2015 to 2018.

## Household Problem Associated with Alcohol in Past Year

## 2018 Findings

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


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year.
- In 2006, respondents with children in the household were more likely to report a household problem with drinking alcohol.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol in the past year.
- In 2015, respondents in the top 40 percent household income bracket or unmarried respondents were more likely to report a household problem with drinking alcohol in the past year.

Table 35. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year ${ }^{\circ}$

|  | 2006 | $2009^{\ominus}$ | $2012^{\ominus}$ | 2015 | $2018^{\ominus}$ |
| :--- | ---: | ---: | ---: | ---: | ---: |
| TOTAL | $4 \%$ | $3 \%$ | $3 \%$ | $5 \%$ | $3 \%$ |

Household Income ${ }^{4}$
Bottom 40 Percent Bracket
Middle 20 Percent Bracket
3 -- -- $\quad$--

Top 40 Percent Bracket

| 5 | -- | -- |
| :--- | :--- | :--- |
| 4 | -- | -- |

--
Marital Status ${ }^{4}$
Married

| 5 | -- | -- | 3 | -- |
| :--- | :--- | :--- | :--- | :--- |
| 3 | -- | -- | 6 | -- |

Children in Household ${ }^{1}$
Yes 7
No 22 -- $\quad--\quad 4 \quad$--
${ }^{{ }^{\circ}}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{0}$ Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this. ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018 ; ' year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Other Household Problems in Past Year

## 2018 Findings

- Two percent of respondents reported someone in their household experienced a problem in connection with marijuana or cocaine/heroin/other street drugs. Less than one percent of respondents each reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs or gambling.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported a problem associated with each of the other household problems in the past year.


## 2012 to 2018 Year Comparisons

- From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with marijuana in the past year. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with cocaine/heroin/other street drugs, with the misuse of prescription drugs/over-the-counter drugs or gambling in the past year.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported a household problem in connection with each of the other household problems in both study years.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem in connection with each of the other household problems in the past year.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported a household problem in connection with each of the other household problems in both study years.


## Household Problems Overall

## Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting a household problem with marijuana 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 reporting a household problem with cocaine/heroin/other street drugs, with the misuse of prescription drugs/over-the-counter drugs or gambling, as well as from 2015 to 2018.



## Mental Health Status (Figures 22 \& 23; Tables 36 \& 37)

KEY FINDINGS: In 2018, 7\% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents with some post high school education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were male, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this.

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/depressed in the past month or they considered suicide in the past year, as well as from 2015 to 2018.

## Felt Sad, Blue or Depressed

## 2018 Findings

- Seven percent of respondents reported they always or nearly always felt sad, blue or depressed in the past month. This represents up to 10,680 residents. Twenty-six percent reported sometimes and the remaining $67 \%$ reported seldom or never.

Figure 22. Felt Sad, Blue or Depressed in Past Month for 2018


- Sixteen percent of respondents with some post high school education reported they always or nearly always felt sad, blue or depressed compared to $7 \%$ of those with a high school education or less or $1 \%$ of respondents with a college education.
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported they always or nearly always felt sad, blue or depressed compared to $3 \%$ of those in the middle 20 percent income bracket or $1 \%$ of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past month compared to married respondents ( $11 \%$ and $1 \%$, respectively).


## 2006 to 2018 Year Comparisons

- 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.
- In 2006 and 2018, gender was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of male respondents reporting they always or nearly always felt sad, blue or depressed.
- In 2006, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report they always or nearly always felt sad, blue or depressed, with a noted increase since 2006.
- In 2006, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed, with a noted increase since 2006.
- In 2006 and 2018, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed in the past month.


## 2015 to 2018 Year Comparisons

- From 2015 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.
- In 2015 , respondents 55 to 64 years old were more likely to report they always or nearly always felt sad, blue or depressed. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 55 to 64 years old reporting they always or nearly always felt sad, blue or depressed.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report they always or nearly always felt sad, blue or depressed, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting they always or nearly always felt sad, blue or depressed.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they always or nearly always felt sad, blue or depressed.
- In 2015 and 2018, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed.

Table 36. Always/Nearly Always Felt Sad, Blue or Depressed in Past Month by Demographic Variables for Each Survey Year ${ }^{\text {® }}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 5\% | 6\% | 6\% | 8\% | 7\% |
| Gender ${ }^{2}$ |  |  |  |  |  |
| Male ${ }^{\text {a }}$ | 4 | 3 | 4 | 6 | 8 |
| Female | 5 | 8 | 7 | 9 | 5 |
| Age ${ }^{4}$ |  |  |  |  |  |
| 18 to 34 | 5 | 5 | 5 | 7 | 6 |
| 35 to 44 | 7 | 9 | 5 | 5 | 13 |
| 45 to 54 | 3 | 7 | 7 | 9 | 8 |
| 55 to $64^{\text {b }}$ | 4 | 6 | 8 | 15 | 3 |
| 65 and Older | 3 |  | 3 | 4 | 4 |
| Education ${ }^{3,5}$ |  |  |  |  |  |
| High School or Less | 6 | 5 | 12 | 9 | 7 |
| Some Post High School ${ }^{\text {a,b }}$ | 5 | 6 | 7 | 8 | 16 |
| College Graduate ${ }^{\text {b }}$ | 3 | 7 | <1 | 7 | 1 |
| Household Income ${ }^{2,3,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a }}$ | 6 | 9 | 14 | 12 | 14 |
| Middle 20 Percent Bracket | 4 | 3 | 0 | 2 | 3 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 3 | 2 | 2 | 7 | 1 |
| Marital Status ${ }^{1,2,3,4,5}$ |  |  |  |  |  |
| Married | 3 | 4 | 3 | 2 | 1 |
| Not Married | 7 | 8 | 8 | 13 | 11 |
| Children in Household |  |  |  |  |  |
| Yes | 4 | 5 | 5 | 7 | 3 |
| No | 5 | 7 | 6 | 8 | 8 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a year }}$ difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Considered Suicide

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

## 2018 Findings

- Five percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. This represents up to 8,900 residents who may have considered suicide in the past year.
- Male respondents were more likely to report they considered suicide compared to female respondents (7\% and $3 \%$, respectively).
- Thirteen percent of respondents 35 to 44 years old reported they felt so overwhelmed in the past year they considered suicide compared to $2 \%$ of respondents 55 to 64 years old.
- Fourteen percent of respondents with some post high school education reported they considered suicide compared to $2 \%$ of those with a high school education or less or less than one percent of respondents with a college education.
- Eleven percent of respondents in the bottom 40 percent household income bracket reported they considered suicide compared to $2 \%$ of those in the middle 20 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.
- Eight percent of unmarried respondents reported they considered suicide compared to $1 \%$ of married respondents.


## $\underline{2006 \text { to } 2018 \text { Year Comparisons }}$

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2006, gender was not a significant variable. In 2018, male respondents were more likely to report they considered suicide.
- In 2006, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report they considered suicide, with a noted increase since 2006.
- In 2006, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report they considered suicide, with a noted increase since 2006. From 2006 to 2018, there was a noted decrease in the percent of respondents with a college education reporting they considered suicide.
- In 2006, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report they considered suicide, with a noted increase since 2006.
- In 2006, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report they considered suicide.


## $\underline{2015 \text { to } 2018 \text { Year Comparisons }}$

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they considered suicide in the past year.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to report they considered suicide, with a noted increase since 2015.
- In 2015, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report they considered suicide, with a noted increase since 2015.
- In 2015, respondents with a high school education or less were more likely to report they considered suicide. In 2018, respondents with some post high school education were more likely to report they considered suicide, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting they considered suicide.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report they considered suicide, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting they considered suicide.
- In 2015 and 2018, unmarried respondents were more likely to report they considered suicide.
- In 2015, respondents without children in the household were more likely to report they considered suicide. In 2018, the presence of children in the household was not a significant variable.

Table 37. Considered Suicide in Past Year by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | $2012{ }^{\text {® }}$ | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 4\% | 4\% | $3 \%$ | 4\% | 5\% |
| Gender ${ }^{5}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 4 | 3 | -- | 3 | 7 |
| Female | 3 | 5 | -- | 5 | 3 |
| $\mathrm{Age}^{5}$ |  |  |  |  |  |
| 18 to 34 | 6 | 5 | -- | 6 | 6 |
| 35 to $44^{\text {a,b }}$ | 2 | 6 | -- | 3 | 13 |
| 45 to 54 | 5 | 2 | -- | 3 | 3 |
| 55 to 64 | 1 | 2 | -- | 7 | 2 |
| 65 and Older | 1 | 1 | -- | 2 | 3 |
| Education ${ }^{4,5}$ |  |  |  |  |  |
| High School or Less | 2 | 5 | -- | 7 | 2 |
| Some Post High School ${ }^{\text {a,b }}$ | 5 | 3 | -- | <1 | 14 |
| College Graduate ${ }^{\text {a,b }}$ | 4 | 3 | -- | 5 | <1 |
| Household Income ${ }^{2,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket ${ }^{\text {a,b }}$ | 5 | 7 | -- | 5 | 11 |
| Middle 20 Percent Bracket | 4 | 2 | -- | 2 | 2 |
| Top 40 Percent Bracket ${ }^{\text {b }}$ | 3 | <1 | -- | 4 | <1 |
| Marital Status ${ }^{4,5}$ |  |  |  |  |  |
| Married | 3 | 2 | -- | 1 | 1 |
| Not Married | 5 | 5 | -- | 7 | 8 |
| Children in Household ${ }^{4}$ |  |  |  |  |  |
| Yes | 3 | 4 | -- | <1 | 2 |
| No | 4 | 4 | -- | 5 | 6 |

${ }^{{ }^{\text {P Percentages occasionally may differ by } 1} 1 \text { or } 2 \text { percentage points from previous reports or the Appendix as a result of }}$ rounding, recoding variables and response category distribution.
${ }^{\circ}$ Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this. ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2006 ;^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009 ; $^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2015 ;{ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Mental Health Status Overall

## Year Comparisons

- 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/depressed in the past month or they considered suicide in the past year, as well as from 2015 to 2018.

Figure 23. Mental Health Status


## Personal Safety Issues (Figure 24; Tables 38-40)

KEY FINDINGS: In 2018, $6 \%$ of respondents reported someone made them afraid for their personal safety in the past year; respondents with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were male, 18 to 34 years old, with some post high school education or who were unmarried were more likely to report this. A total of $9 \%$ reported at least one of these two situations; respondents with some post high school education or who were unmarried were more likely to report this.

From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting they were pushed/kicked/slapped/hit 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 at least one of the two personal safety issues, as well as from 2015 to 2018.

## Afraid for Personal Safety

## 2018 Findings

- Six percent of respondents reported someone made them afraid for their personal safety in the past year.
- Seventeen percent of respondents with some post high school education reported someone made them afraid for their personal safety in the past year compared to $3 \%$ of those with a college education or $1 \%$ of respondents with a high school education or less.
- Twelve percent of respondents in the bottom 40 percent household income bracket reported someone made them afraid for their personal safety in the past year compared to $4 \%$ of those in the top 40 percent income bracket or $2 \%$ of respondents in the middle 20 percent household income bracket.
- Of the 25 respondents, a friend was the person most often reported who made them afraid ( 9 respondents) followed by a stranger ( 7 respondents).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2006, respondents with at least some post high school education were more likely to report they were afraid for their personal safety. In 2018, respondents with some post high school education were more likely to report they were afraid for their personal safety, with a noted increase since 2006. From 2006 to 2018, there was a noted decrease in the percent of respondents with a college education reporting they were afraid for their personal safety.
- In 2006 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they were afraid for their personal safety.
- In 2006, unmarried respondents were more likely to report they were afraid for their personal safety. In 2018, marital status was not a significant variable.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2015, female respondents were more likely to report they were afraid for their personal safety. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of female respondents reporting they were afraid for their personal safety.
- In 2015, respondents 18 to 34 years old were more likely to report they were afraid for their personal safety. In 2018, age was not a significant variable.
- In 2015 and 2018, respondents with some post high school education were more likely to report they were afraid for their personal safety. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting they were afraid for their personal safety.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they were afraid for their personal safety.
- In 2015, unmarried respondents were more likely to report they were afraid for their personal safety. In 2018, marital status was not a significant variable.

Table 38. Afraid for Personal Safety in Past Year by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 6\% | 6\% | 5\% | 9\% | 6\% |
| Gender ${ }^{2,3,4}$ |  |  |  |  |  |
| Male | 5 | 2 | 3 | 6 | 6 |
| Female ${ }^{\text {b }}$ | 7 | 10 | 7 | 12 | 6 |
| Age ${ }^{4}$ |  |  |  |  |  |
| 18 to 34 | 7 | 8 | 5 | 15 | 10 |
| 35 to 44 | 9 | 9 | 2 | 11 | 6 |
| 45 to 54 | 5 | 7 | 7 | 2 | 5 |
| 55 to 64 | 3 | 6 | 6 | 5 | 5 |
| 65 and Older | 3 | 2 | 3 | 5 | 3 |
| Education ${ }^{1,3,4,5}$ |  |  |  |  |  |
| High School or Less | 3 | 6 | 4 | 5 | 1 |
| Some Post High School ${ }^{\text {a }}$ | 8 | 7 | 9 | 13 | 17 |
| College Graduate ${ }^{\text {a,b }}$ | 8 | 6 | 3 | 8 | 3 |
| Household Income ${ }^{1,2,4,5}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 9 | 10 | 5 | 14 | 12 |
| Middle 20 Percent Bracket | 6 | 4 | 8 | 3 | 2 |
| Top 40 Percent Bracket | 2 | 5 | 4 | 7 | 4 |
| Marital Status ${ }^{1,4}$ |  |  |  |  |  |
| Married | 4 | 8 | 4 | 6 | 5 |
| Not Married | 9 | 5 | 6 | 11 | 8 |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ' ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Pushed, Kicked, Slapped or Hit

## 2018 Findings

- Four percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Eight percent of male respondents reported they were pushed, kicked, slapped or hit compared to less than one percent of female respondents.
- Nine percent of respondents 18 to 34 years old reported they were pushed, kicked, slapped or hit compared to $0 \%$ of respondents 65 and older.
- Seven percent of respondents with some post high school education reported they were pushed, kicked, slapped or hit compared to $4 \%$ of those with a college education or $0 \%$ of respondents with a high school education or less.
- Seven percent of unmarried respondents reported they were pushed, kicked, slapped or hit compared to less than one percent of married respondents.
- Of the 17 respondents, a friend was the person most often reported who pushed, kicked, slapped or hit them ( 7 respondents) followed by a spouse ( 4 respondents) or an acquaintance ( 4 respondents).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No year comparisons were conducted as a result of the low percent of respondents who reported they were pushed, kicked, slapped or hit in 2006.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No year comparisons were conducted as a result of the low percent of respondents who reported they were pushed, kicked, slapped or hit in 2015.

Table 39. Someone Pushed, Kicked, Slapped or Hit Respondent in Past Year by Demographic Variables for Each Survey Year ${ }^{\text {® }}$

|  | $2006{ }^{\text {® }}$ | 2009 | $2012{ }^{\text {® }}$ | $2015{ }^{\text {® }}$ | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL ${ }^{\text {a }}$ | 2\% | 4\% | 3\% | 2\% | 4\% |
| Gender ${ }^{2,5}$ |  |  |  |  |  |
| Male | -- | 2 | -- | -- | 8 |
| Female | -- | 6 | -- | -- | <1 |
| Age ${ }^{2,5}$ |  |  |  |  |  |
| 18 to 34 | -- | 8 | -- | -- | 9 |
| 35 to 44 | -- | 5 | -- | -- | 2 |
| 45 to 54 | -- | 4 | -- | -- | 5 |
| 55 to 64 | -- | 3 | -- | -- | 2 |
| 65 and Older | -- | 0 | -- | -- | 0 |
| Education ${ }^{2,5}$ |  |  |  |  |  |
| High School or Less | -- | 8 | -- | -- | 0 |
| Some Post High School | -- | 3 | -- | -- | 7 |
| College Graduate | -- | 2 | -- | -- | 4 |
| Household Income ${ }^{2}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | -- | 9 | -- | -- | 6 |
| Middle 20 Percent Bracket | -- | 2 | -- | -- | 0 |
| Top 40 Percent Bracket | -- | 2 | -- | -- | 6 |
| Marital Status ${ }^{5}$ |  |  |  |  |  |
| Married | -- | 4 | -- | -- | <1 |
| Not Married | -- | 5 | -- | -- | 7 |

${ }^{\oplus}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{8}$ Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in $2009 ;{ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; ' ${ }^{\mathrm{b}}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Combined Personal Safety Issues

## 2018 Findings

- A total of $9 \%$ of all respondents reported at least one of the two personal safety issues.
- Eighteen percent of respondents with some post high school education reported at least one of the two personal safety issues compared to $7 \%$ of those with a college education or $1 \%$ of respondents with a high school education or less.
- Unmarried respondents were more likely to report at least one of the personal safety issues compared to married respondents ( $11 \%$ and $5 \%$, respectively).


## 2006 to 2018 Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least one of the two personal safety issues.
- In 2006, respondents 18 to 44 years old were more likely to report at least one of the personal safety issues. In 2018, age was not a significant variable.
- In 2006, respondents with at least some post high school education were more likely to report at least one of the personal safety issues. In 2018, respondents with some post high school education were more likely to report at least one of the personal safety issues, with a noted increase since 2006.
- In 2006, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the personal safety issues. In 2018, household income was not a significant variable. From 2006 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting at least one of the personal safety issues.
- In 2006 and 2018, unmarried respondents were more likely to report at least one of the personal safety issues.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least one of the two personal safety issues.
- In 2015, female respondents were more likely to report at least one of the personal safety issues. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents and a noted decrease in the percent of female respondents reporting at least one of the personal safety issues.
- In 2015, respondents 18 to 34 years old were more likely to report at least one of the personal safety issues. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting at least one of the personal safety issues.
- In 2015 and 2018, respondents with some post high school education were more likely to report at least one of the personal safety issues.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report at least one of the personal safety issues. In 2018, household income was not a significant variable.
- In 2015 and 2018, unmarried respondents were more likely to report at least one of the personal safety issues.

Table 40. At Least One of the Personal Safety Issues in Past Year by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2006 | 2009 | 2012 | 2015 | 2018 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| TOTAL | 7\% | 8\% | 7\% | 9\% | 9\% |
| Gender ${ }^{2,4}$ |  |  |  |  |  |
| Male ${ }^{\text {b }}$ | 7 | 4 | 6 | 6 | 11 |
| Female ${ }^{\text {b }}$ | 7 | 12 | 7 | 12 | 6 |
| Age ${ }^{1,2,4}$ |  |  |  |  |  |
| 18 to 34 | 10 | 12 | 10 | 15 | 13 |
| 35 to 44 | 11 | 12 | 2 | 11 | 6 |
| 45 to $54{ }^{\text {b }}$ | 5 | 7 | 8 | 3 | 11 |
| 55 to 64 | 4 | 8 | 7 | 5 | 7 |
| 65 and Older | 3 | 2 | 4 | 5 | 3 |
| Education ${ }^{1,3,4,5}$ |  |  |  |  |  |
| High School or Less | 4 | 9 | 4 | 5 | 1 |
| Some Post High School ${ }^{\text {a }}$ | 8 | 8 | 14 | 13 | 18 |
| College Graduate | 10 | 8 | 4 | 8 | 7 |
| Household Income ${ }^{1,2,3,4}$ |  |  |  |  |  |
| Bottom 40 Percent Bracket | 10 | 13 | 10 | 14 | 12 |
| Middle 20 Percent Bracket | 8 | 6 | 9 | 3 | 2 |
| Top 40 Percent Bracket ${ }^{\text {a }}$ | 3 | 7 | 4 | 7 | 10 |
| Marital Status ${ }^{1,3,4,5}$ |  |  |  |  |  |
| Married | 5 | 8 | 4 | 6 | 5 |
| Not Married | 10 | 9 | 10 | 11 | 11 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2006; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{5}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018 ${ }^{\mathrm{a}}$ year difference at $\mathrm{p} \leq 0.05$ from 2006 to 2018; 'bear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Personal Safety Issues Overall

## Year Comparisons

- From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety, as well as from 2015 to 2018 . From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting they were pushed/kicked/slapped/hit 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 at least one of the two personal safety issues, as well as from 2015 to 2018.



## Children in Household (Figures 25 \& 26; Tables 41 - 46)

KEY FINDINGS: In 2018, a random child was selected for the respondent to talk about the child's health and behavior. One hundred percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with $94 \%$ reporting their child visited their personal doctor or nurse for preventive care during the past year. Three percent reported there was a time in the past year their child did not receive the dental care or medical care needed while $6 \%$ of respondents reported their child was not able to visit a specialist they needed to see. Seven percent of respondents reported their child currently had asthma. Two percent of respondents reported their child was seldom or never safe in their community. Sixty percent of respondents reported their child has two or fewer hours of screen time on an average school/week day. Seventy-one percent of respondents reported their child did not drink soda or pop in the past week, excluding diet soda. Sixty-three percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Three 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. Twenty-seven percent reported their 5 to 17 year old child experienced some form of bullying in the past year; $26 \%$ reported verbal bullying, $6 \%$ reported physical bullying and 5\% reported cyber bullying.

From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child has a personal doctor or nurse 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 reporting their child 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 or an unmet dental need, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child was unable to see a specialist when needed 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 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, 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 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.

## Children in Household

## 2018 Findings

- Thirty-three percent of respondents reported they have a child under the age of 18 living in their household. Ninety-four percent of these respondents reported they make the health care decisions for their child(ren). For this section, a random child was selected to discuss that particular child's health and behavior.
- Eighty-one percent of the children selected were 12 or younger. Fifty-seven percent were boys. Of these households, $41 \%$ were in the bottom 60 percent household income bracket and $63 \%$ were married.


## Child's Personal Doctor

## 2018 Findings

Of the 120 respondents who make health care decisions for their child...

- One hundred percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse who knows their child well and is familiar with their child's health history.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child had a personal doctor or nurse.
- In 2012 and 2018, child's gender was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of respondents across child's gender having a personal doctor or nurse.
- In 2012 and 2018, child's age was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of respondents reporting their child who was 12 or younger had a personal doctor or nurse.
- In 2012 , respondents in the top 40 percent household income bracket were more likely to report their child has a personal doctor or nurse. In 2018, household income was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting their child has a personal doctor or nurse.
- In 2012 and 2018, marital status was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of married respondents reporting their child had a personal doctor or nurse.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse.
- In 2015, respondents were more likely to report their child who was 12 or younger had a personal doctor or nurse. In 2018, child's age was not a significant variable.

Table 41. Child Has Personal Doctor/Nurse by Demographic Variables for Each Survey Year ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: |
| TOTAL $^{\text {a }}$ | $90 \%$ | $97 \%$ | $100 \%$ |
| Gender <br> Boy <br> Girl $^{\text {a }}$ |  |  |  |
| Age $^{2}$ | 89 | 96 | 100 |
| $\quad 12$ Years Old or Younger |  |  |  |

${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018


## Preventive Care with Child's Personal Doctor

## 2018 Findings

Of the 120 respondents with a child who had a personal doctor...

- Of children who had a personal doctor, $94 \%$ reported their child visited their personal doctor/nurse for preventive care during the past 12 months.
- Ninety-nine percent of respondents in the top 40 percent household income bracket reported their child visited their personal doctor/nurse for preventive care during the past 12 months compared to $88 \%$ of respondents in the bottom 60 percent household income bracket.
- One hundred percent of unmarried respondents reported their child visited their personal doctor/nurse for preventive care in the past 12 months compared to $91 \%$ of married respondents.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child saw their personal doctor in the past year for preventive care.
- In 2012, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to report their child saw their personal doctor for preventive care.
- In 2012, married respondents were more likely to report their child saw their personal doctor for preventative care. In 2018, unmarried respondents were more likely to report their child saw their personal doctor for preventive care, with a noted increase since 2012.


## 2015 to 2018 Comparisons

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

Table 42. Child Went to Personal Doctor/Nurse for Preventive Care in Past Year by Demographic Variables for Each Survey Year ${ }^{\odot}$

|  | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: |
| TOTAL | $93 \%$ | $94 \%$ | $94 \%$ |
| Gender $^{2}$ |  |  |  |
| $\quad$ Boy | 95 | 98 | 97 |
| Girl | 92 | 90 | 90 |
| Age |  |  |  |
| $\quad$ 12 Years Old or Younger | 94 | 97 | 94 |
| 13 to 17 Years Old | 91 | 93 | 96 |
|  |  |  |  |
| Household Income |  |  |  |
| $\quad$ Bottom 60 Percent Bracket | 91 | 92 | 88 |
| $\quad$ Top 40 Percent Bracket | 96 | 96 | 99 |
| Marital Status ${ }^{1,3}$ |  |  |  |
| $\quad$ Married |  |  |  |
| $\quad$ Not Married ${ }^{\text {a }}$ | 96 | 95 | 91 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{a}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Unmet Care

## 2018 Findings

Of the 120 respondents with a child...

- Six percent of respondents reported there was a time in the past year their child was not able to visit a specialist they needed to see. Three percent reported there was a time in the past year their child did not receive the medical care or dental care needed.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child had an unmet need.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting in the past year their child had an unmet medical need or unmet dental need. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child in the past 12 months was not able to see a specialist when needed.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had an unmet need in both study years.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child in the past 12 months had an unmet medical need, unmet dental need or was unable to see a specialist when needed.
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had an unmet need in both study years.


## Child's Unmet Care Overall

## Year Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child had an unmet medical need or unmet dental need, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child was unable to see a specialist when needed while from 2015 to 2018, there was no statistical change.



## Child's Asthma

## 2018 Findings

Of the 120 respondents with a child...

- Seven percent of respondents reported their child currently had asthma.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child had asthma.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma ( $8 \%$ and $7 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had asthma in both study years.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma ( $11 \%$ and $7 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had asthma in both study years.


## Child's Safety in Community

## 2018 Findings

Of the 121 respondents with a child...

- Two percent of respondents reported their child was seldom/never safe in their community or neighborhood.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child was seldom/never safe in their community.


## $\underline{2012 \text { to } 2018 \text { Comparisons }}$

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe ( $1 \%$ and $2 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child was seldom/never safe in their community in both study years.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe ( $0 \%$ and $2 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child was seldom/never safe in their community in both study years.


## Child's Sleeping Arrangement

## 2018 Findings

Of the 16 respondents with a child two years old or younger...

- One hundred percent of respondents reported when their child was a baby, their child usually slept in a crib or bassinette. Zero percent reported in bed with them or another person.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child slept in bed with the respondent or another person when the child was a baby ( $16 \%$ and $0 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question in both study years.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child slept in bed with the respondent or another person when the child was a baby ( $0 \%$ and $0 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question in both study years.


## Child's Screen Time

The Healthy People 2020 goal for adolescents in grades 9 through 12 who view television, videos, or play video games for no more than 2 hours a day is $73.9 \%$. (Objective PA-8.2.3)

The Healthy People 2020 goal for adolescents in grades 9 through 12 who use computers unrelated to school work for no more than 2 hours a day is 82.6\%. (Objective PA-8.3.3)

## 2018 Findings

Of the 121 respondents with a child...

- Ninety-seven percent of respondents reported their child watched TV for two or fewer hours on an average school/week day while $92 \%$ of respondents reported two or fewer hours in which they play video/computer games or use a device for something that is not school work. In total, $60 \%$ of respondents reported their child has two or fewer hours of screen time on an average school/week day.
- Sixty-five percent of respondents reported their child who was 12 years old or younger had two or fewer hours of screen time on an average school/week day compared to $39 \%$ of respondents speaking on behalf of their 13 to 17 year old child.

Table 43. Child's Total Screen Time (Two or Fewer Hours) by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | :---: |
| TOTAL | $60 \%$ |
| Gender |  |
| Boy | 60 |
| Girl | 60 |
| Age $^{1}$ |  |
| 12 Years Old or Younger | 65 |
| 13 to 17 Years Old | 39 |
| Household Income |  |
| $\quad$ Bottom 60 Percent Bracket | 59 |
| Top 40 Percent Bracket | 61 |
| Marital Status |  |
| $\quad$ Married | 54 |
| $\quad$ Not Married | 71 |

[^5]
## Child's Soda Consumption

## 2018 Findings

Of the 121 respondents with a child...

- Seventy-one percent of respondents reported their child did not drink soda or pop in the past week, excluding diet soda. Twenty-six percent of respondents reported their child drank soda one or more times in the past week, but less than once a day. Three percent reported at least one soda per day.
- There were no statistically significant differences between demographic variables and responses of child soda consumption in the past week.

Table 44. Child's Soda Consumption (Zero in Past Week) by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | :---: |
| TOTAL | $71 \%$ |
| Gender |  |
| $\quad$ Boy | 68 |
| Girl | 75 |
| Age |  |
| 12 Years Old or Younger | 74 |
| 13 to 17 Years Old | 57 |
|  |  |
| Household Income |  |
| $\quad$ Bottom 60 Percent Bracket | 68 |
| $\quad$ Top 40 Percent Bracket | 74 |
| Marital Status |  |
| $\quad$ Married | 66 |
| $\quad$ Not Married | 82 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Child's Physical Activity

## 2018 Findings

Of the 88 respondents with a child 5 to 17 years old...

- Sixty-three percent of respondents reported their 5 to 17 year old child was physically active five times a week for at least 60 minutes each.
- There were no statistically significant differences between demographic variables and responses of child's physical activity five times a week for at least 60 minutes each.
- Of the 33 respondents who reported their child was not physically active five times a week/60 minutes, $84 \%$ reported the weather prevented their child from exercising followed by $20 \%$ who reported school/homework/other activities while $17 \%$ reported their child likes to play video games or on computer.


## 2012 to 2018 Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child was physically active five times a week for at least 60 minutes.
- In 2012, respondents were more likely to report their 5 to 12 year old child was physically active five times a week. In 2018, child's age was not a significant variable. From 2012 to 2018, there was a noted decrease in the percent of respondents speaking on behalf of their 5 to 12 year old child and a noted increase in the percent of respondents reporting their 13 to 17 year old child was physically active five times a week.


## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was physically active five times a week for at least 60 minutes.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report their child was physically active five times a week for at least 60 minutes. In 2018, household income was not a significant variable.

Table 45. Child's Physical Activity (Five or More Times for 60 Minutes/Week) by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :--- | :---: | :---: | :---: |
| TOTAL | $67 \%$ | $70 \%$ | $63 \%$ |
| Gender |  |  |  |
| $\quad$ Boy | 64 | 74 | 60 |
| Girl | 71 | 65 | 66 |
| Age $^{1}$ |  |  |  |
| 5 to 12 Years Old |  |  |  |
| $\quad$ a | 88 | 69 | 61 |
|  | 40 | 72 | 65 |
| Household Income $^{2}$ |  |  |  |
| $\quad$ Bottom 60 Percent Bracket | 77 | 79 | 66 |
| $\quad$ Top 40 Percent Bracket | 60 | 61 | 60 |
| Marital Status |  |  |  |
| $\quad$ Married | 71 | 68 | 56 |
| $\quad$ Not Married | 54 | 73 | 77 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; ${ }^{\text {b }}$ year difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

## Child's Emotional Well-Being

## 2018 Findings

Of the 89 respondents with a child 5 to 17 years old...

- Three 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.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months.


## 2012 to 2018 Year Comparisons

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months ( $1 \%$ and $3 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in both study years.


## 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months ( $4 \%$ and $3 \%$, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in both study years.


## Child Experienced Bullying in Past Year

## 2018 Findings

Of the 88 respondents with a child 5 to 17 years old...

- Twenty-seven percent of respondents reported their 5 to 17 year old child experienced some form of bullying in the past year. More specifically, $26 \%$ reported their child was verbally bullied, for example, mean rumors said or kept out of a group. Six percent reported their child was physically bullied, for example, being hit or kicked. Five percent of respondents reported their child was cyber or electronically bullied, for example, teased, taunted, humiliated or threatened by email, cell phone, Facebook postings, texts or other electronic methods.
- There were no statistically significant differences between demographic variables and respondents reporting their child experienced bullying in the past year.


## $\underline{2012 \text { to } 2018 \text { Year Comparisons }}$

- From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied.
- In 2012, respondents were more likely to report their daughter was bullied in some way in the past year. In 2018, child's gender was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of respondents reporting their son was bullied in the past year.
- In 2012 and 2018, marital status was not a significant variable. From 2012 to 2018, there was a noted increase in the percent of married respondents reporting their child was bullied in the past year.


## $\underline{2015}$ to 2018 Year Comparisons

- From 2015 to 2018 there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied.
- In 2015, respondents were more likely to report their 5 to 12 year old child was bullied in the past year. In 2018, child's age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their 5 to 12 year old child was bullied in the past year.
- In 2015, unmarried respondents were more likely to report their child was bullied in the past year. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting their child was bullied.

Table 46. Child Experienced Bullying in Past Year by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) ${ }^{\oplus}$

|  | 2012 | 2015 | 2018 |
| :--- | ---: | :---: | :---: |
| TOTAL | $17 \%$ | $34 \%$ | $27 \%$ |

## Gender ${ }^{1}$

| Boy $^{\text {a }}$ | 7 | 38 | 34 |
| :--- | ---: | :--- | :--- |
| Girl | 35 | 29 | 19 |

Age ${ }^{2}$
5 to 12 Years Old ${ }^{\text {b }} \quad 20 \quad 53 \quad 29$

13 to 17 Years Old $18 \quad 20$
Household Income
Bottom 60 Percent Bracket $24 \quad 2935$
$\begin{array}{llll}\text { Top } 40 \text { Percent Bracket } & 13 & 35\end{array}$
Marital Status ${ }^{2}$

| Married $^{\mathrm{a}}$ | 14 | 25 | 29 |
| :--- | :--- | :--- | :--- |

Not Married ${ }^{\text {b }} \quad 30 \quad 46 \quad 23$

[^6]
## Child Experienced Bullying Overall

## Year Comparisons

- 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.

Figure 26. Child Experienced Bullying in Past Year (Children 5 to 17 Years Old)


## Community Health Issues (Figure 27; Tables 47-61)

KEY FINDINGS: In 2018, respondents were asked to list the top three community health issues. The most often cited was access to health care ( $25 \%$ ) or illegal drug use ( $24 \%$ ). Respondents who were female, 45 to 54 years old, with some post high school education or unmarried were more likely to report access to health care as a top community health issue. Respondents who were male or with a college education were more likely to report illegal drug use. Twenty-one percent reported overweight or obesity as a top health issue. Respondents who were male, 18 to 34 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report overweight or obesity. Seventeen percent reported chronic diseases; respondents who were female or in the bottom 60 percent household income bracket were more likely to report this. Sixteen percent of respondents reported mental health or depression; respondents who were female, 45 to 54 years old or with at least some post high school education were more likely to report this. Fourteen percent of respondents reported prescription or over-the-counter drug abuse as a top community health issue; respondents who were married were more likely to report this. Twelve percent of respondents reported cancer; respondents who were 18 to 34 years old or unmarried were more likely to report this. Twelve percent of respondents reported infectious diseases as a top community health issue.
Respondents with a high school education or less were more likely to report infectious diseases. Twelve percent of respondents reported alcohol use or abuse as a top health issue; respondents who were male or with a college education were more likely to report this. Nine percent of respondents reported violence or crime; respondents 65 and older or with some post high school education were more likely to report this. Nine percent of respondents reported access to affordable healthy food as a top community health issue. Respondents who were female, 35 to 44 years old or with at least some post high school education were more likely to report access to affordable healthy food. Seven percent of respondents reported environmental issues as a top
health issue; respondents 18 to 34 years old or in the top 60 percent household income bracket were more likely to report this. Seven percent of respondents reported lack of physical activity as a top health issue. Respondents with a college education were more likely to report lack of physical activity. Seven percent of respondents reported affordable health care as a top community health issue; respondents 35 to 54 years old, with some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report this. Seven percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with a high school education or less or in the top 40 percent household income bracket were more likely to report this.

## 2018 Findings

- Respondents were asked to list the three largest community health issues. Respondents were more likely to select access to health care ( $25 \%$ ) followed by illegal drug use ( $24 \%$ ) or overweight/obesity ( $21 \%$ ).

Figure 27. Top Community Health Issues for 2018


## Access to Health Care as a Top Community Health Issue

## 2018 Findings

- Twenty-five percent of respondents reported access to health care (physical, dental or mental) as one of the top three community health issues.
- Female respondents were more likely to report access to health care as one of the top community health issues ( $31 \%$ ) compared to male respondents ( $18 \%$ ).
- Forty-two percent of respondents 45 to 54 years old reported access to health care as one of the top community health issues compared to $18 \%$ of those 18 to 34 years old or $13 \%$ of respondents 65 and older.
- Respondents with some post high school education were more likely to report access to health care (37\%) compared to those with a college education ( $22 \%$ ) or respondents with a high school education or less ( $16 \%$ ).
- Unmarried respondents were more likely to report access to health care as a top health issue compared to married respondents ( $29 \%$ and $19 \%$, respectively).

Table 47. Access to Health Care as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | :---: |
| TOTAL | $25 \%$ |
| Gender $^{1}$ |  |
| $\quad$ Male | 18 |
| Female | 31 |
| Age $^{1}$ |  |
| 18 to 34 | 18 |
| 35 to 44 | 35 |
| 45 to 54 | 42 |
| 55 to 64 | 22 |
| 65 and Older | 13 |
|  |  |
| Education ${ }^{1}$ |  |
| $\quad$ High School or Less | 16 |
| $\quad$ Some Post High School | 37 |
| $\quad$ College Graduate | 22 |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 29 |
| Middle 20 Percent Bracket | 23 |
| Top 40 Percent Bracket | 21 |
| Marital Status ${ }^{1}$ |  |
| $\quad$ Married |  |
| Not Married | 19 |

[^7]
## Illegal Drug Use as a Top Community Health Issue

## 2018 Findings

- Twenty-four percent of respondents reported illegal drug use as one of the top three community health issues.
- Male respondents were more likely to report illegal drug use as one of the top community health issues ( $30 \%$ ) compared to female respondents (19\%).
- Thirty-two percent of respondents with a college education reported illegal drug use as a top community health issue compared to $19 \%$ of those with some post high school education or $11 \%$ of respondents with a high school education or less.

Table 48. Illegal Drug Use as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :---: | :---: |
| TOTAL | $24 \%$ |

Gender ${ }^{1}$
Male 30
Female 19
Age
18 to $34 \quad 19$
35 to $44 \quad 25$
45 to $54 \quad 26$
55 to $64 \quad 24$
65 and Older 28
Education ${ }^{1}$
High School or Less 11
Some Post High School 19
College Graduate 32
Household Income
Bottom 40 Percent Bracket 25
Middle 20 Percent Bracket 21
Top 40 Percent Bracket 27
Marital Status
Married 28
Not Married 21
${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Overweight or Obesity as a Top Community Health Issue

## 2018 Findings

- Twenty-one percent of respondents reported overweight or obesity as one of the top three community health issues.
- Male respondents were more likely to report overweight or obesity as one of the top three community health issues compared to female respondents ( $26 \%$ and $16 \%$, respectively).
- Respondents 18 to 34 years old were more likely to report overweight or obesity as one of the top health issues ( $29 \%$ ) compared to those 35 to 44 years old (19\%) or respondents 65 and older ( $9 \%$ ).
- Thirty-four percent of respondents with a college education reported overweight/obesity as a top issue compared to $7 \%$ of those with a high school education or less or $6 \%$ of respondents with some post high school education.
- Thirty-two percent of respondents in the top 40 percent household income bracket reported overweight or obesity as a top issue compared to $16 \%$ of those in the middle 20 percent income bracket or $11 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report overweight or obesity as one of the top community health issues compared to unmarried respondents ( $26 \%$ and $17 \%$, respectively).

Table 49. Overweight or Obesity as a Top Community Health Issue by Demographic Variables for $2018{ }^{\text {® }}$

|  | 2018 |
| :---: | :---: |
| TOTAL | 21\% |
| Gender ${ }^{1}$ |  |
| Male | 26 |
| Female | 16 |
| Age ${ }^{1}$ |  |
| 18 to 34 | 29 |
| 35 to 44 | 19 |
| 45 to 54 | 22 |
| 55 to 64 | 20 |
| 65 and Older | 9 |
| Education ${ }^{1}$ |  |
| High School or Less | 7 |
| Some Post High School | 6 |
| College Graduate | 34 |
| Household Income ${ }^{1}$ |  |
| Bottom 40 Percent Bracket | 11 |
| Middle 20 Percent Bracket | 16 |
| Top 40 Percent Bracket | 32 |
| Marital Status ${ }^{1}$ |  |
| Married | 26 |
| Not Married | 17 |

[^8]
## Chronic Diseases as a Top Community Health Issue

## 2018 Findings

- Seventeen percent of respondents reported chronic diseases, like diabetes or heart disease, as one of the top three community health issues.
- Female respondents were more likely to report chronic diseases as one of the top community health issues ( $25 \%$ ) compared to male respondents ( $8 \%$ ).
- Twenty-four percent of respondents in the bottom 40 percent household income bracket and $23 \%$ of those in the middle 20 percent income bracket reported chronic diseases as one of the top community health issues compared to $12 \%$ of respondents in the top 40 percent household income bracket.

Table 50. Chronic Diseases as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $17 \%$ |
|  |  |
| Gender $^{1}$ | 8 |
| Male | 25 |
| Female |  |

Age
18 to $34 \quad 23$
35 to $44 \quad 10$
45 to $54 \quad 10$
55 to $64 \quad 19$
65 and Older 19
Education
High School or Less 21
Some Post High School 10
College Graduate 19
Household Income ${ }^{1}$
Bottom 40 Percent Bracket 24
Middle 20 Percent Bracket 23
Top 40 Percent Bracket 12
Marital Status
Married 16
Not Married 17

[^9]
## Mental Health or Depression as a Top Community Health Issue

## 2018 Findings

- Sixteen percent of respondents reported mental health or depression as one of the top three community health issues.
- Female respondents were more likely to report mental health or depression as one of the top community health issues compared to male respondents ( $21 \%$ and $11 \%$, respectively).
- Respondents 45 to 54 years old were more likely to report mental health or depression as one of the top community health issues ( $30 \%$ ) compared to those 18 to 34 years old ( $13 \%$ ) or respondents 65 and older ( $11 \%$ ).
- Twenty percent of respondents with some post high school education and $19 \%$ of those with a college education reported mental health or depression as one of the top community health issues compared to $4 \%$ of respondents with a high school education or less.

Table 51. Mental Health or Depression as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $16 \%$ |
| Gender ${ }^{1}$ |  |
| $\quad$ Male | 11 |
| Female | 21 |
| Age $^{1}$ |  |
| 18 to 34 | 13 |
| 35 to 44 | 16 |
| 45 to 54 | 30 |
| 55 to 64 | 14 |
| 65 and Older | 11 |
| Education ${ }^{1}$ |  |
| $\quad$ High School or Less | 4 |
| $\quad$ Some Post High School | 20 |
| $\quad$ College Graduate | 19 |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 20 |
| $\quad$ Middle 20 Percent Bracket | 15 |
| Top 40 Percent Bracket | 16 |
| Marital Status |  |
| $\quad$ Married |  |
| Not Married | 17 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Prescription or Over-the-Counter Drug Abuse as a Top Community Health Issue

## 2018 Findings

- Fourteen percent of respondents reported prescription or over-the-counter drug abuse as one of the top three community health issues.
- Married respondents were more likely to report prescription or over-the counter drug abuse as one of the top community health issues ( $20 \%$ ) compared to unmarried respondents ( $9 \%$ ).

Table 52. Prescription or Over-the Counter Drug Abuse as a Top Community Health Issue by Demographic Variables for $2018{ }^{\oplus}$

|  | 2018 |
| :--- | :---: |
| TOTAL | $14 \%$ |
| Gender |  |
| $\quad$ Male | 14 |
| Female | 14 |
| Age |  |
| 18 to 34 | 11 |
| 35 to 44 | 19 |
| 45 to 54 | 16 |
| 55 to 64 | 12 |
| 65 and Older | 15 |
|  |  |
| Education | 12 |
| $\quad$ High School or Less | 9 |
| Some Post High School | 17 |
| College Graduate |  |
|  |  |
| Household Income | 12 |
| $\quad$ Bottom 40 Percent Bracket |  |
| Middle 20 Percent Bracket | 24 |
| Top 40 Percent Bracket | 13 |
| Marital Status ${ }^{1}$ |  |
| Married |  |
| Not Married | 20 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Cancer as a Top Community Health Issue

## 2018 Findings

- Twelve percent of respondents reported cancer as one of the top three community health issues.
- Twenty-one percent of respondents 18 to 34 years old reported cancer as a top community health issue compared to $10 \%$ of those 35 to 44 years old or $5 \%$ of respondents 45 to 64 years old.
- Unmarried respondents were more likely to report cancer as a top community health issue compared to married respondents ( $15 \%$ and $8 \%$, respectively).

Table 53. Cancer as a Top Community Health Issue by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $12 \%$ |
| Gender |  |
| $\quad$ Male | 14 |
| Female | 10 |
| Age $^{1}$ |  |
| 18 to 34 | 21 |
| 35 to 44 | 10 |
| 45 to 54 | 5 |
| 55 to 64 | 5 |
| 65 and Older | 13 |
| Education |  |
| $\quad$ High School or Less | 13 |
| Some Post High School | 7 |
| College Graduate | 13 |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 10 |
| Middle 20 Percent Bracket | 10 |
| Top 40 Percent Bracket | 15 |
| Marital Status |  |
| Married |  |
| Not Married | 8 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Infectious Diseases as a Top Community Health Issue

## 2018 Findings

- Twelve percent of respondents reported infectious diseases, such as whooping cough, tuberculosis, or sexually transmitted diseases, as one of the top three community health issues.
- Twenty-two percent of respondents with a high school education or less reported infectious diseases as a top community health issue compared to $15 \%$ of those with some post high school education or $6 \%$ of respondents with a college education.

Table 54. Infectious Diseases as a Top Community Health Issue by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $12 \%$ |
| Gender |  |
| $\quad$ Male | 15 |
| Female | 9 |
| Age |  |
| 18 to 34 | 17 |
| 35 to 44 | 6 |
| 45 to 54 | 7 |
| 55 to 64 | 15 |
| 65 and Older |  |
| Education ${ }^{1}$ |  |
| $\quad$ High School or Less | 22 |
| Some Post High School | 15 |
| College Graduate | 6 |
|  |  |
| Household Income | 17 |
| $\quad$ Bottom 40 Percent Bracket | 6 |
| Middle 20 Percent Bracket | 12 |
| Top 40 Percent Bracket |  |
| Marital Status | 9 |
| Married |  |
| Not Married | 15 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Alcohol Use or Abuse as a Top Community Health Issue

## 2018 Findings

- Twelve percent of respondents reported alcohol use or abuse as one of the top three community health issues.
- Male respondents were more likely to report alcohol use or abuse as one of the top community health issues ( $16 \%$ ) compared to female respondents ( $7 \%$ ).
- Respondents with a college education were more likely to report alcohol use or abuse as a top community health issue ( $16 \%$ ) compared to those with a high school education or less ( $10 \%$ ) or respondents with some post high school education (4\%).

Table 55. Alcohol Use or Abuse as a Top Community Health Issue by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $12 \%$ |
| Gender ${ }^{1}$ |  |
| Male | 16 |
| Female | 7 |
| Age |  |
| 18 to 34 | 13 |
| 35 to 44 | 11 |
| 45 to 54 | 7 |
| 55 to 64 | 17 |
| 65 and Older | 8 |
| Education ${ }^{1}$ |  |
| $\quad$ High School or Less | 10 |
| Some Post High School | 4 |
| College Graduate | 16 |
|  |  |
| Household Income | 8 |
| $\quad$ Bottom 40 Percent Bracket | 16 |
| Middle 20 Percent Bracket | 13 |
| Top 40 Percent Bracket | 13 |
| Marital Status |  |
| Married | 9 |
| Not Married | 13 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Violence or Crime as a Top Community Health Issue

## 2018 Findings

- Nine percent of respondents reported violence or crime as one of the top three community health issues.
- Seventeen percent of respondents 65 and older reported violence or crime as one of the top community health issues compared to $8 \%$ of those 35 to 54 years old or $0 \%$ of respondents 18 to 34 years old.
- Fifteen percent of respondents with some post high school education reported violence or crime as a top community health issue compared to $7 \%$ of those with a high school education or less or $6 \%$ of respondents with a college education.

Table 56. Violence or Crime as a Top Community Health Issue by Demographic Variables for $2018^{\text {© }}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $9 \%$ |
| Gender |  |
| Male | 8 |
| Female | 9 |
| Age $^{1}$ |  |
| 18 to 34 | 0 |
| 35 to 44 | 8 |
| 45 to 54 | 8 |
| 55 to 64 | 12 |
| 65 and older | 17 |
| Education ${ }^{1}$ |  |
| $\quad$ High School or Less | 7 |
| Some Post High School | 15 |
| College Graduate | 6 |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 9 |
| Middle 20 Percent Bracket | 13 |
| Top 40 Percent Bracket | 6 |
| Marital Status |  |
| Married |  |
| Not Married | 9 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Access to Affordable Healthy Food as a Top Community Health Issue

## 2018 Findings

- Nine percent of respondents reported access to affordable healthy food as one of the top three community health issues.
- Female respondents were more likely to report access to affordable healthy food as a top community health issue compared to male respondents ( $12 \%$ and $5 \%$, respectively)
- Eighteen percent of respondents 35 to 44 years old reported access to affordable healthy food as one of the top community health issues compared to $5 \%$ of those 65 and older or $3 \%$ of respondents 45 to 64 years old.
- Twelve percent of respondents with a college education and $10 \%$ of those with some post high school education reported access to affordable healthy food compared to $0 \%$ of respondents with a high school education or less.

Table 57. Access to Affordable Healthy Food as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $9 \%$ |
| Gender $^{1}$ |  |
| Male | 5 |
| Female | 12 |
| Age $^{1}$ |  |
| 18 to 34 | 13 |
| 35 to 44 | 18 |
| 45 to 54 | 3 |
| 55 to 64 | 3 |
| 65 and older | 5 |
|  |  |
| Education |  |
| $\quad$ High School or Less | 0 |
| Some Post High School | 10 |
| College Graduate | 12 |
|  |  |
| Household Income | 7 |
| $\quad$ Bottom 40 Percent Bracket | 10 |
| Middle 20 Percent Bracket | 9 |
| Top 40 Percent Bracket |  |
| Marital Status |  |
| Married |  |
| Not Married | 9 |

${ }^{\text {® }}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Environmental Issues as a Top Community Health Issue

## 2018 Findings

- Seven percent of respondents reported environmental issues (air, water, wind turbine, animal waste) as one of the top three community health issues.
- Twelve percent of respondents 18 to 34 years old reported environmental issues as a top community health issue compared to $2 \%$ of those 55 to 64 years old or $0 \%$ of respondents 35 to 44 years old.
- Eleven percent of respondents in the middle 20 percent household income bracket and $9 \%$ of those in the top 40 percent income bracket reported environmental issues compared to $2 \%$ of respondents in the bottom 40 percent household income bracket.

Table 58. Environmental Issues as a Top Community Health Issue by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $7 \%$ |
| Gender |  |
| Male | 8 |
| Female | 5 |
| Age $^{1}$ |  |
| 18 to 34 | 12 |
| 35 to 44 | 0 |
| 45 to 54 | 8 |
| 55 to 64 | 3 |
| 65 and Older |  |
|  |  |
| Education | 11 |
| $\quad$ High School or Less | 6 |
| Some Post High School | 5 |
| College Graduate |  |
|  |  |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 2 |
| Middle 20 Percent Bracket | 11 |
| Top 40 Percent Bracket | 9 |
| Marital Status |  |
| Married | 7 |
| Not Married | 6 |

${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Lack of Physical Activity as a Top Community Health Issue

2018 Findings

- Seven percent of respondents reported lack of physical activity as one of the top three community health issues.
- Twelve percent of respondents with a college education reported lack of physical activity as a top community health issue compared to $2 \%$ of those with some post high school education or $1 \%$ of respondents with a high school education or less.

Table 59. Lack of Physical Activity as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $7 \%$ |
| Gender |  |
| Male | 5 |
| Female | 8 |
| Age |  |
| 18 to 34 | 5 |
| 35 to 44 | 13 |
| 45 to 54 | 9 |
| 55 to 64 | 1 |
| 65 and older |  |
| Education ${ }^{1}$ | 1 |
| $\quad$ High School or Less | 2 |
| Some Post High School | 12 |
| College Graduate |  |
| Household Income | 6 |
| Bottom 40 Percent Bracket | 10 |
| Middle 20 Percent Bracket | 7 |
| Top 40 Percent Bracket |  |
| Marital Status |  |
| Married | 7 |
| Not Married | 6 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Affordable Health Care as a Top Community Health Issue

## 2018 Findings

- Seven percent of respondents reported affordable health care as one of the top three community health issues.
- Thirteen percent of respondents 35 to 44 years old and $12 \%$ of those 45 to 54 years old reported affordable health care as one of the top community health issues compared to $2 \%$ of respondents 18 to 34 years old.
- Thirteen percent of respondents with some post high school education reported affordable health care as one of the top health issues compared to $6 \%$ of those with a college education or $1 \%$ of respondents with a high school education or less.
- Ten percent of respondents in the top 40 percent household income bracket reported affordable health care as one of the top community health issues compared to $5 \%$ of those in the middle 20 percent income bracket or $2 \%$ of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report affordable health care as one of the top health issues compared to unmarried respondents ( $10 \%$ and $4 \%$, respectively).

Table 60. Affordable Health Care as a Top Community Health Issue by Demographic Variables for $2018^{\oplus}$

|  | 2018 |
| :---: | :---: |
| TOTAL | 7\% |
| Gender |  |
| Male | 6 |
| Female | 7 |
| Age ${ }^{1}$ |  |
| 18 to 34 | 2 |
| 35 to 44 | 13 |
| 45 to 54 | 12 |
| 55 to 64 | 7 |
| 65 and older | 5 |
| Education ${ }^{1}$ |  |
| High School or Less | 1 |
| Some Post High School | 13 |
| College Graduate | 6 |
| Household Income ${ }^{1}$ |  |
| Bottom 40 Percent Bracket | 2 |
| Middle 20 Percent Bracket | 5 |
| Top 40 Percent Bracket | 10 |
| Marital Status ${ }^{1}$ |  |
| Married | 10 |
| Not Married | 4 |

${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## Driving Problems/Aggressive Driving/Drunk Driving as a Top Community Health Issue

## 2018 Findings

- Seven percent of respondents reported driving problems/aggressive driving/drunk driving as one of the top three community health issues.
- Male respondents were more likely to report driving problems/aggressive driving/drunk driving as one of the top community health issues ( $13 \%$ ) compared to female respondents ( $1 \%$ ).
- Thirteen percent of respondents 18 to 34 years old reported driving problems/aggressive driving/drunk driving as a top health issue compared to $2 \%$ of those 55 to 64 years old or $1 \%$ of respondents 45 to 54 years old.
- Respondents with a high school education or less were more likely to report driving problems/aggressive driving/drunk driving as a top community health issue ( $20 \%$ ) compared to those with a college education (4\%) or respondents with some post high school education (2\%).
- Twelve percent of respondents in the top 40 percent household income bracket reported driving problems/aggressive driving/drunk driving as one of the top health issues compared to $3 \%$ of those in the middle 20 percent income bracket or $2 \%$ of respondents in the bottom 40 percent household income bracket.

Table 61. Driving Problems/Aggressive Driving/Drunk Driving as a Top Community Health Issue by Demographic Variables for $2018^{\circledR}$

|  | 2018 |
| :--- | ---: |
| TOTAL | $7 \%$ |
| Gender $^{1}$ |  |
| Male | 13 |
| Female | 1 |
| Age $^{1}$ |  |
| 18 to 34 | 13 |
| 35 to 44 | 6 |
| 45 to 54 | 1 |
| 55 to 64 | 2 |
| 65 and older | 7 |
|  |  |
| Education |  |
| $\quad$ High School or Less | 20 |
| Some Post High School | 2 |
| College Graduate | 4 |
|  |  |
| Household Income |  |
| $\quad$ Bottom 40 Percent Bracket | 2 |
| Middle 20 Percent Bracket | 3 |
| Top 40 Percent Bracket | 12 |
| Marital Status |  |
| Married |  |
| Not Married | 6 |

${ }^{\oplus}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

## APPENDIX A: QUESTIONNAIRE FREQUENCIES

February 20 - May 12, 2018
[Some totals may be more or less than $100 \%$ due to rounding and response category distribution. Percentages in the report and in the Appendix may differ by one or two percentage points as a result of combining several response categories for report analysis.]

1. Currently, what is your primary type of health care coverage? Is it through... [INTERVIEWER NOTE: If Respondent answer "Obamacare, the exchange, Affordable Care Act (ACA)", code as private insurance]
Private insurance ..... 69\%
Medicaid including medical assistance, Title 19 or Badger Care ..... 8
Medicare ..... 21
Or do you not have health care coverage ..... 2
Not sure ..... 0
2. Did everyone in your household have health insurance during all, part or none of the past 12 months?
$\qquad$All.93\%
Part ..... 5
None ..... 2
Not sure ..... 0
3. In the past 12 months, have you or anyone in your household not taken prescribed medication due to prescription costs?
$\qquad$
Yes $11 \%$
No ..... 89
Not sure ..... 0
4. In the past 12 months, did you or anyone in your household not get the medical care needed?

5. Why did someone in your household not receive the medical care needed?
[28 Respondents; More than 1 response accepted]

> Cannot afford to pay ........................................................48\%

Insurance did not cover it ................................................ 27
Poor medical care ........................................................... 22
Not enough time ............................................................. 16
Uninsured ....................................................................... 7
Co-payments too high ..................................................... 6
Unable to get appointment .............................................. 3
Other ( $2 \%$ or less)........................................................... 2
6. In the past 12 months, did you or anyone in your household not get the dental care needed?

7. Why did someone in your household not receive the dental care needed? [66 Respondents; More than 1 response accepted]
Uninsured ..... 37\%
Cannot afford to pay. ..... 32
Not enough time ..... 24
Unable to get appointment ..... 17
Unable to find a dentist to take Medicaid or other insurance ..... 10
Co-payments too high ..... 4
Physical barriers ..... 3
Insurance did not cover it ..... 3
Other ( $2 \%$ or less). ..... 6
8. In the past 12 months, did you or anyone in your household not get the mental health care needed?

9. Why did someone in your household not receive the mental health care you thought you needed? [12 Respondents: Multiple responses accepted]

| Cannot affor | 10 respondents |
| :---: | :---: |
| Uninsured | .9 respondents |
|  | 3 respondents |

10. When you are sick, to which one of the following places do you usually go? Would you say...

Doctor's or nurse practitioner's office ............................. $82 \%$
Public health clinic or community health center ............... 3
Hospital outpatient department........................................ $<1$
Hospital emergency room ............................................... 1
Urgent care center .......................................................... 9
Some other kind of place or ............................................ $<1$
No usual place ................................................................ 5
Not sure .......................................................................... 0
11. Do you have a primary care doctor, nurse practitioner, physician assistant or primary care clinic where you regularly go for check-ups and when you are sick?

| No $\qquad$ .11 |
| :---: |
|  |  |
|  |  |

12. Do you have an advance health care plan, living will or health care power of attorney stating your end of life health care wishes?
Yes. ..... 39\%
No. ..... 60
Not sure ..... 1
13. About how long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

Less than a year ago .......................................... $71 \%$
1 to 2 years ago................................................. 17
3 to 4 years ago................................................. 6
5 or more years ago or....................................... 6
Never ............................................................... 0
Not sure ............................................................ $<1$
14. Could you please tell me in what year you born? [CALCULATE AGE]

18 to 34 years old ............................................. $31 \%$
35 to 44 years old .............................................. 16
45 to 54 years old .............................................. 19
55 to 64 years old ............................................. 15
65 and older...................................................... 19
15. During the past 12 months, have you had a flu shot?

In the past three years, have you been treated for or been told by a doctor, nurse or other health care provider that:

|  |  | Yes | No | Not Sure |
| :---: | :---: | :---: | :---: | :---: |
| 16. | You have high blood pressure? ................................ | 22\% | 78\% | <1\% |
| 17. | Your blood cholesterol is high? ................................ | 21 | 79 | <1 |
| 18. | You have heart disease or a heart condition?............... | 10 | 90 | 0 |
| 19. | You have a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression? | 26 | 74 | 0 |
| 20. | You have diabetes (men) <br> You have diabetes not associated with a pregnancy <br> (women) $\qquad$ | 7 | 93 | 0 |
| 21. | Do you currently have asthma?................................ | 16 | 84 | 0 |

22. On an average day, how many servings of fruit do you eat or drink? One serving is $1 / 2$ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings....................................... $40 \%$
Two servings ................................................... 29
Three or more servings..................................... 30
Not sure ........................................................... 0
23. On an average day, how many servings of vegetables do you eat? One serving is $1 / 2$ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings....................................... $43 \%$
Two servings ................................................... 24
Three or more servings ..................................... 33
Not sure ............................................................ 0
24. Moderate physical activity includes brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in breathing or heart rate. In a usual week, not including at work, on how many days do you do moderate activities for at least 30 minutes at a time?

$$
\begin{aligned}
& \text { Zero days .................................................................................................................................................................................................................................. } \\
& 1 \text { to } 4 \text { days } \\
& 5 \text { to } 7 \text { days ............ } \\
& \text { Not sure ........ }
\end{aligned}
$$

25. Vigorous activities include running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Not including at work, in a usual week, how often do you do vigorous physical activities for at least 20 minutes at a time?
Zero days ..... 38\%
1 to 2 days ..... 33
3 to 7 days ..... 29
Not sure ..... 0

## FEMALES ONLY

Now I have some questions about women's health.
26. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? [101 Respondents 40 and Older]

Within the past year (anytime less than 12 months ago)........... $54 \%$
Within the past 2 years ( 1 year, but less than 2 years ago)........ 30
Within the past 3 years ( 2 years, but less than 3 years ago) ..... 7
Within the past 5 years (3 years, but less than 5 years ago) ...... 2
5 or more years ago ................................................................ 5
Never ..................................................................................... <1
Not sure ..................................................................................<1
27. A bone density scan helps determine if you are at risk for fractures or are in the early stages of osteoporosis. Have you ever had a bone density scan? [46 Respondents 65 and Older]

```
Yes....................................................................85%
No ..................................................................... }1
Not sure ............................................................ 2
```


## MALE \& FEMALE RESPONDENTS 50 AND OLDER

28. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. How long has it been since you had a blood stool test? [178 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago)........... $13 \%$
Within the past 2 years ( 1 year, but less than 2 years ago)........ 4
Within the past 5 years ( 2 years, but less than 5 years ago)...... 7
5 years ago or more ................................................................ 16
Never ..................................................................................... 57
Not sure ................................................................................. 3

# 29. A sigmoidoscopy is where a flexible tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy? [179 Respondents 50 and Older] 

Within the past year (anytime less than 12 months ago)........... 2\%
Within the past 2 years ( 1 year, but less than 2 years ago)........ 2
Within the past 5 years ( 2 years, but less than 5 years ago) ...... 3
Within the past 10 years ( 5 years but less than 10 years ago) ... 3
10 years ago or more .............................................................. 11
Never ...................................................................................... 78
Not sure ................................................................................. 3
30. A colonoscopy is similar to a sigmoidoscopy, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. How long has it been since you had your last colonoscopy? [180 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago)........... $12 \%$
Within the past 2 years ( 1 year, but less than 2 years ago)........ 10
Within the past 5 years ( 2 years, but less than 5 years ago) ...... 30
Within the past 10 years ( 5 years but less than 10 years ago) ... 13
10 years ago or more ............................................................... 11
Never ..................................................................................... 24
Not sure ..................................................................................<1

## ALL RESPONDENTS

31. During the past $\mathbf{3 0}$ days, about how often would you say you felt sad, blue, or depressed?

$$
\text { Never ................................................................. } 37 \%
$$

Seldom.............................................................. 30
Sometimes ......................................................... 26
Nearly always ................................................... 4
Always............................................................. 3
Not sure ............................................................ $<1$
32. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes........................................................................ 5\%
No ......................................................................... 95
Not sure ................................................................ 0

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.
33. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion? (MALES) (4 or more drinks FEMALES)

0 times .............................................................. $72 \%$
1 time............................................................... 11
2 or more times................................................. 17
Not sure ........................................................... 0

During the past year, has ANYONE IN YOUR HOUSEHOLD, INCLUDING YOURSELF, experienced any kind of problem such as legal, social, personal, physical or medical in connection with ...?

|  |  | Yes | No | Not Sure |
| :---: | :---: | :---: | :---: | :---: |
| 34. | Drinking alcohol ......................................... | 3\% | 97\% | 0\% |
| 35. | Marijuana .................................................. | 2 | 98 | 0 |
| 36. | Cocaine, heroin or other street drugs ............... | 2 | 98 | 0 |
| 37. | Misuse of prescription drugs or over-thecounter drugs | $<1$ | 100 | 0 |
| 38. | Gambling................................................... | <1 | 100 | 0 |

In the past 30 days, did you use..

|  |  | Yes | No | Not Sure |
| :--- | :--- | :--- | :--- | :---: |
| 39. | Cigars, cigarillos, or little cigars ............................. | $3 \%$ | $97 \%$ | $0 \%$ |
| 40. | Electronic cigarettes, also known as e-cigarettes ...... | 6 | 94 | 0 |

Now I'd like to talk to you about regular tobacco cigarettes....
41. Do you now smoke tobacco cigarettes every day, some days or not at all?
Every day ..... 8\%
Some days ..... 5
Not at all ..... 87
Not sure ..... 0
42. Which statement best describes the rules about smoking inside your home.
Smoking is not allowed anywhere inside your home ..... $81 \%$
Smoking is allowed in some places or at some times ..... 6
Smoking is allowed anywhere inside your home or ..... 1
There are no rules about smoking inside your home ..... 12
Not sure ..... 0

Now, I have a few questions to ask about you and your household.
43. Gender [DERIVED, NOT ASKED]
$\qquad$
Male 47\%
$\qquad$
44. About how much do you weigh, without shoes?
45. About how tall are you, without shoes?
[CALCULATE BODY MASS INDEX (BMI)]
Not overweight/obese ..... 29\%
Overweight ..... 42
Obese ..... 29
46. Are you Hispanic or Latino?
Yes. ..... 4\%
No ..... 96
Not sure ..... 0
47. Which of the following would you say is your race?
White ..... 91\%
Black, African American ..... 3
Asian. ..... 1
Native Hawaiian or other Pacific Islander ..... 0
American Indian or Alaska Native ..... <1
Or another race (please specify) ..... 2
Multiple races ..... 2
Not sure ..... 0
48. What is your current marital status?
Single and never married ..... 28\%
A member of an unmarried couple ..... 6
Married ..... 39
Separated ..... 2
Divorced ..... 18
Widowed ..... 9
Not sure ..... 0
49. What is the highest grade level of education you have completed?
8th grade or less. ..... 0\%
Some high school ..... 3
High school graduate or GED ..... 18
Some college ..... 16
Technical school graduate ..... 11
College graduate ..... 35
Advanced or professional degree ..... 17
Not sure ..... 0
50. What county do you live in? [FILTER]
Milwaukee ..... 100\%
51. What city, town or village do you legally reside in? [FILTER]
Wauwatosa ..... 46\%
West Allis ..... 50
West Milwaukee ..... 4
52. What is the zip code of your primary residence?
53213 ..... 25\%
53214 ..... 23
53219 ..... 16
53227 ..... 15
53226 ..... 14
53222 ..... 4
53225 ..... 3

## LANDLINE SAMPLE ONLY [FOR SAMPLING PURPOSES]

53. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
54. How many of these telephone numbers are residential numbers?
55. Do you have a cell phone that you use mainly for personal use?

## ALL RESPONDENTS

56. What is your annual household income before taxes?

Less than \$10,000............................................ 3\%
$\$ 10,000$ to $\$ 20,000$........................................... 6
\$20,001 to \$30,000........................................... 8
\$30,001 to \$40,000........................................... 12
$\$ 40,001$ to $\$ 50,000$........................................... 7
\$50,001 to \$60,000.......................................... 8
\$60,001 to \$75,000.......................................... 9
\$75,001 to \$90,000........................................... 10
\$90,001 to \$105,000 ......................................... 6
\$105,001 to \$120,000 ....................................... 6
\$120,001 to \$135,000 ....................................... 9
Over $\$ 135,000$................................................. 4
Not sure ........................................................... 3
No answer........................................................ 5
57. How many adults, INCLUDING YOURSELF, live in the household?

One ................................................................. $42 \%$
Two................................................................. 50
Three or more ................................................... 7
Not sure ........................................................... 0
58. How many children under the age of 18 are living in the household?

| None .........................................................68\% | $\rightarrow$ GO TO Q81 |
| :---: | :---: |
| One ........................................................... 12 | $\rightarrow$ CONTINUE WITH Q59 |
| Two or more ............................................... 21 | $\rightarrow$ CONTINUE WITH Q59 |
| Not | $\rightarrow$ GO TO Q81 |

For the next questions, we would like to talk about the [RANDOM SELECTED] child.
59. Do you make health care decisions for [HIM/HER]? [128 Respondents]

60. What is the age of the child? [121 Respondents]

12 or younger................................................... $81 \%$
13 to 17 years old ............................................ 19
Not sure ........................................................... 0
61. Is this child a boy or girl? [120 Respondents]

```
Boy ............................................................ 57%
Girl ............................................................... }4
Not sure ....................................................... 0
```

62. Was there a time during the last 12 months that you felt your child did not get the medical care [HE/SHE] needed? [120 Respondents]

| Yes............................................... $3 \%$ | $\rightarrow$ CONTINUE WITH Q63 |
| :--- | :--- |
| No .................................................................................................................... | $\rightarrow$ GO TO Q64 |
| Not sure | $\rightarrow$ GO Q64 |

63. Why did your child not receive the medical care needed? [3 Respondent; Multiple Responses Accepted]

| Canno | respondent |
| :---: | :---: |
| Poor medical ca | 1 respondent |
| Co-payments too high | 1 respondent |
| Don't know where to go | 1 respondent |
| Other | 1 respondent |

64. A personal doctor or nurse is a health professional who knows your child well and is familiar with your child's health history. This can be a general doctor, a pediatrician, a specialist, a nurse practitioner or a physician assistant. Do you have one or more persons you think of as your child's personal doctor or nurse? [120 Respondents]

| Yes | 100\% | $\rightarrow$ CONTINUE |
| :---: | :---: | :---: |
| No | 0 | $\rightarrow$ GO TO Q66 |
| Not | 0 | $\rightarrow$ GO TO Q66 |

65. Preventive care visits include things like a well-child check, a routine physical exam, immunizations, lead or other health screening tests. During the past 12 months, did [HE/SHE] visit their personal doctor or nurse for preventive care? [120 Respondents]
```
Yes..............................................................94%
No6
```

Not sure ..... 0
66. Specialists are doctors like surgeons, heart doctors, allergists, psychiatrists, skin doctors and others who specialize in one area of health care. Was there a time during the past 12 months your child needed to see a specialist but did not? [120 Respondents]

| Yes............................................... $6 \%$ | $\rightarrow$ CONTINUE WITH Q67 |
| :--- | :--- |
| No ..................................................................................................................... | $\rightarrow$ GO TO Q68 |
| Not sure | $\rightarrow$ GO TO Q68 |

67. Why did your child not see a specialist needed? [7 Respondents; Multiple Responses Accepted]

| Insurance did not cov | . 6 respondents |
| :---: | :---: |
| Other..... | .3 respondents |

68. Was there a time during the last 12 months that you felt your child did not get the dental care [HE/SHE] needed? [120 Respondents]

| Yes................................................................................................................................................................. | $\rightarrow$ GO TO Q70 |
| :--- | :--- |
| No | $\rightarrow$ GO TO Q70 |

69. Why did your child not receive the dental health care needed? [3 Respondents; Multiple Responses Accepted]

$$
\begin{aligned}
& \text { Cannot afford to pay ................................................................................................................... respondents } \\
& \text { Other.......... }
\end{aligned}
$$

70. Does your child have asthma? [120 Respondents]
Yes. ..... 7\%
No ..... 83
Not sure ..... 10
71. On an average school day, how many hours does your child watch TV? [If Respondent says child not a student, say "Weekday"] [121 Respondents]
Does not watch TV on average school day ..... $21 \%$
Less than 1 hour per day ..... 24
1 hour per day ..... 26
2 hours per day ..... 26
3 hours per day ..... 2
4 hours per day ..... $<1$
5 or more hours per day ..... 0
Not sure ..... 0
72. On an average school day, how many hours does your child play video or computer games or use a computer for something that is not school work? Count time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media. [If Respondent says child not a student, say "Weekday"] [121 Respondents]
Does not play video games, etc. in average school day ..... 26\%
Less than 1 hour per day ..... 30
1 hour per day ..... 27
2 hours per day ..... 9
3 hours per day ..... 2
4 hours per day ..... 5
5 or more hours per day ..... 2
Not sure ..... 0
73. During the past 7 days, how many times did your child drink a can, bottle, or glass of soda or pop, such asCoke, Pepsi, or Sprite? Do not include diet soda or diet pop. [121 Respondents]
Did not drink soda or pop in the past 7 days ..... $71 \%$
1 to 3 times during past 7 days ..... 24
4 to 6 times during the past 7 days ..... 2
1 time per day ..... 2
2 times per day ..... <1
Not sure ..... <1
74. When your child was an infant of less than one year old, where did [HE/SHE] usually sleep? [16 Respondents of Children 2 years old or younger]
Crib or bassinette. 100\%
Pack n' Play.................................................... 0
Couch or chair ................................................ 0
Swing.............................................................. 0
Car ................................................................. 0
Car seat........................................................... 0
Floor ............................................................... 0
In bed with you or another person................... 0
Not sure ......................................................... 0
75. How often do you feel your child is safe in your community or neighborhood? [121 Respondents]

Always............................................................ $63 \%$
Nearly always .................................................. 30
Sometimes ....................................................... 6
Seldom............................................................. 0
Never ............................................................... 2
Not sure ........................................................... 0
76. During the past 6 months, how often was your child unhappy, sad or depressed? [89 Respondents of Children 5 to 17 years old]

Always............................................................ 1\%
Nearly always .................................................. 2
Sometimes ....................................................... 9
Seldom............................................................. 53
Never ............................................................... 35
Not sure ........................................................... 0
77. During the past 12 months, has your child experienced any bullying?
[88 Respondents of Children 5 to 17 years old]

78. What type of bullying did your child experience? [88 Respondents of Children 5 to 17 years old]

79. During the past seven days, on how many days was your child physically active for a total of at least 60 minutes that caused an increase in their heart rate and made them breathe hard some of the time? [88 Respondents of Children 5 to 17 years old]

Zero or one day................................................ 0\%
Two through four days ..................................... 38
Five or more days ............................................. 63
Not sure ........................................................... 0
80. [0 to 4 DAYS OF PHYSICAL ACTIVITY] Why was your child not physically active for at least 60 minutes on more days? [33 Respondents: Multiple responses accepted]
Weather ..... 84\%
School/homework/other activities ..... 20
Likes to play video games or on computer. ..... 17
Other ..... 9

The next series of questions deal with personal safety issues.
81. During the past year has anyone made you afraid for your personal safety?

82. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, exspouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, a child, or someone else? Again, I want to assure you that all your responses are strictly confidential. [25 Respondents; More than 1 response accepted]

| Frien | respondents |
| :---: | :---: |
| Strang | 7 respondents |
| Boyfri | . 5 respondents |
| Child. | 2 respondents |
| Othe | 2 respondents |

83. During the past year has anyone pushed, kicked, slapped, hit or otherwise hurt you?

84. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, exspouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, a child, or someone else? [17 Respondents; More than 1 response accepted]

85. Finally, what are the three largest health concerns in your community?
Access to health care (physical, dental or mental care) ..... 25\%
Illegal drug use ..... 24
Overweight or obesity ..... 21
Chronic diseases like diabetes or heart disease ..... 17
Mental health or depression ..... 16
Prescription or over-the-counter drug abuse ..... 14
Cancer. ..... 12
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases ..... 12
Alcohol use or abuse ..... 12
Violence or crime ..... 9
Access to affordable healthy food ..... 9
Environmental issues (air, water, wind turbines, animal waste) ..... 7
Lack of physical activity ..... 7
Affordable Healthcare ..... 7
Driving problems/aggressive driving/drunk driving ..... 7
Aging/aging population ..... 3
Tobacco use ..... 1
Lead poisoning ..... <1
Teen pregnancy ..... $<1$
Infant mortality ..... <1

## APPENDIX B: SURVEY METHODOLOGY

# SURVEY METHODOLOGY 

## 2018 Community Health Survey

The 2018 Community Health Survey was conducted from February 20 through May 12, 2018. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer based on the number of adults in the household ( $\mathrm{n}=220$ ). 2) A cell-phone only sample where the person answering the phone was selected as the respondent $(\mathrm{n}=180)$. For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the area. With a sample size of 400 , the margin of error is $\pm 5 \%$. The margin of error for smaller subgroups is larger.

## 2015 Community Health Survey

The 2015 Community Health Survey was conducted from March 16 through May 14, 2015. Six-hundred eightythree respondents were scientifically selected from the West Allis/West Milwaukee and Wauwatosa Community Health Surveys landline and cell-only samples so that the survey would be representative of all adults 18 and older in the newly defined area. Post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the area. With a sample size of 683 , the margin of error is $\pm 4 \%$. The margin of error for smaller subgroups is larger.

## 2012 Community Health Survey

The 2012 Community Health Survey was conducted June 20 through September 11, 2012. Six-hundred eightythree respondents were scientifically selected from the West Allis/West Milwaukee and Wauwatosa Community Health Surveys landline and cell-only samples so that the survey would be representative of all adults 18 and older in the newly defined area. Post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the area. With a sample size of 683 , the margin of error is $\pm 4 \%$. The margin of error for smaller subgroups is larger.

2009 Community Health Survey
The 2009 Community Health Survey was conducted September 30, 2009 through January 7, 2010. Six-hundred eighty-three respondents were scientifically selected from the West Allis/West Milwaukee and Wauwatosa Community Health Surveys landline and cell-only samples so that the survey would be representative of all adults 18 and older in the newly defined area. Respondents in the cell-only sample were offered a $\$ 20$ reimbursement to cover the cost of incoming minutes. Post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 683 , the margin of error is $\pm 4 \%$. The margin of error for smaller subgroups is larger.

## 2006 Community Health Survey

The 2006 Community Health Survey were conducted from March 14 through July 5, 2006. Six-hundred eightythree respondents were scientifically selected from the West Allis/West Milwaukee and Wauwatosa Community Health Surveys landline sample so that the survey would be representative of all adults 18 and older in the newly defined area. Post-stratification was conducted by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 683 , the margin of error is $\pm 4 \%$. The margin of error for smaller subgroups is larger.


[^0]:    1 "Chapter 61: Counseling to Prevent Dental and Periodontal Diseases." U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. $2^{\text {nd }}$ ed. Baltimore: Williams \& Wilkins, 1996. Page 711.

[^1]:    ${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2009; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012 ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015; ${ }^{4}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
    

[^2]:    2"Screening for Breast Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2009. Agency for Healthcare Research and Quality, 2009.

[^3]:    3"Screening for Colorectal Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32-35.

[^4]:    ${ }^{4 "}$ "Screening for Colorectal Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2005. Agency for Healthcare Research and Quality, 2005. Pages 32-35.

[^5]:    ${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

[^6]:    ${ }^{\circ}$ Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2012; ${ }^{2}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2015
    ${ }^{3}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018
    ${ }^{\text {a }}$ year difference at $\mathrm{p} \leq 0.05$ from 2012 to 2018; byear difference at $\mathrm{p} \leq 0.05$ from 2015 to 2018

[^7]:    ${ }^{( }$Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

[^8]:    ${ }^{\circledR}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

[^9]:    ${ }^{\top}$ Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
    ${ }^{1}$ demographic difference at $\mathrm{p} \leq 0.05$ in 2018

