

Waukesha County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Waukesha County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care in partnership with Waukesha County Health Department and the Center for Urban Population Health Research. Additional data is available at www.aurora.org or www.waukeshacounty.gov/publichealthstatistics.

Overall Health						Health Conditions in Past 3 Years					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Excellent	26%	27%	29%	22%	23%	High Blood Cholesterol	16%	13%	17%	26%	24%
Very Good	41%	41%	37%	42%	45%	High Blood Pressure	14%	17%	17%	26%	22%
Fair or Poor	7%	8%	8%	9%	9%	Mental Health Condition			1%	5%	13%
<i>Other Research: (2008)</i>						<i>Asthma (Current)</i>					
<i>Fair or Poor</i>											
Health Care Coverage						Physical Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Not Covered						Physical Activity/Week					
Personally (currently)	3%	4%	3%	3%	8%	Moderate Activity (5 times/30 min)			28%	35%	41%
Personally (past 12 months)					11%	Vigorous Activity (3 times/20 min)				29%	33%
Household Member (past 12 months)			12%	12%	12%	Recommended Moderate or Vigorous				48%	53%
Advance Care Plan			36%	44%	40%	Overweight	53%	58%	53%	59%	63%
Primary Source of Health Advice						Fruit Intake (2+ servings/day)			69%	68%	68%
Doctor/nurse practitioner's office				87%	86%	Vegetable Intake (3+ servings/day)			28%	28%	30%
Urgent care center				5%	4%	<i>Other Research:</i>					
Public hlth clinic/comm. hlth center				3%	3%	<i>Overweight (2008)</i>					
<i>Other Research: (2008)</i>						<i>Recommended Mod or Vig. Activity (2007)</i>					
<i>Personally Not Covered (currently)</i>											
Routine Procedures						Women's Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County			2003	2006	2009
Routine Checkup (2 years or less)	86%	86%	84%	86%	84%	Mammogram (40+; within past 2 years)			83%	83%	80%
Cholesterol Test (4 years or less)			78%	83%	82%	Bone Density Scan (65+)				68%	76%
Dental Checkup (past year)	75%	74%	80%	77%	74%	Pap Smear (18 - 65; within past 3 years)			93%	94%	89%
Eye Exam (past year)	45%	46%	55%	47%	41%	<i>Other Research: (2008)</i>					
<i>Other Research:</i>						<i>Mammogram (40+; within past 2 years)</i>					
<i>Routine Checkup (≤2 years; 2000)</i>						<i>Pap Smear (18+, within past 3 years)</i>					
<i>Cholesterol Test (≤5 years; 2007)</i>											
<i>Dental Checkup (past year; 2008)</i>											
Vaccinations						Men's Health					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County			2003	2006	2009
Flu Vaccination (past year—65+)			82%	74%	75%	PSA Test (40+; within past 2 years)				56%	48%
Pneumonia (ever—65 and older)	55%	66%	65%	66%	74%	Digital Rectal Exam (40+; within past year)			36%	51%	39%
<i>Other Research: (2008)</i>						<i>Other Research: (2008)</i>					
<i>Flu Vaccination (past year—65+)</i>						<i>PSA Test (40+; within past 2 years)</i>					
<i>Pneumonia (ever—65 and older)</i>											
Complementary/Alternative Treatments in Past 3 Years						Other Tests					
Waukesha County		2000	2003	2006	2009	Waukesha County			2003	2006	2009
Massage Therapy		11%	19%	25%	28%	Sigmoidoscopy (50+; within past 5 years)					10%
Chiropractic Care		22%	18%	22%	25%	Colonoscopy (50+; within past 10 years)					62%
Aroma Therapy		2%	6%	6%	6%	Sig./Colonoscopy (50+; lifetime)			59%	67%	70%
Acupuncture		<1%	2%	2%	3%	<i>Other Research: (2008)</i>					
						<i>Sig./Colonoscopy (50+; lifetime)</i>					

Safety						Mental Health Status					
Waukesha County	1997	2000	2003	2006	2009	Waukesha County	1997	2000	2003	2006	2009
Seat Belt (always/nearly always)	82%	82%	89%	90%	91%	Felt Sad, Blue or Depressed					
Helmet Use of Those Who Ride Bike/ In-Line Skate(always/nearly always)	24%	25%	31%	37%	39%	Always/Nearly Always	2%	5%	3%	3%	5%
Detectors in Household						Find Meaning and Purpose in Daily Life					
Smoke Detector			98%	98%	96%	Seldom/Never			5%	5%	3%
Carbon Monoxide Detector			45%	51%	59%	Considered Suicide (past year)	2%	3%	2%	3%	4%
Both Detectors			45%	51%	59%	Alcohol Use					
Neither Detector			2%	2%	2%	Waukesha County	1997	2000	2003	2006	2009
<i>Other Research: (2002)</i>				<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...					
Seat Belt (always/nearly always)				82%	88%	Heavy Drinker	5%	--	5%	6%	10%
Cigarette Use						Binge Drinker	27%	18%	16%	16%	27%
Waukesha County	1997	2000	2003	2006	2009	Driver/Passenger in Vehicle When Driver					
Current Smokers	20%	22%	21%	16%	17%	Perhaps Had Too Much to Drink	6%	1%	2%	2%	2%
Of Current Smokers...						HH Problem Associated with Alcohol				2%	3%
Quit Smoking 1 Day or More in Past						<i>Other Research: (2008)</i>				<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit	57%	40%	37%	32%	58%	Heavy Drinker				8%	5%
Saw a Health Care Professional Past Yr.						Binge Drinker				23%	16%
...Advised to Quit Smoking				64%	72%	Personal Safety in Past Year					
<i>Other Research:</i>				<u>WI</u>	<u>U.S.</u>	Waukesha County	1997	2000	2003	2006	2009
Current Smokers (2008)				20%	18%	Afraid for Their Safety	11%	5%	6%	5%	5%
Tried to Quit (2005)				49%	56%	Pushed, Kicked, Slapped, or Hit	4%	2%	2%	2%	4%
						At Least One of the Safety Issues	12%	6%	6%	6%	8%
Smoking Policies						Firearms in Household					
Waukesha County				2009		Waukesha County	1997	2000	2003	2006	2009
Smoking Policy at Home						Of all Households...					
Not allowed anywhere				85%		Have a Firearm	40%	42%	32%	39%	32%
Allowed in some places or at some times				7%		Handgun	17%	18%	--	--	12%
Allowed anywhere				2%		Rifle or shotgun	37%	35%	--	--	29%
No rules inside home				6%		Have a Loaded Firearm			2%	2%	2%
Work's Official Indoor Smoking Policy						Have a Loaded Firearm Unlocked			1%	2%	1%
Not allowed anywhere				84%		<i>Other Research: (2002)</i>					
Allowed in some areas				12%		Of all Households...				<u>WI</u>	<u>U.S.</u>
Allowed in all areas				0%		Have a Firearm				44%	33%
No official policy				4%		Have a Loaded Firearm				3%	8%
Second-Hand Smoke Exposure in Past						Have a Loaded Firearm Unlocked				2%	4%
Seven Days (Of Nonsmokers)						Additional Questions					
0 days				74%		Waukesha County	1997	2000	2003	2006	2009
1 to 3 days				23%		Community Environmental Issues					
4 to 6 days				2%		Major or Moderate Problem					
All 7 days				<1%		Mosquito Control				26%	35%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>				<u>WI</u>	<u>U.S.</u>	Safe Drinking Water			23%	21%	19%
Smoking Prohibited at Home				75%	79%	West Nile Virus				6%	4%
Smoke-Free Policy at Indoor Worksite				75%	75%	Main Factor for Not Exercising					
						Time				43%	38%
						Motivation				20%	22%
						Health Problems				17%	14%
						20+ Minutes Exercise with Heart					
						Beating Faster/Breathing Rate Increasing					
						Three or More Times/Week	45%	47%	55%	52%	65%

Overall Health and Health Care Key Findings

In 2009, 68% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were inactive or smokers were more likely to report fair or poor conditions. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported their health fair or poor.*

In 2009, 8% of respondents reported they were not currently covered by health care insurance; respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eleven percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve percent reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eighty-six percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents in the top 40 percent household income bracket were more likely to report this. Forty percent of respondents had an advance care plan; respondents 65 and older were more likely to report this. *From 1997 to 2009, the overall percent statistically increased for respondents 18 and older or for respondents 18 to 64 years old who reported no current personal health care insurance. From 2003 to 2009, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2009, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2009, 84% of respondents reported a routine medical checkup two years ago or less while 82% reported a cholesterol test four years ago or less. Seventy-four percent of respondents reported a visit to the dentist in the past year while 41% reported an eye exam in the past year. Respondents who were in the top 40 percent household income bracket or married were more likely to report a routine checkup two years ago or less. Respondents who were 65 and older, in the top 40 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. 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. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a dental checkup in the past year or an eye exam in the past year. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a cholesterol test four years ago or less.*

In 2009, 45% of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year. Respondents who were 65 and older or married were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past 12 months. From 2003 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 1997 to 2009, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2009, out of eight health conditions listed, the two most often mentioned in the past three years were high blood cholesterol or high blood pressure (24% and 22%, respectively). Respondents who were 65 and older or

in the bottom 40 percent household income bracket were more likely to report high blood pressure. Respondents who were 65 and older or did an insufficient amount of physical activity were more likely to report high blood cholesterol. Respondents who were 65 and older, in the bottom 60 percent household income bracket, unmarried or inactive were more likely to report heart disease/condition. Respondents with some post high school education or less or in the bottom 60 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, overweight, inactive or did an insufficient amount of physical activity were more likely to report diabetes. Respondents 35 to 44 years old were more likely to report current asthma. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported high blood pressure, high blood cholesterol or stroke. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting heart disease/condition or diabetes. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a mental health condition, possibly the result of wording changes. From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported current asthma.*

In 2009, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were 35 to 54 years old or in the bottom 60 percent household income bracket were more likely to report this. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed. From 1997 to 2009, there was no statistical change in the overall percent of respondents who reported they considered suicide. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2009, out of four complementary/alternative treatments listed, massage therapy was the most often used in the past three years (28%). Respondents who were 18 to 34 years old were more likely to report chiropractic care. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 percent household income bracket were more likely to report massage therapy. Respondents who were female, 45 to 54 years old or married were more likely to report aroma therapy. *From 2000 to 2009, there was no statistical change in the overall percent of respondents reporting chiropractic care. From 2000 to 2009, there was a statistical increase in the overall percent of respondents reporting massage therapy, aroma therapy or acupuncture.*

In 2009, 41% of respondents did moderate physical activity five times a week for 30 minutes while 33% did vigorous activity three times a week for 20 minutes. Combined, 53% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-three percent of respondents were classified as overweight. Respondents who were male or inactive were more likely to be classified as overweight. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2009, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or meeting the recommended amount of physical activity. From 1997 to 2009, there was a statistical increase in the overall percent of respondents being overweight.*

In 2009, 68% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, in the top 40 percent household income bracket, married or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket, who were married or who met the

recommended amount of physical activity were more likely to report at least three servings of vegetables a day. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit or three or more servings of vegetables on an average day.*

In 2009, 80% of female respondents 40 and older reported a mammogram within the past two years. Seventy-six percent of female respondents 65 and older had a bone density scan. Eighty-nine percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with some post high school education or in the top 40 percent household income bracket were more likely to report this. *From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years or a pap smear within the past three years. From 2006 to 2009, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan.*

In 2009, 48% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Thirty-nine percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2006 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2009, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2009, 10% of respondents 50 and older reported a sigmoidoscopy within the past five years while 62% reported a colonoscopy within the past ten years. Unmarried respondents were more likely to report a sigmoidoscopy within the past five years. Seventy percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime. Part of this increase may be the result of changing the survey question from a combined question to separate exam questions.*

In 2009, 91% of respondents wore seat belts always or nearly always; respondents who were female, 35 to 44 years old or in the top 40 percent household income bracket were more likely to report this. Of those respondents who rode a bike, used in-line skates or rode a scooter, 39% reported they always or nearly always wore a helmet; respondents who were in the top 40 percent household income bracket or married were more likely to report this. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents who reported they always or nearly always wore a seat belt or they always or nearly always wore a helmet.*

In 2009, 17% of respondents were current smokers. Respondents who were 45 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. Fifty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 72% of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 1997 to 2009, there was no statistical change in the overall percent of respondents who were current smokers. From 1997 to 2009, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer because they were trying to quit. From 2006 to 2009, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2009, 85% of respondents reported smoking is not allowed anywhere inside the home while 84% reported smoking is not allowed in any area at work. Respondents in the top 40 percent household income bracket, who were married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were female, 35 to 44 years old, with a college education or in the top 40 percent household income bracket were more likely to report smoking is not allowed in any area at work. Two percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days.

In 2009, 82% of respondents had an alcoholic drink in the past 30 days. In the past month, 10% were heavy drinkers while 27% were binge drinkers. Respondents in the bottom 60 percent household income bracket were more likely to report heavy drinking in the past month. Respondents who were male, 18 to 34 years old or unmarried were more likely to have binged at least once in the past month. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Three percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting heavy drinking. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting binge drinking in the past month. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much to drink. From 2006 to 2009, 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 in the past year.*

In 2009, 96% of households had a working smoke detector while 59% had a working carbon monoxide detector. Fifty-nine percent of households had both detectors. Respondents who were in the top 40 percent household income bracket or were married were more likely to report both detectors. *From 2003 to 2009, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2009, 32% of households had a firearm in or around the home; married respondents were more likely to report this. Of all households, 12% had a handgun in their home while 29% had a rifle or shotgun. Married respondents were more likely to report a handgun or a rifle/shotgun in their home. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked. *From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a firearm in or around their home. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents who reported having a handgun or rifle/shotgun in or around their home. From 2003 to 2009, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2009, 5% of respondents reported someone made them afraid for their personal safety in the past year; female respondents were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old were more likely to report this. A total of 8% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. *From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 1997 to 2009, there was no statistical change in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 1997 to 2009, there was a statistical decrease in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2009, out of three environmental health issues that communities may face, the most often cited major or moderate problem in the community was mosquito control (35%) followed by safe drinking water (19%). Four percent reported West Nile Virus as a major or moderate problem. Respondents who were female or 45 to 54 years old were more likely to report mosquito control. Respondents in the middle 20 percent household income bracket were more likely to report safe drinking water as a major or moderate problem. *From 2006 to 2009, there was a statistical increase in the overall percent of respondents reporting mosquito control as a major/moderate problem in their community. From 2003 to 2009, there was no statistical change in the overall percent of respondents reporting safe drinking water as a major or moderate problem in their community. From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting West Nile Virus as a major/moderate problem.*

In 2009, 38% of respondents reported time as the main factor for not exercising followed by 22% who reported motivation and 14% who reported health problems. Respondents who were 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 time as a main factor for not exercising. Respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report motivation as a main factor. Respondents who were 65 and older, in the bottom 40 percent household income bracket or inactive were more likely to report health problems as a main factor. Sixty-five percent of respondents reported they exercised at least three times a week for at least 20 minutes with continuous movement that resulted in their heart beating faster and their breathing rate increasing. Respondents who were male, with a college education, in the top 40 percent household income bracket or who were not overweight were more likely to report this. *From 2006 to 2009, there was no statistical change in the overall percent of respondents reporting time, health problems or motivation as the main factor that keeps them from exercising. From 1997 to 2009, there was a statistical increase in the overall percent of respondents reporting they exercised at least three times a week.*