Manitowoc County
Community Health Survey Report
2019

Commissioned By:
Aurora Health Care
Holy Family Memorial
Lakeshore CAP
Lakeshore Community Health Care
Manitowoc County Health Department
United Way Manitowoc County

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Purpose

The purpose of this project is to provide Manitowoc County with information from an assessment conducted in the Winter 2018/2019, of the health status of county residents. Primary objectives are to:

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

This report was commissioned by Aurora Health Care, Holy Family Memorial, Lakeshore CAP, Lakeshore Community Health Care, United Way Manitowoc County and Manitowoc County 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 Manitowoc County Public Health Department (920) 863-4155.

Methodology

Data Collection
Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the county. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer and based on the number of adults in the household (n=220). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=180). At least 8 attempts were made to contact a respondent in each sample. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated. A total of 400 telephone interviews were completed between February 2, 2019 and March 5, 2019.

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

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 ±5 percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the county. This margin of error provides us with confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than ±5 percent, since fewer respondents are in that category (e.g., adults who were asked about a random child in the household).

What do the Percentages Mean?
In 2017, the Census Bureau estimated 62,655 adult residents live in Manitowoc County. Thus, in this report, one percentage point equals approximately 630 adults. So, when 19% of respondents reported their health was fair or poor, this roughly equals 11,970 residents 3,150 individuals. Therefore, from 8,820 to 15,120 residents likely have fair or poor health. Because the margin of error is ±5%, events or health risks that are small will include zero.

In 2017, the Census Bureau estimated 34,446 occupied housing units in Manitowoc County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2017 household estimate, each percentage point for household-level data represents approximately 340 households.

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

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

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

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

Overweight status: Calculated using the Center for Disease Control's Body Mass Index (BMI) of kilograms/meter^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: Current smoker is defined as someone who smoked a tobacco cigarette at least some days.

Binge drinking: The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2019, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. In 2007 and 2010, the definition was five or more drinks, regardless of gender.

Demographic Profile
The following table includes the weighted demographic breakdown of respondents in the county.

Table 1. Weighted Demographic Variables of Community Health Survey Respondents for 2019 (Q26, Q75, Q80, Q81 & Q88)[1,2]

	Survey Results
TOTAL	100%
Gender	
Male	50%
Female	51
Age	
18 to 34	24%
35 to 44	16
45 to 54	21
55 to 64	18
65 and Older	22
Education	
High School Graduate or Less	32%
Some Post High School	35
College Graduate	33
Household Income	
Bottom 40 Percent Bracket	41%
Middle 20 Percent Bracket	19
Top 40 Percent Bracket	32
Not Sure/No Answer	7
Married	63%

[1]Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
[2]Race and ethnicity breakdowns had too few cases for statistical reliability in crosstabulations (Q78 & Q79).

How to Read the Report

Statistical Significance
The use of statistics is to determine whether a true difference between two percentages is likely to exist. If a difference is statistically significant, it is unlikely that the difference between the two percentages is due to chance. Conversely, if a difference is not statistically significant, it is likely there is no real difference. For example, the difference between the percentage of adults reporting in 2007 they reported high blood pressure (28%) and the percentage of adults reporting this in 2019 (31%) is not statistically significant and so it is likely not a real difference; it is within the margin of error of the survey.

Data Interpretation
Data that has been found "statistically significant" and "not statistically significant" are both important for stakeholders to better understand county residents as they work on action plans. Additionally, demographic cross-tabulations provide information on whether or not there are statistically significant differences within the demographic categories (gender, age, 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 state and national percentages are included to provide another perspective of the health issues.

Report Setup

1) Executive Summary—The Executive Summary includes a trend data table for the analyzed survey questions and comparisons to the most recent state percentages, national percentages and Healthy People 2020 goals, wherever possible. Also included is a summary of the key findings for each topic.
2) Key Findings—The Key Findings are broken down by:
   a. Main Topics—overarching topics such as Overall Health, Health Care Coverage, Health Care Needed, and Health Information and Services. Each main topic starts on a new page and is in **bold** in the report.
   b. Key Findings—The first paragraph summarizes 2019 demographic findings of survey questions included in the main topic. The second paragraph, in *italics*, indicates if the 2019 percentages statistically changed over time.
   c. Sub-Topics—Applicable survey questions are analyzed within each main topic and are listed in **bold**. For example, "Personally Not Covered Currently," "Personally Not Covered in Past Year," and "Someone in Household Not Covered in Past Year" are the sub-topics within Health Care Coverage.
      i. Recommendations and/or Healthy People 2020 goals—*italicized* statements immediately after the sub-topic title, where possible.
      ii. Data Comparisons—National and Wisconsin percentages are listed, when available. This information is *italicized* as well.
      iii. <u>2019 Findings</u>
         1. First bullet—lists the percentages for sub-topic survey question response categories. Occasionally, a figure is included to visually see the breakdown. Open bullets are used when there is a skip pattern or filter in the questionnaire and fewer respondents were asked the survey question.
         2. Remaining bullets—a bullet is written for each demographic variable that is significant in 2019. It compares the highest and lowest percentages. The order of bullets is gender, age, education, household income and marital status. Overweight status, physical activity and smoking status are included for some analysis. Household income, marital status and presence of children are the demographic variables used for household-level questions since respondent-level variables cannot be used. Open bullets are used to indicate fewer respondents.
      iv. <u>2007 to 2019 Year Comparisons</u>
         1. First bullet—This bullet statistically compares the 2007 percent to the 2019 percent to determine if it has remained the same, increased or decreased. Open bullets are used to indicate fewer respondents.
         2. Remaining bullets—Each remaining bullet first indicates if the demographic variable was significant in 2007 and/or 2019. Secondly, the bullet includes if there were any changes within the demographic categories from 2007 to 2019. A bullet is omitted if there is no statistical significance in both cases. Open bullets are used to indicate fewer respondents.
      v. <u>2016 to 2019 Year Comparisons</u>—same format as the 2007 to 2019 Year Comparisons, but compares 2016 to 2019 percentages instead.
      vi. Sub-Topic Table—Percentages, whether statistically significant or not, are listed for each survey question analyzed and broken down by demographic variables to determine the bullets for "2019 Findings," "2007 to 2019 Year Comparisons" and "2016 to 2019 Year Comparisons." Statistically significant demographic differences within years are indicated by [1], [2], [3], [4] and/or [5] depending upon the number of years data is available. Statistically significant differences between years are indicated by [a] and/or [b] depending on the number of years of data. The table includes the survey question number in the title.
      vii. Trend Figure—after all survey questions within the main topic is analyzed, a trend graph containing the sub-topics is included. The prevalence of the analyzed percent is the y-axis (vertical line) and the survey years is the x-axis (horizontal line).
3) Appendix A—The survey questionnaire listing each question and the percent breakdowns are included.

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

Executive Summary

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

	Manitowoc					WI	US
Overall Health	2007	2010	2013	2016	2019	*2017*	*2017*
Excellent/Very Good	51%	57%	52%	51%	45%	*52%*	*51%*
Good	30%	30%	32%	31%	36%	*NA*	*NA*
Fair or Poor	18%	14%	16%	17%	19%	*17%*	*18%*
	Manitowoc					WI	US
Health Care Coverage	2007	2010	2013	2016	2019	*2017*	*2017*
Not Covered							
Personally (Currently) [HP2020 Goal: 0%]	7%	15%	6%	2%	3%	*8%*	*13%*
Personally (Past Year)	--	22%	9%	6%	5%	*NA*	*NA*
Household Member (Past Year)	19%	23%	13%	6%	8%	*NA*	*NA*
	Manitowoc					WI	US
Did Not Receive Care Needed in Past Year	2007	2010	2013	2016	2019	*2017*	*2017*
Delayed/Did Not Seek Care Due to Cost	--	--	--	16%	15%	*11%*	*12%*
Unmet Need/Care in Household						*NA*	*NA*
Prescription Medication Not Taken Due to Cost [HP2020 Goal: 3%]	--	--	10%	12%	9%		
Medical Care [HP2020 Goal: 4%]	--	--	11%	10%	7%	*NA*	*NA*
Dental Care [HP2020 Goal: 5%]	--	--	11%	11%	16%	*NA*	*NA*
Mental Health Care	--	--	2%	3%	4%	*NA*	*NA*
Health Information and Services	Manitowoc					WI	US
Primary Source of Health Information	2007	2010	2013	2016	2019	*2017*	*2017*
Doctor	--	--	--	55%	59%	*NA*	*NA*
Internet	--	--	--	18%	20%	*NA*	*NA*
Myself/Family Member in Health Field	--	--	--	8%	4%	*NA*	*NA*
Other Health Professional	--	--	--	7%	7%	*NA*	*NA*
Family/Friends	--	--	--	1%	6%	*NA*	*NA*
Have a Primary Care Physician [HP2020 Goal: 84%]	--	--	--	88%	90%	*NA*	*NA*
Primary Health Services							
Doctor/Nurse Practitioner's Office	72%	77%	78%	63%	65%	*NA*	*NA*
Urgent Care Center	10%	3%	9%	20%	18%	*NA*	*NA*
Public Health Clinic/Com. Health Center	11%	8%	6%	4%	5%	*NA*	*NA*
Hospital Outpatient	2%	3%	1%	<1%	3%	*NA*	*NA*
Hospital Emergency Room	1%	2%	1%	4%	2%	*NA*	*NA*
No Usual Place	3%	5%	4%	8%	7%	*NA*	*NA*
Advance Care Plan	37%	33%	38%	47%	43%	*NA*	*NA*
	Manitowoc					WI	US
Vaccinations (65 and Older)	2007	2010	2013	2016	2019	*2017*	*2017*
Flu Vaccination (Past Year)	67%	58%	73%	78%	71%	*53%*	*61%*
Pneumonia (Ever) [HP2020 Goal: 90%]	65%	65%	71%	70%	74%	*80%*	*75%*
	Manitowoc					WI	US
Fall/Injury as a Result (55 and Older)	2007	2010	2013	2016	2019	*2017*	*2017*
Fell (Past Year)	--	--	--	--	24%	*NA*	*NA*
Fall Resulted in Injury that Limited Activity for 1 Day or Saw a Doctor (Of Respondents Who Fell in Past Year)	--	--	--	--	32%	*NA*	*NA*

--Not asked. NA-WI and/or US data not available.

Health Conditions in Past 3 Years	Manitowoc					*WI*	*US*
Manitowoc County	2007	2010	2013	2016	2019	*2017*	*2017*
High Blood Pressure	28%	26%	30%	31%	31%	*NA*	*NA*
High Blood Cholesterol	28%	29%	26%	16%	24%	*NA*	*NA*
Mental Health Condition	9%	12%	16%	15%	19%	*NA*	*NA*
Diabetes	9%	6%	11%	9%	13%	*NA*	*NA*
Heart Disease/Condition	11%	9%	11%	10%	8%	*NA*	*NA*
Asthma (Current)	12%	7%	8%	13%	14%	*10%*	*9%*

Condition Controlled Through Meds, Therapy or Lifestyle Changes	Manitowoc					*WI*	*US*
	2007	2010	2013	2016	2019	*2017*	*2017*
High Blood Pressure	--	--	94%	94%	98%	*NA*	*NA*
High Blood Cholesterol	--	--	88%	91%	88%	*NA*	*NA*
Mental Health Condition	--	--	94%	98%	75%	*NA*	*NA*
Diabetes	--	--	98%	97%	92%	*NA*	*NA*
Heart Disease/Condition	--	--	91%	82%	97%	*NA*	*NA*
Asthma (Current)	--	--	100%	91%	100%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Routine Procedures	2007	2010	2013	2016	2019	*2017*	*2017*
Routine Checkup (2 Years Ago or Less)	80%	77%	79%	86%	92%	*82%*	*83%*
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	78%	73%	75%	79%	76%	*83%*	*86%*
Dental Checkup (Past Year) [HP2020 Goal: 49%]	71%	65%	70%	69%	70%	*73%*	*66%*
Eye Exam (Past Year)	48%	45%	46%	47%	45%	*NA*	*NA*

Physical Health	Manitowoc					*WI*	*US*
Physical Activity/Week	2007	2010	2013	2016	2019	*2009*	*2009*
Moderate Activity (5 Times/30 Min)	38%	42%	32%	36%	34%	*NA*	*NA*
Vigorous Activity (3 Times/20 Min)	24%	23%	20%	36%	29%	*NA*	*NA*
Recommended Moderate or Vigorous	48%	49%	42%	51%	45%	*53%*	*51%*
Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%]	--	--	--	--	64%	*NA*	*NA*

Body Weight	Manitowoc					*WI*	*US*
Overweight Status	2007	2010	2013	2016	2019	*2017*	*2017*
Overweight (BMI 25.0+) [HP2020 Goal: 66%]	63%	66%	73%	71%	76%	*67%*	*66%*
Obese (BMI 30.0+) [HP2020 Goal: 31%]	21%	28%	34%	42%	43%	*32%*	*31%*

	Manitowoc					*WI*	*US*
Nutrition and Food Security	2007	2010	2013	2016	2019	*2009*	*2009*
Fruit Intake (2+ Servings/Day)	63%	65%	60%	62%	58%	*NA*	*NA*
Vegetable Intake (3+ Servings/Day)	24%	23%	23%	26%	30%	*NA*	*NA*
At Least 5 Fruit/Vegetables/Day	35%	40%	30%	40%	34%	*23%*	*23%*
Often Read Label of Food Product/Order Restaurant for First Time	--	--	--	52%	39%	*NA*	*NA*
Household Went Hungry in Past Year	--	--	1%	2%	4%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Colorectal Cancer Screenings (50 and Older)	2007	2010	2013	2016	2019	*2016*	*2016*
Blood Stool Test (Within Past Year)	23%	--	12%	10%	13%	*7%*	*8%*
Sigmoidoscopy (Within Past 5 Years)	--	7%	7%	7%	9%	*3%*	*2%*
Colonoscopy (Within Past 10 Years)	--	70%	70%	74%	73%	*70%*	*64%*
One of Screenings in Recommended Time Frame	--	71%	75%	77%	77%	*74%*	*68%*

--Not asked. NA-WI and/or US data not available.

	Manitowoc					*WI*	*US*
Women's Health	2007	2010	2013	2016	2019	*2016*	*2016*
Mammogram (50+; Within Past 2 Years)	80%	80%	81%	80%	80%	*80%*	*78%*
Bone Density Scan (65 and Older)	59%	78%	84%	84%	78%		
Cervical Cancer Screening						*2014*	*2014*
Pap Smear (18 – 65; Within Past 3 Years)	80%	81%	83%	81%	89%	*77%*	*75%*
HPV Test (18 – 65; Within Past 5 Years)	--	--	--	49%	63%	*NA*	*NA*
Screening in Recommended Time Frame (18-29: Pap Every 3 Years; 30 to 65: Pap and HPV Every 5 Years or Pap Only Every 3 Years)	--	--	--	85%	96%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Tobacco Cigarette Smokers or Vaporers	2007	2010	2013	2016	2019	*2017*	*2017*
Current Smokers (Past Month) [HP2020 Goal: 12%]	20%	25%	19%	21%	16%	*16%*	*17%*
Current Vaporers (Past Month)	--	--	--	4%	3%	*5%*	*5%*
Of Current Smokers/Vaporers…						*2005*	*2005*
Quit Smoking/Vaping 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal Quit Smoking: 80%]	32%	37%	44%	64%	31%	*49%*	*56%*
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping	67%	80%	90%	75%	61%	*NA*	*NA*

Exposure to Smoke	Manitowoc					*WI*	*US*
Smoking Policy at Home	2007	2010	2013	2016	2019	*2003*	*2005*
Not Allowed Anywhere	--	70%	78%	85%	83%	*75%*	*79%*
Allowed in Some Places/At Some Times	--	7%	9%	5%	10%	*NA*	*NA*
Allowed Anywhere	--	4%	2%	3%	1%	*NA*	*NA*
No Rules Inside Home	--	19%	11%	8%	7%	*NA*	*NA*
Nonsmokers/Nonvaporers Exposed to Second-Hand Smoke/Vapor in Past 7 Days [HP2020 Goal Nonsmokers: 34%]	--	12%	17%	10%	15%		

	Manitowoc					*WI*	*US*
Other Tobacco Products in Past Month	2007	2010	2013	2016	2019	*2017*	*2017*
Smokeless Tobacco	--	--	--	3%	5%	*2%*	*2%*
Cigars, Cigarillos or Little Cigars	--	--	--	2%	3%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Alcohol Use in Past Month	2007	2010	2013	2016	2019	*2017*	*2017*
Binge Drinker* [HP2020 Goal 5+ Drinks: 24%]	28%	23%	20%	40%	30%	*24%*	*17%*
Driver/Passenger When Driver Perhaps Had Too Much to Drink	4%	2%	3%	<1%	1%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Household Problems Associated With…	2007	2010	2013	2016	2019	*2017*	*2017*
Alcohol	3%	3%	2%	3%	1%	*NA*	*NA*
Misuse of Prescription or OTC Drugs	--	--	<1%	<1%	3%	*NA*	*NA*
Marijuana	--	--	2%	<1%	<1%	*NA*	*NA*
Cocaine, Heroin or Other Street Drugs	--	--	0%	0%	<1%	*NA*	*NA*
Gambling	--	--	2%	<1%	<1%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Personal Safety in Past Year	2007	2010	2013	2016	2019	*2017*	*2017*
Afraid for Their Safety	5%	3%	4%	3%	3%	*NA*	*NA*
Pushed, Kicked, Slapped, or Hit	2%	2%	5%	1%	3%	*NA*	*NA*
At Least One of the Safety Issues	5%	4%	7%	4%	3%	*NA*	*NA*

--Not asked. NA-WI and/or US data not available.

*In 2007 and 2010, binge drinking was defined as 5 or more drinks regardless of gender. Since 2013, binge drinking has been defined as 4 or more drinks for females and 5 or more drinks for males to account for metabolism differences.

	Manitowoc					*WI*	*US*
Times of Distress in Past Three Years	2007	2010	2013	2016	2019	*2017*	*2017*
Time of Distress and Someone in HH Looked for Community Support	--	--	--	15%	18%	*NA*	*NA*
Of Respondents Who Looked for Support							
Felt Somewhat/Slightly or Not at All Supported	--	--	--	47%	46%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Mental Health Status	2007	2010	2013	2016	2019	*2017*	*2017*
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	4%	4%	6%	5%	5%	*NA*	*NA*
Find Meaning & Purpose in Daily Life							
Seldom/Never	3%	5%	5%	4%	6%	*NA*	*NA*
Considered Suicide (Past Year)	3%	4%	3%	2%	7%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Children in Household	2007	2010	2013	2016	2019	*2017*	*2017*
Personal Health Doctor/Nurse Who Knows Child Well and Familiar with History	--	--	--	96%	88%	*NA*	*NA*
Visited Personal Doctor/Nurse for Preventive Care (Past Year)	--	--	--	84%	94%	*NA*	*NA*
Did Not Receive Care Needed (Past Year)							
Medical Care	--	--	--	9%	3%	*NA*	*NA*
Dental Care	--	--	--	5%	6%	*NA*	*NA*
Specialist	--	--	--	5%	6%	*NA*	*NA*
Current Asthma	--	--	--	4%	4%	*NA*	*NA*
Safe in Community/Neighborhood (Seldom/Never)	--	--	--	0%	4%	*NA*	*NA*
Children 5 to 17 Years Old							
Fruit Intake (2+ Servings/Day)	--	--	--	75%	73%	*NA*	*NA*
Vegetable Intake (3+ Servings/Day)	--	--	--	25%	29%	*NA*	*NA*
5+ Fruit/Vegetables per Day	--	--	--	30%	45%	*NA*	*NA*
Physical Activity (60 Min./5 or More Days/Week)	--	--	--	69%	55%	*NA*	*NA*
Unhappy, Sad or Depressed Always/Nearly (Past 6 Mo.)	--	--	--	0%	6%	*NA*	*NA*
Experienced Some Form of Bullying (Past Year)	--	--	--	27%	21%	*NA*	*NA*
Verbally Bullied	--	--	--	27%	19%	*NA*	*NA*
Physically Bullied	--	--	--	2%	0%	*NA*	*NA*
Cyber Bullied	--	--	--	0%	4%	*NA*	*NA*

	Manitowoc					*WI*	*US*
Top County Health Issues*	2007	2010	2013	2016	2019	*2017*	*2017*
Illegal Drug Use	--	--	14%	45%	50%	*NA*	*NA*
Alcohol Use or Abuse	--	--	30%	24%	25%	*NA*	*NA*
Prescription or OTC Drug Abuse	--	--	5%	15%	22%	*NA*	*NA*
Access to Health Care	--	--	21%	11%	22%	*NA*	*NA*
Chronic Diseases	--	--	22%	17%	17%	*NA*	*NA*
Overweight or Obesity	--	--	28%	24%	17%	*NA*	*NA*
Mental Health or Depression	--	--	6%	9%	13%	*NA*	*NA*
Cancer	--	--	23%	20%	10%	*NA*	*NA*
Violence or Crime	--	--	3%	2%	7%	*NA*	*NA*
Affordable Health Care	--	--	--	5%	7%	*NA*	*NA*
Tobacco Use	--	--	11%	6%	6%	*NA*	*NA*
Access to Affordable Healthy Food	--	--	3%	<1%	4%	*NA*	*NA*
Environmental Issues	--	--	4%	2%	4%	*NA*	*NA*

--Not asked. NA-WI and/or US data not available.

*In 2013 and 2016, respondents were provided a list of health issues. In 2019, the question was open-ended.

General Health
In 2019, 45% of respondents reported their health as excellent or very good; 19% reported fair or poor. Respondents with a high school education or less, in the bottom 40 percent household income bracket, who were married, overweight, inactive or smokers were more likely to report fair or poor health. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2016 to 2019.*

Health Care Coverage and Information
In 2019, 3% of respondents reported they were not currently covered by health care insurance. Five percent of respondents reported they personally did not have health care coverage at least part of the time in the past year; respondents 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. Eight percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2010 to 2019, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past year while from 2016 to 2019, the overall percent statistically remained the same. From 2007 to 2019, 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 while from 2016 to 2019, there was no statistical change.*

In 2019, 15% of respondents reported they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the care in the past year; respondents who were female, 18 to 34 years old or 55 to 64 years old were more likely to report this. Nine percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year. Seven percent of respondents reported there was a time in the past year they did not receive the medical care needed. Sixteen percent of respondents reported there was a time in the past year they did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported there was a time in the past year they did not receive the mental health care needed; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2016 to 2019, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care. From 2013 to 2019, 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 in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically remained the same for respondents who reported unmet medical care or unmet mental health care in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically increased for respondents who reported unmet dental care in the past year, as well as from 2016 to 2019.*

In 2019, 59% of respondents reported they contact a doctor when looking for health information or clarification while 20% reported they look on the Internet. Seven percent reported other health professional. Six percent reported family/friends while 4% reported they were, or a family member was, in the healthcare field. Respondents who were male, 18 to 34 years old or with some post high school education or less were more likely to report they contact a doctor. Female respondents were more likely to report the Internet as their source for health information. Respondents 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report family/friends. Respondents 35 to 44 years old or 55 to 64 years old were more likely to report themselves or a family member in the health field. Ninety percent of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents 65 and older were more likely to report a primary care physician. Sixty-five 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 18% reported an urgent care center followed by 5% reporting a public health cline/community health center. Respondents who were female or 55 and older were more likely to report a doctor's or nurse practitioner's office as their primary health when they are sick. Respondents 35 to 44 years old, in the middle 20 percent household income bracket or married respondents were more likely to report an urgent care center as their primary health care. Respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report a public health

clinic/community health center as their primary health care. Forty-three percent of respondents had an advance care plan; respondents who were female, 65 and older or married were more likely to report an advance care plan. *From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting doctor, the Internet or other health professional as their source of health information/clarification. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting family/friends as their source of health information/clarification. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting they were/family member in health field as their source of health information/clarification. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they have a primary care physician. From 2007 to 2019, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's/nurse practitioner's office or a public health clinic/community health center while from 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, there was no statistical change in the overall percent of respondents having an advance care plan, as well as from 2016 to 2019.*

Routine Procedures

In 2019, 92% of respondents reported a routine medical checkup two years ago or less while 76% reported a cholesterol test four years ago or less. Seventy percent of respondents reported a visit to the dentist in the past year while 45% reported an eye exam in the past year. Respondents who were 65 and older or unmarried were more likely to report a routine checkup two years ago or less. Respondents 45 to 54 years old, with a high school education or less, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents 55 and older or in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. Respondents 65 and older, with a college education or married respondents were more likely to report an eye exam in the past year. *From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a cholesterol test four years ago or less, a dental checkup or an eye exam in the past year, as well as from 2016 to 2019.*

Vaccinations

In 2019, 53% of respondents had a flu vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination, as well as from 2016 to 2019.*

Fallen/Injuries Limited Activities

In 2019, 24% of respondents 55 and older reported in the past year they have fallen at least once. Of the respondents who had fallen in the past year, 32% reported at least one of the falls caused an injury that limited their regular activities for at least a day or caused them to see a doctor.

Health Conditions

In 2019, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (31%) or high blood cholesterol (24%). Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or who were overweight were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or overweight respondents were more likely to report high blood cholesterol. Nineteen percent reported a mental health condition; respondents who were female, 35 to 44 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to report this. Thirteen percent of respondents reported diabetes. Respondents 45 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight or smokers were more likely to report diabetes. Eight percent reported they were

treated for, or told they had heart disease/condition in the past three years; respondents 65 and older were more likely to report this. Fourteen percent reported current asthma; respondents with a high school education or less, with a college education or married respondents were more likely to report current asthma. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, diabetes, heart disease/condition or current asthma, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2016 to 2019, there was a statistical increase. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported a mental health condition while from 2016 to 2019, there was no statistical change.*

Times of Distress

In 2019, 18% of respondents reported someone in their household experienced times of distress in the past three years and looked for community support; respondents who were in the bottom 60 percent household income bracket or unmarried more likely to report this. Forty-six percent of respondents who looked for community resource support reported they felt somewhat, slightly or not at all supported. *From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported someone in their household experienced times of distress in the past three years or they felt somewhat, slightly or not at all supported by the community resources*.

Mental Health Status

In 2019, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seven percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents 18 to 34 years old, with some post high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past month or they seldom or never find meaning and purpose in daily life, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year, as well as from 2016 to 2019.*

Physical Health

In 2019, 34% 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, 45% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-four percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were 65 and older or not overweight were more likely to report this. *From 2007 to 2019, 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, as well as from 2016 to 2019. From 2007 to 2019, 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 while from 2016 to 2019, there was a statistical <u>decrease</u>. From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2016 to 2019.*

In 2019, 76% of respondents were classified as at least overweight while 43% were obese. Respondents who were 35 to 44 years old or did an insufficient amount of physical activity were more likely to be classified as at least overweight. Respondents who were 35 to 54 years old, married or did an insufficient amount of physical activity were more likely to be obese. *From 2007 to 2019, there was a statistical increase in the overall percent of respondents being at least overweight or being obese while from 2016 to 2019, there was no statistical change*.

Nutrition and Food Insecurity

In 2019, 58% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 18 to 44 years old, with some post high school education, in the middle 20 percent household income bracket or who did at least some physical activity were more likely to report at least three servings

of vegetables on an average day. Thirty-four percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket, who were unmarried or did at least some physical activity were more likely to report this. Thirty-nine percent of respondents reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information; respondents who were not overweight or met the recommended amount of physical activity were more likely to report this. Four percent of respondents reported their household went hungry because they couldn't afford enough food in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2016 to 2019. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year while from 2016 to 2019, there was no statistical change.*

Women's Health

In 2019, 80% of female respondents 50 and older reported a mammogram within the past two years. Seventy-eight 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. Sixty-three percent of respondents 18 to 65 years old reported an HPV test within the past five years. Ninety-six percent of respondents reported they received a cervical cancer test in the time frame recommended (18 to 29 years old: pap smear within past three years; 30 to 65 years old: pap smear and HPV test within past five years or pap smear only within past three years). *From 2007 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan while from 2016 to 2019, there was no statistical change. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years while from 2016 to 2019, there was no statistical change. From 2016 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting an HPV test within the past five years. From 2016 to 2109, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting a cervical cancer screen within the recommended time frame.*

Colorectal Cancer Screening

In 2019, 13% of respondents 50 and older reported a blood stool test within the past year. Nine percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 73% reported a colonoscopy within the past ten years. This results in 77% of respondents meeting the current colorectal cancer screening recommendations; respondents with a college education were more likely to report this. *From 2007 to 2019, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years, as well as from 2016 to 2019. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame, as well as from 2016 to 2019.*

Alcohol Use

In 2019, 30% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents who were male, 35 to 44 years old, with some post high school education or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. One percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month while from 2016 to 2019, there was a noted decrease. From 2007 to 2019, 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 in the past month while from 2016 to 2019, there was no statistical change.

Tobacco Use

In 2019, 16% of respondents were current tobacco cigarette smokers; respondents with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. Three percent of respondents used electronic cigarettes in the past month. Thirty-one percent of current smokers or vaporers quit for one day or longer because they were trying to quit in the past year. Sixty-one percent of current smokers/vaporers who saw a health professional in the past year reported the professional advised them to quit smoking or vaping. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers while from 2016 to 2019, there was a statistical decrease. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting electronic vapor product use in the past month. From 2007 to 2019, there was no statistical change in the overall percent of current tobacco cigarette smokers or vaporers who quit smoking or vaping for at least one day because they were trying to quit while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of current smokers or vaporers who reported their health professional advised them to quit smoking or vaping, as well as from 2016 to 2019. Please note: in 2019, tobacco cessation and health professional advised quitting included current vaporers. In previous years, both questions were asked of current smokers only*

In 2019, 83% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Fifteen percent of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor in the past seven days; respondents who were male, 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this. *From 2010 to 2019, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of nonsmoking or nonvaping respondents who reported they were exposed to second-hand smoke or vapor in the past seven days while from 2016 to 2019, there was a statistical increase. Please note: in 2019, second-hand smoke exposure included vaping.*

In 2019, 5% of respondents used smokeless tobacco in the past month while 3% of respondents used cigars, cigarillos or little cigars. Respondents who were female, 18 to 34 years old, 45 to 54 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report smokeless tobacco use. *From 2016 to 2019, there was no statistical change in the overall percent of respondents who used smokeless tobacco or used cigars/cigarillos/little cigars in the past month.*

Household Problems

In 2019, 1% 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. Three percent of respondents reported someone in their household experienced some kind of problem with the misuse of prescription drugs/over-the-counter drugs. Less than one percent of respondents each reported a household problem in connection with marijuana, cocaine/heroin/other street drugs or gambling. *From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical increase in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs or gambling, as well as from 2016 to 2019.*

Personal Safety

In 2019, 3% of respondents reported someone made them afraid for their personal safety in the past year. Less than one percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 3% reported at least one of these two situations. *From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed/kicked/slapped/hit, as*

well as from 2016 to 2019. From 2007 to 2019, 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 2016 to 2019.

Children in Household

In 2019, the respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of a randomly selected child. Eighty-eight 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. Six percent of respondents each reported in the past year their child did not receive the dental care needed or their child did not visit a specialist they needed while 3% reported their child did not receive the medical care needed. Four percent of respondents reported their child currently had asthma. Four percent of respondents reported their child was seldom/never safe in their community. Seventy-three percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day while 29% reported three or more servings of vegetables. Forty-five percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifty-five percent of respondents reported their 5 to 17 year old child was physically active for 60 minutes five times a week. Six 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-one percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 19% reported verbal bullying, 4% cyber bullying and 0% reported physical bullying. *From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child had an unmet dental care need or was unable to see a specialist when needed. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported their child had an unmet medical care need. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or their child was seldom/never safe in their community. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active for at least 60 minutes five times a week. From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was bullied in some way. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was verbally bullied, cyber bullied or physically bullied.*

Top County Health Issues

In 2019, respondents were asked to list the top three health issues in the county. The most often cited were illegal drug use (50%), alcohol use/abuse (25%) or prescription/over-the-counter drug abuse or access to health care (22% each). Respondents 18 to 34 years old were more likely to report illegal drug use as a top health issue. Respondents who were 18 to 34 years old or unmarried were more likely to report alcohol use or abuse. Respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse. Respondents who were female, 55 to 64 years old or with a college education were more likely to report access to health care. Seventeen percent of respondents reported chronic diseases as a top issue; male respondents were more likely to report this. Seventeen percent of respondents reported overweight or obesity; respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Thirteen percent of respondents reported mental health/depression; respondents 35 to 44 years old, with a college education or married respondents were more likely to report this. Ten percent of respondents reported cancer as a top issue; respondents in the top 40 percent household income bracket were more likely to report this. Seven percent of respondents reported violence or crime; respondents 18 to 34 years old, 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report this. Seven percent of respondents reported affordable health care; unmarried respondents were more likely to report this. Six percent reported tobacco use as a top issue. Four percent of respondents reported access to affordable healthy food; respondents in the middle 20 percent household income bracket were more likely to report this. Four percent of respondents reported environmental issues; respondents who were male, 35 to 44 years old or 55 to 64 years old were more likely to report this. *From 2013 to 2019, there was a*

statistical increase in the overall percent of respondents who reported illegal drug use or mental health/depression as one of the top health issues in the county while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription/over-the-counter drug abuse or violence/crime as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported overweight/obesity or cancer as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported tobacco use as one of the top health issues while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care or access to affordable health food as one of the top health issues in the county while from 2016 to 2019, there was a statistical increase. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use/abuse, chronic diseases or environmental issues, as well as from 2016 to 2019. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting affordable health care. Please note: prior to 2019, respondents were provided a list of 17 health issues to select the top three.

Key Findings

Rating Their Own Health (Figures 1 & 2; Table 2)

KEY FINDINGS: In 2019, 45% of respondents reported their health as excellent or very good; 19% reported fair or poor. Respondents with a high school education or less, in the bottom 40 percent household income bracket, who were married, overweight, inactive or smokers were more likely to report fair or poor health.

From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2016 to 2019.

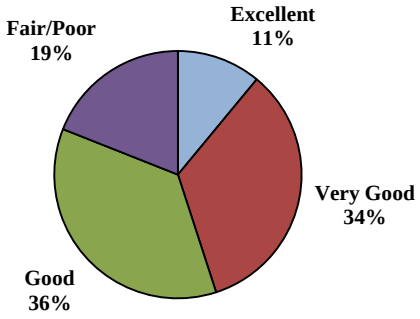
Rating Their Own Health

In 2017, 52% of Wisconsin respondents reported their health as excellent or very good while 17% reported fair or poor. Fifty-one percent of U.S. respondents reported their health as excellent or very good while 18% reported fair or poor (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 2)

- Forty-five percent of respondents said their own health, generally speaking, was either excellent (11%) or very good (34%). A total of 19% reported their health was fair or poor.

Figure 1. Rate Own Health for 2019 (Q1)



- Twenty-nine percent of respondents with a high school education or less reported their health was fair or poor compared to 14% of those with some post high school education or 13% of respondents with a college education.

- Twenty-eight percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 13% of those in the top 40 percent income bracket or 12% of respondents in the middle 20 percent household income bracket.

- Married respondents were more likely to report their health was fair or poor compared to unmarried respondents (22% and 12%, respectively).

- Overweight respondents were more likely to report their health was fair or poor (22%) compared to respondents who were not overweight (9%).

- Thirty-two percent of inactive respondents reported their health was fair or poor compared to 23% of those who did an insufficient amount of physical activity or 11% of respondents who met the recommended amount of physical activity.

- Smokers were more likely to report their health was fair or poor compared to nonsmokers (30% and 16%, respectively).

2007 to 2019 Year Comparisons (Table 2)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported fair or poor health.

- In 2007, respondents 65 and older were more likely to report fair or poor health. In 2019, age was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 65 and older reporting fair or poor health.

- In 2007 and 2019, respondents with a high school education or less were more likely to report fair or poor health.

- In 2007 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. From 2007 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting fair or poor health.

- In 2007, unmarried respondents were more likely to report fair or poor health. In 2019, married respondents were more likely to report fair or poor health, with a noted increase since 2007. From 2007 to 2019, there was a noted decrease in the percent of unmarried respondents reporting fair or poor health.

- In 2007, overweight status was not a significant variable. In 2019, overweight respondents were more likely to report fair or poor health.

- In 2007 and 2019, inactive respondents were more likely to report fair or poor health.

- In 2007 and 2019, smokers were more likely to report fair or poor health.

2016 to 2019 Year Comparisons (Table 2)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported fair or poor health.

- In 2016, respondents 55 to 64 years old were more likely to report fair or poor health. In 2019, age was not a significant variable.

- In 2016, respondents with some post high school education or less were more likely to report fair or poor health. In 2019, respondents with a high school education or less were more likely to report fair or poor health.

- In 2016, respondents in the middle 20 percent household income bracket were more likely to report fair or poor health. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health. From 2016 to 2019, 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 fair or poor health.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to report fair or poor health.

- In 2016, overweight status was not a significant variable. In 2019, overweight respondents were more likely to report fair or poor health.

- In 2016 and 2019, inactive respondents were more likely to report fair or poor health.

- In 2016 and 2019, smokers were more likely to report fair or poor health.

Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year (Q1)[①]

	2007	2010	2013	2016	2019
TOTAL	18%	14%	16%	17%	19%
Gender					
Male	18	12	17	19	18
Female	18	15	15	15	19
Age[1,2,4]					
18 to 34[a]	8	8	12	9	18
35 to 44	15	2	25	19	13
45 to 54	17	19	13	14	26
55 to 64	22	22	16	27	21
65 and Older[a]	31	24	18	19	14
Education[1,3,4,5]					
High School or Less	24	17	19	21	29
Some Post High School	18	11	22	20	14
College Graduate	6	9	6	8	13
Household Income[1,2,3,4,5]					
Bottom 40 Percent Bracket	27	21	24	20	28
Middle 20 Percent Bracket[b]	14	6	7	30	12
Top 40 Percent Bracket[a,b]	3	2	9	5	13
Marital Status[1,2,3,5]					
Married[a]	14	9	13	17	22
Not Married[a]	24	18	21	17	12
Overweight Status[2,5]					
Not Overweight	17	7	18	12	9
Overweight	18	17	15	18	22
Physical Activity[1,2,4,5]					
Inactive	43	43	22	31	32
Insufficient	15	13	12	17	23
Recommended	14	8	16	15	11
Smoking Status[1,3,4,5]					
Nonsmoker	15	13	13	14	16
Smoker	29	17	28	29	30

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

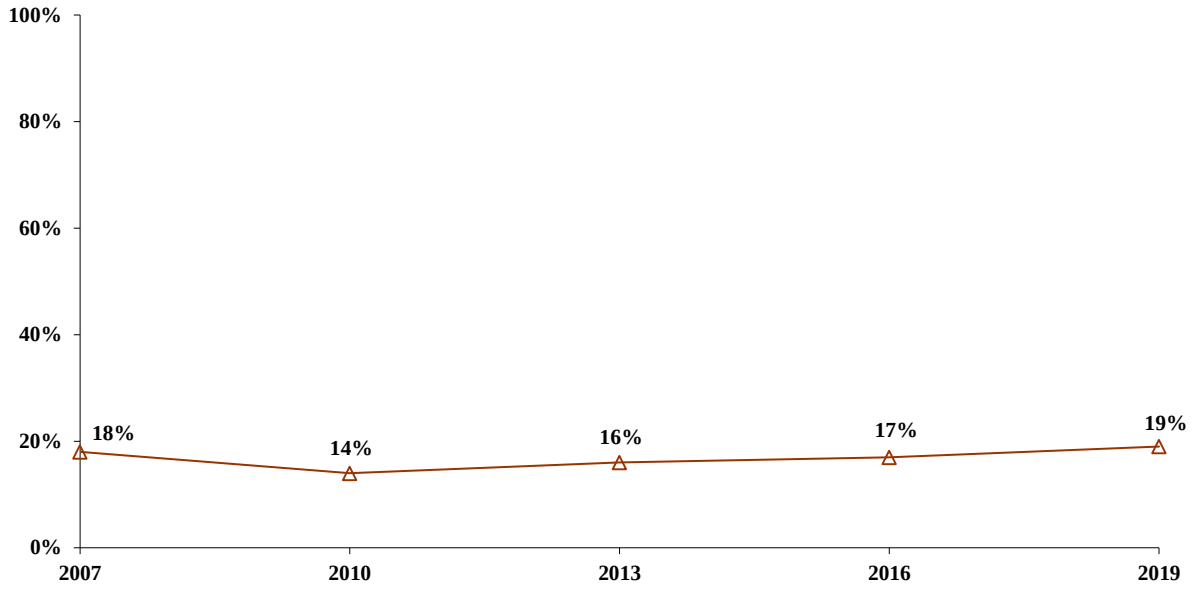
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Rating Their Own Health Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2016 to 2019.

Figure 2. Fair or Poor Health (Q1)



Health Care Coverage (Figures 3 & 4; Tables 3 - 5)

KEY FINDINGS: In 2019, 3% of respondents reported they were not currently covered by health care insurance. Five percent of respondents reported they personally did not have health care coverage at least part of the time in the past year; respondents 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. Eight percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this.

From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2010 to 2019, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past year while from 2016 to 2019, the overall percent statistically remained the same. From 2007 to 2019, 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 while from 2016 to 2019, there was no statistical change.

Personally Not Covered Currently

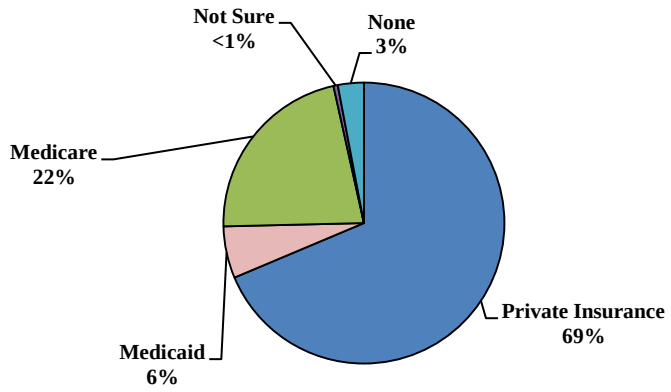
The Healthy People 2020 goal for all persons having medical insurance is 100%. (Objective AHS-1.1)

In 2017, 8% of Wisconsin respondents 18 and older reported they personally did not have health care coverage. Thirteen percent of U.S. respondents reported this. Nine percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 13% of U.S. respondents 18 to 64 years old reported this (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 3)

- Three percent of respondents reported they were not currently covered by any health care insurance. Sixty-nine percent reported private insurance. Six percent reported Medicaid, including medical assistance, Title 19 or Badger Care, while 22% reported Medicare.

Figure 3. Type of Health Care Coverage for 2019 (Q2)



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

    - Of the 275 respondents who reported they had private insurance, 91% reported they received private health insurance through an employer, 4% reported directly from an insurance company while another 5% reported an exchange.

2007 to 2019 Year Comparisons (Table 3)

- From 2007 to 2019, 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 2007, respondents 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report they were not currently covered by health care insurance.

2016 to 2019 Year Comparisons (Table 3)

- From 2016 to 2019, there was no statistical change 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.

- 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 care insurance in both study years.

Table 3. Personally No Health Care Coverage by Demographic Variables for Each Survey Year (Q2)①

	2007	2010	2013	2016②	2019②
TOTAL					
All Respondents[a]	7%	15%	6%	2%	3%
Respondents 18 to 64 Years Old[a]	9	19	7	3	4
Gender[2]					
Male	5	20	7	--	--
Female	8	10	4	--	--
Age[1,2,3]					
18 to 34	12	20	12	--	--
35 to 44	6	17	3	--	--
45 to 54	8	23	6	--	--
55 to 64	6	12	7	--	--
65 and Older	0	0	1	--	--
Education[2,3]					
High School or Less	6	17	9	--	--
Some Post High School	10	18	5	--	--
College Graduate	5	3	2	--	--
Household Income[1,2,3]					
Bottom 40 Percent Bracket	11	25	11	--	--
Middle 20 Percent Bracket	3	10	3	--	--
Top 40 Percent Bracket	3	0	0	--	--
Marital Status[1,2,3]					
Married	2	4	3	--	--
Not Married	13	26	9	--	--

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Personally Not Covered in the Past Year

2019 Findings (Table 4)

- Five percent of respondents reported they were not covered by health insurance at least part of the time in the past year.
- Twelve percent of respondents 18 to 34 years old reported they were not covered at least part of the year compared to 0% of respondents 45 to 54 years old or 65 and older.
- Nine percent of respondents in the bottom 40 percent household income bracket reported they were not covered at least part of the year compared to 3% of those in the middle 20 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.

2010 to 2019 Year Comparisons (Table 4)

- From 2010 to 2019, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past year.

- In 2010, male respondents were more likely to report no coverage in the past year. In 2019, gender was not a significant variable. From 2010 to 2019, there was a noted decrease in the percent of respondents across gender reporting no coverage.

- In 2010 and 2019, respondents 18 to 34 years old were more likely to report no coverage. From 2010 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old or 45 to 64 years old reporting no coverage.

- In 2010, respondents with some post high school education or less were more likely to report no coverage in the past year. In 2019, education was not a significant variable. From 2010 to 2019, there was a noted decrease in the percent of respondents with some post high school education or less reporting no coverage.

- In 2010 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report no coverage. From 2010 to 2019, there was a noted decrease in the percent of respondents across household income reporting no coverage.

- In 2010, unmarried respondents were more likely to report no health insurance. In 2019, marital status was not a significant variable. From 2010 to 2019, there was a noted decrease in the percent of respondents across marital status reporting no coverage.

2016 to 2019 Year Comparisons (Table 4)

- From 2016 to 2019, the overall percent statistically remained the same for respondents who reported no personal health care coverage at least part of the time in the past year.

- In 2016, male respondents were more likely to report no coverage in the past year. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of male respondents reporting no coverage.

- In 2016 and 2019, respondents 18 to 34 years old were more likely to report no coverage.

- In 2016, respondents with some post high school education or less were more likely to report no coverage in the past year. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting no coverage.

- In 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report no coverage.

Table 4. Personally Not Covered by Health Insurance in Past Year by Demographic Variables for Each Survey Year (Q4)[Φ]

	2010	2013	2016	2019
TOTAL[a]	22%	9%	6%	5%
Gender[1,3]				
Male[a,b]	30	10	8	3
Female[a]	15	9	3	6
Age[1,2,3,4]				
18 to 34[a]	45	22	15	12
35 to 44	17	5	11	8
45 to 54[a]	26	8	1	0
55 to 64[a]	16	9	0	1
65 and Older	0	1	1	0
Education[1,2,3]				
High School or Less[a]	28	15	7	7
Some Post High School[a,b]	25	8	9	3
College Graduate	3	4	0	3
Household Income[1,2,3,4]				
Bottom 40 Percent Bracket[a]	34	16	10	9
Middle 20 Percent Bracket[a]	15	4	0	3
Top 40 Percent Bracket[a]	7	0	0	<1
Marital Status[1,2]				
Married[a]	8	5	5	3
Not Married[a]	37	17	7	7

[Φ]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 p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Someone in Household Not Covered in the Past Year

2019 Findings (Table 5)

- Eight percent of all respondents indicated someone in their household was not covered by insurance at least part of the time in the past year.

- Seventeen percent of respondents in the bottom 40 percent household income bracket reported someone in their household was not covered in the past year compared to 5% of those in the middle 20 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.

2007 to 2019 Year Comparisons (Table 5)

- From 2007 to 2019, 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 2007 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past year. From 2007 to 2019, there was 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 2007, unmarried respondents were more likely to report someone in their household was not covered in the past year. In 2019, marital status was not a significant variable. From 2007 to 2019, 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.

2016 to 2019 Year Comparisons (Table 5)

- From 2016 to 2019, 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 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household was not covered in the past year. From 2016 to 2019, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting someone in their household was not covered in the past year.

Table 5. Someone in Household Not Covered by Health Insurance in Past Year by Demographic Variables for Each Survey Year (Q5)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	19%	23%	13%	6%	8%
Household Income[1,2,3,4,5]					
Bottom 40 Percent Bracket	24	36	23	10	17
Middle 20 Percent Bracket[b]	6	15	6	0	5
Top 40 Percent Bracket[a]	16	7	4	0	<1
Marital Status[1,2,3]					
Married[a]	15	10	8	5	9
Not Married[a]	24	37	22	7	7

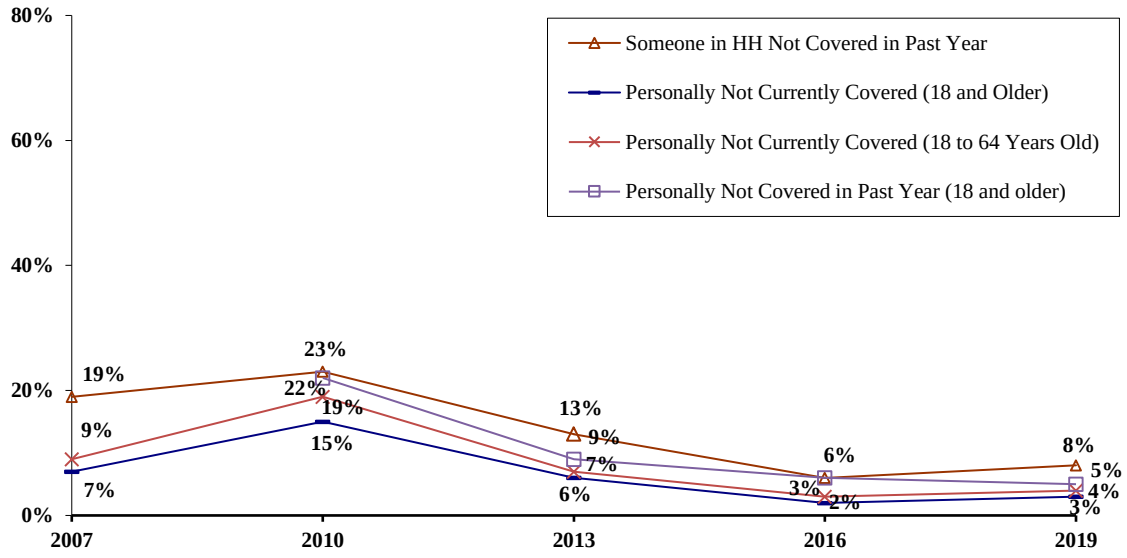
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Health Care Coverage Overall

Year Comparisons

- From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2010 to 2019, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past year while from 2016 to 2019, the overall percent statistically remained the same. From 2007 to 2019, 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 while from 2016 to 2019, there was no statistical change.

Figure 4. Health Care Coverage (Q2, Q4 and Q5)



Health Care Needed (Figure 5; Tables 6 - 10)

KEY FINDINGS: In 2019, 15% of respondents reported they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the care in the past year; respondents who were female, 18 to 34 years old or 55 to 64 years old were more likely to report this. Nine percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year. Seven percent of respondents reported there was a time in the past year they did not receive the medical care needed. Sixteen percent of respondents reported there was a time in the past year they did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported there was a time in the past year they did not receive the mental health care needed; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this.

From 2016 to 2019, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care. From 2013 to 2019, 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 in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically remained the same for respondents who reported unmet medical care or unmet mental health care in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically increased for respondents who reported unmet dental care in the past year, as well as from 2016 to 2019.

Financial Burden of Medical Care

In 2017, 11% of Wisconsin respondents and 12% of U.S. respondents reported in the past year they needed to see a doctor but could not because of cost (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 6)

- Fifteen percent of respondents reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care.
- Female respondents were more likely to report they delayed or did not seek medical care (21%) compared to male respondents (10%).
- Twenty-two percent of respondents 55 to 64 years old and 20% of those 18 to 34 years old reported they delayed or did not seek medical care compared to 5% of respondents 65 and older.

2016 to 2019 Year Comparisons (Table 6)

- From 2016 to 2019, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care.
- In 2016, gender was not a significant variable. In 2019, female respondents were more likely to report they delayed or did not seek medical care in the past year.
- In 2016, respondents 35 to 44 years old were more likely to report they delayed or did not seek medical care. In 2019, respondents 18 to 34 years old or 55 to 64 years old were more likely to report they delayed or did not seek medical care.

- In 2016, respondents in the bottom 60 percent household income bracket were more likely to report they delayed or did not seek medical care. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting they delayed or did not seek medical care in the past year.

Table 6. Delayed or Did Not Seek Medical Care Due to Cost in Past Year by Demographic Variables for Each Survey Year (Q6)[①]

	2016	2019
TOTAL	16%	15%
Gender[2]		
Male	16	10
Female	16	21
Age[1,2]		
18 to 34	22	20
35 to 44	30	16
45 to 54	11	14
55 to 64	19	22
65 and Older	2	5
Education		
High School or Less	14	18
Some Post High School	19	12
College Graduate	16	15
Household Income[1]		
Bottom 40 Percent Bracket	19	17
Middle 20 Percent Bracket	21	14
Top 40 Percent Bracket[a]	7	15
Marital Status		
Married	15	14
Not Married	17	17

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Financial Burden of Prescription Medications

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)

2019 Findings (Table 7)

- Nine percent of respondents reported in the past year someone in their household had not taken their prescribed medication due to prescription costs.

- There were no statistically significant differences between demographic variables and responses of someone in their household not taking their prescribed medication due to prescription costs in the past year.

2013 to 2019 Year Comparisons (Table 7)

- From 2013 to 2019, 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 2013, respondents in the top 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 2019, household income was not a significant variable. From 2013 to 2019, 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 had not taken their prescribed medication due to prescription costs in the past year.

2016 to 2019 Year Comparisons (Table 7)

- From 2016 to 2019, 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 2016, 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 2019, household income was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting someone in their household had not taken their prescribed medication due to prescription costs in the past year.

Table 7. Prescription Medications Not Taken Due to Cost in Past Year by Demographic Variables for Each Survey Year (Household Member) (Q7)[①]

	2013	2016	2019
TOTAL	10%	12%	9%
Household Income[1,2]			
Bottom 40 Percent Bracket[b]	10	21	12
Middle 20 Percent Bracket[a]	3	6	12
Top 40 Percent Bracket[a]	15	9	6
Marital Status			
Married	11	11	9
Not Married	7	13	10

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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)

2019 Findings (Table 8)

- Seven percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed.

- There were no statistically significant differences between demographic variables and responses of someone in their household not receiving the medical care needed in the past year.

Of the 7% of respondents who reported an unmet medical care need in the household (n=28)…

  - Of the 28 respondents who reported an unmet medical care need, 42% reported they were uninsured as the reason for the unmet need while 32% reported the inability to pay. Sixteen percent reported co-payments too high as the reason.

2013 to 2019 Year Comparisons (Table 8)

- From 2013 to 2019, the overall percent statistically remained the same for respondents who reported there was a time in the past year they did not receive the medical care needed.

- In 2013, unmarried respondents were more likely to report in the past year they did not receive the medical care needed. In 2019, marital status was not a significant variable.

2016 to 2019 Year Comparisons (Table 8)

- From 2016 to 2019, the overall percent statistically remained the same for respondents who reported there was a time in the past year they did not receive the medical care needed.

- In 2016, respondents in the bottom 60 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. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting in the past year they did not receive the medical care needed.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents reporting in the past year they did not receive the medical care needed.

Table 8. Unmet Medical Care in Past Year by Demographic Variables for Each Survey Year (Household Member) (Q8)[①]

	2013	2016	2019
TOTAL	11%	10%	7%
Household Income[2]			
Bottom 40 Percent Bracket	10	15	8
Middle 20 Percent Bracket	14	15	9
Top 40 Percent Bracket[b]	10	0	5
Marital Status[1]			
Married[b]	8	10	5
Not Married	15	9	10

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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)

2019 Findings (Table 9)

- Sixteen 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 16% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report someone in the household did not receive the dental care needed compared to married respondents (24% and 12%, respectively).

Of the 16% of respondents who reported an unmet dental care need in the household (n=63)…

    - Of the 63 respondents who reported not receiving dental care needed, 45% reported the inability to pay as the reason for the unmet need while 37% reported they were uninsured.

2013 to 2019 Year Comparisons (Table 9)

- From 2013 to 2019, the overall percent statistically increased for respondents who reported there was a time in the past year they did not receive the dental care needed.

- In 2013 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report in the past year they did not receive the dental care needed.

- In 2013, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report in the past year they did not receive the dental care needed, with a noted increase since 2013.

2016 to 2019 Year Comparisons (Table 9)

- From 2016 to 2019, the overall percent statistically increased for respondents who reported there was a time in the past year they did not receive the dental care needed.

- In 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report in the past year they did not receive the dental care needed.

- In 2016 and 2019, unmarried respondents were more likely to report in the past year they did not receive the dental care needed.

Table 9. Unmet Dental Care in Past Year by Demographic Variables for Each Survey Year (Household Member) (Q10)①

	2013	2016	2019
TOTAL[a,b]	11%	11%	16%
Household Income[1,2,3]			
Bottom 40 Percent Bracket	18	19	26
Middle 20 Percent Bracket	6	12	16
Top 40 Percent Bracket	5	2	4
Marital Status[2,3]			
Married	12	7	12
Not Married[a]	9	15	24

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Unmet Mental Health Care

2019 Findings (Table 10)

- Four percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed.
- Seven percent of respondents in the bottom 40 percent household income bracket and 5% of those in the middle 20 percent income bracket reported there was a time in the past year someone in their household did not receive the mental health care needed compared to 0% of respondents in the top 40 percent household income bracket.

Of the 4% of respondents who reported an unmet mental health care need in the household (n=16)…

  - Of the 16 respondents who reported not receiving mental health care needed, 10 reported they were uninsured as the reason why.

2013 to 2019 Year Comparisons (Table 10)

- From 2013 to 2019, the overall percent statistically remained the same for respondents who reported there was a time in the past year they did not receive the mental health care needed.
- 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 2013.

2016 to 2019 Year Comparisons (Table 10)

- From 2016 to 2019, the overall percent statistically remained the same for respondents who reported there was a time in the past year they did not receive the mental health care needed.
- 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 2016.

Table 10. Unmet Mental Health Care in Past Year by Demographic Variables for Each Survey Year (Household Member) (Q12)①

	2013②	2016②	2019
TOTAL	2%	3%	4%
Household Income[3]			
Bottom 40 Percent Bracket	--	--	7
Middle 20 Percent Bracket	--	--	5
Top 40 Percent Bracket	--	--	0
Marital Status[3]			
Married	--	--	2
Not Married	--	--	7

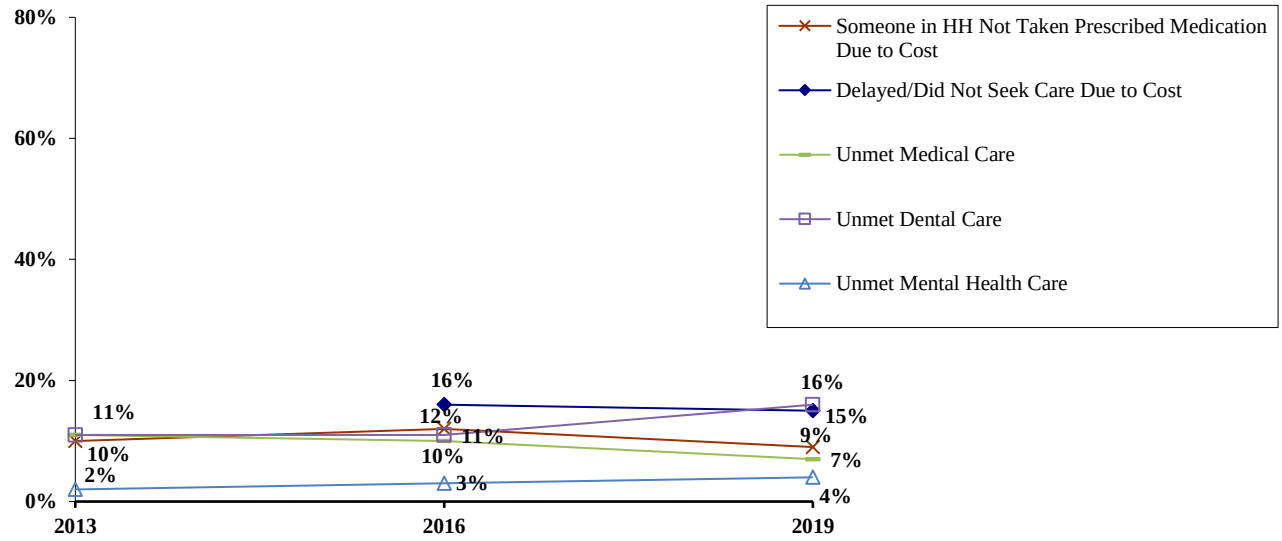
①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Health Care Needed Overall

Year Comparisons

- From 2016 to 2019, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care. From 2013 to 2019, 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 in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically remained the same for respondents who reported unmet medical care or unmet mental health care in the past year, as well as from 2016 to 2019. From 2013 to 2019, the overall percent statistically increased for respondents who reported unmet dental care in the past year, as well as from 2016 to 2019.

Figure 5. Unmet Health Care in Past Year (Q6 - Q8, Q10 & Q12)



Health Information and Services (Figure 6; Tables 11 - 20)

KEY FINDINGS: In 2019, 59% of respondents reported they contact a doctor when looking for health information or clarification while 20% reported they look on the Internet. Seven percent reported other health professional. Six percent reported family/friends while 4% reported they were, or a family member was, in the healthcare field. Respondents who were male, 18 to 34 years old or with some post high school education or less were more likely to report they contact a doctor. Female respondents were more likely to report the Internet as their source for health information. Respondents 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report family/friends. Respondents 35 to 44 years old or 55 to 64 years old were more likely to report themselves or a family member in the health field. Ninety percent of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents 65 and older were more likely to report a primary care physician. Sixty-five 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 18% reported an urgent care center followed by 5% reporting a public health cline/community health center. Respondents who were female or 55 and older were more likely to report a doctor's or nurse practitioner's office as their primary health when they are sick. Respondents 35 to 44 years old, in the middle 20 percent household income bracket or married respondents were more likely to report an urgent care center as their primary health care. Respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report a public health clinic/community health center as their primary health care. Forty-three percent of respondents had an advance care plan; respondents who were female, 65 and older or married were more likely to report an advance care plan.

From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting doctor, the Internet or other health professional as their source of health information/clarification. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting family/friends as their source of health information/clarification. From 2016 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents reporting they were/family member in health field as their source of health information/clarification. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they have a primary care physician. From 2007 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's/nurse practitioner's office or a public health clinic/community health center while from 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, there was no statistical change in the overall percent of respondents having an advance care plan, as well as from 2016 to 2019.

Source for Health Information

<u>2019 Findings</u>

- Fifty-nine percent of respondents reported they contact a doctor when looking for health information or clarification while 20% reported they look on the Internet. Seven percent reported other health professional. Six percent reported family/friends while 4% reported they were, or a family member was, in the healthcare field.

Doctor as Source for Health Information

2019 Findings (Table 11)

- Fifty-nine percent of respondents reported they contact their doctor when looking for health information or clarification.

- Female respondents were more likely to report doctor as their source of health information/clarification (68%) compared to male respondents (51%).

- Respondents 18 to 34 years old were more likely to report doctor as their source of health information/ clarification (72%) compared to those 55 to 64 years old (57%) or respondents 35 to 44 years old (42%).

- Sixty-four percent of respondents with a high school education or less and 63% of those with some post high school education reported doctor as their source of health information/clarification compared to 50% of respondents with a college education.

2016 to 2019 Year Comparisons (Table 11)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they contact their doctor when looking for health information or clarification.

- In 2016, female respondents were more likely to report doctor as their source for health information/ clarification. In 2019, male respondents were more likely to report doctor as their source for health information/clarification, with a noted increase since 2016. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting doctor as their source for health information/clarification.

- In 2016, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report doctor as their source for health information/clarification, with a noted increase since 2016.

- In 2016, education was not a significant variable. In 2019, respondents with some post high school education or less were more likely to report doctor as their source for health information/clarification.

- In 2016, married respondents were more likely to report doctor as their source for health information/clarification. In 2019, marital status was not a significant variable.

Table 11. Doctor as Source for Health Information by Demographic Variables for Each Survey Year (Q18)①

	2016	2019
TOTAL	55%	59%
Gender[1,2]		
Male[a]	50	68
Female[a]	60	51
Age[2]		
18 to 34[a]	49	72
35 to 44	52	42
45 to 54	51	58
55 to 64	66	57
65 and Older	62	59
Education[2]		
High School or Less	58	64
Some Post High School	57	63
College Graduate	49	50
Household Income		
Bottom 40 Percent Bracket	59	61
Middle 20 Percent Bracket	52	54
Top 40 Percent Bracket	55	57
Marital Status[1]		
Married	60	58
Not Married	50	60

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Internet as Source for Health Information

2019 Findings (Table 12)

- Twenty percent of respondents reported they go to the Internet when looking for health information or clarification.
- Female respondents were more likely to report the Internet as their source of health information/clarification (24%) compared to male respondents (15%).

2016 to 2019 Year Comparisons (Table 12)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they go to the Internet when looking for health information or clarification.
- In 2016, gender was not a significant variable. In 2019, female respondents were more likely to report the Internet as their source for health information/clarification, with a noted increase since 2016.
- In 2016, respondents 35 to 54 years old were more likely to report the Internet as their source for health information/clarification. In 2019, age was not a significant variable.

- In 2016, respondents in the middle 20 percent household income bracket were more likely to report the Internet as their source for health information/clarification. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting the Internet as their source for health information/clarification.

Table 12. Internet as Source for Health Information by Demographic Variables for Each Survey Year (Q18)①

	2016	2019
TOTAL	18%	20%
Gender[2]		
Male	21	15
Female[a]	15	24
Age[1]		
18 to 34	18	20
35 to 44	25	27
45 to 54	24	19
55 to 64	15	19
65 and Older	8	15
Education		
High School or Less	17	16
Some Post High School	16	17
College Graduate	22	25
Household Income[1]		
Bottom 40 Percent Bracket	14	15
Middle 20 Percent Bracket	29	22
Top 40 Percent Bracket[a]	15	25
Marital Status		
Married	15	19
Not Married	21	20

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Other Health Professional as Source for Health Information

2019 Findings (Table 13)

- Seven percent of respondents reported they see another health professional when looking for health information or clarification.

- There were no statistically significant differences between demographic variables and responses of seeing another health professional when looking for health information or clarification.

2016 to 2019 Year Comparisons (Table 13)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they see another health professional when looking for health information or clarification.

- In 2016, respondents 45 to 54 years old were more likely to report the they contact another health professional as their source for health information/clarification. In 2019, age was not a significant variable.

- In 2016, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report they contact another health professional as their source for health information/clarification. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting they contact another health professional as their source for health information/clarification.

Table 13. Other Health Professional as Source for Health Information by Demographic Variables for Each Survey Year (Q18)[①]

	2016	2019
TOTAL	7%	7%
Gender		
Male	7	6
Female	7	7
Age[1]		
18 to 34	6	7
35 to 44	3	10
45 to 54	14	7
55 to 64	6	4
65 and Older	3	7
Education		
High School or Less	8	6
Some Post High School	4	5
College Graduate	9	9
Household Income[1]		
Bottom 40 Percent Bracket	8	7
Middle 20 Percent Bracket[a]	0	12
Top 40 Percent Bracket	10	4
Marital Status		
Married	7	7
Not Married	6	6

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Family/Friends as Source for Health Information

2019 Findings (Table 14)

- Six percent of respondents reported family/friends as their source to go to when looking for health information or clarification.

- Twelve percent of respondents 45 to 54 years old reported family/friends as their source for health information/clarification compared to 0% of respondents 18 to 34 years old.

- Ten percent of respondents in the bottom 40 percent household income bracket reported family/friends as their source for health information/clarification compared to 5% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.

2016 to 2019 Year Comparisons (Table 14)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting their family/friends when looking for health information or clarification.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported family/friends as their source to go to when looking for health information or clarification.

Table 14. Family/Friends as Source for Health Information by Demographic Variables for Each Survey Year (Q18)[①]

	2016[②]	2019
TOTAL[a]	1%	6%
Gender		
Male	--	5
Female	--	7
Age[2]		
18 to 34	--	0
35 to 44	--	5
45 to 54	--	12
55 to 64	--	9
65 and Older	--	5
Education		
High School or Less	--	6
Some Post High School	--	5
College Graduate	--	8
Household Income[2]		
Bottom 40 Percent Bracket	--	10
Middle 20 Percent Bracket	--	0
Top 40 Percent Bracket	--	5
Marital Status		
Married	--	7
Not Married	--	4

[①]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.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Myself/Family Member in Health Field as Source for Health Information

2019 Findings (Table 15)

- Four percent of respondents reported they were, or a family member was, in the healthcare field and was their source to go to when looking for health information or clarification.

- Eight percent of respondents 35 to 44 years old and 7% of those 55 to 64 years old reported they were, or a family member was, in the healthcare field and their source for health information/clarification compared to 0% of respondents 18 to 34 years old.

2016 to 2019 Year Comparisons (Table 15)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information or clarification.

- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of male respondents reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification.

- In 2016, age was not a significant variable. In 2019, respondents 35 to 44 years old or 55 to 64 years old were more likely to report they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification. From 2016 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification.

- In 2016, respondents with some post high school education were more likely to report they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification.

- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents reporting they were, or a family member was, in the healthcare field and was their source to go to when looking for health information/clarification.

Table 15. Myself/Family Member as Source for Health Information by Demographic Variables for Each Survey Year (Q18)[①]

	2016	2019
TOTAL[a]	8%	4%
Gender		
Male[a]	8	3
Female	8	4
Age[2]		
18 to 34[a]	13	0
35 to 44	10	8
45 to 54	2	2
55 to 64	7	7
65 and Older	8	2
Education[1]		
High School or Less	1	4
Some Post High School[a]	16	2
College Graduate	9	5
Household Income		
Bottom 40 Percent Bracket[a]	6	1
Middle 20 Percent Bracket	11	6
Top 40 Percent Bracket	9	5
Marital Status		
Married[a]	9	4
Not Married	7	3

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Primary Care Physician

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

2019 Findings (Table 16)

- Ninety percent of respondents reported they have a primary care doctor, nurse practitioner, physician assistant or clinic they regularly go to for checkups and when they are sick.

- Respondents 65 and older were more likely to report a primary care physician (98%) compared to those 55 to 64 years old (87%) or respondents 35 to 44 years old (84%).

2016 to 2019 Year Comparisons (Table 16)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they have a primary care doctor, nurse practitioner, physician assistant or clinic they regularly go to for checkups and when they are sick.

- In 2016, female respondents were more likely to report a primary care physician. In 2019, gender was not a significant variable. From 2016 to 2019, there was noted increase in the percent of male respondents reporting a primary care physician.

- In 2016 and 2019, respondents 65 and older were more likely to report a primary care physician. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old reporting a primary care physician.

- In 2016, respondents with at least some post high school education were more likely to report a primary care physician. In 2019, education was not a significant variable.

- In 2016, married respondents were more likely to report a primary care physician. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of unmarried respondents reporting a primary care physician.

Table 16. Have a Primary Care Physician by Demographic Variables for Each Survey Year (Q17)[①]

	2016	2019
TOTAL	88%	90%
Gender[1]		
Male[a]	80	89
Female	95	91
Age[1,2]		
18 to 34[a]	77	89
35 to 44	89	84
45 to 54	87	92
55 to 64	90	87
65 and Older	98	98
Education[1]		
High School or Less	80	88
Some Post High School	92	91
College Graduate	94	92
Household Income		
Bottom 40 Percent Bracket	86	91
Middle 20 Percent Bracket	89	88
Top 40 Percent Bracket	92	90
Marital Status[1]		
Married	94	90
Not Married[a]	81	92

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Primary Health Care Services

2019 Findings

- Sixty-five percent of respondents reported they go to a doctor's or nurse practitioner's office when they are sick. Eighteen percent reported urgent care center while 5% reported public health clinic/community center. Three percent of respondents reported hospital outpatient department followed by 2% reporting hospital emergency room. Seven percent reported no usual place.

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

2019 Findings (Table 17)

- Sixty-five percent of respondents reported they go to doctor's or nurse practitioner's office when they are sick.
- Female respondents were more likely to report a doctor's or nurse practitioner's office (70%) compared to male respondents (60%).
- Seventy-nine percent of respondents 55 to 64 years old and 78% of those 65 and older reported a doctor's or nurse practitioner's office compared to 47% of respondents 18 to 34 years old.

2007 to 2019 Year Comparisons (Table 17)

- From 2007 to 2019, there was a statistical decrease in the overall percent of respondents reporting their primary place when they are sick was a doctor's or nurse practitioner's office.
- In 2007 and 2019, female respondents were more likely to report a doctor's or nurse practitioner's office.
- In 2007 and 2019, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office. From 2007 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old or 65 and older reporting a doctor's or nurse practitioner's office.
- In 2007, respondents with a high school education or less or with a college education were more likely to report a doctor's or nurse practitioner's office. In 2019, education was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents with a high school education or less reporting a doctor's or nurse practitioner's office.
- In 2007 and 2019, household income was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a doctor's or nurse practitioner's office.

2016 to 2019 Year Comparisons (Table 17)

- From 2016 to 2019, 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 2016 and 2019, female respondents were more likely to report a doctor's or nurse practitioner's office. From 2016 to 2019, there was a noted increase in the percent of male respondents reporting a doctor's or nurse practitioner's office.
- In 2016, respondents 65 and older were more likely to report a doctor's or nurse practitioner's office. In 2019, respondents 55 and older were more likely to report a doctor's or nurse practitioner's office.

Table 17. Doctor's or Nurse Practitioner's Office as Primary Health Care Service by Demographic Variables for Each Survey Year (Q20)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	72%	77%	78%	63%	65%
Gender[1,2,4,5]					
Male[b]	66	68	75	49	60
Female	78	86	81	77	70
Age[1,2,3,4,5]					
18 to 34	48	64	57	37	47
35 to 44	67	82	82	51	57
45 to 54[a]	82	71	76	74	67
55 to 64	88	86	89	70	79
65 and Older[a]	90	89	90	86	78
Education[1,2]					
High School or Less[a]	76	70	75	61	64
Some Post High School	63	78	81	64	62
College Graduate	77	91	77	65	70
Household Income[2]					
Bottom 40 Percent Bracket	67	70	76	67	65
Middle 20 Percent Bracket	70	83	78	54	64
Top 40 Percent Bracket[a]	79	84	79	66	67
Marital Status[2,3]					
Married	75	86	85	67	68
Not Married	68	68	66	59	61

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Urgent Care Center as Primary Health Care Services

2019 Findings (Table 18)

- Eighteen percent of respondents reported they go to an urgent care center when they are sick.
- Twenty-nine percent of respondents 35 to 44 years old reported an urgent care center compared to 7% of those 65 and older or 6% of respondents 55 to 64 years old.
- Twenty-six percent of respondents in the middle 20 percent household income bracket reported an urgent care center compared to 20% of those in the top 40 percent income bracket or 13% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report an urgent care center compared to unmarried respondents (22% and 11%, respectively).

2007 to 2019 Year Comparisons (Table 18)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting their primary place when they are sick was an urgent care center.

- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of female respondents reporting an urgent care center.

- In 2007, respondents 18 to 34 years old were more likely to report an urgent care center. In 2019, respondents 35 to 44 years old were more likely to report an urgent care center. From 2007 to 2019, there was a noted increase in the percent of respondents 35 to 54 years old reporting an urgent care center.

- In 2007 and 2019, education was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents with a high school education or less reporting an urgent care center.

- In 2007, respondents in the top 40 percent household income bracket were more likely to report an urgent care center. In 2019, respondents in the middle 20 percent household income bracket were more likely to report an urgent care center, with a noted increase since 2007.

- In 2007, marital status was not a significant variable. In 2019, married respondents were more likely to report an urgent care center, with a noted increase since 2007.

2016 to 2019 Year Comparisons (Table 18)

- From 2016 to 2019, 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 2016, female respondents were more likely to report an urgent care center. In 2019, gender was not a significant variable.

- In 2016, respondents 18 to 44 years old were more likely to report an urgent care center. In 2019, respondents 35 to 44 years old were more likely to report an urgent care center.

- In 2016 and 2019, respondents in the middle 20 percent household income bracket were more likely to report an urgent care center.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to report an urgent care center.

Table 18. Urgent Care Center as Primary Health Care Service by Demographic Variables for Each Survey Year (Q20)[①]

	2007	2010[②]	2013	2016	2019
TOTAL[a]	10%	3%	9%	20%	18%
Gender[3,4]					
Male	12	--	13	25	18
Female[a]	7	--	4	14	17
Age[1,3,4,5]					
18 to 34	20	--	24	32	20
35 to 44[a]	10	--	3	32	29
45 to 54[a]	4	--	12	16	26
55 to 64	2	--	1	15	6
65 and Older	6	--	2	6	7
Education					
High School or Less[a]	6	--	9	17	19
Some Post High School	13	--	8	20	16
College Graduate	13	--	11	23	18
Household Income[1,4,5]					
Bottom 40 Percent Bracket	11	--	11	14	13
Middle 20 Percent Bracket[a]	1	--	8	31	26
Top 40 Percent Bracket	15	--	10	19	20
Marital Status[5]					
Married[a]	12	--	7	21	22
Not Married	6	--	12	19	11

[①]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.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Public Health Clinic/Community Health Center as Primary Health Care Services

2019 Findings (Table 19)

- Five percent of respondents reported they go to a public health clinic/community health center when they are sick.
- Male respondents were more likely to report a public health clinic/community health center (9%) compared to female respondents (1%).
- Respondents 18 to 34 years old were more likely to report a public health clinic/community health center (16%) compared to respondents 45 to 54 years old (1%).
- Twelve percent of respondents with some post high school education reported a public health clinic/community health center compared to 2% of those with a college education or less than one percent of respondents with a high school education or less.

- Seven percent of respondents in the bottom 40 percent household income bracket reported a public health clinic/community health center compared to 2% of those in the top 40 percent income bracket or 0% of respondents in the middle 20 percent household income bracket.

- Unmarried respondents were more likely to report a public health clinic/community health center compared to married respondents (12% and 2%, respectively).

2007 to 2019 Year Comparisons (Table 19)

- From 2007 to 2019, there was a statistical decrease in the overall percent of respondents reporting their primary place when they are sick was a public health clinic/community health center.

- In 2007 and 2019, male respondents were more likely to report a public health clinic/community health center. From 2007 to 2019, there was a noted decrease in the percent of female respondents reporting a public health clinic/community health center.

- In 2007 and 2019, respondents 18 to 34 years old were more likely to report a public health clinic/community health center.

- In 2007, education was not a significant variable. In 2019, respondents with some post high school education were more likely to report a public health clinic/community health center. From 2007 to 2019, there was a noted decrease in the percent of respondents with a high school education or less reporting a public health clinic/community health center.

- In 2007, respondents in the middle 20 percent household income bracket were more likely to report a public health clinic/community health center. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report a public health clinic/community health center. From 2007 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a public health clinic/community health center.

- In 2007 and 2019, unmarried respondents were more likely to report a public health clinic/community health center. From 2007 to 2019, there was a noted decrease in the percent of married respondents reporting a public health clinic/community health center.

2016 to 2019 Year Comparisons (Table 19)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting their primary place when they are sick was a public health clinic/community health center.

- In 2016 and 2019, female respondents were more likely to report a public health clinic/community health center.

- In 2016, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report a public health clinic/community health center.

- In 2016, education was not a significant variable. In 2019, respondents with some post high school education were more likely to report a public health clinic/community health center, with a noted increase since 2016. From 2016 to 2019, there was a noted decrease in the percent of respondents with a high school education or less reporting a public health clinic/community health center.

- In 2016, household income was not a significant variable. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report a public health clinic/community health center.

- In 2016 and 2019, unmarried respondents were more likely to report a public health clinic/community health center.

Table 19. Public Health Clinic/Community Health Center as Primary Health Care Service by Demographic Variables for Each Survey Year (Q20)①

	2007	2010	2013	2016	2019
TOTAL[a]	11%	8%	6%	4%	5%
Gender[1,4,5]					
Male	14	10	6	8	9
Female[a]	8	6	6	<1	1
Age[1,2,5]					
18 to 34	27	16	11	9	16
35 to 44	8	3	5	6	2
45 to 54	7	8	4	2	1
55 to 64	2	4	1	3	3
65 and Older	2	6	6	1	2
Education[5]					
High School or Less[a,b]	13	11	6	6	<1
Some Post High School[b]	10	8	6	<1	12
College Graduate	7	3	5	6	2
Household Income[1,5]					
Bottom 40 Percent Bracket	9	12	6	6	7
Middle 20 Percent Bracket[a]	22	3	6	2	0
Top 40 Percent Bracket	4	7	5	5	2
Marital Status[1,3,4,5]					
Married[a]	7	7	3	<1	2
Not Married	17	9	9	8	12

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Advance Care Plan

2019 Findings (Table 20)

- Forty-three 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.

- Male respondents were more likely to report they had an advance care plan (49%) compared to female respondents (37%).

- Seventy-six percent of respondents 65 and older reported they had an advance care plan compared to 24% of those 35 to 44 years old or 21% of respondents 18 to 34 years old.

- Married respondents were more likely to report they had an advance care plan compared to unmarried respondents (47% and 35%, respectively).

2007 to 2019 Year Comparisons (Table 20)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents having an advance care plan.

- In 2007, female respondents were more likely to report having an advance care plan. In 2019, male respondents were more likely to report having an advance care plan, with a noted increase since 2007.

- In 2007 and 2019, respondents 65 and older were more likely to report having an advance care plan.

- In 2007, respondents in the bottom 40 percent household income bracket were more likely to report having an advance care plan. In 2019, household income was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting an advance care plan.

- In 2007, marital status was not a significant variable. In 2019, married respondents were more likely to report having an advance care plan, with a noted increase since 2007.

2016 to 2019 Year Comparisons (Table 20)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents having an advance care plan.

- In 2016, female respondents were more likely to report having an advance care plan. In 2019, male respondents were more likely to report having an advance care plan. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting an advance care plan.

- In 2016 and 2019, respondents 65 and older were more likely to report having an advance care plan.

- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting an advance care plan.

- In 2016 and 2019, married respondents were more likely to report having an advance care plan.

Table 20. Advance Care Plan by Demographic Variables for Each Survey Year (Q19)[①]

	2007	2010	2013	2016	2019
TOTAL	37%	33%	38%	47%	43%
Gender[1,4,5]					
Male[a]	32	30	34	41	49
Female[b]	42	35	41	51	37
Age[1,2,3,4,5]					
18 to 34	15	4	3	29	21
35 to 44	22	18	31	37	24
45 to 54	33	25	31	45	45
55 to 64	55	52	43	47	44
65 and Older	72	80	81	74	76
Education[3]					
High School or Less	38	33	40	42	43
Some Post High School	36	30	29	47	38
College Graduate	36	36	46	53	48
Household Income[1]					
Bottom 40 Percent Bracket	44	30	38	41	47
Middle 20 Percent Bracket[b]	31	25	28	51	32
Top 40 Percent Bracket[a]	30	29	38	48	43
Marital Status[4,5]					
Married[a]	35	34	41	51	47
Not Married	39	31	32	41	35

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

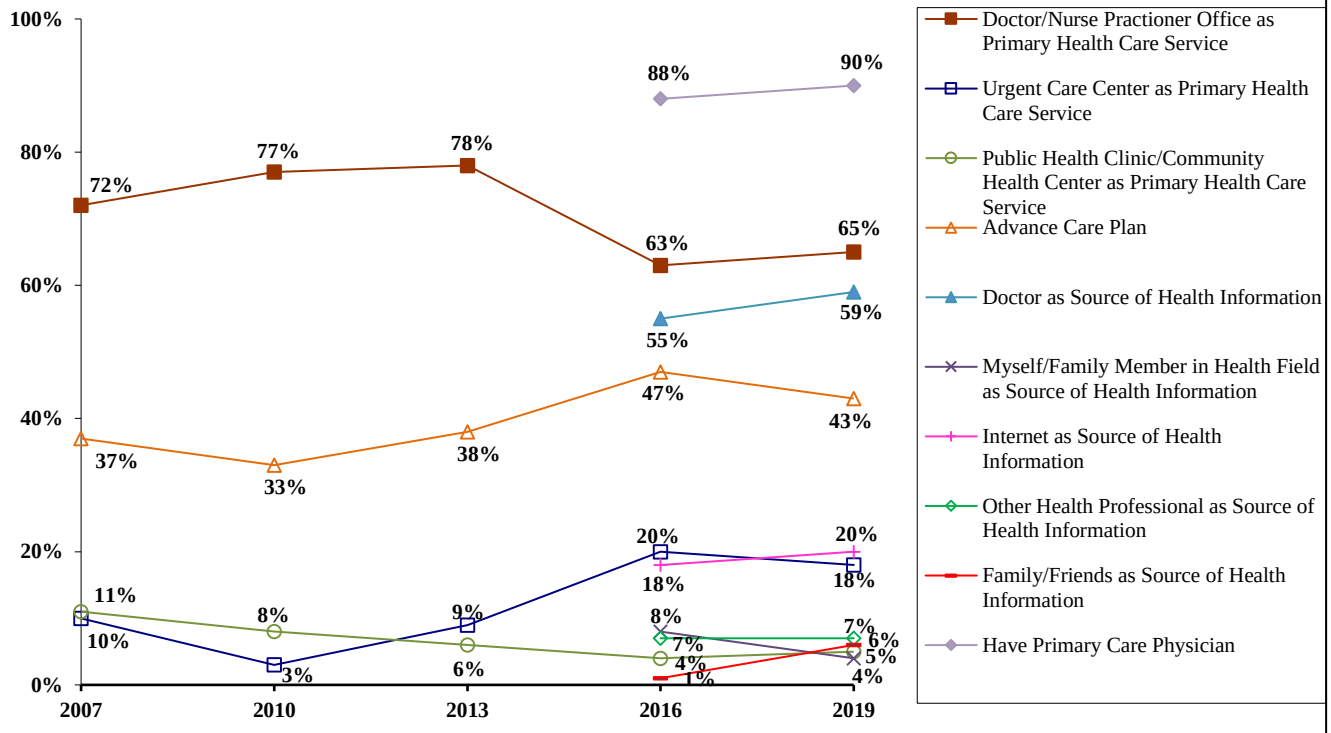
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Health Information and Services Overall

Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting doctor, the Internet or other health professional as their source of health information/clarification. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting family/friends as their source of health information/clarification. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting they were/family member in health field as their source of health information/clarification. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they have a primary care physician. From 2007 to 2019, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's/nurse practitioner's office or a public health clinic/community health center while from 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, there was no statistical change in the overall percent of respondents having an advance care plan, as well as from 2016 to 2019.

Figure 6. Health Information and Services (Q17 - Q20)



Routine Procedures (Figure 7; Tables 21 - 24)

KEY FINDINGS: In 2019, 92% of respondents reported a routine medical checkup two years ago or less while 76% reported a cholesterol test four years ago or less. Seventy percent of respondents reported a visit to the dentist in the past year while 45% reported an eye exam in the past year. Respondents who were 65 and older or unmarried were more likely to report a routine checkup two years ago or less. Respondents 45 to 54 years old, with a high school education or less, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents 55 and older or in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. Respondents 65 and older, with a college education or married respondents were more likely to report an eye exam in the past year.

From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a cholesterol test four years ago or less, a dental checkup or an eye exam in the past year, as well as from 2016 to 2019.

Routine Checkup

In 2017, 70% of Wisconsin respondents reported in the past year they had a routine checkup, 12% reported past two years, 7% past five years and 9% five or more years ago. Nationally, 70% reported past year, 13% past two years, 8% past five years and 8% five or more years ago (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 21)

- Ninety-two percent of respondents reported they had a routine checkup in the past two years.
- Ninety-seven percent of respondents 65 and older reported a routine checkup in the past two years compared to 79% of respondents 35 to 44 years old.
- Unmarried respondents were more likely to report a routine checkup in the past two years compared to married respondents (97% and 89%, respectively).

2007 to 2019 Year Comparisons (Table 21)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across marital status reporting a routine checkup two years ago or less.
- In 2007 and 2019, respondents 65 and older were more likely to report a routine checkup two years ago or less. From 2007 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old or 45 to 54 years old reporting a routine checkup two years ago or less.
- In 2007 and 2019, education was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents with some post high school education or less reporting a routine checkup two years ago or less.
- In 2007 and 2019, household income was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting a routine checkup two years ago or less.

- In 2007, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report a routine checkup two years ago or less. From 2007 to 2019, there was a noted increase in the percent of respondents across marital status reporting a routine checkup two years ago or less.

2016 to 2019 Year Comparisons (Table 21)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.

- In 2016, female respondents were more likely to report a routine checkup two years ago or less. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of male respondents reporting a routine checkup two years ago or less.

- In 2016 and 2019, respondents 65 and older were more likely to report a routine checkup two years ago or less. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old or 45 to 54 years old reporting a routine checkup two years ago or less.

- In 2016, respondents with a college education were more likely to report a routine checkup two years ago or less. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with a high school education or less reporting a routine checkup two years ago or less.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a routine checkup two years ago or less.

- In 2016, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report a routine checkup two years ago or less, with a noted increase since 2016.

Table 21. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year (Q21)[①]

	2007	2010	2013	2016	2019
TOTAL[a,b]	80%	77%	79%	86%	92%
Gender[3,4]					
Male[a,b]	78	73	73	82	91
Female[a]	81	81	83	91	93
Age[1,2,3,4,5]					
18 to 34[a,b]	80	64	56	83	94
35 to 44	74	76	77	76	79
45 to 54[a,b]	65	71	82	85	94
55 to 64	90	88	86	89	94
65 and Older	93	93	94	98	97
Education[2,3,4]					
High School or Less[a,b]	79	73	78	83	92
Some Post High School[a]	77	74	72	84	91
College Graduate	85	91	87	93	92
Household Income[4]					
Bottom 40 Percent Bracket[a,b]	78	76	75	82	95
Middle 20 Percent Bracket[a]	75	73	85	83	88
Top 40 Percent Bracket	85	81	80	92	89
Marital Status[2,5]					
Married[a]	79	81	79	87	89
Not Married[a,b]	82	72	77	85	97

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Cholesterol Test

The Healthy People 2020 goal for blood cholesterol screening within the preceding five years is 82%. (Objective HDS-6)

In 2017, 83% of Wisconsin respondents and 86% of U.S. respondents reported they had their cholesterol checked within the past five years (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 22)

- Seventy-six percent of respondents reported having their cholesterol tested four years ago or less. Three percent reported five or more years ago while 12% reported never having their cholesterol tested.
- Ninety-five percent of respondents 45 to 54 years old reported a cholesterol test four years ago or less compared to 71% of those 35 to 44 years old or 39% of respondents 18 to 34 years old.
- Eighty-two percent of respondents with a college education and 80% of those with a high school education or less reported a cholesterol test four years ago or less compared to 67% of respondents with some post high school education.

- Ninety percent of respondents in the top 40 percent household income bracket reported a cholesterol test four years ago or less compared to 78% of those in the bottom 40 percent income bracket or 53% of respondents in the middle 20 percent household income bracket.

- Married respondents were more likely to report a cholesterol test four years ago or less compared to unmarried respondents (83% and 64%, respectively).

2007 to 2019 Year Comparisons (Table 22)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.

- In 2007, respondents 55 to 64 years old were more likely to report a cholesterol test four years ago or less. In 2019, respondents 45 to 54 years old were more likely to report a cholesterol test four years ago or less, with a noted increase since 2007. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting a cholesterol test four years ago or less.

- In 2007, education was not a significant variable. In 2019, respondents with a high school education or less or with a college education were more likely to report a cholesterol test four years ago or less. From 2007 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting a cholesterol test four years ago or less.

- In 2007, household income was not a significant variable. In 2019, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. From 2007 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a cholesterol test four years ago or less.

- In 2007 and 2019, married respondents were more likely to report a cholesterol test four years ago or less.

2016 to 2019 Year Comparisons (Table 22)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less.

- In 2016, respondents 55 and older were more likely to report a cholesterol test four years ago or less. In 2019, respondents 45 to 54 years old were more likely to report a cholesterol test four years ago or less, with a noted increase since 2016.

- In 2016, education was not a significant variable. In 2019, respondents with a high school education or less or with a college education were more likely to report a cholesterol test four years ago or less. From 2016 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting a cholesterol test four years ago or less.

- In 2016, household income was not a significant variable. In 2019, respondents in the top 40 percent household income bracket were more likely to report a cholesterol test four years ago or less. From 2016 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a cholesterol test four years ago or less.

- In 2016 and 2019, married respondents were more likely to report a cholesterol test four years ago or less.

Table 22. Cholesterol Test Four Years Ago or Less by Demographic Variables for Each Survey Year (Q22)①

	2007	2010	2013	2016	2019
TOTAL	78%	73%	75%	79%	76%
Gender[2]					
Male	79	68	75	80	76
Female	77	77	74	78	76
Age[1,2,3,4,5]					
18 to 34[a]	68	38	32	50	39
35 to 44	80	80	76	77	71
45 to 54[a,b]	68	83	89	85	95
55 to 64	94	86	91	93	90
65 and Older	89	92	92	95	92
Education[2,3,5]					
High School or Less	76	62	68	73	80
Some Post High School[a,b]	83	80	77	85	67
College Graduate	77	86	82	80	82
Household Income[2,3,5]					
Bottom 40 Percent Bracket	74	66	66	76	78
Middle 20 Percent Bracket[a,b]	84	79	76	77	53
Top 40 Percent Bracket	84	80	86	85	90
Marital Status[1,2,3,4,5]					
Married	84	82	80	86	83
Not Married	69	63	66	69	64

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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.[1]

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).

2019 Findings (Table 23)

- Seventy percent of respondents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.

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

- Seventy-seven percent of respondents 55 to 64 years old and 76% of those 65 and older reported a dental checkup in the past year compared to 60% of respondents 35 to 44 years old.

- Eighty percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 77% of those in the middle 20 percent income bracket or 57% of respondents in the bottom 40 percent household income bracket.

2007 to 2019 Year Comparisons (Table 23)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.

- In 2007, respondents 45 to 64 years old were more likely to report a dental checkup in the past year. In 2019, respondents 55 and older were more likely to report a dental checkup in the past year. From 2007 to 2019, there was a noted increase in the percent of respondents 65 and older reporting a dental checkup in the past year.

- In 2007, respondents with a college education were more likely to report a dental checkup in the past year. In 2019, education was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents with a college education reporting a dental checkup in the past year.

- In 2007 and 2019, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year.

- In 2007, married respondents were more likely to report a dental checkup in the past year. In 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting a dental checkup in the past year.

2016 to 2019 Year Comparisons (Table 23)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported having a dental checkup in the past year.

- In 2016, female respondents were more likely to report a dental checkup in the past year. In 2019, gender was not a significant variable.

- In 2016, age was not a significant variable. In 2019, respondents 55 and older were more likely to report a dental checkup in the past year.

- In 2016, respondents with a college education were more likely to report a dental checkup in the past year. In 2019, education was not a significant variable.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. From 2016 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a dental checkup in the past year.

- In 2016, married respondents were more likely to report a dental checkup in the past year. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting a dental checkup in the past year.

Table 23. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year (Q23)①

	2007	2010	2013	2016	2019
TOTAL	71%	65%	70%	69%	70%
Gender[2,4]					
Male	72	59	67	63	70
Female	70	69	72	75	69
Age[1,3,5]					
18 to 34	69	60	60	67	61
35 to 44	66	64	68	61	60
45 to 54	84	67	75	78	74
55 to 64	82	71	81	69	77
65 and Older[a]	60	65	65	67	76
Education[1,2,3,4]					
High School or Less	64	57	60	66	62
Some Post High School	69	67	66	64	70
College Graduate[a]	87	79	89	78	76
Household Income[1,2,3,4,5]					
Bottom 40 Percent Bracket	58	47	56	55	57
Middle 20 Percent Bracket	74	89	75	70	77
Top 40 Percent Bracket[b]	88	76	85	89	80
Marital Status[1,2,4]					
Married[a,b]	77	73	71	79	68
Not Married[a,b]	61	56	66	56	71

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Eye Exam

2019 Findings (Table 24)

- Forty-five percent of respondents had an eye exam in the past year while 33% reported one to two years ago.
- Fifty-eight percent of respondents 65 and older reported an eye exam in the past year compared to 34% of those 18 to 34 years old or 29% of respondents 35 to 44 years old.
- Fifty-five percent of respondents with a college education reported an eye exam in the past year compared to 46% of those with a high school education or less or 36% of respondents with some post high school education.
- Married respondents were more likely to report an eye exam in the past year compared to unmarried respondents (54% and 31%, respectively).

2007 to 2019 Year Comparisons (Table 24)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.

- In 2007, age was not a significant variable. In 2019, respondents 65 and older were more likely to report an eye exam less than a year ago. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting an eye exam less than a year ago.

- In 2007, education was not a significant variable. In 2019, respondents with a college education were more likely to report an eye exam less than a year ago.

- In 2007, marital status was not a significant variable. In 2019, married respondents were more likely to report an eye exam less than a year ago, with a noted increase since 2007. From 2007 to 2019, there was a noted decrease in the percent of unmarried respondents reporting an eye exam less than a year ago.

2016 to 2019 Year Comparisons (Table 24)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported an eye exam less than a year ago.

- In 2016, female respondents were more likely to report an eye exam less than a year ago. In 2019, gender was not a significant variable.

- In 2016 and 2019, respondents 65 and older were more likely to report an eye exam less than a year ago. From 2016 to 2019, there was a noted decrease in the percent of respondents 35 to 44 years old reporting an eye exam less than a year ago.

- In 2016 and 2019, respondents with a college education were more likely to report an eye exam less than a year ago. From 2016 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting an eye exam less than a year ago.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report an eye exam less than a year ago. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting an eye exam less than a year ago.

- In 2016 and 2019, married respondents were more likely to report an eye exam less than a year ago.

Table 24. Eye Exam Less than One Year Ago by Demographic Variables for Each Survey Year (Q24)[①]

	2007	2010	2013	2016	2019
TOTAL	48%	45%	46%	47%	45%
Gender[2,4]					
Male	45	38	43	37	41
Female	51	52	49	57	49
Age[2,3,4,5]					
18 to 34[a]	52	46	29	36	34
35 to 44[b]	42	29	42	51	29
45 to 54	45	41	59	45	52
55 to 64	51	49	50	45	52
65 and Older	49	62	52	59	58
Education[4,5]					
High School or Less	48	46	49	37	46
Some Post High School[b]	47	44	38	52	36
College Graduate	47	45	51	55	55
Household Income[3,4]					
Bottom 40 Percent Bracket	49	46	40	37	45
Middle 20 Percent Bracket	47	42	35	44	38
Top 40 Percent Bracket[b]	42	44	55	65	52
Marital Status[4,5]					
Married[a]	45	43	47	57	54
Not Married[a]	53	47	45	35	31

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

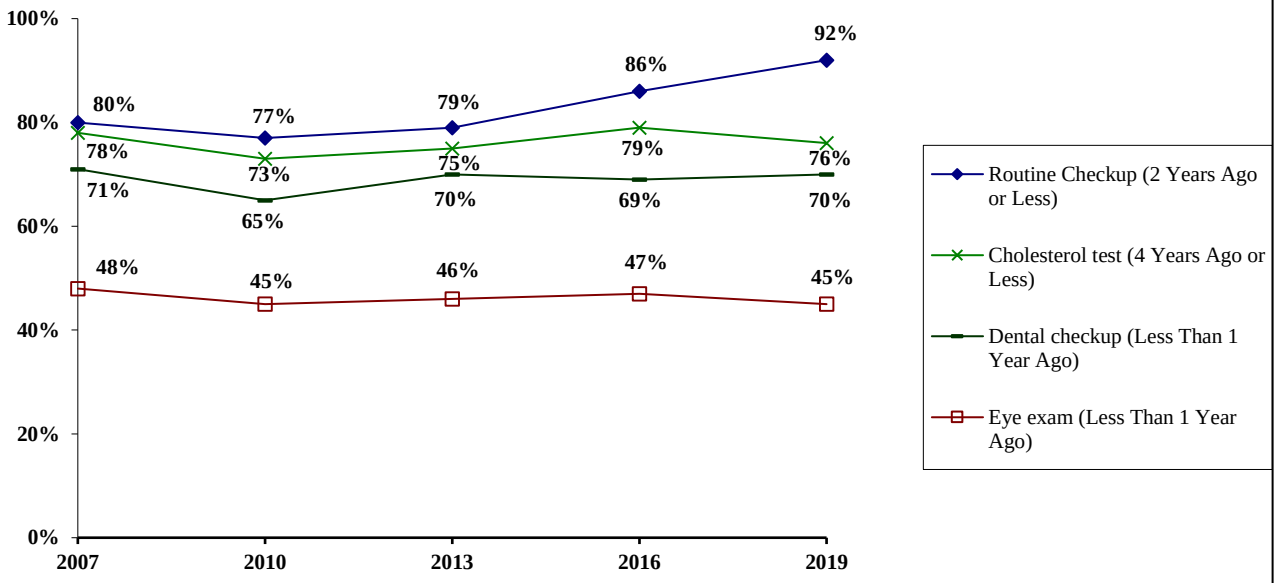
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Routine Procedures Overall

Year Comparisons

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a cholesterol test four years ago or less, a dental checkup or an eye exam in the past year, as well as from 2016 to 2019.

Figure 7. Routine Procedures (Q21 - Q24)



Vaccinations (Figure 8; Table 25)

KEY FINDINGS: In 2019, 53% of respondents had a flu vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination in their lifetime.

From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination, as well as from 2016 to 2019.

Flu Vaccination

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

In 2017, 53% of Wisconsin respondents and 61% of U.S. respondents 65 and older reported they received a flu vaccination in the past year (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 25)

- Fifty-three percent of respondents had a flu shot or flu vaccine that was sprayed in their nose in the past year.
- Seventy-one percent of respondents 65 and older reported receiving a flu vaccination compared to 41% of those 45 to 54 years old or 38% of respondents 18 to 34 years old.

2007 to 2019 Year Comparisons (Table 25)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past year. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past year.
- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of female respondents reporting a flu vaccination.
- In 2007 and 2019, respondents 65 and older were more likely to report a flu vaccination. From 2007 to 2019, there was a noted increase in the percent of respondents 35 to 44 years old reporting a flu vaccination.
- In 2007, respondents with a college education were more likely to report a flu vaccination. In 2019, education was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents with some post high school education reporting a flu vaccination.
- In 2007, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report a flu vaccination. In 2019, household income was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting a flu vaccination.
- In 2007 and 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of married respondents reporting a flu vaccination.

2016 to 2019 Year Comparisons (Table 25)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents 18 and older as well as respondents 65 and older who reported a flu vaccination in the past year.

- In 2016, female respondents were more likely to report a flu vaccination. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting a flu vaccination in the past year.

- In 2016 and 2019, respondents 65 and older were more likely to report a flu vaccination. From 2016 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 35 to 44 years old reporting a flu vaccination.

- In 2016, respondents with a college education were more likely to report a flu vaccination. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with a college education reporting a flu vaccination.

Table 25. Flu Vaccination by Demographic Variables for Each Survey Year (Q25)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	44%	42%	48%	57%	53%
Gender[2,3,4]					
Male	43	36	43	46	48
Female[a,b]	44	48	53	68	57
Age[1,2,3,4,5]					
18 to 34[b]	47	31	41	58	38
35 to 44[a,b]	16	43	13	37	59
45 to 54	40	31	47	47	41
55 to 64	51	51	60	63	60
65 and Older	67	58	73	78	71
Education[1,4]					
High School or Less	43	41	47	52	46
Some Post High School[a]	36	41	52	48	55
College Graduate[b]	54	45	46	74	56
Household Income[1]					
Bottom 40 Percent Bracket	47	44	43	57	49
Middle 20 Percent Bracket[a]	26	38	58	64	49
Top 40 Percent Bracket	49	43	42	53	59
Marital Status[3]					
Married[a]	43	41	53	60	52
Not Married	44	42	42	53	54

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Pneumonia Vaccination

The Healthy People 2020 goal for persons 65 and older ever having a pneumococcal vaccine is 90%. (Objective IID-13.1)

In 2017, 80% of Wisconsin respondents and 75% of U.S. respondents 65 and older reported they received a pneumonia shot (2017 Behavioral Risk Factor Surveillance).

2019 Findings

- Seventy-four percent of respondents 65 and older reported they received a pneumonia vaccination in their lifetime.

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

2007 to 2019 Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination in their lifetime.

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

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination in their lifetime.

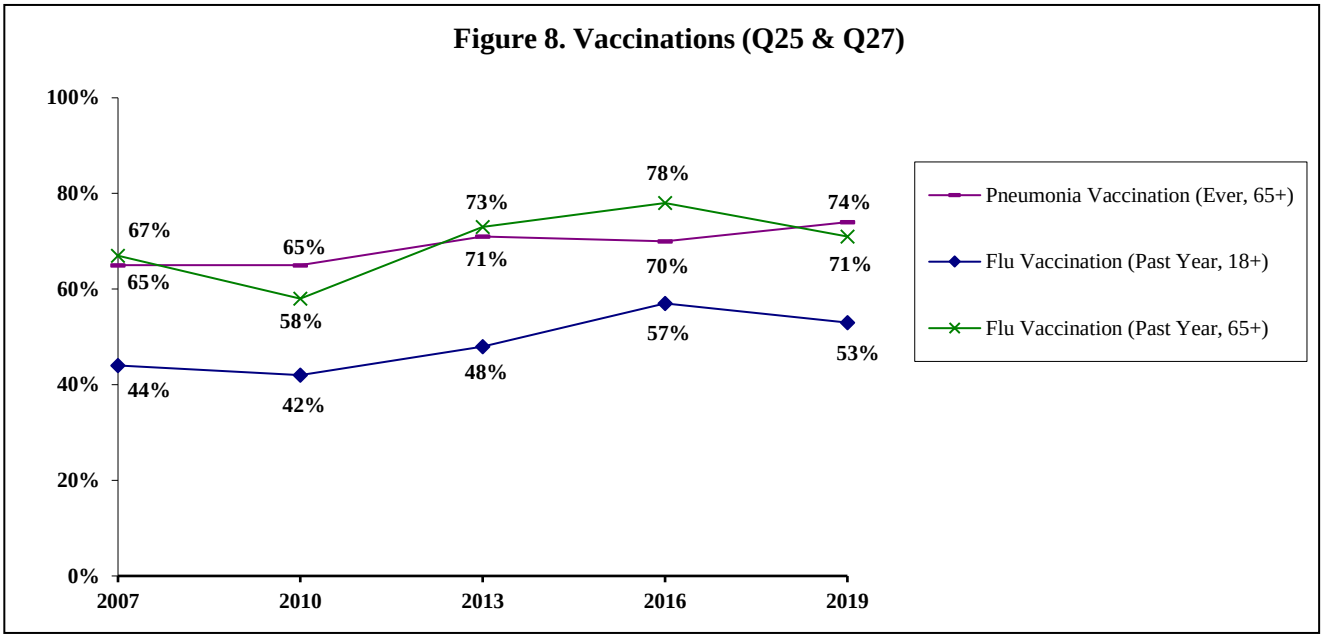
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question each year.

Vaccinations Overall

Year Comparisons

- From 2007 to 2019, 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 2016 to 2019, there was no statistical change. From 2007 to 2019, 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 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination, as well as from 2016 to 2019.

Figure 8. Vaccinations (Q25 & Q27)



Fallen/Injury Limited Activities (Table 26)

KEY FINDINGS: In 2019, 24% of respondents 55 and older reported in the past year they have fallen at least once. Of the respondents who had fallen in the past year, 32% reported at least one of the falls caused an injury that limited their regular activities for at least a day or caused them to see a doctor.

2019 Findings (Table 26)

Of the 155 respondents 55 and older…

- Twenty-four percent of respondents reported in the past year they have fallen at least once.
- There were no statistically significant differences between demographic variables and responses of having fallen at least once in the past year.

Of the 24% of respondents who were 55 and older who fell in the past year (n=37)…

- Of the 37 respondents who reported they have fallen at least once in the past year, 32% reported at least one of the falls caused an injury that limited their regular activities for at least a day or caused them to see a doctor.

Table 26. Fallen in Past Year by Demographic Variables for 2019 (Respondents 55 and Older) (Q28)[①]

	2019
TOTAL	24%
Gender	
Male	24
Female	24
Age	
55 to 64	28
65 and Older	21
Education	
High School or Less	28
Some Post High School	25
College Graduate	18
Household Income	
Bottom 40 Percent Bracket	24
Top 60 Percent Bracket	19
Marital Status	
Married	24
Not Married	24

[①]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 p≤0.05 in 2019

Prevalence of Select Health Conditions (Figures 9 & 10; Tables 27 - 32)

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

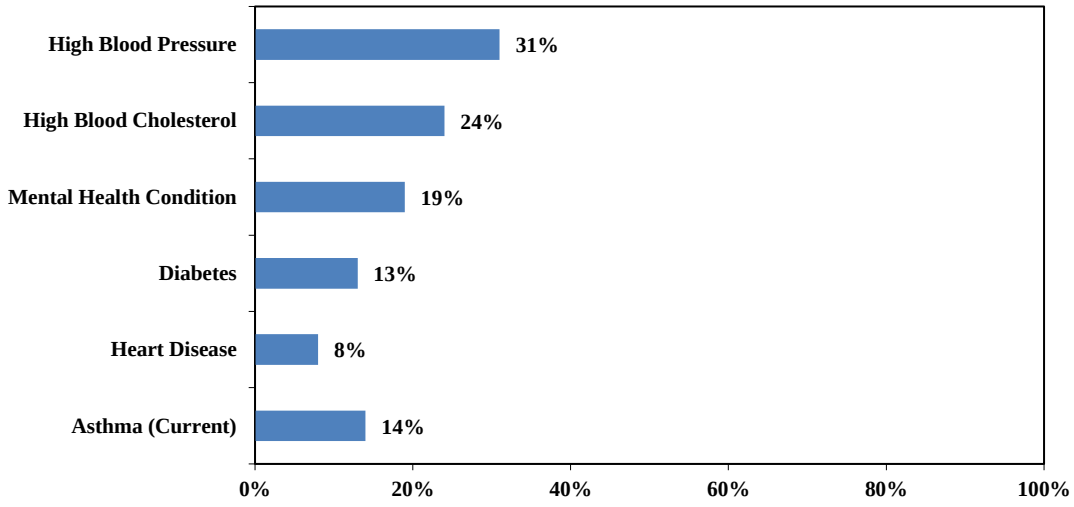
KEY FINDINGS: In 2019, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (31%) or high blood cholesterol (24%). Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or who were overweight were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or overweight respondents were more likely to report high blood cholesterol. Nineteen percent reported a mental health condition; respondents who were female, 35 to 44 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to report this. Thirteen percent of respondents reported diabetes. Respondents 45 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight or smokers were more likely to report diabetes. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents 65 and older were more likely to report this. Fourteen percent reported current asthma; respondents with a high school education or less, with a college education or married respondents were more likely to report current asthma.

From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, diabetes, heart disease/condition or current asthma, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2016 to 2019, there was a statistical increase. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported a mental health condition while from 2016 to 2019, there was no statistical change.

<u>2019 Findings</u>

- Respondents were more likely to report high blood pressure (31%) or high blood cholesterol (24%) in the past three years out of six health conditions listed.

Figure 9. Health Conditions in Past Three Years for 2019 (Q30, Q32, Q34, Q36, Q38 & Q40)



High Blood Pressure

2019 Findings (Table 27)

- Thirty-one percent of respondents reported high blood pressure in the past three years.
- Respondents 65 and older were more likely to report high blood pressure in the past three years (60%) compared to those 18 to 34 years old (8%) or respondents 35 to 44 years old (6%).
- Forty-seven percent of respondents with a high school education or less reported high blood pressure compared to 28% of those with some post high school education or 20% of respondents with a college education.
- Forty-five percent of respondents in the bottom 40 percent household income bracket reported high blood pressure compared to 25% of those in the top 40 percent income bracket or 13% of respondents in the middle 20 percent household income bracket.
- Overweight respondents were more likely to report high blood pressure (37%) compared to respondents who were not overweight (13%).
    - Of the 124 respondents who reported high blood pressure, 98% had it under control through medication, exercise or lifestyle changes.

2007 to 2019 Year Comparisons (Table 27)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2007 and 2019, respondents 65 and older were more likely to report high blood pressure. From 2007 to 2019, there was a noted decrease in the percent of respondents 35 to 44 years old reporting high blood pressure.
- In 2007 and 2019, respondents with a high school education or less were more likely to report high blood pressure.
- In 2007, respondents in the middle 20 percent household income bracket were more likely to report high blood pressure. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure, with a noted increase since 2007. From 2007 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting high blood pressure.
- In 2007 and 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of married respondents reporting high blood pressure.
- In 2007 and 2019, overweight respondents were more likely to report high blood pressure.
- In 2007, inactive respondents were more likely to report high blood pressure. In 2019, physical activity was not a significant variable.

2016 to 2019 Year Comparisons (Table 27)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure. From 2016 to 2019, there was no statistical change in the overall percent of respondents with high blood pressure reporting it was under control through medication, exercise or lifestyle changes (94% and 98%, respectively).

- In 2016 and 2019, respondents 65 and older were more likely to report high blood pressure. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents 35 to 44 years old reporting high blood pressure.

- In 2016 and 2019, respondents with a high school education or less were more likely to report high blood pressure.

- In 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report high blood pressure. From 2016 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting high blood pressure.

- In 2016 and 2019, overweight respondents were more likely to report high blood pressure.

- In 2016, inactive respondents were more likely to report high blood pressure. In 2019, physical activity was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of inactive respondents reporting high blood pressure.

- In 2016, smokers were more likely to report high blood pressure. In 2019, smoking status was not a significant variable.

Table 27. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year (Q30)①

	2007	2010	2013	2016	2019
TOTAL	28%	26%	30%	31%	31%
Gender					
Male	30	26	33	34	32
Female	25	27	26	29	31
Age[1,2,3,4,5]					
18 to 34	9	2	11	4	8
35 to 44[a,b]	22	15	16	21	6
45 to 54	28	20	15	26	39
55 to 64	33	39	51	37	39
65 and Older	52	67	57	69	60
Education[1,3,4,5]					
High School or Less	36	29	37	43	47
Some Post High School	24	24	26	24	28
College Graduate	15	23	22	22	20
Household Income[1,2,4,5]					
Bottom 40 Percent Bracket[a]	32	31	35	41	45
Middle 20 Percent Bracket[a,b]	35	21	24	30	13
Top 40 Percent Bracket	15	10	24	20	25
Marital Status[1]					
Married[a]	24	26	30	28	33
Not Married	33	26	30	35	29
Overweight Status[1,2,3,4,5]					
Not Overweight	16	13	20	23	13
Overweight	34	32	33	35	37
Physical Activity[1,4]					
Inactive[b]	41	29	33	58	35
Insufficient	33	27	30	26	33
Recommended	20	24	27	30	28
Smoking Status[2,4]					
Nonsmoker	27	30	29	29	32
Smoker	28	16	29	41	29

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

[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

High Blood Cholesterol

2019 Findings (Table 28)

- Twenty-four percent of respondents reported high blood cholesterol in the past three years.

- Thirty-nine percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 11% of those 35 to 44 years old or 5% of respondents 18 to 34 years old.

- Thirty-eight percent of respondents with a high school education or less reported high blood cholesterol compared to 21% of those with a college education or 15% of respondents with some post high school education.

- Thirty percent of respondents in the bottom 40 percent household income bracket reported high blood cholesterol compared to 24% of those in the top 40 percent income bracket or 14% of respondents in the middle 20 percent household income bracket.

- Overweight respondents were more likely to report high blood cholesterol (27%) compared to respondents who were not overweight (15%).

    - Of the 97 respondents who reported high blood cholesterol, 88% had it under control through medication, exercise or lifestyle changes.

2007 to 2019 Year Comparisons (Table 28)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.

- In 2007, respondents 55 and older were more likely to report high blood cholesterol. In 2019, respondents 65 and older were more likely to report high blood cholesterol. From 2007 to 2019, there was a noted decrease in the percent of respondents 35 to 44 years old reporting high blood cholesterol.

- In 2007, education was not a significant variable. In 2019, respondents with a high school education or less were more likely to report high blood cholesterol. From 2007 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting high blood cholesterol.

- In 2007, household income was not a significant variable. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol. From 2007 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting high blood cholesterol.

- In 2007, unmarried respondents were more likely to report high blood cholesterol. In 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of unmarried respondents reporting high blood cholesterol.

- In 2007, overweight status was not a significant variable. In 2019, overweight respondents were more likely to report high blood cholesterol. From 2007 to 2019, there was a noted decrease in the percent of respondents who were not overweight reporting high blood cholesterol.

2016 to 2019 Year Comparisons (Table 28)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported high blood cholesterol. From 2016 to 2019, there was no statistical change in the overall percent of respondents with high blood cholesterol reporting it was under control through medication, exercise or lifestyle changes (91% and 88%, respectively).

- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of female respondents reporting high blood cholesterol.

- In 2016 and 2019, respondents 65 and older were more likely to report high blood cholesterol. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 54 years old reporting high blood cholesterol.

- In 2016, education was not a significant variable. In 2019, respondents with a high school education or less were more likely to report high blood cholesterol, with a noted increase since 2016.

- In 2016, household income was not a significant variable. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report high blood cholesterol, with a noted increase since 2016. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting high blood cholesterol.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents across marital status reporting high blood cholesterol.

- In 2016 and 2019, overweight respondents were more likely to report high blood cholesterol. From 2016 to 2019, there was a noted increase in the percent of overweight respondents reporting high blood cholesterol.

- In 2016 and 2019, physical activity was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents who did an insufficient amount of physical activity reporting high blood cholesterol.

- In 2016, nonsmokers were more likely to report high blood cholesterol. In 2019, smoking status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents across smoking status reporting high blood cholesterol.

Table 28. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year (Q32)[①]

	2007	2010	2013	2016	2019
TOTAL[b]	28%	29%	26%	16%	24%
Gender					
Male	32	33	26	18	23
Female[b]	24	25	25	14	26
Age[1,2,3,4,5]					
18 to 34[b]	11	4	2	0	5
35 to 44[a,b]	25	31	10	0	11
45 to 54[b]	25	28	16	15	33
55 to 64	45	43	49	29	32
65 and Older	44	47	51	36	39
Education[3,5]					
High School or Less[b]	30	29	33	17	38
Some Post High School[a]	25	23	26	17	15
College Graduate	27	38	14	15	21
Household Income[3,5]					
Bottom 40 Percent Bracket[b]	34	28	31	17	30
Middle 20 Percent Bracket[a]	30	24	17	20	14
Top 40 Percent Bracket[b]	22	31	21	11	24
Marital Status[1,2]					
Married[b]	24	34	27	18	26
Not Married[a,b]	34	23	23	14	22
Overweight Status[2,4,5]					
Not Overweight[a]	27	19	19	9	15
Overweight[b]	30	32	28	20	27
Physical Activity					
Inactive[a]	41	21	32	22	22
Insufficient[b]	29	28	24	17	28
Recommended	26	31	24	14	21
Smoking Status[4]					
Nonsmoker[b]	28	31	25	18	25
Smoker[b]	27	22	27	8	21

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Mental Health Condition

2019 Findings (Table 29)

- Nineteen percent of respondents reported a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression in the past three years.

- Female respondents were more likely to report a mental health condition in the past three years (26%) compared to male respondents (13%).

- Thirty percent of respondents 35 to 44 years old reported a mental health condition compared to 17% of those 45 to 64 years old or 9% of respondents 65 and older.

- Twenty-nine percent of respondents with a high school education or less reported a mental health condition compared to 16% of those with some post high school education or 14% of respondents with a college education.

- Twenty-seven percent of respondents in the middle 20 percent household income bracket reported a mental health condition compared to 23% of those in the bottom 40 percent income bracket or 10% of respondents in the top 40 percent household income bracket.

    - Of the 77 respondents who reported a mental health condition, 75% had it under control through medication, therapy or lifestyle changes.

2007 to 2019 Year Comparisons (Table 29)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents reporting a mental health condition.

- In 2007 and 2019, female respondents were more likely to report a mental health condition. From 2007 to 2019, there was a noted increase in the percent of respondents across gender reporting a mental health condition.

- In 2007, age was not a significant variable. In 2019, respondents 35 to 44 years old were more likely to report a mental health condition. From 2007 to 2019, there was a noted increase in the percent of respondents 18 to 44 years old reporting a mental health condition.

- In 2007, education was not a significant variable. In 2019, respondents with a high school education or less were more likely to report a mental health condition, with a noted increase since 2007.

- In 2007, household income was not a significant variable. In 2019, respondents in the middle 20 percent household income bracket were more likely to report a mental health condition. From 2007 to 2019, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting a mental health condition.

- In 2007 and 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across marital status reporting a mental health condition.

2016 to 2019 Year Comparisons (Table 29)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting a mental health condition. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents with a mental health condition reporting it was under control through medication, therapy or lifestyle changes (98% and 75%, respectively).

- In 2016 and 2019, female respondents were more likely to report a mental health condition.
- In 2016, age was not a significant variable. In 2019, respondents 35 to 44 years old were more likely to report a mental health condition.
- In 2016, education was not a significant variable. In 2019, respondents with a high school education or less were more likely to report a mental health condition, with a noted increase since 2016.
- In 2016, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition. In 2019, respondents in the middle 20 percent household income bracket were more likely to report a mental health condition, with a noted increase since 2016.
- In 2016, unmarried respondents were more likely to report a mental health condition. In 2019, marital status was not a significant variable.

Table 29. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year (Q36)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	9%	12%	16%	15%	19%
Gender[1,4,5]					
Male[a]	5	13	14	8	13
Female[a]	12	11	19	22	26
Age[2,3,5]					
18 to 34[a]	9	15	27	17	25
35 to 44[a]	9	6	21	16	30
45 to 54	9	16	12	16	17
55 to 64	12	18	19	17	17
65 and Older	6	6	5	9	9
Education[5]					
High School or Less[a,b]	7	13	18	19	29
Some Post High School	8	8	19	13	16
College Graduate	11	13	9	13	14
Household Income[2,3,4,5]					
Bottom 40 Percent Bracket[a]	11	16	25	23	23
Middle 20 Percent Bracket[a,b]	5	8	8	14	27
Top 40 Percent Bracket	8	6	10	6	10
Marital Status[4]					
Married[a]	9	10	15	11	17
Not Married[a]	7	13	18	20	23

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Diabetes

2019 Findings (Table 30)

- Thirteen percent of respondents reported diabetes in the past three years.
- Nineteen percent of respondents 55 and older and 17% of those 45 to 54 years old reported diabetes in the past three years compared to 2% of respondents 35 to 44 years old.
- Twenty-three percent of respondents with a high school education or less reported diabetes compared to 11% of those with some post high school education or 4% of respondents with a college education.
- Twenty-two percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 9% of those in the middle 20 percent income bracket or 4% of respondents in the top 40 percent household income bracket.
- Fifteen percent of overweight respondents reported diabetes compared to 4% of respondents who were not overweight.
- Smokers were more likely to report diabetes (22%) compared nonsmokers (11%).
    - Of the 50 respondents who reported diabetes, 92% had it under control through medication, exercise or lifestyle changes.

2007 to 2019 Year Comparisons (Table 30)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2007, respondents 55 to 64 years old were more likely to report diabetes. In 2019, respondents 45 and older were more likely to report diabetes.
- In 2007, respondents with some post high school education or less were more likely to report diabetes. In 2019, respondents with a high school education or less were more likely to report diabetes, with a noted increase since 2007.
- In 2007, household income was not a significant variable. In 2019, respondents in the bottom 40 percent household income bracket were more likely to report diabetes, with a noted increase since 2007.
- In 2007 and 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of married respondents reporting diabetes.
- In 2007 and 2019, overweight respondents were more likely to report diabetes.
- In 2007 and 2019, physical activity was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting diabetes.
- In 2007, smoking status was not a significant variable. In 2019, smokers were more likely to report diabetes, with a noted increase since 2007.

2016 to 2019 Year Comparisons (Table 30)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported diabetes. From 2016 to 2019, there was no statistical change in the overall percent of respondents with diabetes reporting it was under control through medication, exercise or lifestyle changes (97% and 92%, respectively).

- In 2016, respondents 65 and older were more likely to report diabetes. In 2019, respondents 45 and older were more likely to report diabetes.

- In 2016, education was not a significant variable. In 2019, respondents with a high school education or less were more likely to report diabetes, with a noted increase since 2016.

- In 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.

- In 2016 and 2019, overweight respondents were more likely to report diabetes.

- In 2016, smoking status was not a significant variable. In 2019, smokers were more likely to report diabetes, with a noted increase since 2016.

Table 30. Diabetes in Past Three Years by Demographic Variables for Each Survey Year (Q38)①

	2007	2010	2013	2016	2019
TOTAL	9%	6%	11%	9%	13%
Gender					
Male	10	8	13	10	13
Female	7	4	9	9	12
Age[1,2,3,4,5]					
18 to 34	2	0	2	4	5
35 to 44	3	0	0	0	2
45 to 54	8	8	12	9	17
55 to 64	20	19	17	14	19
65 and Older	15	12	21	17	19
Education[1,5]					
High School or Less[a,b]	11	8	13	12	23
Some Post High School	10	5	11	10	11
College Graduate	1	3	8	5	4
Household Income[3,4,5]					
Bottom 40 Percent Bracket[a]	11	9	16	15	22
Middle 20 Percent Bracket	9	3	0	5	9
Top 40 Percent Bracket	5	3	8	6	4
Marital Status[2]					
Married[a]	7	9	10	11	14
Not Married	11	4	12	8	10
Overweight Status[1,2,4,5]					
Not Overweight	4	2	6	3	4
Overweight	11	9	12	11	15
Physical Activity					
Inactive	15	12	12	18	18
Insufficient	10	5	13	11	11
Recommended[a]	5	6	8	7	12
Smoking Status[5]					
Nonsmoker	9	7	11	11	11
Smoker[a,b]	5	5	13	5	22

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

[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Heart Disease/Condition

2019 Findings (Table 31)

- Eight percent of respondents reported heart disease or condition in the past three years.

- Eighteen percent of respondents 65 and older reported heart disease/condition in the past three years compared to 3% of those 35 to 44 years old or 2% of respondents 18 to 34 years old.

    - Of the 32 respondents who reported heart disease/condition, 97% had it under control through medication, exercise or lifestyle changes.

2007 to 2019 Year Comparisons (Table 31)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported heart disease/condition.

- In 2007, female respondents were more likely to report heart disease/condition. In 2019, gender was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of female respondents reporting heart disease/condition.

- In 2007 and 2019, respondents 65 and older were more likely to report heart disease/condition.

- In 2007, respondents in the bottom 40 percent household income bracket were more likely to report heart disease/condition. In 2019, household income was not a significant variable.

- In 2007, unmarried respondents were more likely to report heart disease/condition. In 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of unmarried respondents reporting heart disease/condition.

- In 2007 and 2019, overweight status was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents who were not overweight reporting heart disease/condition.

- In 2007, inactive respondents were more likely to report heart disease/condition. In 2019, physical activity was not a significant variable.

2016 to 2019 Year Comparisons (Table 31)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported heart disease/condition. From 2016 to 2019, there was a statistical increase in the overall percent of respondents with a heart disease/condition reporting it was under control through medication, exercise or lifestyle changes (82% and 97%, respectively).

- In 2016 and 2019, respondents 65 and older were more likely to report heart disease/condition.

Table 31. Heart Disease/Condition in Past Three Years by Demographic Variables for Each Survey Year (Q34)[①]

	2007	2010	2013	2016	2019
TOTAL	11%	9%	11%	10%	8%
Gender[1]					
Male	6	11	11	12	9
Female[a]	16	7	11	8	7
Age[1,2,3,4,5]					
18 to 34	<1	<1	0	0	2
35 to 44	11	3	14	11	3
45 to 54	5	5	1	2	6
55 to 64	10	13	14	10	12
65 and Older	27	24	27	27	18
Education[3]					
High School or Less	11	11	16	12	11
Some Post High School	9	7	10	8	7
College Graduate	12	6	4	9	7
Household Income[1,3]					
Bottom 40 Percent Bracket	17	10	18	12	11
Middle 20 Percent Bracket	8	3	3	6	8
Top 40 Percent Bracket	5	4	6	10	4
Marital Status[1]					
Married	8	10	10	10	10
Not Married[a]	15	7	13	9	5
Overweight Status					
Not Overweight[a]	15	8	12	7	6
Overweight	9	9	10	11	9
Physical Activity[1]					
Inactive	26	7	13	18	12
Insufficient	6	10	10	8	8
Recommended	11	8	11	10	8
Smoking Status					
Nonsmoker	10	9	10	10	8
Smoker	13	8	16	7	6

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Current Asthma

In 2017, 10% of Wisconsin respondents and 9% of U.S. respondents reported they were told they currently have asthma (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 32)

- Fourteen percent of respondents reported they currently have asthma.
- Eighteen percent of respondents with a high school education or less and 17% of those with a college education reported current asthma compared to 7% of respondents with some post high school education.
- Married respondents were more likely to report current asthma compared to unmarried respondents (16% and 9%, respectively).
    - Of the 54 respondents who reported current asthma, 100% had it under control through medication, therapy or lifestyle changes.

2007 to 2019 Year Comparisons (Table 32)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported current asthma.
- In 2007, female respondents were more likely to report current asthma. In 2019, gender was not a significant variable.
- In 2007, respondents 18 to 34 years old were more likely to report current asthma. In 2019, age was not a significant variable.
- In 2007, education was not a significant variable. In 2019, respondents with a high school education or less or with a college education were more likely to report current asthma.
- In 2007 and 2019, married respondents were more likely to report current asthma.

2016 to 2019 Year Comparisons (Table 32)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported current asthma. From 2016 to 2019, there was a statistical increase in the overall percent of respondents with current asthma reporting it was under control through medication, therapy or lifestyle changes (91% and 100%, respectively).
- In 2016, female respondents were more likely to report current asthma. In 2019, gender was not a significant variable.
- In 2016, respondents 35 to 44 years old were more likely to report current asthma. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 35 to 44 years old reporting current asthma.
- In 2016, respondents with some post high school education were more likely to report current asthma. In 2019, respondents with a high school education or less or with a college education were more likely to report current asthma. From 2016 to 2019, there was a noted increase in the percent of respondents with a high school education or less and a noted decrease in the percent of respondents with some post high school education reporting current asthma.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to report current asthma.

Table 32. Current Asthma by Demographic Variables for Each Survey Year (Q40)[Φ]

	2007	2010	2013	2016	2019
TOTAL	12%	7%	8%	13%	14%
Gender[1,2,3,4]					
Male	8	4	4	10	12
Female	16	10	12	17	15
Age[1,3,4]					
18 to 34	22	13	15	10	19
35 to 44[b]	8	5	6	24	10
45 to 54	9	4	7	11	19
55 to 64	8	8	1	20	10
65 and Older	8	5	7	7	8
Education[4,5]					
High School or Less[b]	15	7	10	7	18
Some Post High School[b]	8	7	9	23	7
College Graduate	10	6	5	12	17
Household Income					
Bottom 40 Percent Bracket	13	8	11	14	18
Middle 20 Percent Bracket	14	6	7	22	12
Top 40 Percent Bracket	12	5	5	10	9
Marital Status[1,5]					
Married	15	6	9	12	16
Not Married	7	8	6	15	9

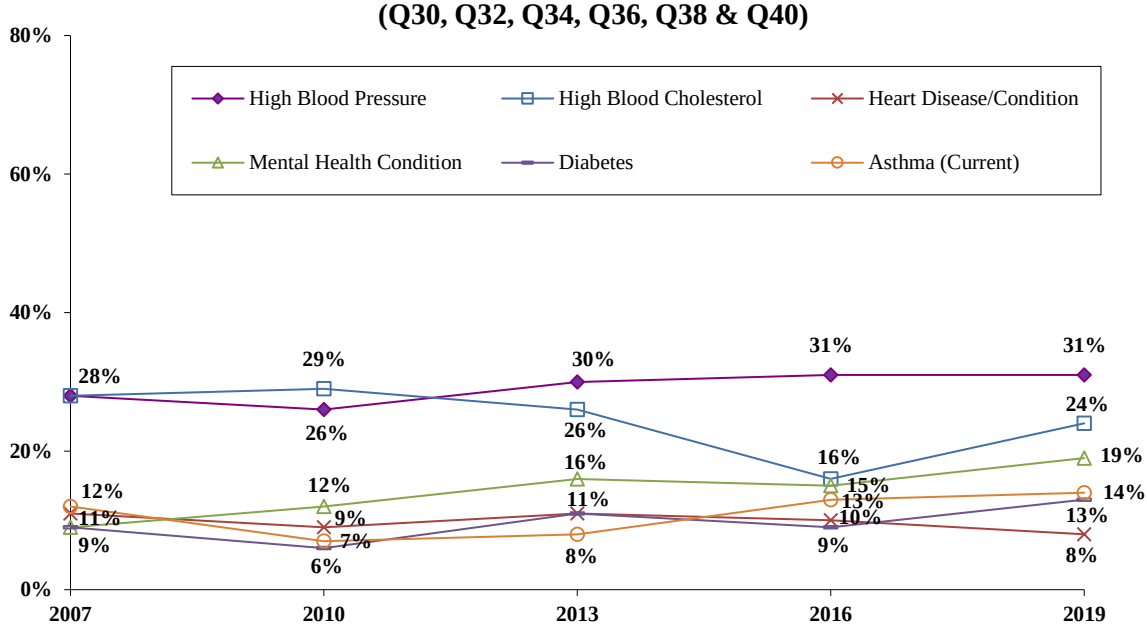
[Φ]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Health Conditions Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, diabetes, heart disease/condition or current asthma, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2016 to 2019, there was a statistical increase. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported a mental health condition while from 2016 to 2019, there was no statistical change.

Figure 10. Health Conditions in Past Three Years (Q30, Q32, Q34, Q36, Q38 & Q40)



Physical Activity and Sleep (Figures 11 & 12; Tables 33 - 36)

KEY FINDINGS: In 2019, 34% 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, 45% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-four percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were 65 and older or not overweight were more likely to report this.

From 2007 to 2019, 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, as well as from 2016 to 2019. From 2007 to 2019, 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 while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2016 to 2019.

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).

2019 Findings (Table 33)

- Thirty-four percent of all respondents did moderate physical activity at least five times a week for 30 minutes or more. Fifty-two percent did some moderate activity, while 14% did not do any moderate physical activity.

- There were no statistically significant differences between demographic variables and responses of meeting the recommended amount of moderate physical activity.

2007 to 2019 Year Comparisons (Table 33)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.

- In 2007, female respondents were more likely to meet the recommended amount of moderate physical activity. In 2019, gender was not a significant variable.

- In 2007, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity. In 2019, age was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of moderate physical activity.

- In 2007, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2019, household income was not a significant variable.

- In 2007, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2019, overweight status was not a significant variable.

2016 to 2019 Year Comparisons (Table 33)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.

- In 2016 and 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old meeting the recommended amount of moderate physical activity.

- In 2016, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. In 2019, household income was not a significant variable.

- In 2016, respondents who were not overweight were more likely to meet the recommended amount of moderate physical activity. In 2019, overweight status was not a significant variable.

Table 33. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year (Q46)①,②

	2007	2010	2013	2016	2019
TOTAL	38%	42%	32%	36%	34%
Gender[1]					
Male	32	47	30	39	34
Female	43	38	33	33	34
Age[1]					
18 to 34[a]	51	40	31	44	33
35 to 44	27	38	40	34	38
45 to 54[b]	36	44	27	40	25
55 to 64	33	48	30	27	37
65 and Older	37	45	30	31	42
Education					
High School or Less	35	39	33	36	33
Some Post High School	44	40	32	39	35
College Graduate	37	55	30	32	34
Household Income[1,4]					
Bottom 40 Percent Bracket	32	42	31	27	36
Middle 20 Percent Bracket	47	43	24	43	32
Top 40 Percent Bracket	42	44	33	41	35
Marital Status[3]					
Married	34	39	28	38	31
Not Married	43	46	37	34	39
Overweight Status[1,3,4]					
Not Overweight	45	45	45	49	42
Overweight	35	39	27	31	32

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Recommended moderate physical activity is 5 times/30+ minutes in a week.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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).

2019 Findings (Table 34)

- Twenty-nine percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Thirty-six percent did some vigorous physical activity while 35% did not do any vigorous physical activity.

- Thirty-nine percent of respondents in the top 40 percent household income bracket met the recommended amount of vigorous physical activity compared to 35% of those in the middle 20 percent income bracket or 22% of respondents in the bottom 40 percent household income bracket.

- Respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity (39%) compared to overweight respondents (26%).

2007 to 2019 Year Comparisons (Table 34)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.

- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of male respondents meeting the recommended amount of vigorous physical activity.

- In 2007, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2019, age was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old and a noted increase in the percent of respondents 35 to 54 years old or 65 and older meeting the recommended amount of vigorous physical activity.

- In 2007 and 2019, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity.

- In 2007, overweight status was not a significant variable. In 2019, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

2016 to 2019 Year Comparisons (Table 34)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.

- In 2016, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of vigorous physical activity.

- In 2016, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with a college education meeting the recommended amount of vigorous physical activity.

- In 2016, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity. In 2019, respondents in the top 40 percent household income bracket were more likely to meet the recommended amount of vigorous physical activity.

- In 2016, married respondents were more likely to meet the recommended amount of vigorous physical activity. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents meeting the recommended amount of vigorous physical activity.

- In 2016 and 2019, respondents who were not overweight were more likely to meet the recommended amount of vigorous physical activity.

Table 34. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q47)[①,②]

	2007	2010	2013	2016	2019
TOTAL[b]	24%	23%	20%	36%	29%
Gender[2]					
Male[a]	21	27	24	38	30
Female	27	18	17	34	28
Age[1,2,4]					
18 to 34[a,b]	43	19	28	52	26
35 to 44[a]	19	34	23	35	35
45 to 54[a]	22	24	17	48	38
55 to 64	20	19	21	23	22
65 and Older[a]	11	16	13	15	24
Education[3,4]					
High School or Less	19	21	14	29	25
Some Post High School	28	23	20	34	30
College Graduate[b]	30	27	31	47	32
Household Income[1,3,4,5]					
Bottom 40 Percent Bracket	14	18	13	23	22
Middle 20 Percent Bracket	26	32	30	49	35
Top 40 Percent Bracket	36	21	27	43	39
Marital Status[4]					
Married[b]	24	22	20	40	29
Not Married	24	23	21	31	29
Overweight Status[2,3,4,5]					
Not Overweight	30	31	32	51	39
Overweight	23	19	17	31	26

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Recommended vigorous physical activity is 3 times/20+ minutes in a week.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Combined Recommended Amount of Physical Activity in Typical Week

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

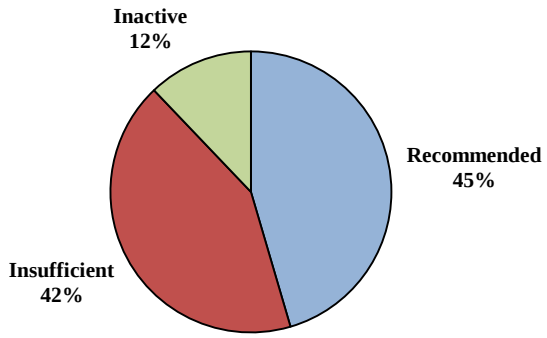
The Healthy People 2020 goal for persons reporting no moderate or vigorous activity is 33% (Objective PA-1).

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

2019 Findings (Table 35)

- Forty-five 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 11. Physical Activity/Week for 2019 (Q46 & Q47)*



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

- Respondents who were not overweight were more likely to meet the recommended amount of physical activity (54%) compared to overweight respondents (43%).

2007 to 2019 Year Comparisons (Table 35)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.

- In 2007, female respondents were more likely to meet the recommended amount of physical activity. In 2019, gender was not a significant variable.

- In 2007, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. In 2019, age was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old meeting the recommended amount of physical activity.

- In 2007, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2019, household income was not a significant variable.

- In 2007, overweight status was not a significant variable. In 2019, respondents who were not overweight were more likely to meet the recommended amount of physical activity.

2016 to 2019 Year Comparisons (Table 35)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a week.

- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of male respondents meeting the recommended amount of physical activity.

- In 2016, respondents 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of physical activity. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old or 45 to 54 years old meeting the recommended amount of physical activity.

- In 2016 and 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with a college education meeting the recommended amount of physical activity.

- In 2016, respondents in the top 60 percent household income bracket were more likely to meet the recommended amount of physical activity. In 2019, household income was not a significant variable.

- In 2016 and 2019, respondents who were not overweight were more likely to meet the recommended amount of physical activity.

Table 35. Recommended Moderate or Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q46 & Q47)[①,②]

	2007	2010	2013	2016	2019
TOTAL	48%	49%	42%	51%	45%
Gender[1]					
Male[b]	42	54	43	54	44
Female	54	45	42	47	47
Age[1,4]					
18 to 34[a,b]	61	49	43	64	42
35 to 44	33	47	53	47	48
45 to 54[b]	54	47	36	62	44
55 to 64	44	50	43	38	45
65 and Older	45	55	39	36	50
Education[2]					
High School or Less	47	47	40	47	44
Some Post High School	48	44	42	48	46
College Graduate[b]	50	64	47	58	45
Household Income[1,4]					
Bottom 40 Percent Bracket	38	48	38	40	45
Middle 20 Percent Bracket	56	54	41	59	46
Top 40 Percent Bracket	57	50	48	58	50
Marital Status					
Married	46	46	40	52	43
Not Married	51	53	47	49	49
Overweight Status[2,3,4,5]					
Not Overweight	55	57	57	64	54
Overweight	46	44	38	46	43

[①]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.
[②]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Sleep

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

2019 Findings (Table 36)

- Sixty-four percent of respondents reported, on average, they get at least seven hours of sleep in a 24-hour period while 36% reported six or fewer hours.

- Seventy-nine percent of respondents 65 and older reported at least seven hours of sleep in a 24-hour period compared to 56% of those 35 to 44 years old or 47% of respondents 18 to 34 years old.

- Respondents who were not overweight were more likely to report at least seven hours of sleep in a 24-hour period (74%) compared to overweight respondents (61%).

Table 36. At Least Seven Hours of Sleep in 24-Hour Period by Demographic Variables for 2019 (Q48)[Φ]

	2019
TOTAL	64%
Gender	
Male	67
Female	61
Age[1]	
18 to 34	47
35 to 44	56
45 to 54	69
55 to 64	68
65 and Older	79
Education	
High School or Less	61
Some Post High School	60
College Graduate	71
Household Income	
Bottom 40 Percent Bracket	63
Middle 20 Percent Bracket	58
Top 40 Percent Bracket	66
Marital Status	
Married	65
Not Married	62
Overweight Status[1]	
Not Overweight	74
Overweight	61

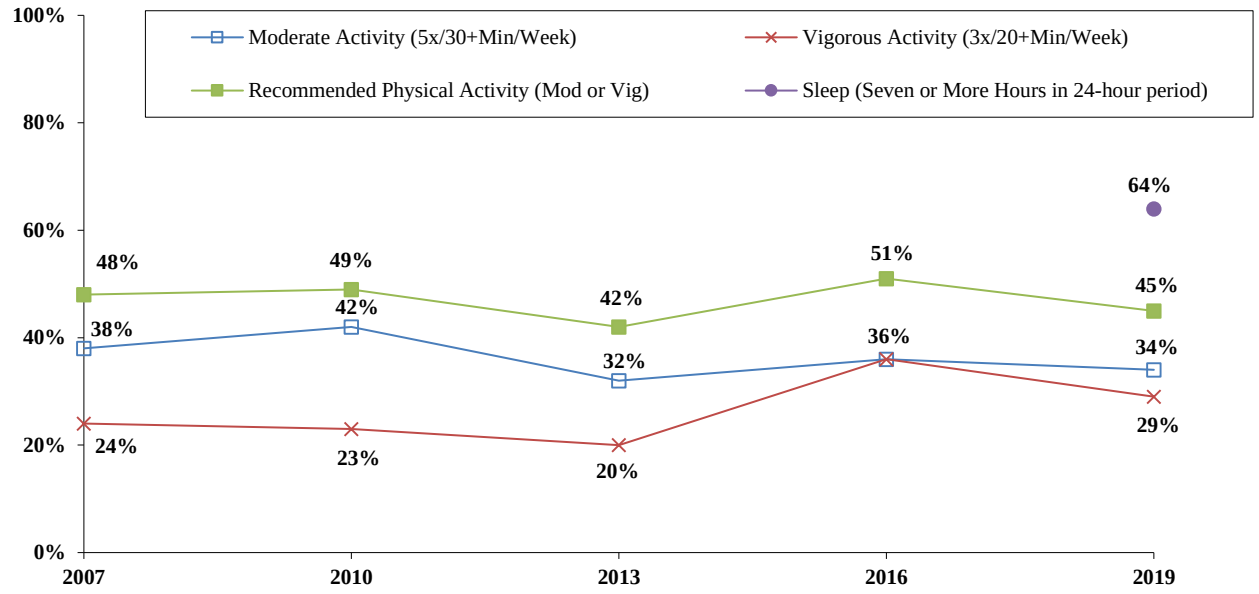
[Φ]Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2019

Physical Activity and Sleep Overall

Year Comparisons

- From 2007 to 2019, 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, as well as from 2016 to 2019. From 2007 to 2019, 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 while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2016 to 2019.

Figure 12. Physical Activity and Sleep (Q46 - Q48)



Body Weight (Figures 13 & 14; Tables 37 & 38)

KEY FINDINGS: In 2019, 76% of respondents were classified as at least overweight while 43% were obese. Respondents who were 35 to 44 years old or did an insufficient amount of physical activity were more likely to be classified as at least overweight. Respondents who were 35 to 54 years old, married or did an insufficient amount of physical activity were more likely to be obese.

From 2007 to 2019, there was a statistical increase in the overall percent of respondents being at least overweight or being obese while from 2016 to 2019, 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)

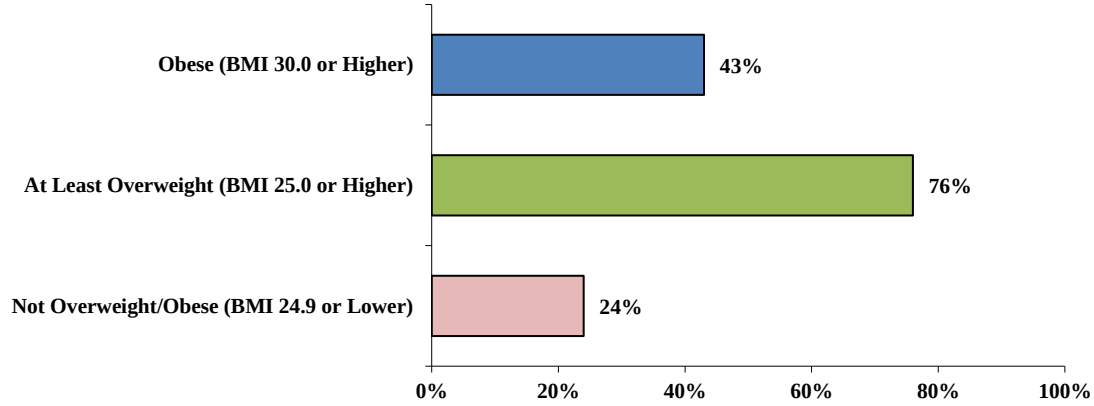
The Healthy People 2020 goal for obesity is 31%. (Objective NWS-9)

In 2017, 67% of Wisconsin respondents were classified as at least overweight (35% overweight, 32% obese). In the U.S., 66% were classified as at least overweight (35% overweight and 31% obese) (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 37)

- According to the definition, 76% of respondents were at least overweight (43% obese and 33% overweight).

Figure 13. Overweight Status for 2019 (Q76 & Q77)



- Eighty-nine percent of respondents 35 to 44 years old were at least overweight compared to 73% of those 55 to 64 years old or 66% of respondents 18 to 34 years old.

- Eighty-three percent of respondents who did an insufficient amount of physical activity were at least overweight compared to 72% of those who met the recommended amount of physical activity or 69% of respondents who were inactive.

2007 to 2019 Year Comparisons (Table 37)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents being overweight.

- In 2007, male respondents were more likely to be classified as overweight. In 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of female respondents being overweight.

- In 2007, age was not a significant variable. In 2019, respondents 35 to 44 years old were more likely to be overweight, with a noted increase since 2007.

- In 2007, respondents with a high school education or less were more likely to be overweight. In 2019, education was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across education being overweight.

- In 2007, respondents in the middle 20 percent household income bracket were more likely to be overweight. In 2019, household income was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being overweight.

- In 2007, married respondents were more likely to be overweight. In 2019, marital status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across marital status being overweight.

- In 2007, physical activity was not a significant variable. In 2019, respondents who did an insufficient amount of physical activity were more likely to be overweight. From 2007 to 2019, there was a noted increase in the percent of respondents who did at least some physical activity being overweight.

2016 to 2019 Year Comparisons (Table 37)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents being overweight.

- In 2016, male respondents were more likely to be classified as overweight. In 2019, gender was not a significant variable.

- In 2016 and 2019, respondents 35 to 44 years old were more likely to be overweight. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old being overweight.

- In 2016, respondents with some post high school education were more likely to be overweight. In 2019, education was not a significant variable.

- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being overweight.

- In 2016, inactive respondents were more likely to be overweight. In 2019, respondents who did an insufficient amount of physical activity were more likely to be overweight.

Table 37. At Least Overweight (BMI 25.0 or Higher) by Demographic Variables for Each Survey Year (Q76 & Q77)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	63%	66%	73%	71%	76%
Gender[1,2,3,4]					
Male	75	75	79	77	79
Female[a]	51	57	67	65	74
Age[2,4,5]					
18 to 34[b]	55	44	73	51	66
35 to 44[a]	59	74	69	84	89
45 to 54	70	76	75	79	79
55 to 64	71	74	75	76	73
65 and Older	64	74	73	71	76
Education[1,4]					
High School or Less[a]	72	64	77	73	82
Some Post High School[a]	55	71	74	81	77
College Graduate[a]	54	60	65	59	70
Household Income[1,3]					
Bottom 40 Percent Bracket[a,b]	55	67	77	68	80
Middle 20 Percent Bracket	77	61	78	70	77
Top 40 Percent Bracket	66	65	64	76	76
Marital Status[1]					
Married[a]	67	70	75	74	78
Not Married[a]	55	61	70	68	73
Physical Activity[2,3,4,5]					
Inactive	61	90	83	83	69
Insufficient[a]	68	67	78	77	83
Recommended[a]	58	59	64	64	72

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Obese

2019 Findings (Table 38)

- Forty-three percent of respondents were classified as obese (BMI 30.0 or higher).
- Fifty-six percent of respondents 35 to 54 years old were obese compared to 37% of those 55 to 64 years old or 30% of respondents 18 to 34 years old.
- Married respondents were more likely to be obese compared to unmarried respondents (50% and 31%, respectively).

- Respondents who did an insufficient amount of physical activity were more likely to be obese (54%) compared to those were inactive (47%) or respondents who met the recommended amount of physical activity (31%).

2007 to 2019 Year Comparisons (Table 38)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents being obese.

- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across gender being obese.

- In 2007, respondents 55 to 64 years old were more likely to be obese. In 2019, respondents 35 to 54 years old were more likely to be obese. From 2007 to 2019, there was a noted increase in the percent of respondents 18 to 54 years old or 65 and older being obese.

- In 2007 and 2019, education was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across education being obese.

- In 2007, respondents in the bottom 40 percent household income bracket were more likely to be obese. In 2019, household income was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of respondents across household income being obese.

- In 2019, marital status was not a significant variable. In 2019, married respondents were more likely to be obese, with a noted increase since 2007.

- In 2007, inactive respondents were more likely to be obese. In 2019, respondents who did an insufficient amount of physical activity were more likely to be obese. From 2007 to 2019, there was a noted increase in the percent of respondents who did at least some physical activity being obese.

2016 to 2019 Year Comparisons (Table 38)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents being obese.

- In 2016, male respondents were more likely to be classified as obese. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of male respondents and a noted increase in the percent of female respondents being obese.

- In 2016, respondents 35 to 44 years old were more likely to be obese. In 2019, respondents 35 to 54 years old were more likely to be obese.

- In 2016, respondents with a high school education or less were more likely to be obese. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with a college education being obese.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to be obese.

- In 2016, physical activity was not a significant variable. In 2019, respondents who did an insufficient amount of physical activity were more likely to be obese.

Table 38. Obese (BMI 30.0 or Higher) by Demographic Variables for Each Survey Year (Q76 & Q77)[①]

	2007	2010	2013	2016	2019
TOTAL[a]	21%	28%	34%	42%	43%
Gender[4]					
Male[a,b]	20	29	35	54	40
Female[a,b]	23	27	34	29	46
Age[1,2,4,5]					
18 to 34[a]	8	17	37	29	30
35 to 44[a]	25	37	26	63	56
45 to 54[a]	30	35	37	45	56
55 to 64	35	38	41	47	37
65 and Older[a]	20	23	30	33	38
Education[4]					
High School or Less[a]	24	24	40	50	44
Some Post High School[a]	24	31	33	45	40
College Graduate[a,b]	12	36	27	27	45
Household Income[1]					
Bottom 40 Percent Bracket[a]	27	28	39	38	41
Middle 20 Percent Bracket[a]	23	21	37	42	43
Top 40 Percent Bracket[a]	14	30	27	44	46
Marital Status[5]					
Married[a]	20	29	34	46	50
Not Married	23	27	35	37	31
Physical Activity[1,3,5]					
Inactive	32	33	40	51	47
Insufficient[a]	29	34	40	45	54
Recommended[a]	14	23	27	38	31

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

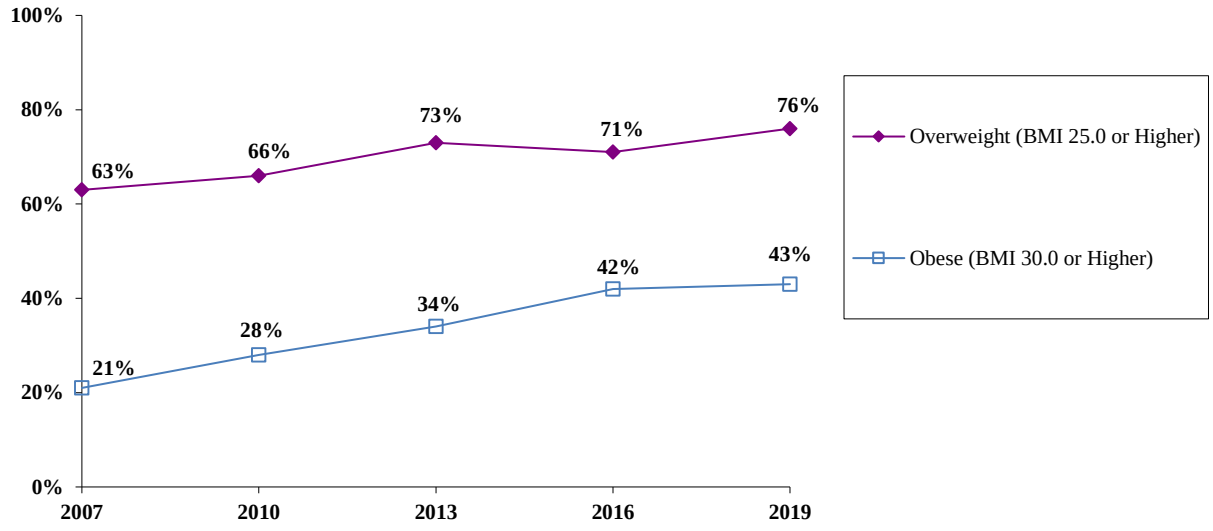
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Body Weight Overall

Year Comparisons

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents being at least overweight or being obese while from 2016 to 2019, there was no statistical change.

Figure 14. Overweight Status (Q76 & Q77)



Nutrition and Food Insecurity (Figure 15; Tables 39 - 43)

KEY FINDINGS: In 2019, 58% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 18 to 44 years old, with some post high school education, in the middle 20 percent household income bracket or who did at least some physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-four percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket, who were unmarried or did at least some physical activity were more likely to report this. Thirty-nine percent of respondents reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information; respondents who were not overweight or met the recommended amount of physical activity were more likely to report this. Four percent of respondents reported their household went hungry because they couldn't afford enough food in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this.

From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2016 to 2019. From 2016 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year while from 2016 to 2019, there was no statistical change.

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.

<u>2019 Findings (Table 39)</u>

- Fifty-eight percent of respondents reported at least two servings of fruit on an average day.
- Sixty-six percent of respondents with a college education reported at least two servings of fruit a day compared to 61% of those with some post high school education or 46% of respondents with a high school education or less.
- Seventy-two percent of respondents in the top 40 percent household income bracket reported at least two servings of fruit a day compared to 53% 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 (64% and 47%, respectively).
- Sixty-nine percent of respondents who met the recommended amount of physical activity reported at least two servings of fruit a day compared to 54% of those who did an insufficient amount of physical activity or 35% of respondents who were inactive.

2007 to 2019 Year Comparisons (Table 39)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.

- In 2007, female respondents were more likely to report at least two servings of fruit per day. In 2019, gender was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of female respondents reporting at least two servings of fruit per day.

- In 2007, respondents 18 to 34 years old or 45 to 54 years old were more likely to report at least two servings of fruit per day. In 2019, age was not a significant variable. From 2007 to 2019, 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 2007, education was not a significant variable. In 2019, respondents with a college education were more likely to report two or more servings of fruit per day. From 2007 to 2019, there was a noted decrease in the percent of respondents with a high school education or less reporting at least two servings of fruit per day.

- In 2007, household income was not a significant variable. In 2019, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day.

- In 2007, marital status was not a significant variable. In 2019, married respondents were more likely to report two or more servings of fruit per day. From 2007 to 2019, there was a noted decrease in the percent of unmarried respondents reporting at least two servings of fruit per day.

- In 2007 and 2019, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit per day.

2016 to 2019 Year Comparisons (Table 39)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.

- In 2016, respondents 18 to 34 years old were more likely to report two or more servings of fruit per day. In 2019, age was not a significant variable. From 2016 to 2019, 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 2016 and 2019, respondents with a college education were more likely to report two or more servings of fruit per day.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day.

- In 2016 and 2019, married respondents were more likely to report two or more servings of fruit per day.

- In 2016, respondents who were not overweight were more likely to report at least two servings of fruit per day. In 2019, overweight status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents who were not overweight reporting at least two servings of fruit per day.

- In 2016 and 2019, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit per day.

Table 39. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year (Q42)[①]

	2007	2010	2013	2016	2019
TOTAL	63%	65%	60%	62%	58%
Gender[1,2,3]					
Male	52	60	49	58	55
Female[a]	73	70	71	66	61
Age[1,4]					
18 to 34[a,b]	71	60	62	75	55
35 to 44	51	70	64	62	58
45 to 54	73	64	61	50	62
55 to 64	49	57	56	55	63
65 and Older	63	70	59	64	52
Education[2,4,5]					
High School or Less[a]	60	54	57	56	46
Some Post High School	64	67	64	59	61
College Graduate	67	86	62	73	66
Household Income[3,4,5]					
Bottom 40 Percent Bracket	59	62	52	54	52
Middle 20 Percent Bracket	57	63	59	61	53
Top 40 Percent Bracket	68	73	67	72	72
Marital Status[3,4,5]					
Married	63	64	56	67	64
Not Married[a]	63	65	67	55	47
Overweight Status[4]					
Not Overweight[b]	62	64	65	79	63
Overweight	63	64	58	55	56
Physical Activity[1,2,3,4,5]					
Inactive	43	60	63	41	35
Insufficient	52	52	53	57	54
Recommended	76	76	68	70	69

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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.

2019 Findings (Table 40)

- Thirty percent of respondents reported three or more servings of vegetables on an average day.
- Thirty-eight percent of respondents 18 to 34 years old and 37% of those 35 to 44 years old reported at least three servings of vegetables a day compared to 17% of respondents 65 and older.
- Thirty-six percent of respondents with some post high school education reported at least three servings of vegetables a day compared to 32% of those with a college education or 19% of respondents with a high school education or less.
- Forty-two percent of respondents in the middle 20 percent household income bracket reported at least three servings of vegetables a day compared to 35% of those in the top 40 percent income bracket or 21% of respondents in the bottom 40 percent household income bracket.
- Thirty-three percent of respondents who met the recommended amount of physical activity and 31% of those who did an insufficient amount of physical activity reported at least three servings of vegetables a day compared to 13% of respondents who were inactive.

2007 to 2019 Year Comparisons (Table 40)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2007, female respondents were more likely to report at least three vegetable servings per day. In 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of male respondents reporting at least three vegetable servings per day.
- In 2007, age was not a significant variable. In 2019, respondents 18 to 44 years old were more likely to report at least three vegetable servings per day. From 2007 to 2019, there was a noted increase in the percent of respondents 35 to 44 years old reporting at least three vegetable servings per day.
- In 2007 and 2019, respondents with some post high school education were more likely to report at least three servings of vegetables per day.
- In 2007, household income was not a significant variable. In 2019, respondents in the middle 20 percent household income bracket were more likely to report at least three servings of vegetables per day, with a noted increase since 2007.
- In 2007, unmarried respondents were more likely to report at least three vegetable servings per day. In 2019, marital status was not a significant variable.
- In 2007, respondents who were not overweight were more likely to report at least three servings of vegetables per day. In 2019, overweight status was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of overweight respondents reporting at least three vegetable servings per day.

- In 2007, respondents who met the recommended amount of physical activity were more likely to report at least three vegetable servings per day. In 2019, respondents who did at least some physical activity were more likely to report at least three servings of vegetables per day. From 2007 to 2019, there was a noted increase in the percent of respondents who did an insufficient amount of physical activity reporting at least three vegetable servings per day.

2016 to 2019 Year Comparisons (Table 40)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.

- In 2016, female respondents were more likely to report at least three vegetable servings per day. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of male respondents reporting at least three vegetable servings per day.

- In 2016, respondents 45 to 54 years old were more likely to report at least three vegetable servings per day. In 2019, respondents 18 to 44 years old were more likely to report at least three vegetable servings per day. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 34 years old reporting at least three vegetable servings per day.

- In 2016, respondents with a college education were more likely to report at least three servings of vegetables per day. In 2019, respondents with some post high school education were more likely to report at least three servings of vegetables per day.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables per day. In 2019, respondents in the middle 20 percent household income bracket were more likely to report at least three servings of vegetables per day. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting at least three vegetable servings per day.

- In 2016, married respondents were more likely to report at least three servings of vegetables per day. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents and a noted increase in the percent of unmarried respondents reporting at least three vegetable servings per day.

- In 2016 and 2019, overweight status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of overweight respondents reporting at least three vegetable servings per day.

- In 2016, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables per day. In 2019, respondents who did at least some physical activity were more likely to report at least three servings of vegetables per day.

Table 40. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year (Q43)[①]

	2007	2010	2013	2016	2019
TOTAL	24%	23%	23%	26%	30%
Gender[1,2,3,4]					
Male[a,b]	17	19	13	17	31
Female	31	28	32	34	28
Age[4,5]					
18 to 34[b]	27	28	26	20	38
35 to 44[a]	22	26	24	33	37
45 to 54	25	17	31	39	34
55 to 64	22	16	23	19	23
65 and Older	21	24	13	16	17
Education[1,4,5]					
High School or Less	20	19	23	17	19
Some Post High School	33	28	23	26	36
College Graduate	20	26	23	36	32
Household Income[2,3,4,5]					
Bottom 40 Percent Bracket[b]	21	21	15	12	21
Middle 20 Percent Bracket[a,b]	18	36	34	22	42
Top 40 Percent Bracket	27	18	24	45	35
Marital Status[1,4]					
Married[b]	19	23	24	35	26
Not Married[b]	32	24	21	13	35
Overweight Status[1,2]					
Not Overweight	34	33	24	28	24
Overweight[a,b]	20	18	22	23	31
Physical Activity[1,2,4,5]					
Inactive	15	21	20	5	13
Insufficient[a]	20	11	22	22	31
Recommended	31	34	25	33	33

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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).

2019 Findings (Table 41)

- Thirty-four percent of respondents reported five or more servings of fruit/vegetables on an average day.
- Respondents 18 to 34 years old were more likely to report at least five servings of fruit/vegetables a day (48%) compared to those 45 to 54 years old (23%) or respondents 65 and older (19%).
- Forty-four percent of respondents with some post high school education reported at least five servings of fruit/vegetables a day compared to 36% of those with a college education or 21% of respondents with a high school education or less.
- Fifty-one percent of respondents in the middle 20 percent household income bracket reported at least five servings of fruit/vegetables a day compared to 39% of those in the top 40 percent income bracket or 24% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to report at least five servings of fruit/vegetables a day compared to married respondents (41% and 30%, respectively).
- Thirty-nine percent of respondents who met the recommended amount of physical activity and 36% of those who were inactive reported at least five servings of fruit/vegetables a day compared to 10% of respondents who did an insufficient amount of physical activity.

2007 to 2019 Year Comparisons (Table 41)

- From 2007 to 2019, 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 2007, female respondents were more likely to report at least five fruit/vegetable servings per day. In 2019, gender was not a significant variable. From 2007 to 2019, there was a noted increase in the percent of male respondents and a noted decrease in the percent of female respondents reporting at least five servings of fruit/vegetables per day.
- In 2007, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report at least five fruit/vegetable servings per day. From 2007 to 2019, there was a noted decrease in the percent of respondents 65 and older reporting at least five servings of fruit/vegetables per day.
- In 2007, education was not a significant variable. In 2019, respondents with some post high school education were more likely to report at least five fruit/vegetable servings per day.
- In 2007, household income was not a significant variable. In 2019, respondents in the middle 20 percent household income bracket were more likely to report at least five fruit/vegetable servings per day, with a noted increase since 2007.
- In 2007 and 2019, unmarried respondents were more likely to report at least five fruit/vegetable servings per day.

- In 2007, respondents who met the recommended amount of physical activity were more likely to report at least five fruit/vegetable servings per day. In 2019, respondents who did at least some physical activity were more likely to report at least five fruit/vegetable servings per day. From 2007 to 2019, there was a noted increase in the percent of respondents who did an insufficient amount of physical activity reporting at least five fruit/vegetable servings per day.

2016 to 2019 Year Comparisons (Table 41)

- From 2016 to 2019, 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 2016, female respondents were more likely to report at least five fruit/vegetable servings per day. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting at least five fruit/vegetable servings per day.

- In 2016 and 2019, respondents 18 to 34 years old were more likely to report at least five fruit/vegetable servings per day. From 2016 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old reporting at least five fruit/vegetable servings per day.

- In 2016, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. In 2019, respondents with some post high school education were more likely to report at least five fruit/vegetable servings per day. From 2016 to 2019, there was a noted decrease in the percent of respondents with a college education reporting at least five fruit/vegetable servings per day.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report at least five servings of fruit/vegetables per day. In 2019, respondents in the middle 20 percent household income bracket were more likely to report at least five servings of fruit/vegetables per day. From 2016 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least five fruit/vegetable servings per day.

- In 2016, married respondents were more likely to report at least five servings of fruit/vegetables per day. In 2019, unmarried respondents were more likely to report at least five servings of fruit/vegetables per day. From 2016 to 2019, there was a noted decrease in the percent of married respondents reporting at least five fruit/vegetable servings per day.

- In 2016, respondents who were not overweight were more likely to report at least five servings of fruit/vegetables per day. In 2019, overweight status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents who were not overweight reporting at least five fruit/vegetable servings per day.

- In 2016, respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables per day. In 2019, respondents who did at least some physical activity were more likely to report at least five fruit/vegetable servings per day.

Table 41. Five or More Servings of Fruit or Vegetables on Average Day by Demographic Variables for Each Survey Year (Q42 & Q43)①

	2007	2010	2013	2016	2019
TOTAL	35%	40%	30%	40%	34%
Gender[1,3,4]					
Male[a]	23	36	15	30	36
Female[a,b]	46	43	44	48	32
Age[4,5]					
18 to 34	39	48	32	55	48
35 to 44	28	38	35	40	40
45 to 54[b]	37	39	30	42	23
55 to 64	31	37	30	29	40
65 and Older[a]	36	33	23	26	19
Education[2,4,5]					
High School or Less	30	30	28	28	21
Some Post High School	40	47	27	38	44
College Graduate[b]	37	49	36	56	36
Household Income[4,5]					
Bottom 40 Percent Bracket	32	41	23	26	24
Middle 20 Percent Bracket[a]	30	41	38	42	51
Top 40 Percent Bracket[b]	36	37	29	57	39
Marital Status[1,2,4,5]					
Married[b]	29	33	30	46	30
Not Married	44	46	29	31	41
Overweight Status[2,4]					
Not Overweight[b]	40	50	32	55	34
Overweight	31	35	28	32	33
Physical Activity[1,2,4,5]					
Inactive	20	34	28	9	10
Insufficient[a]	25	28	29	38	36
Recommended	47	51	31	48	39

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Reading Food Label Information

2019 Findings (Table 42)

- Thirty-nine percent of respondents reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information. Twenty-four percent reported sometimes while the remaining 36% reported rarely or never.

- Respondents who were not overweight were more likely to report when they buy a food product or order food from a restaurant for the first time, they read the food label or nutrition information often (50%) compared to overweight respondents (35%).

- Forty-eight percent of respondents who met the recommended amount of physical activity reported they read the food label or nutrition information often compared to 32% of those who did an insufficient amount of physical activity or 31% of respondents who were inactive.

2016 to 2019 Year Comparisons (Table 42)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported when they buy a food product or order food from a restaurant for the first time, they often read the food label information.

- In 2016, female respondents were more likely to report they read the food label or nutrition information often. In 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting they read the food label or nutrition information often.

- In 2016, respondents 45 to 54 years old were more likely to report they read the food label or nutrition information often. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old or 65 and older reporting they read the food label or nutrition information often.

- In 2016, respondents with a college education were more likely to report they read the food label or nutrition information often. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with at least some post high school education reporting they read the food label or nutrition information often.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report they read the food label or nutrition information often. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting they read the food label or nutrition information often.

- In 2016, married respondents were more likely to report they read the food label or nutrition information often. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of married respondents reporting they read the food label or nutrition information often.

- In 2016, overweight status was not a significant variable. In 2019, respondents who were not overweight were more likely to report they read the food label or nutrition information often. From 2016 to 2019, there was a noted decrease in the percent of overweight respondents reporting they read the food label or nutrition information often.

- In 2016 and 2019, respondents who met the recommended amount of physical activity were more likely to report they read the food label or nutrition information often. From 2016 to 2019, there was a noted decrease in the percent of respondents who did at least some physical activity reporting they read the food label or nutrition information often.

Table 42. Often Read Label or Nutrition Information When Purchasing a Food Product or Food From a Restaurant for the First Time by Demographic Variables for Each Survey Year (Q44)①

	2016	2019
TOTAL[a]	52%	39%
Gender[1]		
Male	43	35
Female[a]	61	43
Age[1]		
18 to 34	37	39
35 to 44	43	37
45 to 54[a]	72	29
55 to 64	48	46
65 and Older[a]	60	45
Education[1]		
High School or Less	35	32
Some Post High School[a]	60	41
College Graduate[a]	68	44
Household Income[1]		
Bottom 40 Percent Bracket[a]	48	36
Middle 20 Percent Bracket	45	45
Top 40 Percent Bracket[a]	65	39
Marital Status[1]		
Married[a]	58	38
Not Married	46	40
Overweight Status[2]		
Not Overweight	59	50
Overweight[a]	51	35
Physical Activity[1,2]		
Inactive	36	31
Insufficient[a]	46	32
Recommended[a]	60	48

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Food Insecurity

2019 Findings (Table 43)

- Four percent of respondents reported their household went hungry because they couldn't afford enough food in the past year.

- Eight percent of respondents in the bottom 40 percent household income bracket reported they couldn't afford enough food compared to 1% of those in the middle 20 percent income bracket or 0% of respondents in the top 40 percent household income bracket.

2013 to 2019 Year Comparisons (Table 43)

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported they couldn't afford enough food in the past year.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they couldn't afford enough food in 2013.

2016 to 2019 Year Comparisons (Table 43)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they couldn't afford enough food in the past year.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they couldn't afford enough food in 2016.

Table 43. Household Went Hungry in Past Year by Demographic Variables for Each Survey Year (Q45)[①]

	2013[②]	2016[②]	2019
TOTAL[a]	1%	2%	4%
Household Income[3]			
Bottom 40 Percent Bracket	--	--	8
Middle 20 Percent Bracket	--	--	1
Top 40 Percent Bracket	--	--	0
Marital Status			
Married	--	--	4
Not Married	--	--	4
Children in Household			
Yes	--	--	6
No	--	--	3

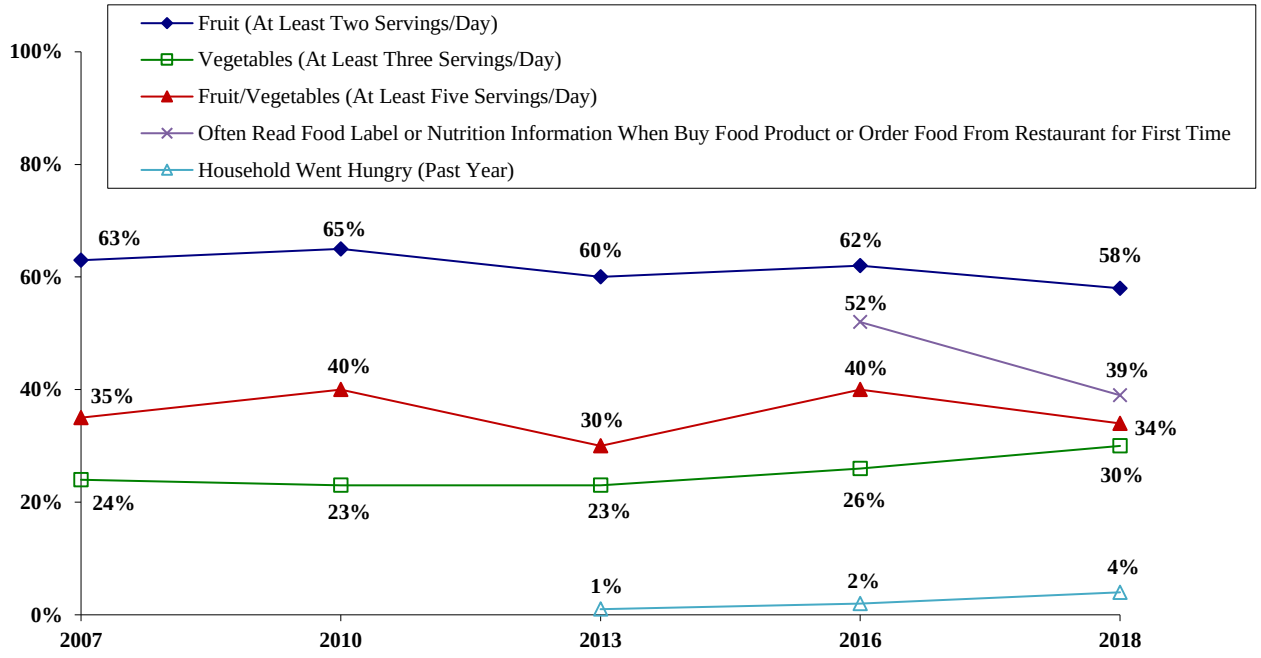
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Nutrition and Food Insecurity Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2016 to 2019. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year while from 2016 to 2019, there was no statistical change.

Figure 15. Nutrition and Food Insecurity (Q42 - Q45)



Women's Health (Figure 16; Tables 44 - 46)

KEY FINDINGS: In 2019, 80% of female respondents 50 and older reported a mammogram within the past two years. Seventy-eight 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. Sixty-three percent of respondents 18 to 65 years old reported an HPV test within the past five years. Ninety-six percent of respondents reported they received a cervical cancer test in the time frame recommended (18 to 29 years old: pap smear within past three years; 30 to 65 years old: pap smear and HPV test within past five years or pap smear only within past three years).

From 2007 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan while from 2016 to 2019, there was no statistical change. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years while from 2016 to 2019, there was no statistical change. From 2016 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting an HPV test within the past five years. From 2016 to 2109, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting a cervical cancer screen within the recommended time frame.

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 and older reported a mammogram within the past two years (2016 Behavioral Risk Factor Surveillance).

2019 Findings

- Eighty percent of the 108 female respondents 50 and older had a mammogram within the past two years.
- No demographic comparisons were conducted as a result of the number of women who were asked this question.

2007 to 2019 Year Comparisons

- From 2007 to 2019, 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 number of women who were asked this question.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported having a mammogram within the past two years.

[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.

- No demographic comparisons were conducted between years as a result of the number of women who were asked this question.

Bone Density Scan

2019 Findings

- Seventy-eight percent of the 49 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 number of women who were asked this question.

2007 to 2019 Year Comparisons

- From 2007 to 2019, there was a statistical increase 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 number of women who were asked this question.

2016 to 2019 Year Comparisons

- From 2016 to 2019, 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 number of women who were asked this question.

Pap Smear

The Healthy People 2020 goal for women 21 to 65 years old having a pap test within the past three years is 93%. (Objective C-15)

In 2014, 77% of Wisconsin women and 75% of U.S. women 18 and older reported a pap smear within the past three years (2014 Behavioral Risk Factor Surveillance).

2019 Findings (Table 44)

- Eighty-nine percent of the 132 respondents 18 to 65 years old with a cervix reported they had a pap smear within the past three years.

- Ninety-eight percent of respondents with a college education reported a pap smear within the past three years compared to 83% of respondents with some post high school education or less.

- Ninety-eight percent of respondents in the top 40 percent household income bracket reported a pap smear within the past three years compared to 84% of respondents in the bottom 60 percent household income bracket.

2007 to 2019 Year Comparisons (Table 44)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported a pap smear within the past three years.

- In 2007, education was not a significant variable. In 2019, respondents with a college education were more likely to report a pap smear within the past three years, with a noted increase since 2007.

- In 2007 and 2019, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years.

2016 to 2019 Year Comparisons (Table 44)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported a pap smear within the past three years.

- In 2016 and 2019, respondents with a college education were more likely to report a pap smear within the past three years.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to report a pap smear within the past three years.

Table 44. Pap Smear Within Past Three Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix) (Q51)①

	2007	2010	2013	2016	2019
TOTAL[a]	80%	81%	83%	81%	89%
Education[2,4,5]					
Some Post High School or Less	76	77	81	69	83
College Graduate[a]	88	97	89	98	98
Household Income[1,4,5]					
Bottom 60 Percent Bracket	71	80	83	74	84
Top 40 Percent Bracket	94	86	88	94	98
Marital Status[2]					
Married	82	88	82	84	88
Not Married	78	68	86	78	90

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

HPV Test

An HPV test is a test for the human papillomavirus in the cervix and is sometimes done at the same time as a pap smear.

2019 Findings (Table 45)

- Sixty-three percent of the 130 respondents 18 to 65 years old reported they had an HPV test within the past five years.

- There were no statistically significant differences between demographic variables and responses of having an HPV test within the past five years.

2016 to 2019 Year Comparisons (Table 45)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported they had an HPV test within the past five years.

- In 2016, respondents with a college education were more likely to report they had an HPV test within the past five years. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with some post high school education or less reporting they had an HPV test within the past five years.

- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting they had an HPV test within the past five years.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of married respondents reporting they had an HPV test within the past five years.

Table 45. HPV Test Within Past 5 Years by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix) (Q52)①

	2016	2019
TOTAL[a]	49%	63%
Education[1]		
Some Post High School or Less[a]	32	64
College Graduate	71	61
Household Income		
Bottom 60 Percent Bracket[a]	44	70
Top 40 Percent Bracket	56	56
Marital Status		
Married[a]	46	62
Not Married	52	64

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Cervical Cancer Screening in Recommended Time Frame

Routine screening for cervical cancer in women 21 to 65 years old with a pap smear every three years is recommended. For women 30 to 65 years old who want to lengthen the screening interval, a pap smear in combination with an HPV test every five years is recommended.[3]

2019 Findings (Table 46)

- Ninety-six percent of the 132 respondents 18 to 65 years old reported a cervical cancer screen within the recommended time frame (pap smear every 3 years for ages 18 to 29 years old; pap smear and HPV test every 5 years or pap smear only every 3 years for ages 30 to 65 years old).

[3]"Screening for Cervical Cancer." U.S. Preventive Services Task Force: The Guide to Clinical Preventive Services, 2012. Agency for Healthcare Research and Quality, 2012.

- There were no statistically significant differences between demographic variables and responses of having a cervical cancer screen within the recommended time frame.

2016 to 2019 Year Comparisons (Table 46)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported they had a cervical cancer screen within the recommended time frame.

- In 2016, respondents with a college education were more likely to report a cervical cancer screen within the recommended time frame. In 2019, education was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with some post high school education or less reporting a cervical cancer screen within the recommended time frame.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report a cervical cancer screen within the recommended time frame. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 60 percent household income bracket reporting a cervical cancer screen within the recommended time frame.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of married respondents reporting a cervical cancer screen within the recommended time frame.

Table 46. Cervical Cancer Screening in Recommended Time Frame by Demographic Variables for Each Survey Year (Respondents 18 to 65 Years Old and With a Cervix) (Q51 & Q52)[Φ]

	2016	2019
TOTAL[a]	85%	96%
Education[1]		
Some Post High School or Less[a]	75	94
College Graduate	98	98
Household Income[1]		
Bottom 60 Percent Bracket[a]	80	93
Top 40 Percent Bracket	94	100
Marital Status		
Married[a]	89	98
Not Married	81	92

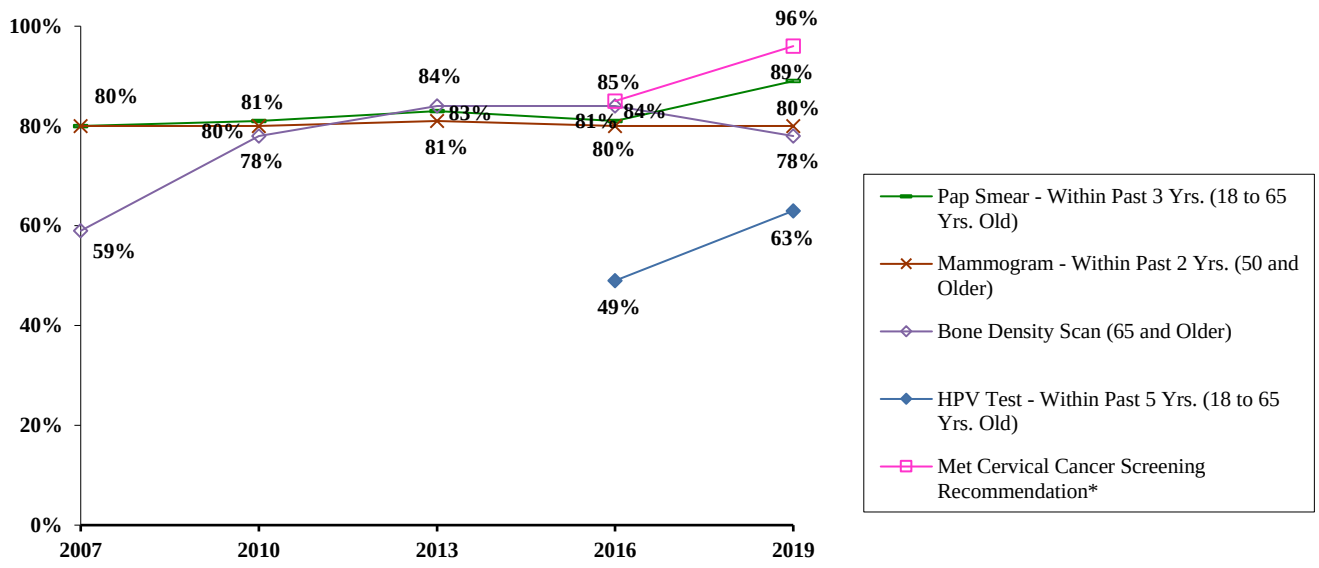
[Φ]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Women's Health Tests Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 65 and older who reported a bone density scan while from 2016 to 2019, there was no statistical change. From 2007 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years while from 2016 to 2019, there was no statistical change. From 2016 to 2019, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting an HPV test within the past five years. From 2016 to 2109, there was a statistical increase in the overall percent of respondents 18 to 65 years old reporting a cervical cancer screen within the recommended time frame.

Figure 16. Women's Health Tests (Q49 - Q52)



*Recommended time frame: pap smear every 3 years for ages 18 to 29 years old; pap smear and HPV test every 5 years or pap smear only every 3 years for ages 30 to 65 years old.

Colorectal Cancer Screening (Figure 17; Tables 47 - 50)

KEY FINDINGS: In 2019, 13% of respondents 50 and older reported a blood stool test within the past year. Nine percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 73% reported a colonoscopy within the past ten years. This results in 77% of respondents meeting the current colorectal cancer screening recommendations; respondents with a college education were more likely to report this.

From 2007 to 2019, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years, as well as from 2016 to 2019. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame, as well as from 2016 to 2019.

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).

2019 Findings (Table 47)

- Thirteen percent of the 206 respondents 50 and older had a blood stool test within the past year. Fifty-one percent reported never while 4% were not sure.
- Nineteen percent of respondents in the bottom 60 percent household income bracket reported a blood stool test within the past year compared to 2% of respondents in the top 40 percent household income bracket.

2007 to 2019 Year Comparisons (Table 47)

- From 2007 to 2019, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year.
- In 2007 and 2019, gender was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of female respondents reporting a blood stool test within the past year.
- In 2007 and 2019, education was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents with a college education reporting a blood stool test within the past year.
- In 2007, household income was not a significant variable. In 2019, respondents in the bottom 60 percent household income bracket were more likely to report a blood stool test within the past year. From 2007 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a blood stool test within the past year.

2016 to 2019 Year Comparisons (Table 47)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year.
- In 2016, household income was not a significant variable. In 2019, respondents in the bottom 60 percent household income bracket were more likely to report a blood stool test within the past year, with a noted increase since 2016. From 2016 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting a blood stool test within the past year.

Table 47. Blood Stool Test Within Past Year by Demographic Variables for Each Survey Year (Respondents 50 and Older) (Q53)[①,②]

	2007	2013	2016	2019
TOTAL[a]	23%	12%	10%	13%
Gender				
Male	23	13	13	14
Female[a]	24	11	8	12
Education				
Some Post High School or Less	23	11	10	15
College Graduate[a]	24	14	11	9
Household Income[4]				
Bottom 60 Percent Bracket[b]	25	11	9	19
Top 40 Percent Bracket[a,b]	25	7	16	2
Marital Status				
Married	21	13	13	13
Not Married	26	10	8	13

[①]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. [②]Not asked in 2010.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Sigmoidoscopy

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.[4]

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

2019 Findings (Table 48)

- Nine percent of the 205 respondents 50 and older reported their last sigmoidoscopy was within the past five years. Seventy percent reported never.
- There were no statistically significant differences between demographic variables and responses of having a sigmoidoscopy within the past five years.

2010 to 2019 Year Comparisons (Table 48)

In 2007, sigmoidoscopy and colonoscopy were combined as one question and cannot be compared to more recent data.

- From 2010 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy within the past five years.

[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.

- From 2010 to 2019, there were no statistically significant differences between and within demographic variables and responses of having a sigmoidoscopy within the past five years.

2016 to 2019 Year Comparisons (Table 48)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported a sigmoidoscopy within the past five years.

- From 2016 to 2019, there were no statistically significant differences between and within demographic variables and responses of having a sigmoidoscopy within the past five years.

Table 48. Sigmoidoscopy Within Past Five Years by Demographic Variables for Each Survey Year (Respondents 50 and Older) (Q54)①

	2010	2013	2016	2019
TOTAL	7%	7%	7%	9%
Gender				
Male	6	8	9	7
Female	8	6	6	10
Education				
Some Post High School or Less	5	9	7	11
College Graduate	13	2	7	6
Household Income				
Bottom 60 Percent Bracket	7	8	8	11
Top 40 Percent Bracket	7	7	6	5
Marital Status				
Married	8	5	5	7
Not Married	5	10	9	13

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Colonoscopy

A colonoscopy is recommended every 10 years for persons 50 and older while a flexible sigmoidoscopy is recommended more often.[5]

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

2019 Findings (Table 49)

- Seventy-three percent of the 205 respondents 50 and older had a colonoscopy within the past ten years. Twenty-one percent reported never.

[5]"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.

- Eighty-four percent of respondents with a college education reported a colonoscopy within the past ten years compared to 68% of respondents with some post high school education or less.

2010 to 2019 Year Comparisons (Table 49)

In 2007, sigmoidoscopy and colonoscopy were combined as one question and cannot be compared to more recent data.

- From 2010 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported a colonoscopy within the past ten years.

- In 2010, education was not a significant variable. In 2019, respondents with a college education were more likely to report a colonoscopy within the past ten years.

- In 2010, married respondents were more likely to report a colonoscopy within the past ten years. In 2019, education was not a significant variable.

2016 to 2019 Year Comparisons (Table 49)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents 50 and older who reported a colonoscopy within the past ten years.

- In 2016, education was not a significant variable. In 2019, respondents with a college education were more likely to report a colonoscopy within the past ten years, with a noted increase since 2016.

Table 49. Colonoscopy Within Past Ten Years by Demographic Variables for Each Survey Year (Respondents 50 and Older) (Q55)[①]

	2010	2013	2016	2019
TOTAL	70%	70%	74%	73%
Gender				
Male	72	70	73	76
Female	69	70	75	71
Education[4]				
Some Post High School or Less	70	68	76	68
College Graduate[b]	73	75	67	84
Household Income[2]				
Bottom 60 Percent Bracket	71	66	75	72
Top 40 Percent Bracket	74	88	67	81
Marital Status[1,2]				
Married	79	77	79	76
Not Married	61	58	67	68

[①]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 p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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 met one of the three tests in the time frame recommended (2016 Behavioral Risk Factor Surveillance).

2019 Findings (Table 50)

- Seventy-seven percent of the 205 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-six percent of respondents with a college education reported a colorectal cancer screen in the recommended time frame compared to 73% of respondents with some post high school education or less.

2010 to 2019 Year Comparisons (Table 50)

- From 2010 to 2019, 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 2010, education was not a significant variable. In 2019, respondents with a college education were more likely to report a colorectal cancer screen in the recommended time frame.

- In 2010, married respondents were more likely to report a colorectal cancer screen in the recommended time frame. In 2019, marital status was not a significant variable.

2016 to 2019 Year Comparisons (Table 50)

- From 2016 to 2019, 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 2016, education was not a significant variable. In 2019, respondents with a college education were more likely to report a colorectal cancer screen in the recommended time frame.

Table 50. Colorectal Cancer Screening in Recommended Time Frame by Demographic Variables for Each Survey Year (Respondents 50 and Older) (Q53 – Q55)[①,②]

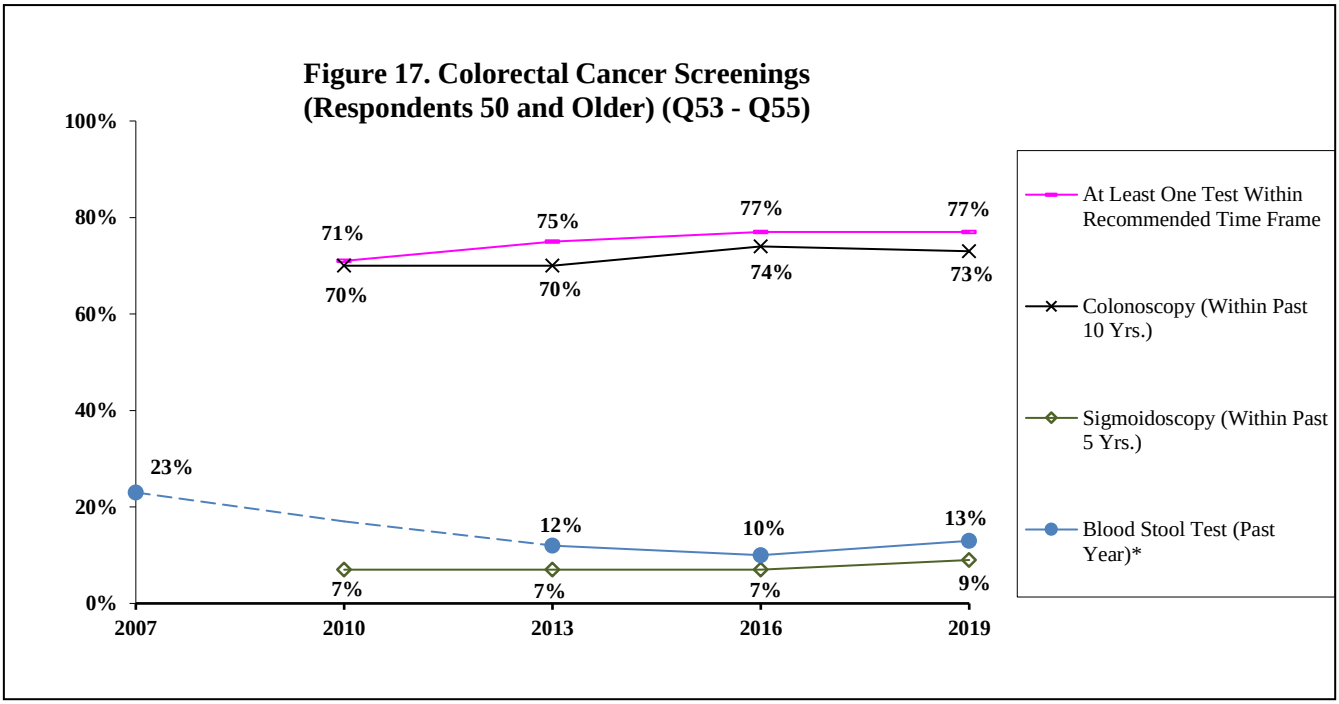
	2010	2013	2016	2019
TOTAL	71%	75%	77%	77%
Gender				
Male	72	75	77	78
Female	69	74	77	78
Education[4]				
Some Post High School or Less	70	74	78	73
College Graduate	73	76	74	86
Household Income[2]				
Bottom 60 Percent Bracket	71	71	78	78
Top 40 Percent Bracket	74	90	74	80
Marital Status[1,2]				
Married	79	80	82	80
Not Married	61	65	71	74

[①]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.
[②]In 2010, blood stool test was not asked.
[1]demographic difference at p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Colorectal Cancer Screenings Overall

Year Comparisons

- From 2007 to 2019, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years, as well as from 2016 to 2019. From 2010 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame, as well as from 2016 to 2019.



*In 2010, blood stool test was not asked.

Tobacco Cigarette Smoking or Electronic Vaping (Figures 18 & 19; Tables 51 & 52)

KEY FINDINGS: In 2019, 16% of respondents were current tobacco cigarette smokers; respondents with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. Three percent of respondents used electronic cigarettes in the past month. Thirty-one percent of current smokers or vaporers quit for one day or longer because they were trying to quit in the past year. Sixty-one percent of current smokers/vaporers who saw a health professional in the past year reported the professional advised them to quit smoking or vaping.

From 2007 to 2019, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers while from 2016 to 2019, there was a statistical decrease. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting electronic vapor product use in the past month. From 2007 to 2019, there was no statistical change in the overall percent of current tobacco cigarette smokers or vaporers who quit smoking or vaping for at least one day because they were trying to quit while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of current smokers or vaporers who reported their health professional advised them to quit smoking or vaping, as well as from 2016 to 2019. Please note: in 2019, tobacco cessation and health professional advised quitting included current vaporers. In previous years, both questions were asked of current smokers only.

Current Cigarette Smokers

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

In 2017, 16% of Wisconsin respondents and 17% of U.S. respondents were current smokers (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 51)

- Sixteen percent of respondents were current tobacco cigarette smokers; 3% smoked some days and 13% smoked every day in the past month.
- Twenty percent of respondents with some post high school education and 18% of those with a high school education or less were a current smoker compared to 9% of respondents with a college education.
- Twenty-five percent of respondents in the bottom 40 percent household income bracket were a current smoker compared to 17% of those in the middle 20 percent income bracket or 5% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to be a current smoker compared to married respondents (22% and 12%, respectively).

2007 to 2019 Year Comparisons (Table 51)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2007, respondents 45 to 54 years old were more likely to be a current smoker. In 2019, age was not a significant variable. From 2007 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old who were current smokers.

- In 2007, education was not a significant variable. In 2019, respondents with some post high school education or less were more likely to be a current smoker.

- In 2007, respondents in the bottom 60 percent household income bracket were more likely to be a current smoker. In 2019, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker.

- In 2007 and 2019, unmarried respondents were more likely to be a current smoker.

2016 to 2019 Year Comparisons (Table 51)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers.

- In 2016, respondents 35 to 44 years old were more likely to report they were a current smoker. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 35 to 54 years old who were current smokers.

- In 2016, respondents with a high school education or less were more likely to be a current smoker. In 2019, respondents with some post high school education or less were more likely to be a current smoker. From 2016 to 2019, there was a noted decrease in the percent of respondents with a high school education or less who were current smokers.

- In 2016, respondents in the bottom 60 percent household income bracket were more likely to be a current smoker. In 2019, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. From 2016 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket who were current smokers.

- In 2016 and 2019, unmarried respondents were more likely to report they were a current smoker. From 2016 to 2019, there was a noted decrease in the percent of unmarried respondents who were current smokers.

Table 51. Current Tobacco Cigarette Smokers by Demographic Variables for Each Survey Year (Q69)[①]

	2007	2010	2013	2016	2019
TOTAL[b]	20%	25%	19%	21%	16%
Gender[2]					
Male	20	31	21	24	17
Female	19	19	17	18	14
Age[1,2,3,4]					
18 to 34	24	28	14	20	20
35 to 44[b]	20	33	26	39	21
45 to 54[a,b]	29	28	29	30	13
55 to 64	18	27	19	18	19
65 and Older	6	10	10	3	9
Education[2,4,5]					
High School or Less[b]	20	36	23	30	18
Some Post High School	24	20	18	16	20
College Graduate	13	8	16	14	9
Household Income[1,2,4,5]					
Bottom 40 Percent Bracket	26	35	23	30	25
Middle 20 Percent Bracket[b]	26	19	20	30	17
Top 40 Percent Bracket	11	18	15	7	5
Marital Status[1,2,3,4,5]					
Married	14	20	13	10	12
Not Married[b]	28	30	29	35	22

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Electronic Vaporers

In 2017, 5% of Wisconsin respondents and 5% of U.S. respondents currently used electronic cigarettes (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 52)

- Three percent of respondents used electronic cigarettes in the past month.
- No demographic comparisons were conducted as a result of the low percent of respondents who used electronic cigarettes in the past month.

2016 to 2019 Year Comparisons (Table 52)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who used electronic cigarettes in the past month.
- In 2016, respondents who were male, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report they used electronic cigarettes.

Table 52. Electronic Vapor Product Use in Past Month by Demographic Variables for Each Survey Year (Q68)[①]

	2016	2019[②]
TOTAL	4%	3%
Gender[1]		
Male	7	--
Female	2	--
Age		
18 to 34	5	--
35 to 44	2	--
45 to 54	9	--
55 to 64	4	--
65 and Older	2	--
Education[1]		
High School or Less	8	--
Some Post High School	2	--
College Graduate	2	--
Household Income[1]		
Bottom 40 Percent Bracket	8	--
Middle 20 Percent Bracket	4	--
Top 40 Percent Bracket	<1	--
Marital Status[1]		
Married	<1	--
Not Married	9	--

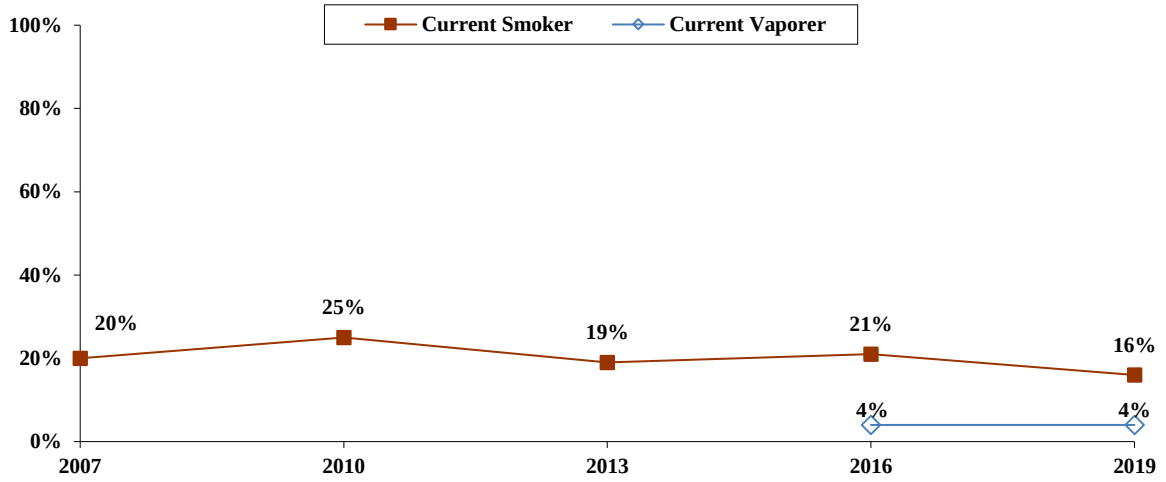
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Tobacco Cigarette Smoking or Vaping Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers while from 2016 to 2019, there was a statistical decrease. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting electronic vapor product use in the past month.

Figure 18. Current Tobacco Cigarette Smokers or Vaporers (Q68 & Q69)



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

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

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

2019 Findings

Of the 67 current tobacco cigarette smokers or electronic vaporers…

- Thirty-one percent of the 67 current smokers or vaporers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- No demographic comparisons were conducted as a result of the low percent of respondents who were asked this question.

2007 to 2019 Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they quit smoking or vaping for one day or longer because they were trying to quit.

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

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported they quit smoking or vaping for one day or longer because they were trying to quit.

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

Doctor, Nurse or Other Health Professional Advised Respondent to Quit

2019 Findings

Of the 62 current smokers or vaporers who have seen a health professional in the past year…

- Sixty-one percent of the 62 current smokers or vaporers who have seen a health professional in the past year reported their health professional advised them to quit smoking or vaping.

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

2007 to 2019 Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported their health professional advised them to quit smoking or vaping.

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

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their health professional advised them to quit smoking or vaping.

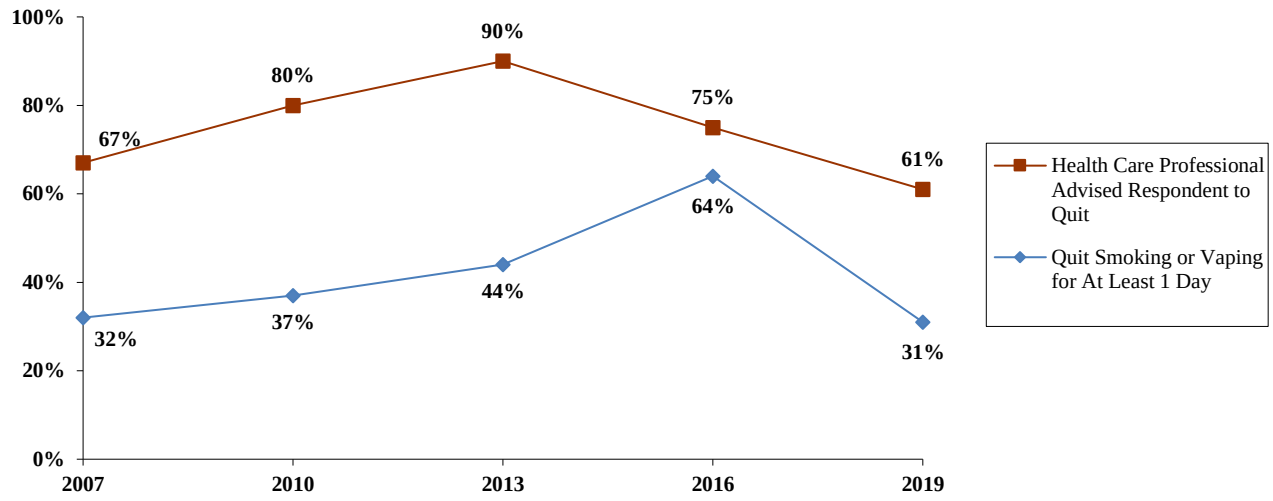
- No demographic comparisons were conducted between years as a result of the low percent of respondents who were asked this question.

Smoking or Vaping Cessation Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of current tobacco cigarette smokers or electronic vapor product users who quit smoking or vaping for at least one day because they were trying to quit while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of current smokers or vaporers who reported their health professional advised them to quit smoking or vaping, as well as from 2016 to 2019. Please note: in 2019, tobacco cessation included vaping.

Figure 19. Smoking or Vaping Cessation in Past Year (Current Tobacco Smokers or Electronic Vapor Product Users) (Q70 & Q72)



Exposure to Cigarette Smoke or Electronic Vapor (Figures 20 & 21; Tables 53 & 54)

KEY FINDINGS: In 2019, 83% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Fifteen percent of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor in the past seven days; respondents who were male, 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this.

From 2010 to 2019, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of nonsmoking or nonvaping respondents who reported they were exposed to second-hand smoke or vapor in the past seven days while from 2016 to 2019, there was a statistical increase. Please note: in 2019, second-hand smoke exposure included vaping.

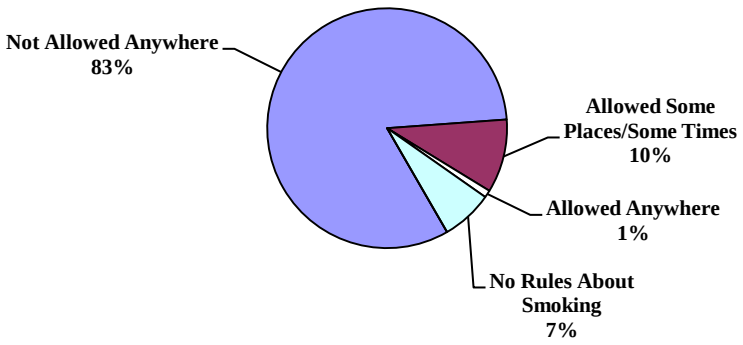
Smoking Policy Inside Home

In 2003, 75% of Wisconsin respondents reported smoking is prohibited in their home (2003 Tobacco Use Supplement to the Current Population Survey). In 2006-2007, 79% of U.S. respondents reported smoking is prohibited in their home (2006-2007 Tobacco Use Supplement to the Current Population Survey).

2019 Findings (Table 53)

- Eighty-three percent of respondents reported smoking is not allowed anywhere inside the home while 10% reported smoking is allowed in some places or at some times. One percent reported smoking is allowed anywhere inside the home. Seven percent of respondents reported there are no rules about smoking inside the home.

Figure 20. Smoking Policy Inside Home for 2019



- Ninety-seven percent of respondents in the top 40 percent household income bracket reported smoking is not allowed in the home compared to 83% of those in the middle 20 percent income bracket or 69% of respondents in the bottom 40 percent household income bracket.

- Married respondents were more likely to report smoking is not allowed in the home compared to unmarried respondents (88% and 73%, respectively).

- Eighty-eight percent of nonsmokers reported smoking is not allowed in the home compared to 52% 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 (78%).

2010 to 2019 Year Comparisons (Table 53)

- From 2010 to 2019, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home.

- In 2010, respondents in the middle 20 percent household income bracket were more likely to report smoking is not allowed in the home. In 2019, respondents in the top 40 percent household income bracket were more likely to report smoking is not allowed in the home, with a noted increase since 2010.

- In 2010 and 2019, married respondents were more likely to report smoking is not allowed in the home. From 2010 to 2019, there was a noted increase in the percent of respondents across marital status reporting smoking is not allowed in the home.

- In 2010 and 2019, nonsmokers were more likely to report smoking is not allowed in the home. From 2010 to 2019, there was a noted increase in the percent of nonsmokers reporting smoking is not allowed in the home.

- In 2010 and 2019, respondents in households with children were more likely to report smoking is not allowed in the home. From 2010 to 2019, there was a noted increase in the percent of respondents in households with or without children reporting smoking is not allowed in the home.

2016 to 2019 Year Comparisons (Table 53)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home.

- In 2016, respondents in the top 60 percent household income bracket were more likely to report smoking is not allowed in the home. In 2019, respondents in the top 40 percent household income bracket were more likely to report smoking is not allowed in the home. From 2016 to 2019, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting smoking is not allowed in the home.

- In 2016 and 2019, married respondents were more likely to report smoking is not allowed in the home.

- In 2016 and 2019, nonsmokers were more likely to report smoking is not allowed in the home.

- In 2016 and 2019, respondents in households with children were more likely to report smoking is not allowed in the home.

Table 53. Smoking Not Allowed in Home by Demographic Variables for Each Survey Year (Q73)[①]

	2010	2013	2016	2019
TOTAL[a]	70%	78%	85%	83%
Household Income[1,2,3,4]				
Bottom 40 Percent Bracket	63	69	72	69
Middle 20 Percent Bracket[b]	80	89	94	83
Top 40 Percent Bracket[a]	74	89	97	97
Marital Status[1,2,3,4]				
Married[a]	77	84	93	88
Not Married[a]	63	69	76	73
Smoking Status[1,2,3,4]				
Nonsmoker[a]	79	88	91	88
Smoker	44	36	63	52
Children in Household[1,2,3,4]				
Yes[a]	81	91	93	91
No[a]	64	70	82	78

[①]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 p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013
[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Exposure to Second-Hand Smoke or Vaping in Past Seven Days (Nonsmokers or Nonvaporers)

The Healthy People 2020 goal for nonsmokers exposed to second-hand smoke is 34%. (Objective TU-11.3)

2019 Findings (Table 54)

Of 330 nonsmoking or nonvaping respondents…

- Fifteen percent of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor on at least one day in the past seven days while they rode in a car or were in the same room with a person who was smoking or vaping.

- Female respondents were more likely to report second-hand smoke or vapor exposure (20%) compared to male respondents (11%).

- Respondents 18 to 34 years old were more likely to report second-hand smoke or vapor exposure (30%) compared to those 45 to 54 years old (12%) or respondents 55 and older (9%).

- Twenty-one percent of respondents with some post high school education and 19% of those with a high school education or less reported second-hand smoke or vapor exposure compared to 6% of respondents with a college education.

- Unmarried respondents were more likely to report second-hand smoke or vapor exposure compared to married respondents (23% and 11%, respectively).

2010 to 2019 Year Comparisons (Table 54)

Please note, in 2019, question included nonvaporers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.

- From 2010 to 2019, there was no statistical change in the overall percent of nonsmoking respondents who reported exposure to second-hand smoke or vapor in the past seven days.

- In 2010, gender was not a significant variable. In 2019, male respondents were more likely to report second-hand smoke or vapor exposure, with a noted increase since 2010.

- In 2010, respondents 55 to 64 years old were more likely to report second-hand smoke or vapor exposure. In 2019, respondents 18 to 34 years old were more likely to report second-hand smoke or vapor exposure. From 2010 to 2019, there was a noted increase in the percent of respondents 18 to 44 years old reporting exposure.

- In 2010, education was not a significant variable. In 2019, respondents with some post high school education or less were more likely to report exposure to second-hand smoke or vapor.

- In 2010, respondents in the bottom 60 percent household income bracket were more likely to report exposure to second-hand smoke or vapor. In 2019, household income was not a significant variable.

- In 2010, marital status was not a significant variable. In 2019, unmarried respondents were more like to report exposure to second-hand smoke or vapor, with a noted increase since 2010.

2016 to 2019 Year Comparisons (Table 54)

Please note, in 2019, question included nonvaporers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.

- From 2016 to 2019, there was a statistical increase in the overall percent of nonsmoking respondents who reported exposure to second-hand smoke or vapor in the past seven days.

- In 2016, gender was not a significant variable. In 2019, male respondents were more likely to report second-hand smoke or vapor exposure.

- In 2016, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report second-hand smoke or vapor exposure, with a noted increase since 2016.

- In 2016, respondents with a high school education or less were more likely to report exposure to second-hand smoke or vapor. In 2019, respondents with some post high school education or less were more likely to report exposure to second-hand smoke or vapor. From 2010 to 2019, there was a noted increase in the percent of respondents with some post high school education reporting exposure.

- In 2016, respondents in the bottom 40 percent household income bracket were more likely to report exposure to second-hand smoke or vapor. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting exposure.

- In 2016 and 2019, unmarried respondents were more like to report exposure to second-hand smoke or vapor.

Table 54. Nonsmokers or Nonvaporers Exposed to Second-Hand Smoke or Vapor in Past Seven Days by Demographic Variables for Each Survey Year (Q74)[①,②]

	2010	2013	2016	2019
TOTAL[b]	12%	17%	10%	15%
Gender[4]				
Male[a]	10	19	12	20
Female	13	14	7	11
Age[1,2,4]				
18 to 34[a,b]	13	36	12	30
35 to 44[a]	2	9	16	15
45 to 54	15	5	7	12
55 to 64	23	19	14	9
65 and Older	13	9	4	9
Education[2,3,4]				
High School or Less	16	24	15	19
Some Post High School[b]	12	16	10	21
College Graduate	6	8	3	6
Household Income[1,2,3]				
Bottom 40 Percent Bracket	17	26	14	18
Middle 20 Percent Bracket[b]	16	18	0	22
Top 40 Percent Bracket[a]	1	8	11	11
Marital Status[2,3,4]				
Married	13	13	7	11
Not Married[a]	12	23	14	23

[①]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.

[②]In 2019, question included nonvaporers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.

[1]demographic difference at p≤0.05 in 2010; [2]demographic difference at p≤0.05 in 2013

[3]demographic difference at p≤0.05 in 2016; [4]demographic difference at p≤0.05 in 2019

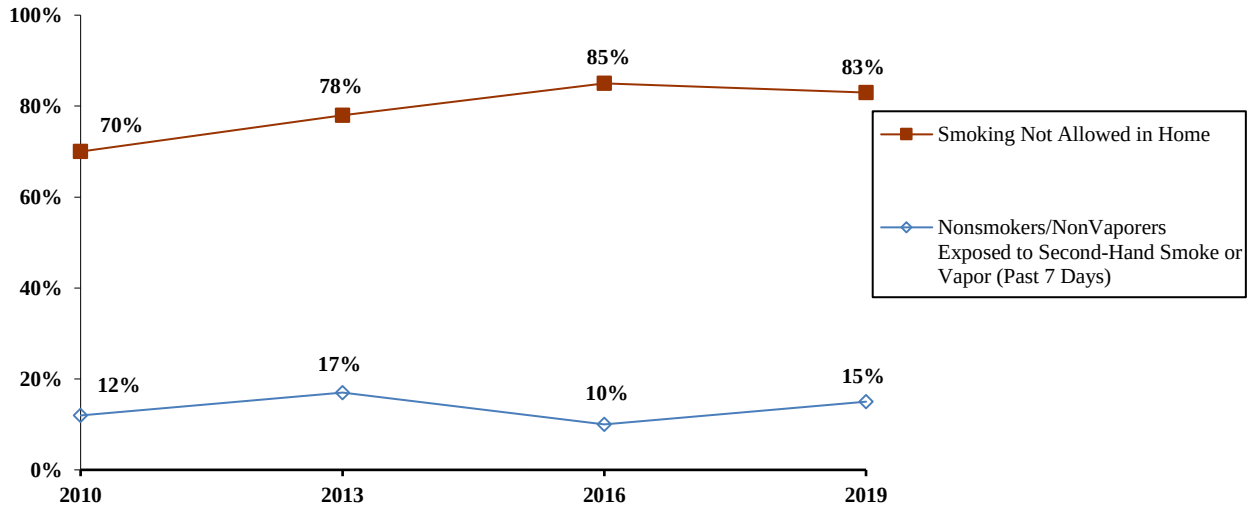
[a]year difference at p≤0.05 from 2010 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Exposure to Cigarette Smoke or Electronic Vapor Overall

Year Comparisons

- From 2010 to 2019, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2016 to 2019, there was no statistical change. From 2010 to 2019, there was no statistical change in the overall percent of nonsmoking or nonvaping respondents who reported they were exposed to second-hand smoke or vapor in the past seven days while from 2016 to 2019, there was a statistical increase. Please note: in 2019, second-hand smoke exposure included vaping.

Figure 21. Exposure to Cigarette Smoke or Electronic Vapor (Q73 & Q74)*



*In 2019, question included nonvaporers being exposed to vapors. In all other years, the question was asked of nonsmoking respondents only.

Other Tobacco Products (Figure 22; Table 55)

KEY FINDINGS: In 2019, 5% of respondents used smokeless tobacco in the past month while 3% of respondents used cigars, cigarillos or little cigars. Respondents who were female, 18 to 34 years old, 45 to 54 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report smokeless tobacco use.

From 2016 to 2019, there was no statistical change in the overall percent of respondents who used smokeless tobacco or used cigars/cigarillos/little cigars in the past month.

Smokeless Tobacco

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

In 2017, 2% of Wisconsin respondents and 2% of U.S. respondents used chewing tobacco, snuff or snus (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 55)

- Five percent of respondents used smokeless tobacco in the past month.
- Ten percent of male respondents reported smokeless tobacco use compared to less than one percent of female respondents.
- Nine percent of respondents 45 to 54 years old and 8% of those 18 to 34 years old reported smokeless tobacco use compared to 0% of respondents 65 and older.
- Nine percent of respondents with some post high school education reported smokeless tobacco use compared to 6% of those with a college education or less than one percent of respondents with a high school education or less.
- Thirteen percent of respondents in the middle 20 percent household income bracket reported smokeless tobacco use compared to 5% of those in the top 40 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.

2016 to 2019 Year Comparisons (Table 55)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who used smokeless tobacco in the past month.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who used smokeless tobacco in 2016.

Table 55. Smokeless Tobacco Use in Past Month by Demographic Variables for Each Survey Year (Q66)①

	2016②	2019
TOTAL	3%	5%
Gender[2]		
Male	--	10
Female	--	<1
Age[2]		
18 to 34	--	8
35 to 44	--	5
45 to 54	--	9
55 to 64	--	3
65 and Older	--	0
Education[2]		
High School or Less	--	<1
Some Post High School	--	9
College Graduate	--	6
Household Income[2]		
Bottom 40 Percent Bracket	--	2
Middle 20 Percent Bracket	--	13
Top 40 Percent Bracket	--	5
Marital Status		
Married	--	4
Not Married	--	6

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Cigars, Cigarillos or Little Cigars

2019 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 reported they used cigars, cigarillos or little cigars in the past month.

2016 to 2019 Year Comparisons

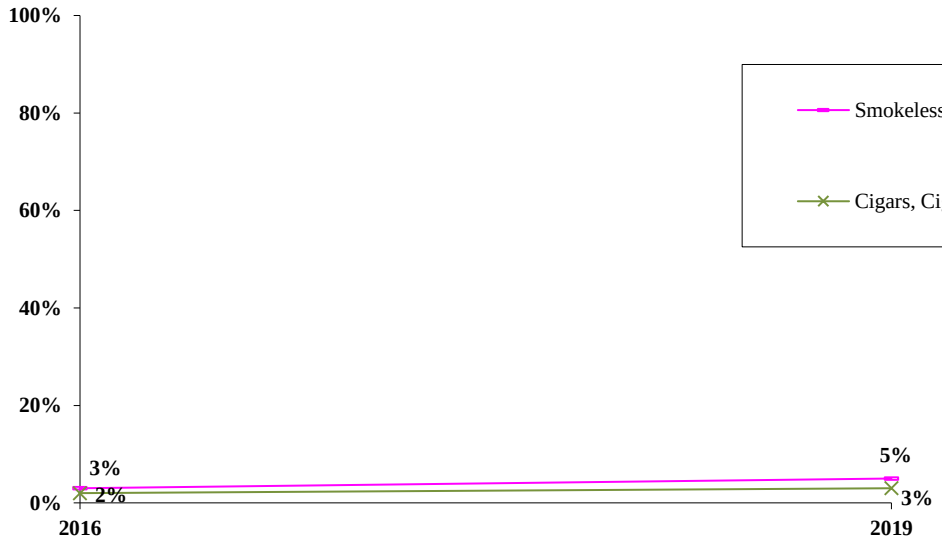
- From 2016 to 2019, there was no statistical change in the overall percent of respondents who used cigars, cigarillos or little cigars in the past month.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they used cigars, cigarillos or little cigars in both study years.

Other Tobacco Products Overall

Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who used smokeless tobacco or used cigars/cigarillos/little cigars in the past month.

Figure 22. Other Tobacco Product Use in Past Month (Q66 & Q67)



Alcohol Use (Figure 23; Tables 56 & 57)

KEY FINDINGS: In 2019, 30% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents who were male, 35 to 44 years old, with some post high school education or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. One percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month.

From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month while from 2016 to 2019, there was a noted decrease. From 2007 to 2019, 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 in the past month while from 2016 to 2019, there was no statistical change.

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 2019, Manitowoc County defined binge drinking as four or more drinks for females and five or more drinks for males.

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

In 2017, 24% 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 (2017 Behavioral Risk Factor Surveillance).

2019 Findings (Table 56)

- Thirty percent of all respondents binged in the past month (four or more drinks for females and five or more drinks for males).
- Male respondents were more likely to have binged (38%) compared to female respondents (22%).
- Respondents 35 to 44 years old were more likely to have binged in the past month (45%) compared to those 55 to 64 years old (24%) or respondents 65 and older (9%).
- Respondents with some post high school education were more likely to have binged in the past month (43%) compared to those with a college education (26%) or respondents with a high school education or less (20%).
- Forty-six percent of respondents in the top 40 percent household income bracket binged in the past month compared to 31% of those in the middle 20 percent income bracket or 19% of respondents in the bottom 40 percent household income bracket.

2007 to 2019 Year Comparisons (Table 56)

In 2013, 2016 and 2019, the Manitowoc County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males. In 2007 and 2010, the definition was five or more drinks, regardless of gender.

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who binged.
- In 2007 and 2019, male respondents were more likely to have binged.

- In 2007, respondents 18 to 34 years old were more likely to have binged. In 2019, respondents 35 to 44 years old were more likely to have binged, with a noted increase since 2007. From 2007 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting binge drinking.

- In 2007, education was not a significant variable. In 2019, respondents with some post high school education were more likely to have binged.

- In 2007 and 2019, respondents in the top 40 percent household income bracket were more likely to have binged.

2016 to 2019 Year Comparisons (Table 56)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who binged.

- In 2016 and 2019, male respondents were more likely to have binged. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting binge drinking.

- In 2016, respondents 18 to 34 years old were more likely to have binged. In 2019, respondents 35 to 44 years old were more likely to have binged. From 2016 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting binge drinking.

- In 2016, education was not a significant variable. In 2019, respondents with some post high school education were more likely to have binged. From 2016 to 2019, there was a noted decrease in the percent of respondents with a high school education or less or with a college education reporting binge drinking.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to have binged. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting binge drinking.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of unmarried respondents reporting binge drinking.

Table 56. Binge Drinking in Past Month by Demographic Variables for Each Survey Year (Q59)[①,②]

	2007	2010	2013	2016	2019
TOTAL[b]	28%	23%	20%	40%	30%
Gender[1,2,4,5]					
Male	42	27	18	45	38
Female[b]	16	18	22	35	22
Age[1,2,3,4,5]					
18 to 34[a,b]	49	38	28	63	29
35 to 44[a]	24	22	22	56	46
45 to 54	40	15	29	41	42
55 to 64	16	27	12	27	24
65 and Older	6	10	7	11	9
Education[5]					
High School or Less[b]	24	27	19	39	20
Some Post High School	32	20	22	40	43
College Graduate[b]	31	16	19	41	26
Household Income[1,3,4,5]					
Bottom 40 Percent Bracket[b]	17	25	15	33	19
Middle 20 Percent Bracket	38	17	24	37	31
Top 40 Percent Bracket	45	27	29	52	46
Marital Status					
Married	28	20	19	36	31
Not Married[b]	29	25	21	44	28

[①]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.
[②]In 2013, 2016 and 2019, "4 or more drinks on an occasion" for females and "5 or more drinks on an occasion" for males was used; in all other study years, "5 or more drinks on an occasion" was used for both males and females.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink in Past Month

2019 Findings (Table 57)

- One percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink.

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

2007 to 2019 Year Comparisons (Table 57)

- From 2007 to 2019, 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.

- In 2007, male respondents were more likely to report they were a driver or passenger in a vehicle when the driver perhaps had too much to drink.

2016 to 2019 Year Comparisons (Table 57)

- From 2016 to 2019, there was no statistical change 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.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they were a driver or passenger in a vehicle when the driver perhaps had too much alcohol to drink in both study years.

Table 57. Driver or Passenger in Vehicle When Driver Perhaps Had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year (Q60)①

	2007	2010②	2013②	2016②	2019②
TOTAL[a]	4%	2%	3%	<1%	1%
Gender[1]					
Male	6	--	--	--	--
Female	2	--	--	--	--
Age					
18 to 34	5	--	--	--	--
35 to 44	2	--	--	--	--
45 to 54	8	--	--	--	--
55 to 64	2	--	--	--	--
65 and Older	1	--	--	--	--
Education					
High School or Less	5	--	--	--	--
Some Post High School	2	--	--	--	--
College Graduate	5	--	--	--	--
Household Income					
Bottom 40 Percent Bracket	4	--	--	--	--
Middle 20 Percent Bracket	1	--	--	--	--
Top 40 Percent Bracket	8	--	--	--	--
Marital Status					
Married	4	--	--	--	--
Not Married	5	--	--	--	--

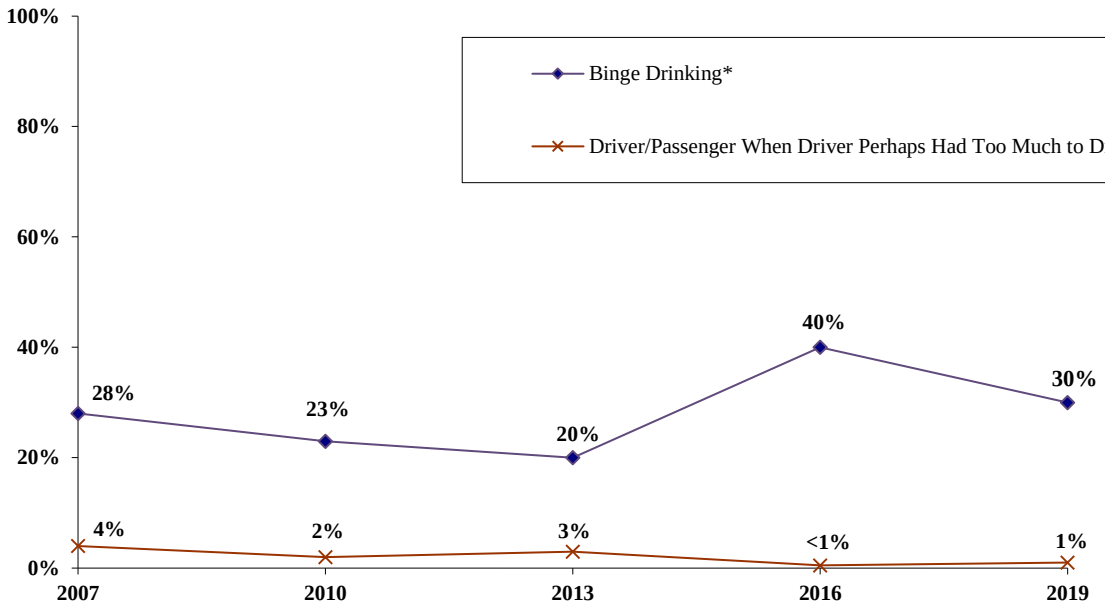
①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Alcohol Use Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month while from 2016 to 2019, there was a noted decrease. From 2007 to 2019, 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 in the past month while from 2016 to 2019, there was no statistical change.

Figure 23. Alcohol Use in Past Month (Q59 & Q60)



*In 2013, 2016 and 2019, "4 or more drinks on an occasion" for females and "5 or more drinks on an occasion" for males was used; in 2007 and 2010, "5 or more drinks on an occasion" was used for both males and females.

Household Problems (Figure 24; Table 58)

KEY FINDINGS: In 2019, 1% 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. Three percent of respondents reported someone in their household experienced some kind of problem with the misuse of prescription drugs/over-the-counter drugs. Less than one percent of respondents each reported a household problem in connection with marijuana, cocaine/heroin/other street drugs or gambling.

From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical increase in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs or gambling, as well as from 2016 to 2019.

Household Problem Associated with Alcohol in Past Year

2019 Findings

- One 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 in the past year.

2007 to 2019 Year Comparisons

- From 2007 to 2019, 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.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported a household problem with drinking alcohol in both study years.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol 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 with drinking alcohol in both study years.

Other Household Problems in Past Year

2019 Findings

- Three percent of respondents reported someone in their household experienced some kind of problem with the misuse of prescription drugs/over-the-counter drugs. Less than one percent of respondents each reported a household problem in connection with marijuana, cocaine/heroin/other street 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.

2013 to 2019 Year Comparisons

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs in the past year. From 2013 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs or gambling.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported each household problem in both study years.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs in the past year. From 2013 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs or gambling.

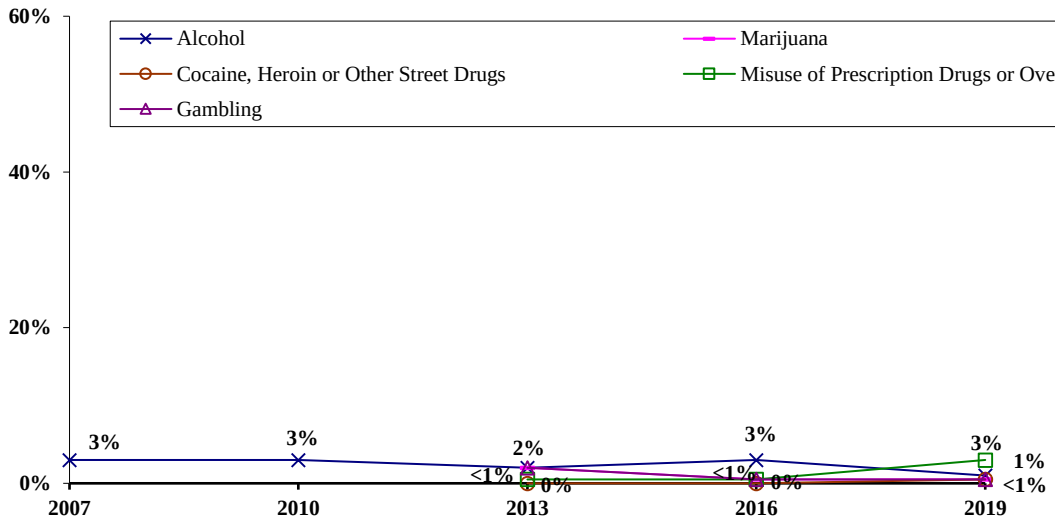
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported each household problem in both study years.

Household Problems Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical increase in the overall percent of respondents reporting a household problem with the misuse of prescription drugs/over-the-counter drugs in the past year, as well as from 2016 to 2019. From 2013 to 2019, there was no statistical change in the overall percent of respondents reporting a household problem with marijuana, cocaine/heroin/other street drugs or gambling, as well as from 2016 to 2019.

Figure 24. Household Problems in Past Year (Q61 - Q65)



Times of Distress in Past Three Years (Figure 25; Table 58)

KEY FINDINGS: In 2019, 18% of respondents reported someone in their household experienced times of distress in the past three years and looked for community support; respondents who were in the bottom 60 percent household income bracket or unmarried more likely to report this. Forty-six percent of respondents who looked for community resource support reported they felt somewhat, slightly or not at all supported.

From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported someone in their household experienced times of distress in the past three years or they felt somewhat, slightly or not at all supported by the community resources.

Times of Distress

2019 Findings (Table 58)

- Eighteen percent of respondents reported in the past three years someone in their household experienced times of distress, including economic hardship, family issues, medical issues or some other distress in life and looked for community resource support in Manitowoc County.

- Twenty-nine percent of respondents in the middle 20 percent household income bracket and 25% of those in the bottom 40 percent income bracket reported someone in their household experienced times of distress in the past three years and looked for support compared to 5% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report someone in their household experienced times of distress in the past three years and looked for support in the past three years compared to married respondents (27% and 12%, respectively).

2016 to 2019 Year Comparisons (Table 58)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting someone in their household experienced times of distress in the past three years.

- In 2016, respondents in the bottom 40 percent household income bracket were more likely to report someone in their household experienced times of distress. In 2019, respondents in the bottom 60 percent household income bracket were more likely to report someone in their household experienced times of distress. From 2016 to 2019, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting someone in their household experienced times of stress.

- In 2016, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report someone in their household experienced times of distress, with a noted increase since 2016.

- In 2016, respondents in households with children were more likely to report someone in their household experienced times of distress. In 2019, the presence of children in the household was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with children in the household reporting someone in their household experienced times of stress.

Table 58. Times of Distress in Past Three Years by Demographic Variables for Each Survey Year (Q14)①

	2016	2019
TOTAL	15%	18%
Household Income[1,2]		
Bottom 40 Percent Bracket	22	25
Middle 20 Percent Bracket[a]	13	29
Top 40 Percent Bracket	7	5
Marital Status[2]		
Married	14	12
Not Married[a]	16	27
Children in Household[1]		
Yes	23	19
No[a]	11	17

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Community Resource Support

2019 Findings

- Forty-six percent of the 70 respondents who looked for community resource support reported they felt somewhat, slightly or not at all supported. Fifty-four percent reported extremely supported or very supported.
    - Of the 32 respondents who reported they felt somewhat, slightly or not at all supported by the community resources, 41% reported finances as the reason they selected these lower levels of support. Twenty percent reported the stigma related to needing help/disapproval was the reason while 15% reported transportation. Eleven percent reported the lack of knowledge of where to go.

2016 to 2019 Year Comparisons

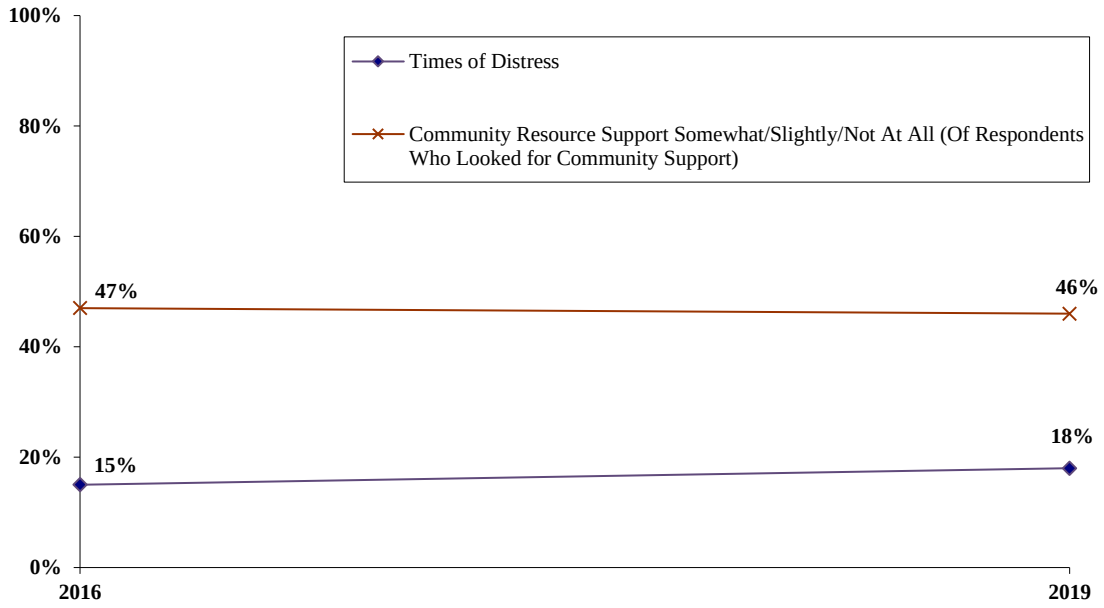
- From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting they felt somewhat, slightly or not at all supported by the community resources (47% and 46%, respectively).
- No demographic comparisons across years were conducted as a result of the low number of respondents who reported they looked for community resource support in both study years.

Times of Distress Overall

Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported someone in their household experienced times of distress in the past three years or they felt somewhat, slightly or not at all supported by the community resources.

Figure 25. Times of Distress in Past Three Years (Q14 & Q15)



Mental Health Status (Figures 26 & 27; Tables 59 - 61)

KEY FINDINGS: In 2019, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seven percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents 18 to 34 years old, with some post high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this.

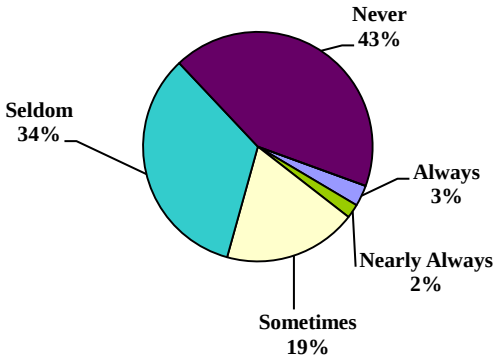
From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past month or they seldom or never find meaning and purpose in daily life, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year, as well as from 2016 to 2019.

Felt Sad, Blue or Depressed

2019 Findings (Table 59)

- Five percent of respondents reported they always or nearly always felt sad, blue or depressed in the past month. This represents up to 6,300 residents. Nineteen percent reported sometimes and the remaining 77% reported seldom or never.

Figure 26. Felt Sad, Blue or Depressed in Past Month for 2019 (Q56)



- Eight percent of respondents in the bottom 40 percent household income bracket reported they always or nearly always felt sad, blue or depressed in the past month compared to 5% of those in the middle 20 percent income bracket or less than one percent 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 compared to married respondents (9% and 2%, respectively).

2007 to 2019 Year Comparisons (Table 59)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.

- In 2007 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed.

- In 2007 and 2019, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed.

2016 to 2019 Year Comparisons (Table 59)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed.

- In 2016, respondents 45 to 54 years old were more likely to report they always or nearly always felt sad, blue or depressed. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents 18 to 44 years old reporting always or nearly always.

- In 2016, respondents with some post high school education were more likely to report they always or nearly always felt sad, blue or depressed. In 2019, education was not a significant variable.

- In 2016 and 2019, respondents in the bottom 40 percent household income bracket were more likely to report they always or nearly always felt sad, blue or depressed.

- In 2016 and 2019, unmarried respondents were more likely to report they always or nearly always felt sad, blue or depressed.

Table 59. Always/Nearly Always Felt Sad, Blue or Depressed in Past Month by Demographic Variables for Each Survey Year (Q56)[①]

	2007	2010	2013	2016	2019
TOTAL	4%	4%	6%	5%	5%
Gender[3]					
Male	4	3	2	6	3
Female	4	5	9	5	6
Age[2,4]					
18 to 34[b]	5	<1	7	0	8
35 to 44[b]	3	1	10	0	6
45 to 54	4	8	6	13	5
55 to 64	6	8	4	9	3
65 and Older	2	4	1	2	1
Education[3,4]					
High School or Less	4	4	7	6	8
Some Post High School	7	3	8	8	5
College Graduate	1	4	<1	<1	2
Household Income[1,3,4,5]					
Bottom 40 Percent Bracket	7	5	10	12	8
Middle 20 Percent Bracket	4	3	1	2	5
Top 40 Percent Bracket	<1	1	2	0	<1
Marital Status[1,4,5]					
Married	2	3	4	2	3
Not Married	7	5	8	9	8

[①]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 p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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.

2019 Findings (Table 60)

- Seven percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. This represents up to 7,560 residents who may have considered suicide in the past year.
- Respondents 18 to 34 years old were more likely to report they felt so overwhelmed in the past year that they considered suicide (14%) compared to those 55 to 64 years old (3%) or respondents 65 and older (1%).
- Eleven percent of respondents with a high school education or less reported they felt so overwhelmed in the past year that they considered suicide compared to 4% of respondents with at least some post high school education.

- Thirteen percent of respondents in the middle 20 percent household income bracket reported they felt so overwhelmed in the past year that they considered suicide compared to 9% of those in the bottom 40 percent income bracket or less than one percent of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report they felt so overwhelmed in the past year that they considered suicide compared to married respondents (10% and 4%, respectively).

2007 to 2019 Year Comparisons (Table 60)

- From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they felt so overwhelmed in the past year they considered suicide in 2007.

2016 to 2019 Year Comparisons (Table 60)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they felt so overwhelmed in the past year they considered suicide in 2016.

Table 60. Considered Suicide in Past Year by Demographic Variables for Each Survey Year (Q58)①

	2007②	2010	2013②	2016②	2019
TOTAL[a,b]	3%	4%	3%	2%	7%
Gender[2]					
Male	--	6	--	--	5
Female	--	<1	--	--	8
Age[2,5]					
18 to 34	--	3	--	--	14
35 to 44	--	0	--	--	5
45 to 54	--	12	--	--	8
55 to 64	--	2	--	--	3
65 and Older	--	0	--	--	1
Education[5]					
High School or Less	--	4	--	--	11
Some Post High School	--	3	--	--	4
College Graduate	--	3	--	--	4
Household Income[2,5]					
Bottom 40 Percent Bracket	--	7	--	--	9
Middle 20 Percent Bracket	--	0	--	--	13
Top 40 Percent Bracket	--	0	--	--	<1
Marital Status[2,5]					
Married	--	<1	--	--	4
Not Married	--	6	--	--	10

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Find Meaning and Purpose in Daily Life

2019 Findings (Table 61)

- A total of 6% of respondents reported they seldom or never find meaning and purpose in daily life. Fifty percent of respondents reported they always find meaning and purpose while an additional 32% reported nearly always.

- Seventeen percent of respondents 18 to 34 years old reported they seldom or never find meaning and purpose in daily life compared to 3% of those 55 to 64 years old or 0% of respondents 35 to 54 years old.

- Nine percent of respondents with some post high school education and 7% of those with a high school education or less reported they seldom or never find meaning and purpose in daily life compared to less than one percent of respondents with a college education.

- Nine percent of respondents in the bottom 60 percent household income bracket reported they seldom or never find meaning and purpose in daily life compared to 0% of respondents in the top 40 percent household income bracket.

- Unmarried respondents were more likely to report they seldom or never find meaning and purpose in daily life compared to married respondents (12% and 2%, respectively).

2007 to 2019 Year Comparisons (Table 61)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they seldom or never find meaning and purpose in daily life in 2007.

2016 to 2019 Year Comparisons (Table 61)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life.

- In 2016, respondents 45 to 54 years old were more likely to report they seldom or never find meaning and purpose in daily life. In 2019, respondents 18 to 34 years old were more likely to report they seldom or never find meaning and purpose in daily life, with a noted increase since 2016. From 2016 to 2019, there was a noted decrease in the percent of respondents 45 to 54 years old reporting they seldom or never find meaning and purpose in daily life.

- In 2016 and 2019, respondents with some post high school education or less were more likely to report they seldom or never find meaning and purpose in daily life.

- In 2016, respondents in the bottom 40 percent household income bracket were more likely to report they seldom or never find meaning and purpose in daily life. In 2019, respondents in the bottom 60 percent household income bracket were more likely to report they seldom or never find meaning and purpose in daily life.

- In 2016 and 2019, unmarried respondents were more likely to report they seldom or never find meaning and purpose in daily life.

Table 61. Seldom/Never Find Meaning and Purpose in Daily Life by Demographic Variables for Each Survey Year (Q57)[①]

	2007[②]	2010	2013	2016	2019
TOTAL	3%	5%	5%	4%	6%
Gender[2]					
Male	--	8	7	3	7
Female	--	1	3	5	4
Age[3,4,5]					
18 to 34[b]	--	7	9	0	17
35 to 44	--	0	0	0	0
45 to 54[b]	--	4	2	10	0
55 to 64	--	6	1	4	3
65 and Older	--	5	8	6	5
Education[2,3,4,5]					
High School or Less	--	8	6	6	7
Some Post High School	--	<1	7	5	9
College Graduate	--	1	0	0	<1
Household Income[2,3,4,5]					
Bottom 40 Percent Bracket	--	7	9	8	9
Middle 20 Percent Bracket	--	3	4	2	9
Top 40 Percent Bracket	--	1	0	<1	0
Marital Status[3,4,5]					
Married	--	4	2	2	2
Not Married	--	5	10	7	12

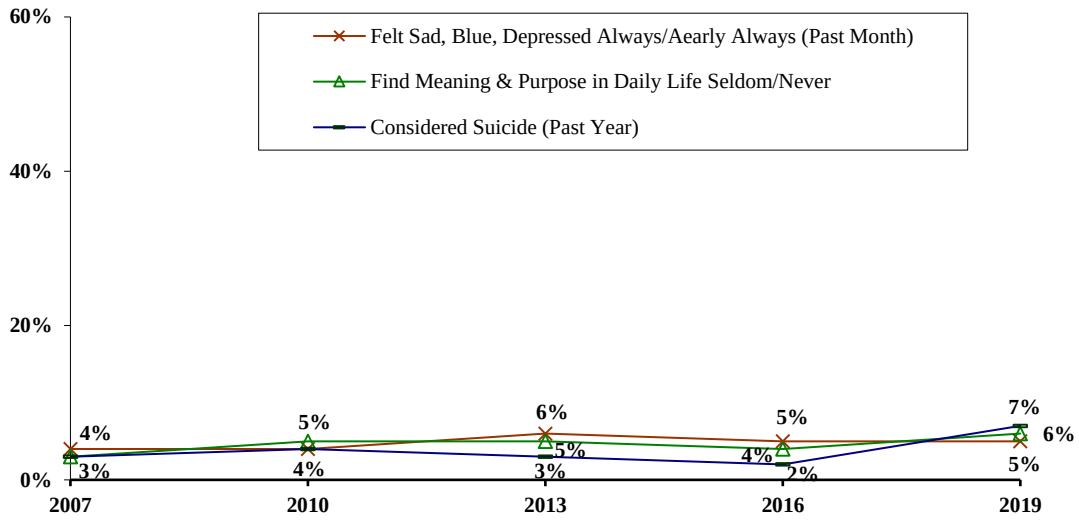
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Mental Health Status Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past month or they seldom or never find meaning and purpose in daily life, as well as from 2016 to 2019. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year, as well as from 2016 to 2019.

Figure 27. Mental Health Status (Q56 - Q58)



Personal Safety Issues (Figure 28; Tables 62 - 64)

KEY FINDINGS: In 2019, 3% of respondents reported someone made them afraid for their personal safety in the past year. Less than one percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 3% reported at least one of these two situations.

From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed/kicked/slapped/hit, as well as from 2016 to 2019. From 2007 to 2019, 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 2016 to 2019.

Afraid for Personal Safety

2019 Findings (Table 62)

- Three percent of respondents reported someone made them afraid for their personal safety in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported someone made them afraid for their personal safety in the past year.

2007 to 2019 Year Comparisons (Table 62)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- In 2007, respondents who were female or with some post high school education were more likely to report they were afraid for their personal safety.

2016 to 2019 Year Comparisons (Table 62)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they were afraid for their personal safety in both study years.

Table 62. Afraid for Personal Safety in Past Year by Demographic Variables for Each Survey Year (Q111)①

	2007	2010②	2013	2016②	2019②
TOTAL	5%	3%	4%	3%	3%
Gender[1]					
Male	0	--	3	--	--
Female	9	--	5	--	--
Age[3]					
18 to 34	5	--	3	--	--
35 to 44	6	--	15	--	--
45 to 54	5	--	1	--	--
55 to 64	6	--	0	--	--
65 and Older	1	--	1	--	--
Education[1]					
High School or Less	2	--	4	--	--
Some Post High School	8	--	4	--	--
College Graduate	4	--	4	--	--
Household Income					
Bottom 40 Percent Bracket	6	--	6	--	--
Middle 20 Percent Bracket	3	--	0	--	--
Top 40 Percent Bracket	3	--	5	--	--
Marital Status[3]					
Married	5	--	1	--	--
Not Married	4	--	8	--	--

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Pushed, Kicked, Slapped or Hit

2019 Findings (Table 63)

- Less than one percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they were pushed, kicked, slapped or hit in the past year.

2007 to 2019 Year Comparisons (Table 63)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they were pushed, kicked, slapped or hit in both study years.

2016 to 2019 Year Comparisons (Table 63)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they were pushed, kicked, slapped or hit.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported they were pushed, kicked, slapped or hit in both study years.

Table 63. Someone Pushed, Kicked, Slapped or Hit Respondent in Past Year by Demographic Variables for Each Survey Year (Q113)①

	2007②	2010②	2013	2016②	2019②
TOTAL	2%	2%	5%	1%	<1%
Gender[3]					
Male	--	--	8	--	--
Female	--	--	<1	--	--
Age[3]					
18 to 34	--	--	9	--	--
35 to 44	--	--	16	--	--
45 to 54	--	--	1	--	--
55 to 64	--	--	0	--	--
65 and Older	--	--	0	--	--
Education[3]					
High School or Less	--	--	4	--	--
Some Post High School	--	--	9	--	--
College Graduate	--	--	<1	--	--
Household Income					
Bottom 40 Percent Bracket	--	--	4	--	--
Middle 20 Percent Bracket	--	--	4	--	--
Top 40 Percent Bracket	--	--	7	--	--
Marital Status					
Married	--	--	3	--	--
Not Married	--	--	7	--	--

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Combined Personal Safety Issues

2019 Findings (Table 64)

- A total of 3% of all respondents reported at least one of the two personal safety issues.

- No demographic comparisons were conducted as a result of the low percent of respondents who reported at least one of the two personal safety issues in the past year.

2007 to 2019 Year Comparisons (Table 64)

- From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.

- In 2007, respondents who were female or with some post high school education were more likely to report at least one of the personal safety issues.

2016 to 2019 Year Comparisons (Table 64)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of the personal safety issues.

- In 2016, respondents 35 to 44 years old or 55 to 64 years old were more likely to report at least one of the personal safety issues.

Table 64. At Least One of the Personal Safety Issues in Past Year by Demographic Variables for Each Survey Year (Q111 & Q113)①

	2007	2010	2013	2016	2019②
TOTAL	5%	4%	7%	4%	3%
Gender[1]					
Male	<1	5	9	2	--
Female	9	3	6	4	--
Age[3,4]					
18 to 34	6	9	12	0	--
35 to 44	7	3	24	8	--
45 to 54	5	0	2	3	--
55 to 64	6	6	0	7	--
65 and Older	1	4	1	1	--
Education[1]					
High School or Less	3	4	8	3	--
Some Post High School	9	3	9	2	--
College Graduate	4	6	5	5	--
Household Income					
Bottom 40 Percent Bracket	7	6	9	5	--
Middle 20 Percent Bracket	3	0	4	2	--
Top 40 Percent Bracket	3	5	8	2	--
Marital Status[3]					
Married	5	5	5	3	--
Not Married	5	4	12	4	--

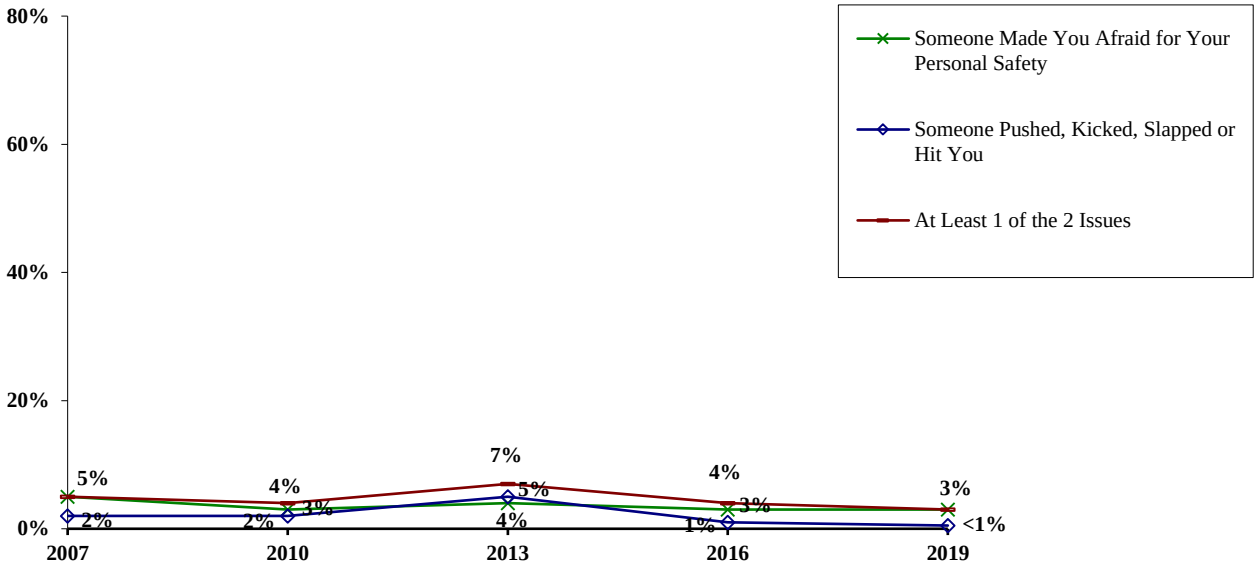
①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2007; [2]demographic difference at p≤0.05 in 2010; [3]demographic difference at p≤0.05 in 2013; [4]demographic difference at p≤0.05 in 2016; [5]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2007 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Personal Safety Issues Overall

Year Comparisons

- From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed/kicked/slapped/hit, as well as from 2016 to 2019. From 2007 to 2019, 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 2016 to 2019.

Figure 28. Personal Safety Issues in Past Year (Q111 & Q113)



Children in Household (Figures 30 & 31; Tables 65 - 71)

KEY FINDINGS: In 2019, the respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of a randomly selected child. Eighty-eight 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. Six percent of respondents each reported in the past year their child did not receive the dental care needed or their child did not visit a specialist they needed while 3% reported their child did not receive the medical care needed. Four percent of respondents reported their child currently had asthma. Four percent of respondents reported their child was seldom/never safe in their community. Seventy-three percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day while 29% reported three or more servings of vegetables. Forty-five percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifty-five percent of respondents reported their 5 to 17 year old child was physically active for 60 minutes five times a week. Six 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-one percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 19% reported verbal bullying, 4% cyber bullying and 0% reported physical bullying.

From 2016 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child had an unmet dental care need or was unable to see a specialist when needed. From 2016 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported their child had an unmet medical care need. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or their child was seldom/never safe in their community. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active for at least 60 minutes five times a week. From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was bullied in some way. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was verbally bullied, cyber bullied or physically bullied.

Children in Household

<u>2019 Findings</u>

- Thirty-one percent of respondents reported they have a child under the age of 18 living in their household. Ninety percent of these respondents reported they make the health care decisions for their child(ren). For this section, a random child was selected to discuss that particular child's health and behavior.
    - Sixty-three percent of the children selected were 12 or younger. Thirty-seven percent were boys. Of these households, 59% were in the bottom 60 percent household income bracket and 87% were married.

Child's Personal Doctor

2019 Findings (Table 65)

Of the 112 respondents with a child…

- Eighty-eight 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.

- Ninety-eight percent of respondents in the top 40 percent household income bracket reported they have one or more persons they think of as their child's personal doctor or nurse compared to 80% of respondents in the bottom 60 percent household income bracket.

2016 to 2019 Year Comparisons (Table 65)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse.

- In 2016, household income was not a significant variable. In 2019, respondents in the top 40 percent household income bracket were more likely to report their child had a personal doctor or nurse. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child had a personal doctor or nurse.

Table 65. Child Has Personal Doctor/Nurse by Demographic Variables for Each Survey Year (Q95)[①]

	2016	2019
TOTAL[a]	96%	88%
Gender		
Boy	95	88
Girl	97	87
Age		
12 Years Old or Younger	93	83
13 to 17 Years Old	100	95
Household Income[2]		
Bottom 60 Percent Bracket[a]	94	80
Top 40 Percent Bracket	98	98

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Preventive Care with Child's Personal Doctor

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

2019 Findings (Table 66)

Of the 88% of respondents with a child who had a personal doctor (n=98)…

- Of children who had a personal doctor, 94% reported their child visited their personal doctor/nurse for preventive care during the past year.
- There were no statistically significant differences between demographic variables and responses of having their child visit their personal doctor for preventive care within the past year.

2016 to 2019 Year Comparisons (Table 66)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting their child saw their personal doctor in the past year for preventive care.
- In 2016 and 2019, child's gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents reporting their daughter visited their personal doctor/nurse for preventive care in the past year.
- In 2016 and 2019, child's age was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents reporting their child who was 12 or younger visited their personal doctor/nurse for preventive care in the past year.
- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting their child visited their personal doctor/nurse for preventive care in the past year.

Table 66. Child Went to Personal Doctor/Nurse for Preventive Care in Past Year by Demographic Variables for Each Survey Year (Q96)[①]

	2016	2019
TOTAL[a]	84%	94%
Gender		
Boy	87	92
Girl[a]	82	95
Age		
12 Years Old or Younger[a]	86	97
13 to 17 Years Old	84	90
Household Income		
Bottom 60 Percent Bracket	88	94
Top 40 Percent Bracket[a]	82	95

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2016 to 2019

Unmet Care

2019 Findings

Of the 112 respondents with a child…

- Six percent of respondents each reported in the past year their child did not receive the dental care needed or their child did not visit a specialist they needed. Three percent of respondents reported there was a time in the past year their child did not receive the medical care needed.

- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child had an unmet need.

2016 to 2019 Year Comparisons

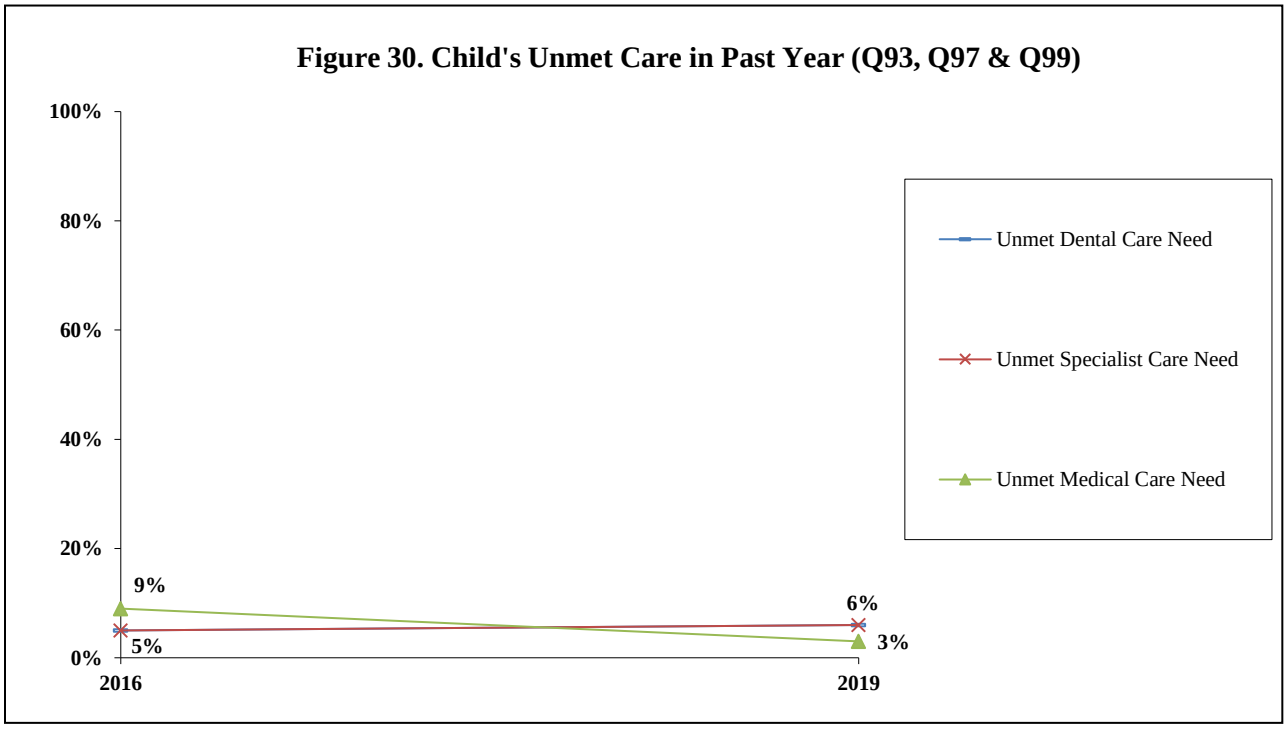
- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child had an unmet dental care need or was unable to see a specialist when needed. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported their child had an unmet medical care need.

- No demographic comparisons across years were conducted 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 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child had an unmet dental care need or was unable to see a specialist when needed. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported their child had an unmet medical care need.



Child's Asthma

2019 Findings

Of the 112 respondents with a child…

- Four 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.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma (4% and 4%, respectively).
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported their child currently had asthma in both study years.

Child's Safety in Community

2019 Findings

Of the 112 respondents with a child…

- Four 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.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe (0% and 4%, respectively).
- No demographic comparisons across years were conducted 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 Fruit Intake

2019 Findings (Table 67)

Of the 78 respondents with a child 5 to 17 years old…

- Seventy-three percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day.
- Respondents were more likely to report their son ate at least two servings of fruit on an average day (88%) compared to respondents speaking on behalf of their daughter (60%).

2016 to 2019 Year Comparisons (Table 67)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child ate at least two servings of fruit on an average day.

- In 2016, respondents were more likely to report their daughter ate at least two servings of fruit on an average day. In 2019, respondents were more likely to report their son ate at least two servings of fruit on an average day, with a noted increase since 2016. From 2016 to 2019, there was a noted decrease in the percent of respondents reporting their daughter ate at least two servings of fruit on an average day.

- In 2016, respondents were more likely to report their 5 to 12 year old child ate at least two servings of fruit on an average day. In 2019, child's age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents reporting their 5 to 12 year old child ate at least two servings of fruit on an average day.

Table 67. Child's Fruit Intake (Two or More Servings) by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) (Q107)[Φ]

	2016	2019
TOTAL	75%	73%
Gender[1,2]		
Boy[a]	64	88
Girl[a]	89	60
Age[1]		
5 to 12 Years Old[a]	90	73
13 to 17 Years Old	59	71
Household Income		
Bottom 60 Percent Bracket	81	71
Top 40 Percent Bracket	70	74

[Φ]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Child's Vegetable Intake

2019 Findings (Table 68)

Of the 78 respondents with a child 5 to 17 years old…

- Twenty-nine percent of respondents reported their 5 to 17 year old child ate at least three servings of vegetables on an average day.

- There were no statistically significant differences between demographic variables and responses of their child eating at least three servings of vegetables on an average day.

2016 to 2019 Year Comparisons (Table 68)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child ate at least three servings of vegetables on an average day.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report their child ate at least three servings of vegetables on an average day. In 2019, household income was not a significant variable.

Table 68. Child's Vegetable Intake (Three or More Servings) by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) (Q108)[①]

	2016	2019
TOTAL	25%	29%
Gender		
Boy	27	35
Girl	23	25
Age		
5 to 12 Years Old	24	31
13 to 17 Years Old	26	29
Household Income[1]		
Bottom 60 Percent Bracket	14	26
Top 40 Percent Bracket	39	31

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Child's Fruit and Vegetable Intake

2019 Findings (Table 69)

Of the 78 respondents with a child 5 to 17 years old…

- Forty-five percent of respondents reported their 5 to 17 year old child ate at least five servings of fruits or vegetables on an average day.

- There were no statistically significant differences between demographic variables and responses of reporting their child eating at least five servings of fruits or vegetables on an average day.

2016 to 2019 Year Comparisons (Table 69)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child ate at least five servings of fruits or vegetables on an average day.

- From 2016 to 2019, there were no statistically significant differences between and within demographic variables and responses of their child eating at least five servings of fruit or vegetables on an average day.

Table 69. Child's Fruit or Vegetable Intake (Five or More Servings) by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) (Q107 & Q108)[①]

	2016	2019
TOTAL	30%	45%
Gender		
Boy	31	44
Girl	29	45
Age		
5 to 12 Years Old	33	47
13 to 17 Years Old	26	43
Household Income		
Bottom 60 Percent Bracket	24	35
Top 40 Percent Bracket	39	49

[①]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 p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Child's Physical Activity

2019 Findings (Table 70)

Of the 78 respondents with a child 5 to 17 years old…

- Fifty-five percent of respondents reported their 5 to 17 year old child was physically active for at least 60 minutes five times a week.
- Seventy-five percent of respondents reported their 5 to 12 year old child was physically active for at least 60 minutes five times a week compared to 39% of respondents speaking on behalf of their 13 to 17 year old child.

Of the 41% of respondents with a child 5 to 17 years old who was not physically active for 60 minutes five times a week (n=32)…

- Of the 32 respondents who reported their child was not physically active five times a week/60 minutes, 29% reported school/homework/other activities as the reason for less physical activity while 25% reported sick/ill.

2016 to 2019 Year Comparisons (Table 70)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was physically active for at least 60 minutes five times a week.
- In 2016, respondents were more likely to report their son was physically active five times a week. In 2019, child's gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents reporting their son was physically active five times a week.

- In 2016, child's age was not a significant variable. In 2019, respondents were more likely to report their 5 to 12 year old child was physically active five times a week. From 2016 to 2019, there was a noted decrease in the percent of respondents reporting their 13 to 17 year old child was physically active five times a week.

Table 70. 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) (Q109)①

	2016	2019
TOTAL	69%	55%
Gender[1]		
Boy[a]	82	56
Girl	53	57
Age[2]		
5 to 12 Years Old	66	75
13 to 17 Years Old[a]	74	39
Household Income		
Bottom 60 Percent Bracket	74	56
Top 40 Percent Bracket	67	59

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Child's Emotional Well-Being

2019 Findings

Of the 78 respondents with a child 5 to 17 years old…

- Six 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.

2016 to 2019 Year Comparisons

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months (0% and 6%, respectively).

- No demographic comparisons across years 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 both study years.

Child Experienced Bullying in Past Year

2019 Findings (Table 71)

Of the 78 respondents with a child 5 to 17 years old…

- Twenty-one percent of respondents reported their 5 to 17 year old child experienced some form of bullying in the past year. More specifically, 19% reported their child was verbally bullied, for example, mean rumors said or kept out of a group. Four 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. Zero percent reported their child was physically bullied, for example, being hit or kicked.

- There were no statistically significant differences between demographic variables and responses of their child being bullied in the past year.

2016 to 2019 Year Comparisons (Table 71)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, verbally bullied, cyber bullied or physically bullied.

- From 2016 to 2019, there were no statistically significant differences between and within demographic variables and responses of their child being bullied in both study years.

Table 71. Child Experienced Bullying in Past Year by Demographic Variables for Each Survey Year (Children 5 to 17 Years Old) (Q105)[①]

	2016	2019
TOTAL	27%	21%
Gender		
Boy	31	29
Girl	20	14
Age		
5 to 12 Years Old	23	22
13 to 17 Years Old	28	17
Household Income		
Bottom 60 Percent Bracket	29	26
Top 40 Percent Bracket	19	13

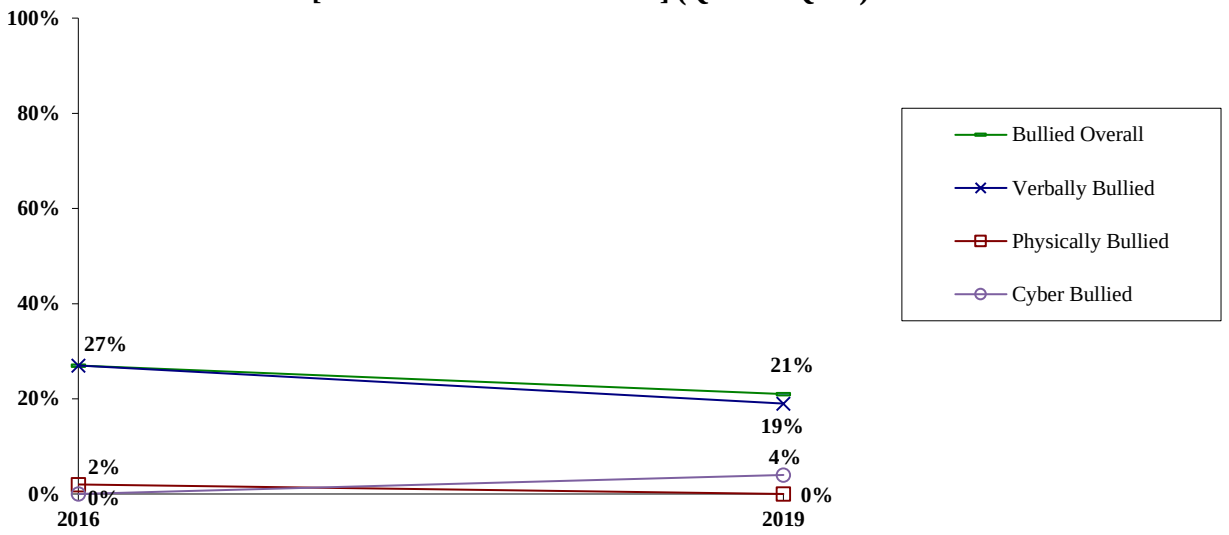
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Child Experienced Bullying Overall

Year Comparisons

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was bullied. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was verbally bullied, cyber bullied or physically bullied.

Figure 31. Child Experienced Bullying in Past Year [Children 5 to 17 Years Old] (Q105 & Q106)



County Health Issues (Figures 31 & 32; Tables 72 - 84)

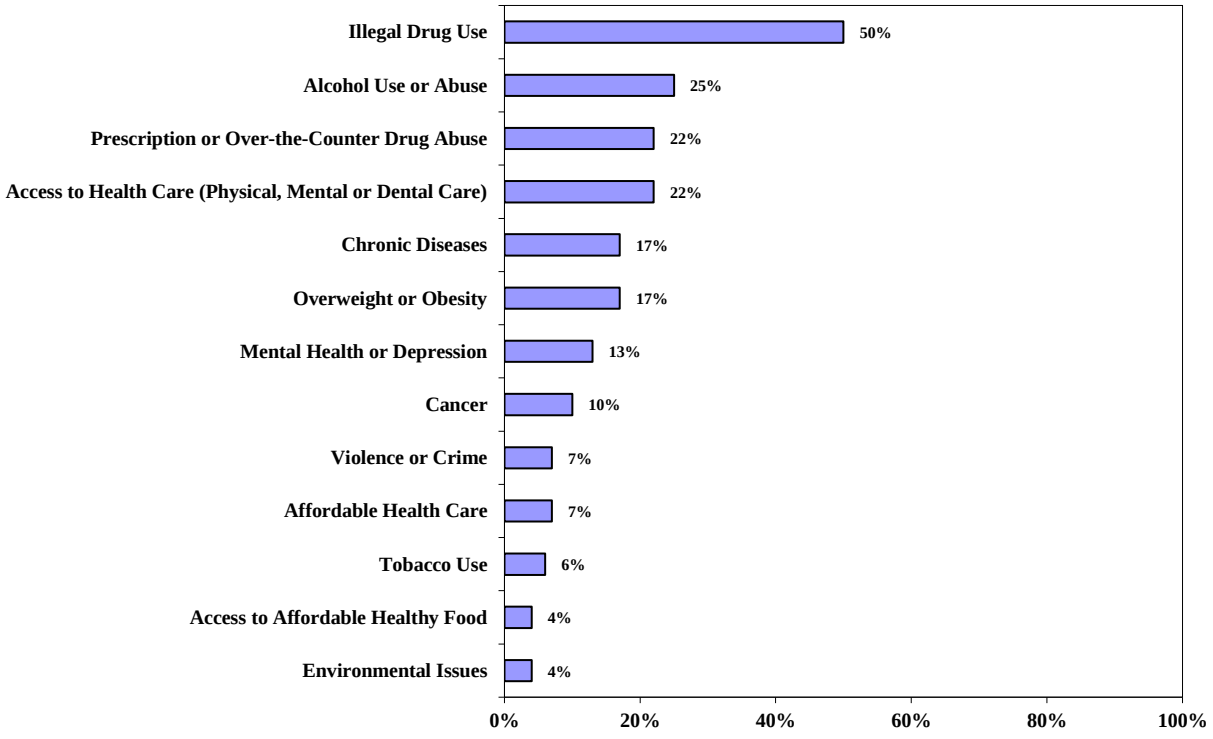
KEY FINDINGS: In 2019, respondents were asked to list the top three health issues in the county. The most often cited were illegal drug use (50%), alcohol use/abuse (25%) or prescription/over-the-counter drug abuse or access to health care (22% each). Respondents 18 to 34 years old were more likely to report illegal drug use as a top health issue. Respondents who were 18 to 34 years old or unmarried were more likely to report alcohol use or abuse. Respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse. Respondents who were female, 55 to 64 years old or with a college education were more likely to report access to health care. Seventeen percent of respondents reported chronic diseases as a top issue; male respondents were more likely to report this. Seventeen percent of respondents reported overweight or obesity; respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Thirteen percent of respondents reported mental health/depression; respondents 35 to 44 years old, with a college education or married respondents were more likely to report this. Ten percent of respondents reported cancer as a top issue; respondents in the top 40 percent household income bracket were more likely to report this. Seven percent of respondents reported violence or crime; respondents 18 to 34 years old, 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report this. Seven percent of respondents reported affordable health care; unmarried respondents were more likely to report this. Six percent reported tobacco use as a top issue. Four percent of respondents reported access to affordable healthy food; respondents in the middle 20 percent household income bracket were more likely to report this. Four percent of respondents reported environmental issues; respondents who were male, 35 to 44 years old or 55 to 64 years old were more likely to report this.

From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported illegal drug use or mental health/depression as one of the top health issues in the county while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription/over-the-counter drug abuse or violence/crime as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported overweight/obesity or cancer as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical <u>decrease</u> in the overall percent of respondents who reported tobacco use as one of the top health issues while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care or access to affordable health food as one of the top health issues in the county while from 2016 to 2019, there was a statistical increase. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use/abuse, chronic diseases or environmental issues, as well as from 2016 to 2019. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting affordable health care. Please note: prior to 2019, respondents were provided a list of 17 health issues to select the top three.

2019 Findings

- Respondents were asked to list the three largest health issues in Manitowoc County. Respondents were more likely to report illegal drug use (50%), alcohol use/abuse (25%) or prescription/over-the-counter drug abuse or access to health care (22% each).

Figure 31. County Health Issues for 2019 (Q115)



Illegal Drug Use as a Top County Health Issue

2019 Findings (Table 72)

- Fifty percent of respondents reported illegal drug use as one of their top three county health issues.

- Respondents 18 to 34 years old were more likely to report illegal drug use as one of the top health issues (63%) compared to those 35 to 44 years old (44%) or respondents 45 to 54 years old (40%).

2013 to 2019 Year Comparisons (Table 72)

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported illegal drug use as one of the top health issues in the county.

- In 2013 and 2019, gender was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across gender reporting illegal drug use.

- In 2013, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report illegal drug use. From 2013 to 2019, there was a noted increase in the percent of respondents across age reporting illegal drug use.

- In 2013 and 2019, education was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across education reporting illegal drug use.

- In 2013 and 2019, household income was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across household income reporting illegal drug use.

- In 2013 and 2019, marital status was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across marital status reporting illegal drug use.

2016 to 2019 Year Comparisons (Table 72)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported illegal drug use as one of the top health issues in the county.

- In 2016, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report illegal drug use.

- In 2016, respondents with a college education were more likely to report illegal drug use. In 2019, education was not a significant variable.

- In 2016, respondents in the middle 20 percent household income bracket were more likely to report illegal drug use. In 2019, household income was not a significant variable.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of unmarried respondents reporting illegal drug use.

Table 72. Illegal Drug Use as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL[a]	14%	45%	50%
Gender			
Male[a]	15	42	48
Female[a]	12	47	52
Age[3]			
18 to 34[a]	12	52	63
35 to 44[a]	15	54	44
45 to 54[a]	8	36	40
55 to 64[a]	20	37	53
65 and Older[a]	15	44	45
Education[2]			
High School or Less[a]	14	43	52
Some Post High School[a]	12	38	46
College Graduate[a]	15	54	51
Household Income[2]			
Bottom 40 Percent Bracket[a]	11	45	55
Middle 20 Percent Bracket[a]	13	58	47
Top 40 Percent Bracket[a]	17	38	43
Marital Status			
Married[a]	14	48	48
Not Married[a,b]	12	42	53

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Alcohol Use or Abuse as a Top County Health Issue

2019 Findings (Table 73)

- Twenty-five percent of respondents reported alcohol use or abuse as one of their top three county health issues.
- Thirty-six percent of respondents 18 to 34 years old reported alcohol use or abuse as one of the top health issues compared to 19% of those 45 to 54 years old or 13% of respondents 35 to 44 years old.
- Unmarried respondents were more likely to report alcohol use or abuse compared to married respondents (32% and 20%, respectively).

2013 to 2019 Year Comparisons (Table 73)

- From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use or abuse as one of the top health issues in the county.

- In 2013, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report alcohol use or abuse. From 2013 to 2019, there was a noted decrease in the percent of respondents 35 to 54 years old reporting alcohol use or abuse.

- In 2013, respondents with a college education were more likely to report alcohol use or abuse. In 2019, education was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents with a college education reporting alcohol use or abuse.

- In 2013, respondents in the middle 20 percent household income bracket were more likely to report alcohol use or abuse. In 2019, household income was not a significant variable.

- In 2013, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report alcohol use or abuse. From 2013 to 2019, there was a noted decrease in the percent of married respondents reporting alcohol use or abuse.

2016 to 2019 Year Comparisons (Table 73)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use or abuse as one of the top health issues in the county.

- In 2016, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report alcohol use or abuse.

- In 2016, respondents with a college education were more likely to report alcohol use or abuse. In 2019, education was not a significant variable.

- In 2016, marital status was not a significant variable. In 2019, unmarried respondents were more likely to report alcohol use or abuse, with a noted increase since 2016.

Table 73. Alcohol Use or Abuse as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL	30%	24%	25%
Gender			
Male	33	22	28
Female	27	25	21
Age[3]			
18 to 34	34	29	36
35 to 44[a]	31	24	13
45 to 54[a]	38	16	19
55 to 64	26	21	27
65 and Older	21	27	27
Education[1,2]			
High School or Less	19	16	22
Some Post High School	30	25	30
College Graduate[a]	48	33	22
Household Income[1]			
Bottom 40 Percent Bracket	21	22	22
Middle 20 Percent Bracket	42	19	29
Top 40 Percent Bracket	39	31	30
Marital Status[3]			
Married[a]	32	25	20
Not Married[b]	28	22	32

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

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

2019 Findings (Table 74)

- Twenty-two percent of respondents reported prescription or over-the-counter drug abuse as one of the top three county health issues.

- Respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse as one of the top health issues (36%) compared to respondents 35 to 44 years old (14%).

2013 to 2019 Year Comparisons (Table 74)

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription or over-the-counter drug abuse as one of the top health issues in the county.

- In 2013, male respondents were more likely to report prescription or over-the-counter drug abuse. In 2019, gender was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across gender reporting prescription or over-the-counter drug abuse.

- In 2013, age was not a significant variable. In 2019, respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse, with a noted increase since 2013. From 2013 to 2019, there was a noted increase in the percent of respondents 45 and older reporting prescription or over-the-counter drug abuse.

- In 2013 and 2019, education was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across education reporting prescription or over-the-counter drug abuse.

- In 2013 and 2019, household income was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across household income reporting prescription or over-the-counter drug abuse.

- In 2013 and 2019, marital status was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of respondents across marital status reporting prescription or over-the-counter drug abuse.

2016 to 2019 Year Comparisons (Table 74)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription or over-the-counter drug abuse as one of the top health issues in the county.

- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of male respondents reporting prescription or over-the-counter drug abuse.

- In 2016 and 2019, respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse. From 2016 to 2019, there was a noted increase in the percent of respondents 45 to 64 years old reporting prescription or over-the-counter drug abuse.

- In 2016 and 2019, education was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents with some post high school education or less reporting prescription or over-the-counter drug abuse.

- In 2016 and 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting prescription or over-the-counter drug abuse.

- In 2016 and 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of married respondents reporting prescription or over-the-counter drug abuse.

Table 74. Prescription or Over-the-Counter Drug Abuse as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)①

	2013	2016	2019
TOTAL[a,b]	5%	15%	22%
Gender[1]			
Male[a,b]	7	12	20
Female[a]	2	18	23
Age[2,3]			
18 to 34[a]	2	32	36
35 to 44	10	13	14
45 to 54[a,b]	5	6	15
55 to 64[a,b]	4	9	22
65 and Older[a]	3	13	15
Education			
High School or Less[a,b]	2	14	23
Some Post High School[a,b]	5	13	26
College Graduate[a]	7	20	16
Household Income			
Bottom 40 Percent Bracket[a]	4	17	19
Middle 20 Percent Bracket[a]	7	23	26
Top 40 Percent Bracket[a,b]	5	11	20
Marital Status			
Married[a,b]	4	14	22
Not Married[a]	6	17	22

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Access to Health Care as a Top County Health Issue

2019 Findings (Table 75)

- Twenty-two percent of respondents reported access to health care (physical, mental or dental care), as one of the top three county health issues.
- Female respondents were more likely to report access to health care as one of the top health issues (27%) compared to male respondents (16%).
- Twenty-nine percent of respondents 55 to 64 years old reported access to health care as one of the top health issues compared to 19% of those 35 to 44 years old or 11% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report access to health care (33%) compared to those with a high school education or less (21%) or respondents with some post high school education (11%).

2013 to 2019 Year Comparisons (Table 75)

- From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care as one of the top health issues in the county.

- In 2013, gender was not a significant variable. In 2019, female respondents were more likely to report access to health care.

- In 2013, respondents 35 to 44 years old or 55 to 64 years old were more likely to report access to health care. In 2019, respondents 55 to 64 years old were more likely to report access to health care. From 2013 to 2019, there was a noted increase in the percent of respondents 45 to 54 years old reporting access to health care.

- In 2013, education was not a significant variable. In 2019, respondents with a college education were more likely to report access to health care. From 2013 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting access to health care.

- In 2013, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report access to health care. In 2019, household income was not a significant variable.

2016 to 2019 Year Comparisons (Table 75)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported access to health care as one of the top health issues in the county.

- In 2016, gender was not a significant variable. In 2019, female respondents were more likely to report access to health care. From 2016 to 2019, there was a noted increase in the percent of respondents across gender reporting access to health care.

- In 2016, respondents 45 to 54 years old were more likely to report access to health care. In 2019, respondents 55 to 64 years old were more likely to report access to health care. From 2016 to 2019, there was a noted increase in the percent of respondents 55 and older reporting access to health care.

- In 2016, education was not a significant variable. In 2019, respondents with a college education were more likely to report access to health care, with a noted increase since 2016. From 2016 to 2019, there was a noted increase in the percent of respondents with a high school education or less reporting access to health care.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report access to health care. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting access to health care.

- In 2016, married respondents were more likely to report access to health care. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents across marital status reporting access to health care as a top issue.

Table 75. Access to Health Care as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)①

	2013	2016	2019
TOTAL[b]	21%	11%	22%
Gender[3]			
Male[b]	22	9	16
Female[b]	20	12	27
Age[1,2,3]			
18 to 34	19	4	11
35 to 44	32	14	19
45 to 54[a]	11	17	26
55 to 64[b]	33	14	29
65 and Older[b]	16	5	24
Education[3]			
High School or Less[b]	19	8	21
Some Post High School[a]	22	13	11
College Graduate[b]	23	11	33
Household Income[1,2]			
Bottom 40 Percent Bracket[b]	24	7	25
Middle 20 Percent Bracket	8	12	17
Top 40 Percent Bracket	28	16	21
Marital Status[2]			
Married[b]	24	14	22
Not Married[b]	16	7	19

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Chronic Diseases as a Top County Health Issue

2019 Findings (Table 76)

- Seventeen percent of respondents reported chronic diseases, like diabetes or heart disease, as one of the top three county health issues.

- Male respondents were more likely to report chronic diseases (21%) compared to female respondents (12%).

2013 to 2019 Year Comparisons (Table 76)

- From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported chronic diseases as one of the top health issues in the county.

- In 2013, gender was not a significant variable. In 2019, male respondents were more likely to report chronic diseases. From 2013 to 2019, there was a noted decrease in the percent of female respondents reporting chronic diseases.

- In 2013 and 2019, household income was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting chronic diseases.

2016 to 2019 Year Comparisons (Table 76)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported chronic diseases as one of the top health issues in the county.

- In 2016, gender was not a significant variable. In 2019, male respondents were more likely to report chronic diseases.

- In 2016, respondents 45 and older were more likely to report chronic diseases. In 2019, age was not a significant variable.

Table 76. Chronic Diseases as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL	22%	17%	17%
Gender[3]			
Male	19	18	21
Female[a]	25	15	12
Age[2]			
18 to 34	18	6	15
35 to 44	19	10	16
45 to 54	28	21	24
55 to 64	16	23	13
65 and Older	26	24	17
Education			
High School or Less	20	16	13
Some Post High School	25	16	23
College Graduate	21	18	14
Household Income			
Bottom 40 Percent Bracket[a]	26	19	13
Middle 20 Percent Bracket	17	11	14
Top 40 Percent Bracket	19	20	20
Marital Status			
Married	22	16	16
Not Married	22	17	18

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Overweight or Obesity as a Top County Health Issue

2019 Findings (Table 77)

- Seventeen percent of respondents reported overweight or obesity as one of the top three county health issues.
- Thirty-one percent of respondents 35 to 44 years old reported overweight or obesity as one of the top health issues compared to 13% of those 55 to 64 years old or 12% of respondents 65 and older.
- Twenty-three percent of respondents with a college education reported overweight or obesity compared to 16% of those with some post high school education or 11% of respondents with a high school education or less.
- Twenty-two percent of respondents in the top 40 percent household income bracket reported overweight or obesity compared to 18% 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 compared to unmarried respondents (21% and 10%, respectively).

2013 to 2019 Year Comparisons (Table 77)

- From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported overweight or obesity as one of the top health issues in the county.
- In 2013, female respondents were more likely to report overweight or obesity. In 2019, gender was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of female respondents reporting overweight or obesity.
- In 2013, respondents 18 to 34 years old or 45 to 54 years old were more likely to report overweight or obesity. In 2019, respondents 35 to 44 years old were more likely to report overweight or obesity. From 2013 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old or 45 to 54 years old reporting overweight or obesity.
- In 2013 and 2019, respondents with a college education were more likely to report overweight or obesity. From 2013 to 2019, there was a noted decrease in the percent of respondents with a college education reporting overweight or obesity.
- In 2013, respondents in the middle 20 percent household income bracket were more likely to report overweight or obesity. In 2019, respondents in the top 40 percent household income bracket were more likely to report overweight or obesity. From 2013 to 2019, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting overweight or obesity.
- In 2013, marital status was not a significant variable. In 2019, married respondents were more likely to report overweight or obesity. From 2013 to 2019, there was a noted decrease in the percent of unmarried respondents reporting overweight or obesity.

2016 to 2019 Year Comparisons (Table 77)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported overweight or obesity as one of the top health issues in the county.
- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of female respondents reporting overweight or obesity.

- In 2016 and 2019, respondents 35 to 44 years old were more likely to report overweight or obesity.

- In 2016 and 2019, respondents with a college education were more likely to report overweight or obesity. From 2016 to 2019, there was a noted decrease in the percent of respondents with a college education reporting overweight or obesity.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to report overweight or obesity. From 2016 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting overweight or obesity.

- In 2016 and 2019, married respondents were more likely to report overweight or obesity. From 2016 to 2019, there was a noted decrease in the percent of unmarried respondents reporting overweight or obesity.

Table 77. Overweight or Obesity as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL[a,b]	28%	24%	17%
Gender[1]			
Male	22	22	17
Female[a,b]	34	25	16
Age[1,2,3]			
18 to 34[a]	37	20	14
35 to 44	31	44	31
45 to 54[a]	39	28	19
55 to 64	20	19	13
65 and Older	13	10	12
Education[1,2,3]			
High School or Less	18	11	11
Some Post High School	24	25	16
College Graduate[a,b]	49	39	23
Household Income[1,2,3]			
Bottom 40 Percent Bracket[a]	20	8	11
Middle 20 Percent Bracket[a]	45	25	18
Top 40 Percent Bracket[b]	31	42	22
Marital Status[2,3]			
Married	27	28	21
Not Married[a,b]	30	18	10

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016

[3]demographic difference at p≤0.05 in 2019

[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Mental Health or Depression as a Top County Health Issue

2019 Findings (Table 78)

- Thirteen percent of respondents reported mental health or depression as one of their top three health issues.
- Twenty-four percent of respondents 35 to 44 years old reported mental health/depression as one of the top health issues compared to 9% of those 55 to 64 years old or 7% of respondents 65 and older.
- Eighteen percent of respondents with a college education reported mental health/depression as one of the top health issues compared to 11% of those with some post high school education or 7% of respondents with a high school education or less.
- Married respondents were more likely to report mental health/depression compared to unmarried respondents (16% and 7%, respectively).

2013 to 2019 Year Comparisons (Table 78)

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported mental health/depression as one of the top health issues in the county.
- In 2013 and 2019, gender was not a significant variable. From 2013 to 2019, there was a noted increase in the percent of male respondents reporting mental health/depression.
- In 2013, age was not a significant variable. In 2019, respondents 35 to 44 years old were more likely to report mental health/depression. From 2013 to 2019, there was a noted increase in the percent of respondents 35 to 54 years old reporting mental health/depression.
- In 2013, respondents with some post high school education were more likely to report mental health/depression. In 2019, respondents with a college education were more likely to report mental health/depression, with a noted increase since 2013.
- In 2013 and 2019, household income was not a significant variable. From 2013 to 2019, 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 mental health/depression.
- In 2013 and 2019, married respondents were more likely to report mental health/depression. From 2016 to 2019, there was a noted increase in the percent of respondents across marital status reporting mental health/depression.

2016 to 2019 Year Comparisons (Table 78)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported mental health/depression as one of the top health issues in the county.
- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of male respondents reporting mental health/depression.
- In 2016, age was not a significant variable. In 2019, respondents 35 to 44 years old were more likely to mental health/depression.
- In 2016 and 2019, respondents with a college education were more likely to report mental health/depression.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to report mental health/depression.

Table 78. Mental Health or Depression as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)①

	2013	2016	2019
TOTAL[a]	6%	9%	13%
Gender			
Male[a,b]	6	7	13
Female	6	11	12
Age[3]			
18 to 34	9	7	13
35 to 44[a]	5	13	24
45 to 54[a]	4	7	14
55 to 64	9	14	9
65 and Older	5	5	7
Education[1,2,3]			
High School or Less	2	7	7
Some Post High School	11	7	11
College Graduate[a]	6	16	18
Household Income			
Bottom 40 Percent Bracket[a]	5	8	11
Middle 20 Percent Bracket	10	4	12
Top 40 Percent Bracket[a]	7	12	16
Marital Status[1,3]			
Married[a]	9	11	16
Not Married[a]	3	6	7

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Cancer as a Top County Health Issue

2019 Findings (Table 79)

- Ten percent of respondents reported cancer as one of the top three county health issues.

- Eighteen percent of respondents in the top 40 percent household income bracket reported cancer as one of the top health issues compared to 6% of those in the bottom 40 percent income bracket or 5% of respondents in the middle 20 percent household income bracket.

2013 to 2019 Year Comparisons (Table 79)

- From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported cancer as one of the top health issues in the county.

- In 2013 and 2019, gender was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents across gender reporting cancer.

- In 2013, respondents 65 and older were more likely to report cancer. In 2019, age was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old or 55 and older reporting cancer.

- In 2013, respondents with a high school education or less were more likely to report cancer. In 2019, education was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents with some post high school education or less reporting cancer.

- In 2013, household income was not a significant variable. In 2019, respondents in the top 40 percent household income bracket were more likely to report cancer. From 2013 to 2019, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting cancer.

- In 2013 and 2019, marital status was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents across marital status reporting cancer.

2016 to 2019 Year Comparisons (Table 79)

- From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported cancer as one of the top health issues in the county.

- In 2016 and 2019, gender was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents across gender reporting cancer.

- In 2016, respondents 45 to 54 years old were more likely to report cancer. In 2019, age was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents 55 and older old reporting cancer.

- In 2016 and 2019, education was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents with some post high school education reporting cancer.

- In 2016 and 2019, respondents in the top 40 percent household income bracket were more likely to report cancer. From 2016 to 2019, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket reporting cancer.

- In 2016, married respondents were more likely to report cancer as a top county health issue. In 2019, marital status was not a significant variable. From 2016 to 2019, there was a noted decrease in the percent of respondents across marital status reporting cancer.

Table 79. Cancer as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL[a,b]	23%	20%	10%
Gender			
Male[a,b]	20	18	10
Female[a,b]	27	21	9
Age[1,2]			
18 to 34[a]	14	4	4
35 to 44	19	19	11
45 to 54	28	27	16
55 to 64[a,b]	26	24	6
65 and Older[a,b]	31	24	12
Education[1]			
High School or Less[a]	28	16	9
Some Post High School[a,b]	24	25	8
College Graduate	15	19	11
Household Income[2,3]			
Bottom 40 Percent Bracket[a,b]	28	15	6
Middle 20 Percent Bracket[a]	17	14	5
Top 40 Percent Bracket[b]	21	30	18
Marital Status[2]			
Married[a,b]	24	24	11
Not Married[a,b]	22	15	7

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Violence or Crime as a Top County Health Issue

2019 Findings (Table 80)

- Seven percent of respondents reported violence or crime as one of the top three county health issues.
- Thirteen percent of respondents 18 to 34 years old and 11% of those 45 to 54 years old reported violence or crime as one of the top health issues compared to 2% of respondents 65 and older.

2013 to 2019 Year Comparisons (Table 80)

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported violence or crime as one of the top health issues in the county.
- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported violence or crime as one of the top three issues in 2013.

2016 to 2019 Year Comparisons (Table 80)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported violence or crime as one of the top health issues in the county.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported violence or crime as one of the top three issues in 2016.

Table 80. Violence or Crime as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)①

	2013②	2016②	2019
TOTAL[a,b]	3%	2%	7%
Gender			
Male	--	--	8
Female	--	--	6
Age[3]			
18 to 34	--	--	13
35 to 44	--	--	3
45 to 54	--	--	11
55 to 64	--	--	3
65 and Older	--	--	2
Education			
High School or Less	--	--	8
Some Post High School	--	--	9
College Graduate	--	--	5
Household Income[3]			
Bottom 40 Percent Bracket	--	--	13
Middle 20 Percent Bracket	--	--	1
Top 40 Percent Bracket	--	--	4
Marital Status			
Married	--	--	6
Not Married	--	--	7

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Affordable Health Care as a Top County Health Issue

2019 Findings (Table 81)

- Seven percent of respondents reported affordable health care as one of the top three county health issues.

- Married respondents were more likely to report affordable health care as one of the top three issues compared to unmarried respondents (9% and 2%, respectively).

2016 to 2019 Year Comparisons (Table 81)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported affordable health care as one of the top health issues in the county.

- In 2016, respondents 35 to 44 years old were more likely to report affordable health care. In 2019, age was not a significant variable. From 2016 to 2019, 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 affordable health care.

- In 2016, respondents in the top 40 percent household income bracket were more likely to report affordable health care. In 2019, household income was not a significant variable. From 2016 to 2019, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting affordable health care.

- In 2016, marital status was not a significant variable. In 2019, married respondents were more likely to report affordable health care.

Table 81. Affordable Health Care as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①,②]

	2016	2019
TOTAL	5%	7%
Gender		
Male	6	6
Female	3	7
Age[1]		
18 to 34[a]	0	9
35 to 44[a]	11	2
45 to 54	6	6
55 to 64	6	7
65 and Older	2	7
Education		
High School or Less	2	6
Some Post High School	4	6
College Graduate	8	7
Household Income[1]		
Bottom 40 Percent Bracket[a]	3	9
Middle 20 Percent Bracket	1	3
Top 40 Percent Bracket	9	6
Marital Status[2]		
Married	6	9
Not Married	2	2

[①]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.
[②]In 2013, affordable health care was not a listed category.
[1]demographic difference at p≤0.05 in 2016; [2]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2016 to 2019

Tobacco Use as a Top County Health Issue

2019 Findings (Table 82)

- Six percent of respondents reported tobacco use as one of their top three county health issues.

- There were no statistically significant differences between demographic variables and responses of tobacco use as one of their top three county issues.

2013 to 2019 Year Comparisons (Table 82)

- From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported tobacco use as one of the top health issues in the county.

- In 2013, respondents 18 to 34 years old were more likely to report tobacco use. In 2019, age was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting tobacco use.

- In 2013 and 2019, education was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents with a college education reporting tobacco use.

- In 2013 and 2019, household income was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting tobacco use.

- In 2013 and 2019, marital status was not a significant variable. From 2013 to 2019, there was a noted decrease in the percent of married respondents reporting tobacco use.

2016 to 2019 Year Comparisons (Table 82)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported tobacco use as one of the top health issues in the county.

- From 2016 to 2019, there were no statistically significant differences between and within demographic variables and responses of tobacco use as one of the top health issues.

Table 82. Tobacco Use as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016	2019
TOTAL[a]	11%	6%	6%
Gender			
Male	11	4	6
Female	10	8	6
Age[1]			
18 to 34[a]	24	9	11
35 to 44	16	2	10
45 to 54	6	8	4
55 to 64	3	6	1
65 and Older	3	5	6
Education			
High School or Less	8	6	3
Some Post High School	10	6	9
College Graduate[a]	16	6	5
Household Income			
Bottom 40 Percent Bracket	10	4	7
Middle 20 Percent Bracket	8	5	5
Top 40 Percent Bracket[a]	15	10	7
Marital Status			
Married[a]	9	6	4
Not Married	13	7	9

[①]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 p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Access to Affordable Healthy Food as a Top County Health Issue

2019 Findings (Table 83)

- Four percent of respondents reported access to affordable healthy food as one of the top three county health issues.

- Nine percent of respondents in the middle 20 percent household income bracket reported access to affordable healthy food as one of the top three issues compared to 5% of those in the top 40 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.

2013 to 2019 Year Comparisons (Table 83)

- From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to affordable healthy food as one of the top health issues in the county.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported affordable healthy food as one of the top three issues in 2013.

2016 to 2019 Year Comparisons (Table 83)

- From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported access to affordable healthy food as one of the top health issues in the county.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported affordable healthy food as one of the top three issues in 2016.

Table 83. Access to Affordable Healthy Food as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)①

	2013②	2016②	2019
TOTAL[b]	3%	<1%	4%
Gender			
Male	--	--	3
Female	--	--	5
Age			
18 to 34	--	--	5
35 to 44	--	--	5
45 to 54	--	--	5
55 to 64	--	--	4
65 and Older	--	--	2
Education			
High School or Less	--	--	4
Some Post High School	--	--	5
College Graduate	--	--	3
Household Income[3]			
Bottom 40 Percent Bracket	--	--	2
Middle 20 Percent Bracket	--	--	9
Top 40 Percent Bracket	--	--	5
Marital Status			
Married	--	--	5
Not Married	--	--	3

①Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
②Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Environmental Issues as a Top County Health Issue

2019 Findings (Table 84)

- Four percent of respondents reported environmental issues (air, water, wind turbines and animal waste) as one of the three county health issues.

- Male respondents were more likely to report environmental issues as one of their top three county issues (6%) compared to female respondents (1%).
- Nine percent of respondents 55 to 64 years old and 8% of those 35 to 44 years old reported environmental issues compared to 0% of respondents 18 to 34 years old.

2013 to 2019 Year Comparisons (Table 84)

- From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported environmental issues as one of the top health issues in the county.

- In 2013, gender was not a significant variable. In 2019, male respondents were more likely to report environmental issues.

- In 2013, age was not a significant variable. In 2019, respondents 35 to 44 years old or 55 to 64 years old were more likely to report environmental issues. From 2013 to 2019, there was a noted decrease in the percent of respondents 18 to 34 years old reporting environmental issues.

- In 2013, unmarried respondents were more likely to report environmental issues. In 2019, marital status was not a significant variable.

2016 to 2019 Year Comparisons (Table 84)

- From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported environmental issues as one of the top health issues in the county.

- No demographic comparisons across years were conducted as a result of the low percent of respondents who reported environmental issues as one of the top three issues in 2016.

Table 84. Environmental Issues as a Top County Health Issue by Demographic Variables for Each Survey Year (Q115)[①]

	2013	2016[②]	2019
TOTAL	4%	2%	4%
Gender[3]			
Male	6	--	6
Female	3	--	1
Age[3]			
18 to 34[a]	10	--	0
35 to 44	3	--	8
45 to 54	1	--	4
55 to 64	3	--	9
65 and Older	5	--	1
Education			
High School or Less	7	--	3
Some Post High School	2	--	4
College Graduate	3	--	4
Household Income			
Bottom 40 Percent Bracket	7	--	3
Middle 20 Percent Bracket	3	--	3
Top 40 Percent Bracket	3	--	5
Marital Status[1]			
Married	2	--	3
Not Married	8	--	5

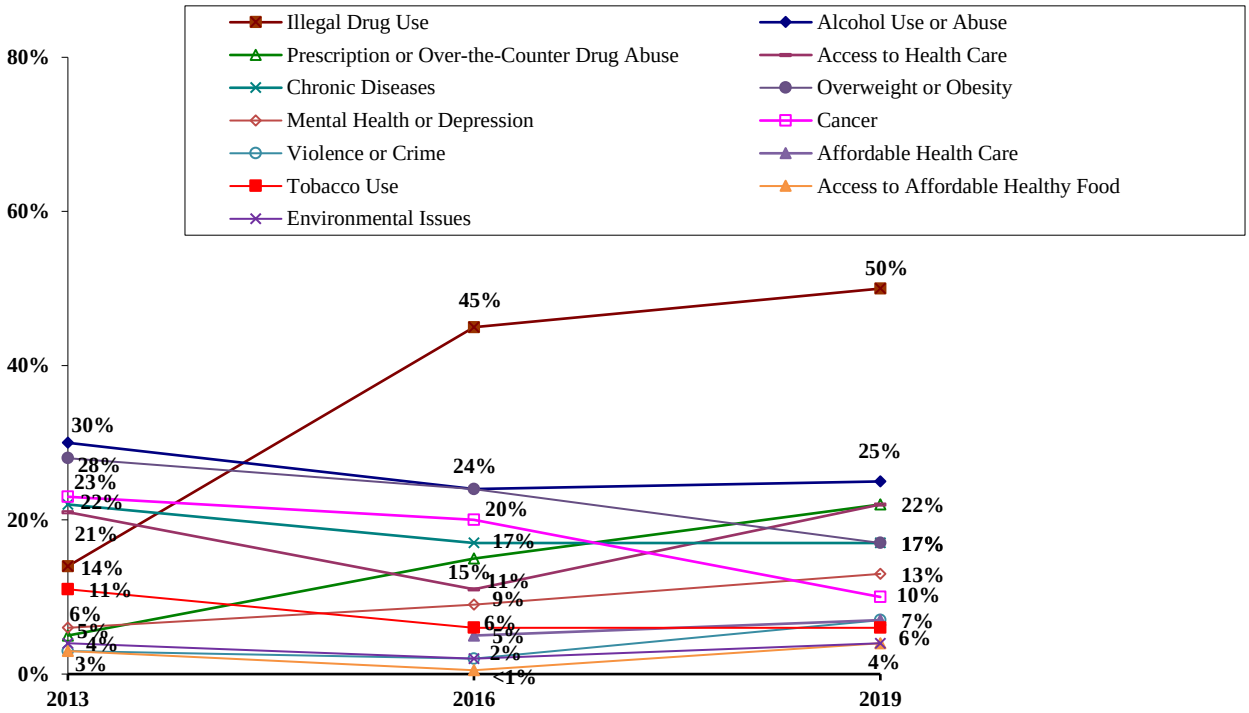
[①]Percentages occasionally may differ by 1 or 2 percentage points from previous reports or the Appendix as a result of rounding, recoding variables and response category distribution.
[②]Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.
[1]demographic difference at p≤0.05 in 2013; [2]demographic difference at p≤0.05 in 2016
[3]demographic difference at p≤0.05 in 2019
[a]year difference at p≤0.05 from 2013 to 2019; [b]year difference at p≤0.05 from 2016 to 2019

Top County Health Issues Overall

Year Comparisons

- From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported illegal drug use or mental health/depression as one of the top health issues in the county while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription/over-the-counter drug abuse or violence/crime as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported overweight/obesity or cancer as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported tobacco use as one of the top health issues while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care or access to affordable health food as one of the top health issues in the county while from 2016 to 2019, there was a statistical increase. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use or abuse, chronic diseases or environmental issues, as well as from 2016 to 2019. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting affordable health care.

Figure 32. Top County Health Issues (Q115)



APPENDIX A: QUESTIONNAIRE FREQUENCIES

MANITOWOC COUNTY
February 2, 2019 through March 5, 2019

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

1. Generally speaking, would you say that your own health is…?

Poor	3%
Fair	15
Good	36
Very good	34
Excellent	11
Not sure	0

2. Currently, what is your primary type of health care coverage? Is it through…
["Obamacare, the exchange, Affordable Care Act (ACA)", code as private insurance]

Private insurance	69%	→ CONTINUE WITH Q3
Medicaid including medical assistance, Title 19 or Badger Care	6	→ GO TO Q4
Medicare	22	→ GO TO Q4
Or do you not have health care coverage	3	→ GO TO Q4
Not sure	<1	→ GO TO Q4

3. Did you get the private health insurance through an employer, directly from an insurance company or from an exchange? ["Obamacare, ACA, Affordable Care Act" is an exchange] [275 Respondents]

Employer	91%
Directly from insurance company	4
An exchange	5
Not sure	<1

4. Did you have health care coverage during all, part or none of the past 12 months?

All	96%
Part	3
None	1
Not sure	0

5. Did everyone in your household have health care coverage during all, part or none of the past 12 months?

All	92%
Part	7
None	1
Not sure	0

6. In the past 12 months, did you delay or not seek medical care because of a high deductible, high co-pay or because you did not have coverage for the medical care?

Yes	15%
No	85
Not sure	<1

7. In the past 12 months, have you or anyone in your household not taken prescribed medication due to prescription costs?

Yes	9%
No	91
Not sure	<1

8. Was there a time during the last 12 months that someone in your household did not get the medical care needed?

Yes	7%	→CONTINUE WITH Q9
No	93	→GO TO Q10
Not sure	<1	→GO TO Q10

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

Uninsured	42%
Cannot afford to pay	32
Co-payments too high	16
Insurance did not cover it	8
Not enough time	5
Unable to get appointment	3
Other (2% or less)	3

10. Was there a time during the last 12 months that someone in your household did not get the dental care needed?

Yes	16%	→CONTINUE WITH Q11
No	82	→GO TO Q12
Not sure	2	→GO TO Q12

11. Why did someone in your household not receive the dental care needed? [63 Respondents; More than 1 response accepted]

Cannot afford to pay	45%
Uninsured	37
Insurance did not cover it	8
Poor dental care	8
Unable to get appointment	6
Other (2% or less)	9

12. Was there a time during the last 12 months that someone in your household did not get the mental health care needed?

Yes	4%	→ CONTINUE WITH Q13
No	96	→ GO TO Q14
Not sure	0	→ GO TO Q14

13. Why did someone in your household not receive the mental health care needed? [16 Respondents: Multiple responses accepted]

Uninsured	10 respondents
Cannot afford to pay	3 respondents
Unable to get appointment	2 respondents
Insurance did not cover it	1 respondent
Co-payments too high	1 respondent

14. Times of distress can happen to anyone and may include economic hardship, family issues, medical or mental health issues or some other distress in life. When this happens, people may look for support from community resources. In the past three years, did you have a time of distress where you or someone in your household looked for community resource support in Manitowoc County?

Yes	18%	→CONTINUE WITH Q15
No	81	→GO TO Q17
Not sure	2	→GO TO Q17

15. How supported did you feel by community resources offered to you? Would you say…[70 Respondents]

Not at all supported	4%	→CONTINUE WITH Q16
Slightly supported	3	→CONTINUE WITH Q16
Somewhat supported	39	→CONTINUE WITH Q16
Very supported or	47	→GO TO Q17
Extremely supported	7	→GO TO Q17
Not sure	0	→GO TO Q17

16. What is the reason or reasons you answered the way you did? [32 Respondents: Multiple responses accepted]

Finances	41%
Stigma related to needing help/disapproval	20
Lack of transportation	15
Lack of knowledge of where to go	11
Language barriers	8
Other (2% or less)	3
Not sure	11

17. 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?

Yes	90%
No	10
Not sure	0

18. From which source do you get most of your health information?

Doctor	59%
Internet	20
Other health professional	7
Family/friends	6
Myself/family member in health care field	4
Other (2% or less)	5
Not sure	0

19. 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	43%
No	55
Not sure	2

20. 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	65%
Public health clinic or community health center	5
Hospital outpatient department	3
Hospital emergency room	2
Urgent care center	18
Some other kind of place	<1
No usual place	7
Not sure	0

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received…?

		Less than a Year Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never	Not Sure
21.	A routine checkup	73%	20%	2%	5%	<1%	0%
22.	Cholesterol test	64	10	2	3	12	9
23.	A visit to a dentist or dental clinic	70	12	6	13	0	0
24.	An eye exam	45	33	11	10	1	<1

25. During the past 12 months, have you had a flu shot or a flu vaccine that was sprayed in your nose?

Yes	53%
No	47
Not sure	0

26. Could you please tell me in what year you born? [CALCULATE AGE]

18 to 34 years old	24%
35 to 44 years old	16
45 to 54 years old	21
55 to 64 years old	18
65 and older	22

27. A pneumonia shot or pneumococcal vaccine is usually given once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot? [85 Respondents 65 and Older]

Yes	74%
No	20
Not sure	6

28. In the past 12 months, how many times have you fallen? [155 Respondents 55 and Older]

0 times	75%	→ GO TO Q30
1 time	13	→ CONTINUE WITH Q29
2 or more times	10	→ CONTINUE WITH Q29
Not sure	1	→ GO TO Q30

29. How many of these falls caused an injury that limited your regular activities for at least a day or caused you to see a doctor? [37 Respondents or Respondent 55 and Older Who Fell]

0 times	68%
1 or more times	32
Not sure	0

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
30.	You have high blood pressure?	31%	69%	0%
31.	…(if yes) [124 Respondents]: Is it under control through medication, exercise or lifestyle changes?	98	2	<1
32.	Your blood cholesterol is high?	24	75	<1
33.	…(if yes) [97 Respondents]: Is it under control through medication, exercise or lifestyle changes?	88	6	6
34.	You have heart disease or a heart condition?	8	92	0
35.	…(if yes) [32 Respondents]: Is it under control through medication, exercise or lifestyle changes?	97	2	1
36.	You have a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression?	19	81	0
37.	…(if yes) [77 Respondents]: Is it under control through medication, therapy or lifestyle changes?	75	14	10
38.	You have diabetes (men) You have diabetes not associated with a pregnancy (women)	13	87	0
39.	…(if yes) [50 Respondents]: Is it under control through medication, exercise or lifestyle changes?	92	8	0
40.	Do you currently have asthma?	14	86	0
41.	…(if yes) [54 Respondents]: Is it under control through medication, therapy or lifestyle changes?	100	0	0

42. On an <u>average day</u>, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings	42%
Two servings	36
Three or more servings	22
Not sure	0

43. On an <u>average day</u>, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings	40%
Two servings	30
Three or more servings	30
Not sure	0

44. I'd like you to think about the labels on many food products and restaurant menus that list ingredients and provide nutrition and other information. When you buy a food product or order food from a restaurant for the first time, how often do you read this information? Would you say…

Often	39%
Sometimes	24
Rarely	17
Never	19
Not sure	0

45. Was there a time during the last 12 months that your household was hungry, but didn't eat because you couldn't afford enough food?

Yes	4%
No	96
Not sure	0

46. 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?

Zero days	14%
1 to 4 days	52
5 to 7 days	34
Not sure	<1

47. 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	35%
1 to 2 days	36
3 to 7 days	29
Not sure	<1

48. On average, how many hours of sleep do you typically get in a 24-hour period?

6 or fewer hours	36%
7 hours	33
8 hours	21
9 or more hours	10
Not sure	0

FEMALES ONLY

Now I have some questions about women's health.

49. 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? [108 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago)	56%
Within the past 2 years (1 year, but less than 2 years ago)	24
Within the past 3 years (2 years, but less than 3 years ago)	3
Within the past 5 years (3 years, but less than 5 years ago)	9
5 or more years ago	4
Never	5
Not sure	0

50. 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? [49 Respondents 65 and Older]

Yes	78%
No	16
Not sure	6

51. A pap smear is a test for cancer of the cervix. If you have not had a hysterectomy, how long has it been since you had your last pap smear? [132 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago)	49%
Within the past 2 years (1 year, but less than 2 years ago)	28
Within the past 3 years (2 years, but less than 3 years ago)	11
Within the past 5 years (3 years, but less than 5 years ago)	7
5 or more years ago	3
Never	0
Not sure	2

52. An HPV test is a test for the human papillomavirus in the cervix and is sometimes done at the same time as a pap smear. When was the last time you had an HPV test? [130 Respondents 18 to 65 years old]

Within the past year (anytime less than 12 months ago)	27%
Within the past 2 years (1 year, but less than 2 years ago)	21
Within the past 3 years (2 years, but less than 3 years ago)	9
Within the past 5 years (3 years, but less than 5 years ago)	5
5 or more years ago	3
Never	10
Not sure	25

MALE & FEMALE RESPONDENTS 50 AND OLDER

53. 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? [206 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)	6
Within the past 5 years (2 years, but less than 5 years ago)	10
5 years ago or more	16
Never	51
Not sure	4

54. 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? [205 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)	5
Within the past 10 years (5 years but less than 10 years ago)	6
10 years ago or more	9
Never	70
Not sure	6

55. 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? [205 Respondents 50 and Older]

Within the past year (anytime less than 12 months ago)	20%
Within the past 2 years (1 year, but less than 2 years ago)	12
Within the past 5 years (2 years, but less than 5 years ago)	26
Within the past 10 years (5 years but less than 10 years ago)	16
10 years ago or more	4
Never	21
Not sure	2

ALL RESPONDENTS

56. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?

Never	43%
Seldom	34
Sometimes	19
Nearly always	2
Always	3
Not sure	0

57. How often would you say you find meaning and purpose in your daily life?

Never	1%
Seldom	5
Sometimes	12
Nearly always	32
Always	50
Not sure	0

58. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes	7%
No	94
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.

59. 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 days	70%
1 day	7
2 or more days	23
Not sure	0

60. In the past 30 days, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes	1%
No	99
Not sure	0

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

		Yes	No	Not Sure
61.	Drinking alcohol	1%	99%	0%
62.	Marijuana	<1	100	0
63.	Cocaine, heroin or other street drugs	<1	99	0
64.	Misuse of prescription drugs or over-the-counter drugs	3	97	0
65.	Gambling	<1	99	<1

In the past 30 days, did you use…

		Yes	No	Not Sure
66.	Smokeless tobacco including chewing tobacco, snuff, plug, or spit	5%	95%	0%
67.	Cigars, cigarillos, or little cigars	3	97	0
68.	Electronic cigarettes, also known as e-cigarettes or vaping	3	97	0

69. Do you now smoke regular tobacco cigarettes every day, some days or not at all?

Every day	13%
Some days	3
Not at all	84
Not sure	0

IF Q68=8-9 and Q69=3-9 GO TO Q73; ELSE CONTINUE WITH Q70

70. [VAPORERS (Q68=1) and/or SMOKERS (Q69=1 or 2) ONLY] During the past 12 months, have you stopped smoking or vaping for one day or longer because you were trying to quit? [67 Current Vaporers and Smokers]

Yes	31%
No	69
Not sure	0

71. [VAPORERS (Q68=1) and/or SMOKERS (Q69=1 or 2) ONLY] In the past 12 months, have you seen a doctor, nurse or other health professional? [67 Current Vaporers and Smokers]

Yes	93%	→CONTINUE WITH Q72
No	7	→GO TO Q73
Not sure	0	→GO TO Q73

72. [VAPORERS (Q68=1) and/or SMOKERS (Q69=1 or 2) ONLY and saw a health professional] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking or vaping? [62 Current Vaporers and Smokers]

Yes	61%
No	37
Not sure	2

73. [ALL RESPONDENTS] Which statement best describes the rules about smoking inside your home…

Smoking is not allowed anywhere inside your home	83%
Smoking is allowed in some places or at some times	10
Smoking is allowed anywhere inside your home or	1
There are no rules about smoking inside your home	7
Not sure	0

74. [NONVAPORERS (Q68=2 and/or NONSMOKERS (Q69=3) ONLY] In the past seven days, how many days were you in the same room or did you ride in a car with someone who was smoking or vaping? [330 Nonvaporers and Nonsmokers]

0 days	85%
1 to 3 days	11
4 to 6 days	<1
All 7 days	4
Not sure	0

Now, I have a few questions to ask about you and your household.

75. Gender [DERIVED, NOT ASKED]

Male	50%
Female	51

76. About how much do you weigh, without shoes?
77. About how tall are you, without shoes?
[CALCULATE BODY MASS INDEX (BMI)]

Not overweight	24%
Overweight	33
Obese	43

78. Are you Hispanic or Latino?

Yes	3%
No	97
Not sure	0

79. Which of the following would you say is your race?

White	97%
Black, African American	0
Asian	<1
Native Hawaiian or Other Pacific Islander	0
American Indian or Alaska Native	1
Another race	1
Multiple races	0
Not sure	0

80. What is your current marital status?

Single and never married	20%
A member of an unmarried couple	<1
Married	62
Separated	<1
Divorced	9
Widowed	7
Not sure	0

81. What is the highest grade level of education you have completed?

8th grade or less	1%
Some high school	3
High school graduate or GED	28
Some college	21
Technical school graduate	15
College graduate	23
Advanced or professional degree	10
Not sure	<1

82. What county do you live in? [FILTER]

Manitowoc	100%

83. What city, town or village do you legally reside in? [FILTER]

Manitowoc city	36%
Two Rivers city	16
Kiel city	5
Two Rivers town	5
Valders village	4
All others (3% or less)	34

84. What is the zip code of your primary residence?

54220	44%
54241	23
53042	7
54245	6
54230	4
All others (3% or less)	17

LANDLINE SAMPLE ONLY [FOR SAMPLING PURPOSES]

85. 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.
86. How many of these telephone numbers are residential numbers?
87. Do you have a cell phone that you use mainly for personal use?

ALL RESPONDENTS

88. What is your annual household income before taxes?

Less than $10,000	2%
$10,000 to $20,000	12
$20,001 to $30,000	8
$30,001 to $40,000	10
$40,001 to $50,000	10
$50,001 to $60,000	10
$60,001 to $75,000	9
$75,001 to $90,000	8
$90,001 to $105,000	7
$105,001 to $120,000	5
$120,001 to $135,000	3
Over $135,000	10
Not sure	3
No answer	4

89. How many children under the age of 18 are living in the household?

None	69%	→GO TO Q111
One	10	→CONTINUE WITH Q90
Two or more	21	→CONTINUE WITH Q90

For the next questions, we would like to talk about the [RANDOM SELECTED] child.

90. Do you make health care decisions for this child? [124 Respondents]

Yes	90%	→ CONTINUE WITH Q91
No	10	→GO TO Q111

91. What is the age of the child? [112 Respondents]

12 or younger	63%
13 to 17 years old	37

92. Is this child a boy or girl? [112 Respondents]

Boy	37%
Girl	63

93. Was there a time during the last 12 months that you felt your child did not get the medical care [HE/SHE] needed? [112 Respondents]

Yes	3%	→ CONTINUE WITH Q94
No	97	→ GO TO Q95
Not sure	0	→ GO TO Q95

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

Unable to get appointment	2 respondents
Cannot afford to pay	1 respondent
Co-payments too high	1 respondent

95. 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? [112 Respondents]

Yes	88%	→ CONTINUE WITH Q96
No	12	→ GO TO Q97
Not sure	<1	→ GO TO Q97

96. 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? [98 Respondents]

Yes	94%
No	6
Not sure	0

97. 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? [112 Respondents]

Yes	6%	→ CONTINUE WITH Q98
No	94	→ GO TO Q99

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

Specialty physician not in area	5 respondents
Unable to get appointment	2 respondents

99. Was there a time during the last 12 months that you felt your child did not get the dental care [HE/SHE] needed? [112 Respondents]

Yes	6%	→ CONTINUE WITH Q100
No	94	→ GO TO Q101

100. Why did your child not receive the dental health care needed? [7 Respondents; Multiple Responses Accepted]

No dental insurance	6 respondents
Unable to get appointment	1 respondent

101. Does your child have asthma? [112 Respondents]

Yes	4%	→CONTINUE WITH Q102
No	96	→GO TO Q103

102. Asthma attacks, sometimes called episodes, refer to periods of worsening asthma symptoms that make the child limit his or her activity more than usual, or make you seek medical care. During the past 12 months, has your child had an episode of asthma or an asthma attack? [5 Respondents]

Yes	3 respondents
No	2 respondents

103. How often do you feel your child is safe in your community or neighborhood? [112 Respondents]

Always	73%
Nearly always	23
Sometimes	0
Seldom	0
Never	4
Not sure	0

104. During the past 6 months, how often was your child unhappy, sad or depressed? [78 Respondents of Children 5 to 17 years old]

Always	0%
Nearly always	6
Sometimes	25
Seldom	27
Never	42
Not sure	0

105. During the past 12 months, has your child experienced any bullying? [78 Respondents of Children 5 to 17 years old]

Yes	21%	→CONTINUE WITH Q106
No	78	→GO TO Q107
Not sure	1	→GO TO Q107

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

Verbally abused for example spreading mean rumors or kept out of a group	19%
Physically bullied for example, being hit or kicked	0
Cyber or electronically bullied for example, teased, taunted, humiliated or threatened by email, cell phone, Facebook postings, texts or other electronic methods	4

107. On an average day, how many servings of fruit does your child eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice. [78 Respondents of Children 5 to 17 years old]

One or fewer servings	23%
Two servings	32
Three or more servings	40
Not sure	4

108. On an average day, how many servings of vegetables does your child eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice. [78 Respondents of Children 5 to 17 years old]

One or fewer servings	42%
Two servings	24
Three or more servings	29
Not sure	4

109. 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? [78 Respondents of Children 5 to 17 years old]

Zero or one day	15%	→ CONTINUE WITH Q110
Two through four days	26	→ CONTINUE WITH Q110
Five or more days	55	→ GO TO Q111
Not sure	4	→ GO TO Q111

110. Why was your child not physically active for at least 60 minutes on more days? [32 Respondents: Multiple responses accepted]

School/homework/other activities	29%
Sick/ill	25
Weather	14
Prefers to watch TV	13
No afterschool activities	11
Child does not like to be physically active	10
Work	5
Lack of time	4

The next series of questions deal with personal safety issues.

111. During the past year has anyone made you afraid for your personal safety?

Yes	3%	→CONTINUE WITH Q112
No	97	→GO TO Q113
Not sure	0	→GO TO Q113

112. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, 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. [13 Respondents; More than 1 response accepted]

Stranger	6 respondents
Acquaintance	5 respondents
Child	1 respondent

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

Yes	<1%	→CONTINUE WITH Q114
No	99	→GO TO Q115
Not sure	0	→GO TO Q115

114. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, a child, or someone else? [3 Respondents; More than 1 response accepted]

Acquaintance	2 respondents
Spouse	1 respondent

115. Finally, what are the three largest health concerns in Manitowoc County?

Illegal drug use	50%
Alcohol use or abuse	25
Prescription or over-the-counter drug abuse	22
Access to health care (physical, mental or dental care)	22
Chronic diseases like diabetes or heart disease	17
Overweight or obesity	17
Mental health or depression	13
Cancer	10
Violence or crime	7
Affordable healthcare	7
Tobacco use	6
Access to affordable healthy food	4
Environmental issues (air, water, wind turbines, animal waste)	4
Aging	2
Lead poisoning	2
Driving	2
Infectious diseases such as whooping cough, tuberculosis, or sexually transmitted diseases	2
Lack of physical activity	1
Infant mortality	<1
Teen pregnancy	<1

APPENDIX B: SURVEY METHODOLOGY

2019 Community Health Survey

The 2019 Manitowoc County Community Health Survey was conducted from February 2 through March 5, 2019. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. 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 (n=220). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (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 ±5%. The margin of error for smaller subgroups is larger.

2016 Community Health Survey

The 2016 Manitowoc County Community Health Survey was conducted from February 1 through February 18, 2016. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. 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 (n=300). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=100). 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 ±5%. The margin of error for smaller subgroups is larger.

2013 Community Health Survey

The 2013 Manitowoc County Community Health Survey was conducted from February 22 through March 11, 2013. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. 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 (n=300). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=100). 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 ±5%. The margin of error for smaller subgroups is larger.

2010 Community Health Survey

The 2010 Manitowoc County Community Health Survey was conducted from July 15 through July 28, 2010. Four hundred respondents were scientifically selected so that the survey would be representative of all adults 18 and older. 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 (n=320). 2) A cell-phone only sample where the person answering the phone was selected as the respondent (n=80). A reimbursement of $20 was offered to respondents to cover the cost of incoming minutes. 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 2000 census proportion of these

characteristics in the area. With a sample size of 400, the margin of error is ±5%. The margin of error for smaller subgroups is larger.

2007 Community Health Survey

The 2007 Manitowoc County Community Health Survey was conducted from March 8 through March 27, 2007. A total of 400 random adults 18 and older within the community were interviewed by telephone. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected by computer based on the number of adults in the household. At least 8 attempts were made to contact a respondent. Survey respondents were weighted 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. Post-stratification was also done by sex and age to reflect the 2000 census proportion of these characteristics in the area. With a sample size of 400, the margin of error is ±5%. The margin of error for smaller subgroups is larger.