

THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM IN THE FOX CITIES

2005 KEY FINDINGS SUMMARY

Methodology:

The Behavioral Risk Factor Surveillance System Survey was conducted by the St. Norbert College Survey Center to gather information on the health practices and health related behavioral risks of residents of the cities of Appleton, Neenah and Menasha Wisconsin. A total of 400 telephone interviews were completed between November 16, 2005 and December 12, 2005. Respondents were scientifically selected so that the survey would be representative of all the communities' adult population 18-years-old and older. The sample of random telephone numbers, obtained from Genesys Sampling Systems of Fort Washington, Pennsylvania was selected from both listed and unlisted numbers. Respondents within each household were randomly selected using the Trolldahl-Carter household selection technique. Up to eight attempts were made to contact a respondent at each household.

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

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

Modifications of the draft questionnaire (based on the Center for Disease Control Risk Behavior Survey Instrument), including additional questions, were made by The Survey Center in consultation with the Appleton, Neenah and Menasha Health Departments as well as Affinity Health System and ThedaCare. A pretest was conducted with approximately 20 adult residents in the three communities. The final questionnaire was based on feedback from pretest respondents.

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

What do the percentages represent?

Results of the Behavioral Risk Factor Surveillance System Survey of the Fox Cities can be generalized to the overall adult population (persons 18-years-old or older) of Appleton, Neenah and Menasha. In 2000, the U.S. Census Bureau counted 80,778 persons in the three cities who were 18 or older. There also has been some population growth in these cities since then.

When using percentages from the Fox Cities Behavioral Risk Factor Survey, it is important to keep in mind what each percentage point actually represents in terms of the adult population in the area. One percentage point is approximately equal to at least 807 individuals. For example, 51 percent of survey respondents said they are very satisfied with their life, therefore 51 percent of the 2000 adult population represents 41,157 persons.

The 2000 U.S. Census counted 43,649 households in Appleton, Neenah and Menasha. In some questions asked in the Behavior Risk Survey, respondents were asked to report information about their household. Each percentage point for household-level data represents at least 436 households. For example, 60 percent of survey respondents reported that they have plans in place in case of an emergency situation. The estimated number of households with a plan would be 26,160.

Key Findings

Fox Cities Behavioral Risk Factor Surveillance System Survey

1. ***Overall Health Rating*** - Over half (59%) of the residents of Appleton, Neenah and Menasha felt their overall health was either very good or excellent. The majority of respondents (63%) said that there was no time in the past 30 days that their physical health was not good. Moreover, sample members with less stress and depression rated their overall health higher than their more stressed and depressed counterparts.
2. ***Emotional Support and Life Satisfaction*** - There is a high correlation between a respondent's emotional support and overall satisfaction with life. Just over half said they "always" received the emotional support they need and the same percentage were "very satisfied" with their lives overall.
3. ***Health Care Coverage and Visits*** - Most respondents had some form of health care insurance but a small percentage did not. Ten percent (10%) of respondents said there was at least one time in the past 12 months when they did not go to the doctor when needed because they could not afford the cost
4. ***Dental Care*** - The vast majority (87%) of respondents had been to the dentist for a cleaning or other visit in the past year, though 6% said they had not visited a dentist in at least 5 years.
5. ***Weight/Diet/Exercise*** – Respondent's BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 23% were obese, 38% were overweight, 38% were of normal weight, and 1% were underweight. Additionally, the majority said they eat at least 5 servings of fruits and vegetables per week and 87% said they do "moderate" exercise in a typical week.
6. ***Heart Disease and Cholesterol*** - About 29% of respondents said they had high blood pressure, while 39% of those who had ever had their cholesterol checked said they had high cholesterol. Nearly 5% of all respondents said they had a heart attack, 6% angina, and 3% a stroke.
7. ***Women's Health Issues*** - Over 90% of women had breast exams and pap tests, as did women over 50 for mammograms. A quarter of the female respondents had a hysterectomy.
8. ***Diabetes*** - Ten percent of respondents said a doctor told them they had diabetes, with another 1% saying yes, but only during pregnancy, The vast majority, 89%, said they had never been told they had diabetes or pre-diabetes.
9. ***Asthma*** - About 14% of all respondents said they had ever had asthma. Of those who had ever had it, 54% said they still have it.

- 10. *Smoking and Secondhand Smoke* - The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or everyday, 64% said they had tried to quit for at least one day in the past year. Moreover, most respondents (82%) said smoking is not allowed anywhere inside the home and 77% said their workplaces do not allow any smoking in public areas and 85% said their workplaces do not allow smoking in any work areas.**
- 11. *Alcohol* - The majority (64%) of respondents said they had at least one alcoholic beverage in the last 30 days.**
- 12. *Immunization* - The majority of respondents (59%) did not get a flu shot in the past 12 months. Only 2 respondents said they had flu mist sprayed in the nose in the same period. Nearly a quarter (24%) said they had received a pneumonia shot while 70% said they had not and 6% said they were not sure.**
- 13. *Arthritis Burden* - Half of the respondents said they had felt pain, aching or stiffness in joints other than the back or neck in the past 30 days. When all respondents were asked whether they had ever been diagnosed with arthritis, rheumatism, gout, lupus, or fibromyalgia, 37% said they had such a diagnosis.**
- 14. *Emergency Preparedness* - Most respondents (60%) said they have plans in place in case of natural disaster or terrorist attack; 38% said they did not and 2% were not sure.**

Overall Health Rating

Key Finding #1

Over half (59%) of the residents of Appleton, Neenah and Menasha felt their overall health was either very good or excellent. The majority of respondents (63%) said that there was no time in the past 30 days that their physical health was not good. Moreover, sample members with less stress and depression rated their overall health higher than their more stressed and depressed counterparts.

Overall Ratings

- ◆ Over half (59%) felt their overall health was either very good or excellent. Only 5% responded that it was poor. Please see Table 1 below.

Table 1 – Overall Health Rating

Rating	Percent
Excellent	22%
Very Good	37
Good	29
Fair	7
Poor	5
Not Sure/Missing	0

- ◆ Education and income were significant factors in the rating of one’s overall health. Higher income and education levels are related to higher percentages of respondents saying their health is “excellent.” For instance, 33% of those with at least a college degree said their health was “excellent” compared to 17% of those with some college or technical school, 14% of those with high school degrees, and 9% with less than high school. Of respondents who earn over \$100,000 per year, 39% said their overall health was excellent, as did 34% who earned between \$50,000 and \$75,000 per year. While only 17% of survey members making \$25,000 to \$35,000 per year said their health was “excellent” as did 13% of those in the \$20,000-\$25,000 category.
- ◆ Those who exercise regularly tended to rate their health more highly than respondents who do not exercise, additionally, the more often people exercised, the more likely they were to say that their health was “excellent.” For those who do moderate exercise, 24% rated their health as “excellent” compared to 8% of those who do not. Similarly, 31% of those who do vigorous exercise rated their health as “excellent” compared to 15% of those who do not do vigorous exercise. However, eating more vegetables was not statistically significantly related to higher health ratings.

- ◆ Survey participants who feel more emotionally supported and are more satisfied with their lives overall were also more likely to rate their health highly. Thirty percent (30%) of those who are “very satisfied” with their lives also said they were in excellent health compared to only 14% of those who are “somewhat satisfied” with their lives. For those who feel “always” emotionally supported, 26% said they were in excellent health compared to 20% of those who felt they are “usually” emotionally supported and 16% of those who are “sometimes” emotionally supported.
- ◆ Gender and place of residence were not statistically significant.

Healthy Days

- ◆ The majority of respondents (63%) said that there was no time in the past 30 days that their physical health (including physical illness and injury) was not good. Only 26% said their physical health was not good between 1 and 15 days in the past month, but 10% said it was not good for over half the month. Fewer still said that pain kept them from normal activities in the past 30 days; 71% said there was no time in the last month that they were kept from normal activities due to pain. Please see Table 2 below.

Table 2 – Healthy Days

Days	Days when physical health was “not good”	Days pain kept you from activity
0	63%	71%
1-2	10	8
3-5	9	5
6-15	7	5
16-30	10	11
Not Sure/ Missing	<1	1

Mental Health

- ◆ When asked how many days they felt sad, blue, or depressed, 60% of respondents said they did not suffer from this during the last 30 days, though 18% said they did for 1 or 2 days. Six percent (6%) said they felt stressed or blue etc., for over half the month. On the other hand, many more people were tense, worried, or anxious for at least a few days in the last 30. Only 39% said they were not tense, worried or anxious in the last month, while 21% said they were for 1 to 2 days, and 8% were tense or worried over half of the last 30 days. Respondents were then asked a further question about mental health framed in a different way. They were asked how many days in the past 30 days that their mental health (which includes stress, depression, and problems with emotions) was not good. Please see Table 3 below.

Table 3 – Mental Health Days

Days	Days when mental health was “not good”	Sad, Blue, Depressed	Tense, Worried, Anxious
0	60%	60%	39%
1-2	15	18	21
3-5	12	9	19
6-15	9	6	13
16-30	5	6	8
Not Sure/ Missing	1	1	1

Number of Days Physical or Emotional Problems Kept You From Normal Activities

- ◆ Over two-thirds of the respondents (67%) said they were not kept from activities in the past 30 days due to physical or mental issues. Eleven percent (11%) said for more than half the month they were kept from normal activities. Please see Table 4 below.

Table 4 - Number of Days Physical or Emotional Problems Kept You From Normal Activities

Days	Kept from Activities
0	67%
1-2	12
3-5	6
6-15	4
16-30	11
Not Sure/Missing	1

- ◆ Overall, the vast majority of respondents spent few if any days in mental or physical distress, though tension and stress were more likely to be cited than other physical and mental issues. As seen in the Tables 3 and 4 above, the majority of respondents did not suffer from physical maladies or any sort of depression, but did suffer from anxiety, worry, or tension in the last 30 days.

Stress

- ◆ Sample members with less stress and depression rated their overall health higher than their more stressed and depressed counterparts. For those who had no days of anxiety or stress in the past month, 25% rated their health as “excellent”. Fifteen percent (15%) of respondents who had stress or worry 6 to 15 days in the last month were in excellent health and only 3% of those who were stressed or worried 16 to 30 days said their health was excellent. Similarly, those very satisfied with their lives were more likely to not suffer from worry or stress (50%) whereas those less satisfied also had more days of stress. For example, 29% of those who were “satisfied” with their life were not stressed or worried during the last month compared to only 8% of those who were “dissatisfied” with their lives overall. Feeling emotionally supported had very similar results; the more support one felt, the fewer days of worry and stress a person suffered.

- ◆ Those who have never been married were the least likely to suffer from worry or stress (48%) followed by widowers (45%) and people in unmarried relationships (44%). Married partners (38%), those divorced (32%) and zero percent (0%) of those separated said they did not have worries or anxieties in the past month.
- ◆ Retired people were the least stressed, 47% of them said they did not have any days of worry, anxiety or stress in the past month, followed by those employed for wages (41%), students (40%), and homemakers (32%). For those unemployed more than a year, a third said they had no days of stress and another third said they suffered from stress at least half the month. Those unable to work were the most stressed with 39% saying they suffered from stress, anxiety, or worry at least half of the month.
- ◆ Sample members from Menasha felt more stressed than Neenah or Appleton residents. While 43% of those from Appleton said they did not have any days of stress, worry or anxiety in the past 30 days, only 32% of people from Neenah said this as did 30% of those from Menasha.
- ◆ Those who have suffered from heart disease were not likely to be more or less stressed than those who have not had heart disease. Smoking, binge drinking, having children in the household, age, income, gender, BMI, and vigorous exercise were not statistically significant relationships, e.g., older people were not more or less anxious or stressed than younger people.
- ◆ However, a more generic question about exercise yielded a significant relationship in that those who had done any exercise in the past month were more likely to not suffer from stress than those who had not exercised, i.e., 41% of those who exercised did not suffer from stress compared to 31% of those who did not exercise.

Depression

- ◆ Respondents who were less sad or depressed in the past month tended to rate their overall health more highly than did those who said they were sad or depressed over the same period. For example, 25% of those who were not sad or depressed at all in the past month rated their health as “excellent” compared to only 8% of those who had 3 or more days in the past month where they were sad or depressed.
- ◆ Exercise was correlated with feelings of depression or sadness. For those who had 2 or fewer days of sadness in the past month, over 80% said they had regularly exercised in the past month. On the other hand, of the 60% who reported they were sad between 6 and 15 days last month only 42% said they exercised regularly over the last month. Similarly, 63% of those who did moderate exercise said they were not sad or depressed at all in the past month compared to 48% of those who did not do moderate exercise, while 67% of those who did vigorous exercise were not sad at all compared to 56% of those who did not do vigorous exercise. However, number of days per week was only positively related to feeling good for moderate exercise, not vigorous and for neither moderate nor vigorous exercise was there a statistically significant relationship between feeling good and the amount of time spent exercising in a typical session.

- ◆ Those employed outside the home were the most likely to have no days of sadness or depression (66%) followed by retirees (64%), homemakers (56%), the self-employed (51%), and students (40%). Only 23% of respondents unable to work said they did not suffer from sadness or depression in the past month, as did 22% of those unemployed less than a year and none unemployed more than a year said they didn't suffer at all from sadness or depression. In fact 50% said they suffered from this at least half the month as did 33% of respondents unemployed less than a year and 40% of those unable to work.
- ◆ Respondents who had suffered some form of heart disease were more likely to feel some depression than those who did not suffer from heart disease. For example, 61% who did not have angina said they were not sad or depressed at all in the last month compared to 48% who did have angina.
- ◆ Martial status, income, gender, place of residence, age, having kids at home, binge drinking and smoking were not statistically related, e.g., there was no difference between married respondents and those who are separated in feelings of depression, nor were high income people any more likely to be happy than lower income people.

Emotional Support and Life Satisfaction

Key Finding #2 **There is a high correlation between a respondent's emotional support and overall satisfaction with life. Just over half said they "always" received the emotional support they need and the same percentage were "very satisfied" with their lives overall.**

- ◆ Respondents were asked how often they receive the emotional support they needed and about their overall satisfaction with life. There was a high correlation between the two questions as seen in the graphs below. Just over half said they "always" receive the emotional support they need and the same percentage were "very satisfied" with their lives overall. Please see Figures 1 and 2 below.

Figure 1 - How Often You Receive Emotional Support

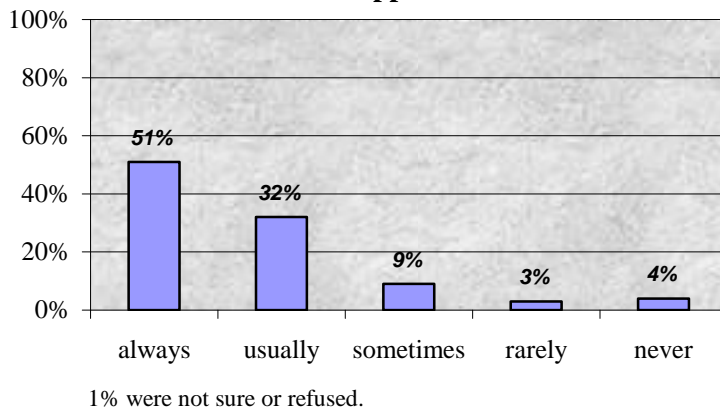
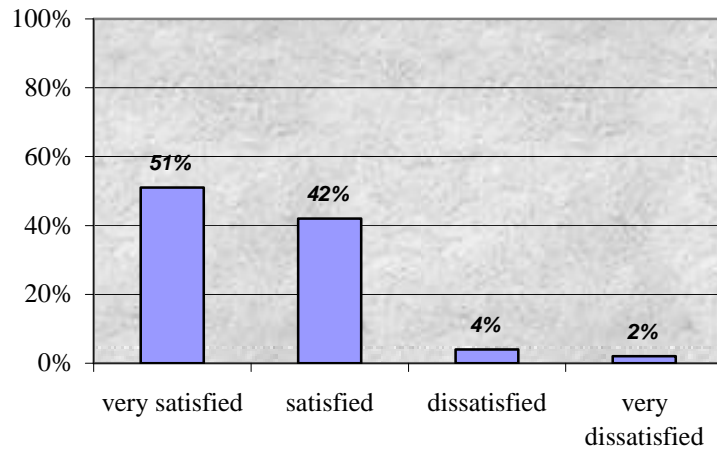


Figure 2 - Life Satisfaction

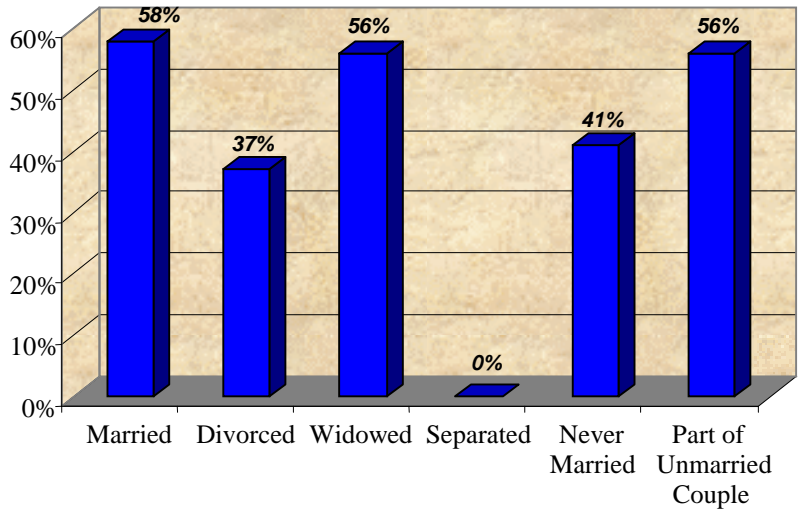


2% were not sure or refused.

- ◆ Emotional support and life satisfaction are related to overall health as well as physical and emotional well-being. Not surprisingly, those who were more stressed, depressed and in physical distress, also answered that they felt less emotionally supported than those who were less stressed, depressed, and/or physically distressed. For example, 62% of those who rated their overall health as “excellent” said they “always” felt emotionally supported compared to only 44% of those who said their health was “fair” and 38% of those whose health was “poor.” Similarly, 68% of those who did not feel stressed, worried, or anxious in the past month “always” felt emotionally supported compared to 38% of those who were stressed at least 6 of the last 30 days.
- ◆ Overall satisfaction with life followed similar patterns. Respondents whose overall health was good were more likely to also say they were highly satisfied with life. For example, 73% of those who rated their health as “excellent” also said they were “very satisfied” with their life overall, while only 32% of those in “fair” health were “very satisfied” with their lives and 22% of those with “poor” health were very satisfied. Physical distress, emotional depression and stress followed similar patterns, particularly for stress. While 68% of those who weren’t stressed in the past month were “very satisfied” with their lives, only 17% of those who were stressed at least half of the last month said they were “very satisfied” with their lives.
- ◆ Other demographics played a role as well. In terms of emotional support, marital status was not significant. Age was significant in that those over 65 felt more supported as did the youngest adults. For those over 65, 61% said they “always” felt emotionally supported, as did 54% of those 18-24. Those 25-49 were less supported, whereby 46% said they “always” felt emotionally supported, as did 53% of those 50-64. The percentage of respondents by income category for “always” feeling supported increased with income.
- ◆ For overall life satisfaction, those with higher income levels were more likely to respond they were “very satisfied” with their lives than those at the lower income levels. For example 69% earning over \$100,000/year were “very satisfied” compared to 31% of those earning between \$25,001 - \$35,000.

- ◆ Those who are married were the most likely to be “very satisfied”, while “separated” respondents were the least likely. Please see Figure 3 below.

**Figure 3 - Percentage within Marital Category
"Very Satisfied" with Life**



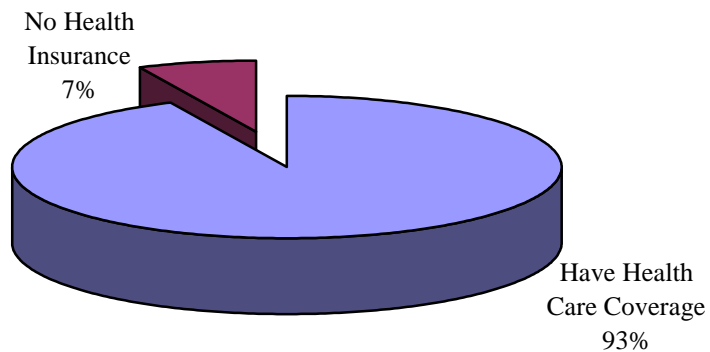
Health Care Coverage and Visits

Key Finding #3

Most respondents had some form of health care insurance but a small percentage did not. Ten percent (10%) of respondents said there was at least one time in the past 12 months when they did not go to the doctor when needed because they could not afford the cost.

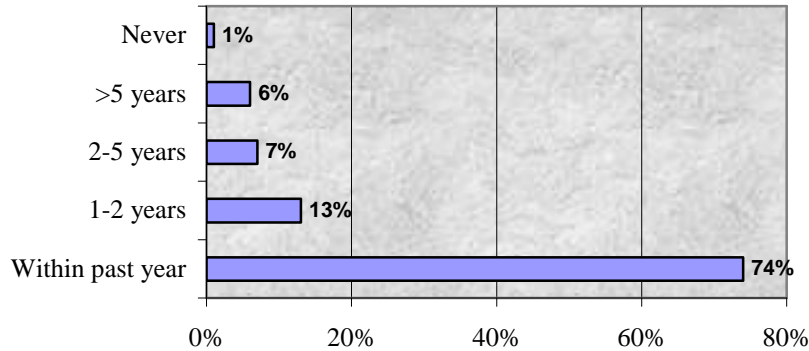
- ◆ While most respondents had some form of health care insurance, 7% did not. In addition, just over 10% of respondents said there was at least one time in the past 12 months when they did not go to the doctor when needed because they could not afford the cost. Please see Figure 4 below.

Figure 4 - Health Care Coverage



- ◆ As seen in the graph below, nearly three-quarters (74%) said they had been in for a physical/routine checkup within the past year and an additional 13% had done so within 1 to 2 years. Nearly 6% said it had been 5 or more years and less than one percent (<1%) said they had never had a physical. Please see Figure 5 below.

Figure 5 - Length of Time Since Your Last Routine Physical or Checkup



- ◆ While 83% said they had one personal physician, 8% said they had more than one, and 9% said they didn't have one.

Dental Care

Key Finding #4 **The vast majority (87%) of respondents had been to the dentist for a cleaning or other visit in the past year, though 6% said they had not visited a dentist in at least 5 years.**

- ◆ As seen in the table below (and the correlation calculation bears out), the relationship between cleanings and dental visits for any reason are very high (though dental also includes orthodontists and specialists). The vast majority (87%) of respondents had been to the dentist for a cleaning or other visit in the past year, though 6% said they had not been in to the dentist for at least 5 years. Please see Table 5 below.

Table 5 – Last Visit to a Dentist

Time period	Last Visit to Dentist for Any Reason	Last Visit to Dentist for Cleaning
Less than 1 year	87%	87%
1- < 2 Years	5	6
2 - <5 Years	3	3
5+ Years	6	4
Never	1	<1
Not Sure / Missing	0	<1

- ◆ The majority (55%) said they had no teeth removed due to decay or gum disease, while 31% said they had 1-5 teeth removed for these reasons, 11% had 6 or more but not all, and 4% said they had all of their teeth removed due to tooth decay or gum disease.
- ◆ The only statistically significant factors differentiating respondents in having their teeth cleaned within the past year were town of residence and whether they had medical insurance or not (note: this question just asked about medical insurance, there was no specific question as to whether this included dental coverage). Neenah residents were more likely to have been in for a cleaning in the past year than the other places of residence; 90% of Neenah residents had dental cleaning compared to 88% of those from Appleton and 81% of those from Menasha. Just over 90% of those with insurance had their teeth cleaned in the past year compared to 54% of those without medical coverage. There were no differences by education, income, gender, or age.
- ◆ Older adults were more likely to have lost teeth to gum disease or decay. While none of those in the 18 to 24 category had lost teeth due to gum disease or decay, 30% had at least some teeth removed in the 35-49 age group and 80% in the over 65 group had lost at least some teeth to decay or gum disease. Income and gender were the only other significant factors. For example, while only 33% of those in the \$20,000-25,000/year income category had not had any teeth removed, 77% of those earning over \$100,000 per year had not had any teeth removed due to gum disease or tooth decay. Women were less likely to have lost teeth due to decay or gum disease compared to men; 58% had not lost any teeth compared to 50% of men.

Weight/Diet/Exercise

Key Finding #5 **Respondent’s BMI (body mass index) was calculated by using weight (rounding up for fractions) and height (in feet and inches) without shoes. According to the CDC categories, 23% were obese, 38% were overweight, 38% were of normal weight, and 1% were underweight. Additionally, the majority said they eat at least 5 servings of fruits and vegetables per week and 87% said they do “moderate” exercise in a typical week.**

Weight - BMI – Body Mass Index

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

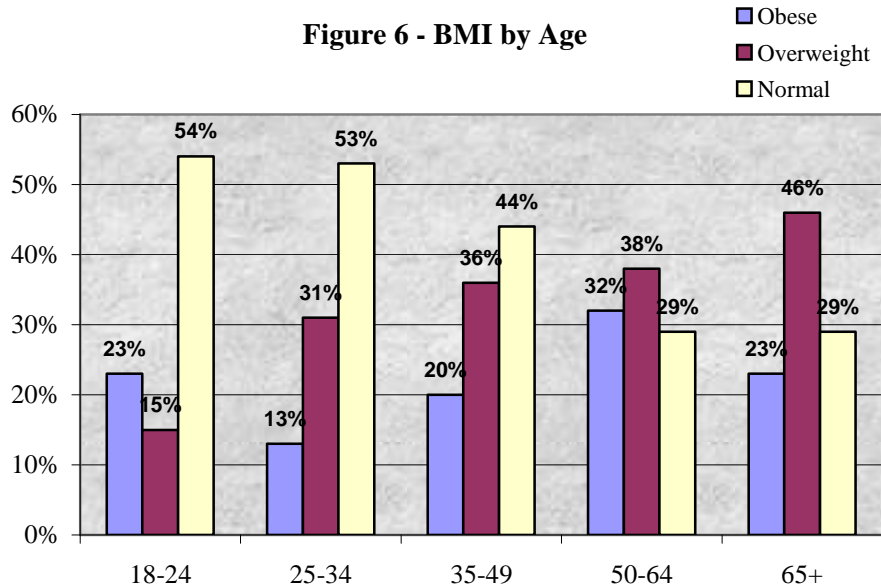
$$\text{BMI} = \left\{ \frac{\text{Weight in Pounds}}{(\text{Height in inches})(\text{Height in inches})} \right\} \times 703$$

- ◆ We asked respondents their weight (rounding up for fractions) and their height (in feet and inches) without shoes on. We then calculated their BMIs. According to the CDC categories, respondents fell into the following categories according to Table 6 below.

Table 6 – Respondent’s BMI

BMI range:		Percentage of respondents
Underweight	(Below 18.5)	1%
Normal	(18.5 - 24.9)	38%
Overweight	(25.0 – 29.9)	38%
Obese	(30.0 +)	23%

- ◆ The BMI range for respondents went from a low of 17.51 to a high of 81.21. The weight range was from 99 to 550 pounds. The mean BMI was 26.9 and median was 26.2 with a standard deviation of 6.0.
- ◆ Those in the 50 to 64 age category were the most likely to be “obese” according to CDC definitions, while those over 65 were the most likely to be overweight. The youngest adults were most likely to be “normal” weight. Note: the “underweight” category was not included because there were so few people that when broken down further into demographic categories, the percentages look very large for a single respondent. Please see Figure 6 below.



- ◆ Incidence rates of obesity were related to education and income. For those with college degrees, obesity incidence was 14% while it was 33% for those with technical school or some college and 25% for those with high school degrees. Obesity rates among those earning over \$100,000 per year were 14% compared to 35% for those in the \$35,000-\$50,000 income category and 28% for those earning between \$20,000 and \$25,000.

- ◆ Moderate exercise and amount of vegetables and fruits eaten per week were not statistically significantly related to the BMI categories. Vigorous exercise was related in that 16% of those who reported doing vigorous exercise in a typical week for at least 10 minutes were considered “obese” and 37% were “overweight” compared to a 29% obesity rate for those who did not do vigorous exercise and 38% “overweight.”
- ◆ Although emotional support was not related to BMI, satisfaction with life was. For those who are considered by the CDC to be “obese,” 44% said they were “very satisfied” with their lives compared to 46% of those who are “overweight” and 66% of those who are “normal” weight.

Diet

- ◆ The majority said they eat at least 5 servings of fruits and vegetables per week and were least likely to eat non-fried potatoes at least 5 times per week (only 7% said they did this). The least likely to be consumed was juice, 22% said they did not drink fruit juice during a typical week, followed by carrots (18% said they did not eat any in a given week). Only 7% said they did not eat any fruit in a week and only 2% said they did not eat any other vegetables (other than carrots, salad or potatoes) in a given week. Please see Table 7 below.

Table 7 – Servings of Fruits and Vegetables Eaten Per Week

Servings eaten per week	Juice	Fruit	Green Salad	Potatoes	Carrots	Other Vegetables
1	15%	11%	24%	26%	36%	7%
2	9	12	17	24	15	11
3	8	10	17	21	10	8
4	6	9	10	7	6	8
5+	40	51	22	7	14	63
Not at All	22	7	10	14	18	2
Not Sure/Refused	0	1	1	1	2	1

“Fruit” was specified as other than juice. “Potatoes” were referred to as other than fried or potato chips. “Other vegetables” were other than carrots, potatoes and salad.

- ◆ For the purposes of crosstabbing diet with other variables, a composite figure was constructed adding together responses for the questions about eating green salads, carrots, fruits, non-fried potatoes, and other vegetables, giving each person a score for the number of these fruits and vegetables typically consumed in a week. The plurality (37%) had a score between 11 and 15, i.e., 11-15 servings of these fruits and vegetables in a week, while 31% had between 16 and 20, 10% ate over 20 servings per week and 22% had 10 or fewer servings per week. These numbers are on the low side since the value of 5 is a code for “5 or more servings” for each of the questions/types of food. The mean number of servings was 14.6 while the median was 15 and a standard deviation of 4.5

Exercise

- ◆ For those self-employed or employed for wages, the large majority primarily sits or stands at work (71%), while only 20% walk and 9% said they do heavy labor. For non-work exercise the vast majority (87%) said they do “moderate” exercise in a typical week, but it is interesting to note that 78% said they had done some form of non-work physical exercise in the past month (this latter was asked near the beginning of the survey, while the set of questions about moderate and vigorous exercise were asked toward the end of the survey). The majority (54%) who do “moderate” exercise said they do it at least 5 times per week, whereas, for those who said they did “vigorous” exercise, responses were more spread out, with the plurality being 3 times per week (29% of vigorous exercisers said they did this 3 times per week). For duration, the plurality of moderate and vigorous exercisers was 16-30 minutes (37% and 32% respectively). A slightly higher percentage of vigorous exercisers were likely to work out at least an hour (19% said this), compared to moderate exercisers (16%). Please see Tables 8 and 9 below.

Table 8 – Type of Work Exercise

Type	Percentage of respondents
Sitting/Standing	71%
Walking	20
Heavy Labor	9
Don't Know	<1

* of those self-employed or employed for wages
(62% of total sample)

Table 9 – Do You Participate in Exercise?

Type	Yes	No	Don't know
Non-work Exercise	78%	22%	0%
Moderate Exercise	87	13	<1
Vigorous Exercise	42	57	1

- ◆ For the table above, “non-work exercise” was asked as whether the respondent had done non-work physical activities such as calisthenics, walking, gardening etc. in the past month. The moderate and vigorous exercise questions asked about this type of activity (after defining the difference) as having participated in it in a usual week, and both specified that the activity was for at least 10 minutes in duration. “Moderate” exercise was defined as brisk walking, vacuuming, biking, etc that causes some small increase in breath and heart rate. “Vigorous” was defined as running, aerobics, heavy yard work etc., anything that causes large increases in breathing and heart rate. Please see Table 9 above.

- ◆ For the two tables below, of those respondents who answered “yes” to having done moderate or vigorous exercise, each group was then asked about the particular type of exercise in terms of how many times per week they did these activities and for what duration in each session. The “0” column in the “Times Per Week” column denotes those who said they did do that sort of activity for at least 10 minutes in the yes/no question, but then on the subsequent question on how many times per week, they answered that they did not do any of this moderate or vigorous exercise for at least 10 minutes at a time. Please see Tables 10 and 11 below.

Table 10 – Number of Times Per Week You Exercise by Type of Exercise

Type	0	1	2	3	4	5+
Moderate Exercise	0%	3%	9%	20%	13%	54%
Vigorous Exercise	1	15	20	29	10	22

* “Don’t Know” for moderate exercise was 0% and 3% for vigorous exercise

Table 11 – Duration of Exercise by Type of Exercise

Type	1-15 Minutes	16-30	31-45	46-1hr	1-2 hrs	>2 hrs
Moderate Exercise	12%	37%	19%	15%	10%	6%
Vigorous Exercise	9	32	15	23	12	7

* “Don’t Know” was less than 1% for moderate and 1% for vigorous.

Heart Disease and Cholesterol

Key Finding #6 **About 29% of respondents said they had high blood pressure, while 39% of those who had ever had their cholesterol checked said they had high cholesterol. Nearly 5% of all respondents said they had a heart attack, 6% angina, and 3% a stroke.**

Table 12 – Have You Ever Been Told You Have Had Any of the Listed Medical Conditions?

Condition	Yes	No	Don’t know
High Blood Pressure	29%	69%	1%
High Cholesterol	39	60	2
Heart Attack	5	95	1
Angina	6	93	2
Stroke	3	97	0

- ◆ For the high blood pressure question, a further 1% said they had been told they had high blood pressure, but only during pregnancy and a further 1% said they had been told they were borderline or “pre-hypertensive.” For those who said they currently had high blood pressure, 81% said they were taking medicine for it.

- ◆ On cholesterol, the above table only includes respondents who said they had ever had their cholesterol checked. Most respondents (86%) said they had, while 13% said they never had their cholesterol checked and 1% were not sure. Of those who had it checked, 77% said they had it checked within the past year, with a further 13% between 1 and 2 years ago. Only 4% had been checked more than 5 years ago, while 6% were between 2 and 5 years.
- ◆ Other than the tables and graphs below, there were no statistically significant demographic differences between respondents and heart disease and high cholesterol incidence. Also, there were no differences in heart disease and high cholesterol incidence and moderate exercising. Only for heart attack sufferers was there a statistically significant difference in percentage who did vigorous exercise; 21% of those who had a heart attack said they did vigorous exercise for at least 10 minutes in a usual week compared to 44% of those who had not had a heart attack. For the following table, the cells denote the percentage of respondents within that age category that had been told they had suffered from the listed maladies. Please see Table 13 below.

Table 13 – Medical Conditions by Age

Condition	18-24	25-34	35-49	50-64	65+
High Blood Pressure	8%	17%	13%	33%	56%
High Cholesterol	17	16	35	43	48
Heart Attack	0	0	1	6	14
Angina	0	0	4	8	10
Stroke	1 respondent	0	2	2	8

- ◆ The charts below read across such that 10% of men had a heart attack and 6% said they had suffered a stroke. Similarly, 46% of obese people had high blood pressure compared to 18% considered by the CDC to be of normal weight. Please see Figure 7 and 8 below.

Figure 7 - Medical Condition by Gender

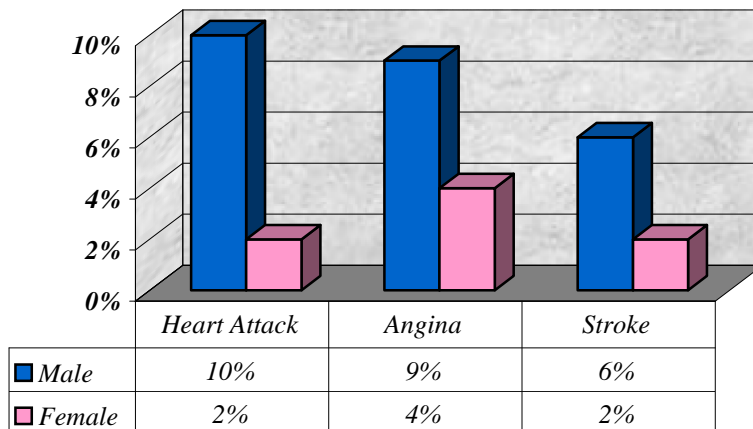
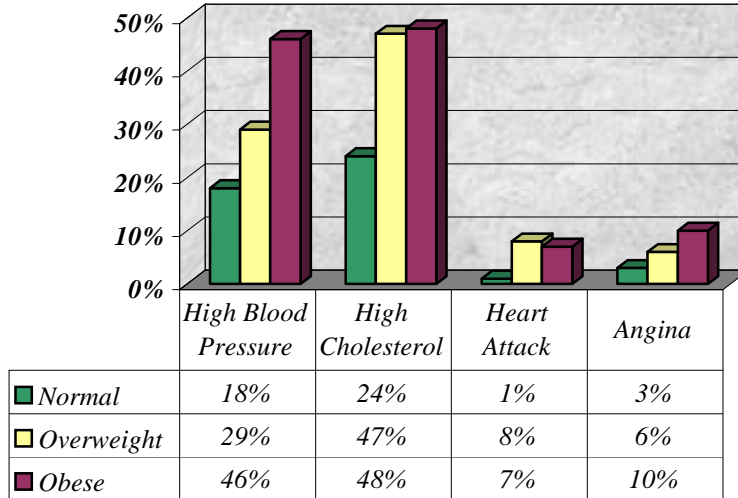


Figure 8 - Medical Conditions by BMI



- ◆ For those with high cholesterol and high blood pressure, there is a correlation with heart disease. Twelve percent (12%) of those who have high cholesterol also suffer from angina, whereas 4% of those who do not have high cholesterol have angina. For the cholesterol/high blood pressure link, 46% of those with high cholesterol also have high blood pressure, whereas 22% of those who do not have high cholesterol have high blood pressure. Please see Tables 14 and 15 below.

Table 14 – Medical Condition by Cholesterol

Condition	Have High Cholesterol	Do Not Have High Cholesterol
High Blood Pressure	46%	22%
Have Had a Heart Attack	10	3
Have Had Angina	12	4
Have Had a Stroke	6	2

Table 15 – Medical Condition by High Blood Pressure

Condition	Have High Blood Pressure	Do Not Have High Blood Pressure
Have Had a Heart Attack	10%	3%
Have Had Angina	14	2
Have Had a Stroke	7	2

Women's Health Issues

Key Finding #7 Over 90% of women had breast exams and pap tests, as did women over 50 for mammograms. A quarter of the female respondents had a hysterectomy.

**Table 16 – Women's Health Medical Procedures:
“Have you ever had a...”**

Type of Procedure	Yes	No	Don't know/RF
Pap Test	95%	5%	<1%
Breast Exam	90	10	0
Mammogram	77	23	0
Hysterectomy	25	75	0

Table 17 – Type of Test by Last Time It Was Done

Type of Procedure	<1Yr	1 - < 2Yrs	2 - < 3Yrs	3 - < 5Yrs	5+Yrs	Don't know/RF
Pap Test	63%	17%	6%	3%	12%	0%
Breast Exam	80	11	6	1	1	1
Mammogram	74	9	7	3	8	1

For each of the above exams, we asked questions about when the last one was only for those who had ever had the particular test done.

- ◆ Age was the most prominent differential between women's health checkups and respondent groups. For example, 72% of women 35 to 49 had at least one mammogram compared to 92% of those over 65. All of the women in the 25 to 34 category have had at least one pap exam compared to 63% of those 18 to 24. Please see Table 18 below.

Table 18 – Type of Test and Last Time It Was Done by Age

Procedure	18-24	25-34	35-49	50-64	65+
Have Ever Had a Mammogram	0%	26%	72%	100%	92%
Have Had a Mammogram Within the Past Year	0	57	80	67	78
Have Ever Had a Breast Exam	38	96	96	94	80
Have Ever Had a Pap Exam	63	100	99	97	90
Have Had a Pap Exam Within the Past Year	80	82	76	55	42

Note: the percentages for the questions on having had a particular exam *in the past year* reflect only the percentage of those who have ever had this type of exam.

- ◆ The next most prevalent comparison was whether the respondent had health insurance or not. For the following variables, there were significant differences between those with and without health insurance. For those questions not included below, there were no statistically significant differences between those with health insurance and those without it. Please see Table 19 below.

Table 19 – Type of Test Within the Last Year by Insurance Coverage

Procedure	Have Health Insurance	Do Not Have Health Insurance
Had a Mammogram within the Past Year	77%	40%
Had a Breast Exam within the Past Year	83	53
Had a Pap Exam within the Past Year	65	31

Note: the above statistics reflect the percentages of those who had ever had each of the exams listed in the table above. So while insurance was *not* a factor in whether or not a respondent had ever received one of the above tests, it *was* a factor in how recently they had it.

- ◆ Place of residence was only significant for one question, for ever having had a breast exam. Neenah had the highest incidence of having had a breast exam with 92% of respondents saying they had compared to 91% of those from Appleton, but only 77% of those from Menasha had ever had a breast exam. Income and education were not significant for any of the questions asked about women’s health exams.

Diabetes

Key Finding #8 Ten percent of respondents said a doctor told them they had diabetes, with another 1% saying yes, but only during pregnancy, The vast majority, 89%, said they had never been told they had diabetes or pre-diabetes.

- ◆ Ten percent (10%) of respondents said they had been told by a doctor that they had diabetes, with a further 1% saying yes, but only during pregnancy, and only 1 person said they had been told they were borderline. The vast majority, 89%, said they had never been told they had diabetes or pre-diabetes.
- ◆ Those with diabetes rated their health lower than those without diabetes. For those with diabetes, 3% rated their health as “excellent” compared to 24% of those who did not have diabetes. Similarly, 21% of those with diabetes rated their health as “very good” compared to 39% of those without diabetes.

- ◆ Age and BMI category were also related. For those over 65 years old, 19% said they had diabetes compared to 9% and less for those between 25 and 50. None of the respondents in the 18 to 24 age category reported having diabetes. For those of normal weight, 3% reported having diabetes compared to 11% of those in the overweight category and 16% of those in the CDC obese category. Gender, income, education, place of residence, and health insurance were not statistically significantly related.

Asthma

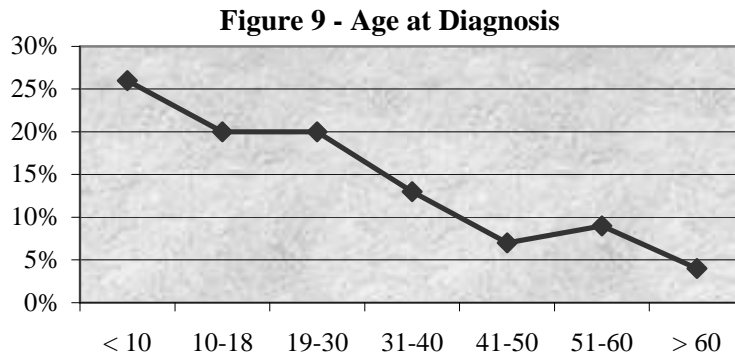
Key Finding #9 **About 14% of all respondents said they had ever had asthma. Of those who had ever had it, 54% said they still have it.**

- ◆ Only those who said they had ever had asthma were asked whether they still have it and only those who still have it were asked if they had an episode in the past year. Please see Table 20 below.

Table 20 – Asthma Incidence Rates

Incidence	Yes	No	Don't know/RF
Ever Had It	14%	86%	<1%
Still Have It	54	43	4
Had Episode in Past Year	48	52	0

- ◆ For most respondents who still have asthma, diagnosis as a child was most common; 46% of those who still have asthma were diagnosed under the age of 18 (26% under 10 years old and 20% 10-18). A further 20% were diagnosed in their 20s and then percentages of diagnosis drop off considerably. Please see Figure 9 below.



- ◆ There were few demographic differences between respondents with asthma. Age, gender, and place of residence were not statistically different in asthma incidence or use of an inhaler. Surprisingly, there were no statistical differences in physical activities, both moderate and vigorous between those with asthma and those who do not have it. Asthma sufferers did however tend to rate their overall health lower and tended to have somewhat higher percentages of obesity. While 39% of those who did not have asthma anymore rated their health as “excellent” only 7% of those who still have it rated their overall health as “excellent.” For those who had ever had asthma, 31% were categorized in the CDC obese category compared to 22% of those who had never had asthma. Similarly, 38% of those who still had asthma were categorized as obese compared to 23% of those who no longer have asthma.
- ◆ Only 10% of those with asthma had been to the emergency room in the past 12 months, while 20% had been to a doctor for urgent asthma care at least once in the past 12 months. Over half (55%) of those with asthma had been to the doctor at least once for an asthma checkup in the past year, though 45% said they had not. Please see Table 21 below.

Table 21 – Type of Medical Visit Due to Asthma by Number of Times

Type of Visit	0	1	2-3	3-5	5-7	7-10	> 10
Visits to Emergency Room	90%	10%	0%	0%	0%	0%	0%
Visits to Dr. for Urgent Care	79	10	7	0	0	0	3
Visits to Dr. for Asthma Checkup	45	35	17	0	0	0	3

Table 22 – Asthma Related Symptoms and Problems

Number of Days Unable to Carry Out Usual Activities in the Past 12 Months	Percent
0	83%
1	3
2-5	10
5-10	0
10-15	0
> 15	3
DK / Ref	0
During Past Month, How Many Times Per Week Had Symptoms	Percent
None	31%
< 1 time Per Week	10
Once or Twice a Week	21
More Than Twice a Week	28
Every Day, But Not All the Time	3
Every Day, All the Time	7
DK / Ref	0

How Many Days in Past Month, Asthma Made it Difficult to Stay Asleep	Percent
None	55%
One or Two	15
Three or Four	5
Five	0
Six to Ten	5
More than Ten	20
DK / Ref	0

Table 23 – Asthma Prescription Drug Use

For Prevention	Percent
Never	41%
1-14 Days	7
15-24	0
25-30 Days	52
DK / Ref	0
For Use During An Attack	Percent
Never	48%
1-4 Times	17
5-14	10
15-29	14
30-59	7
60-99	0
100+	0
DK / Ref	3

Smoking and Secondhand Smoke

Key Finding #10

The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Of those who currently smoke some days or everyday, 64% said they had tried to quit for at least one day in the past year. Moreover, most respondents (82%) said smoking is not allowed anywhere inside the home and 77% said their workplaces do not allow any smoking in public areas and 85% said their workplaces do not allow smoking in any work areas.

Smoking

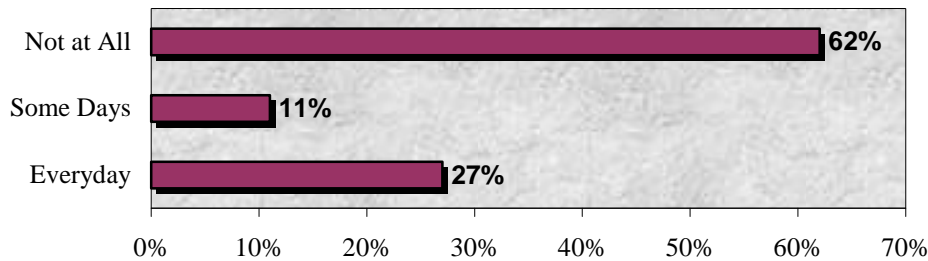
- ◆ The majority of respondents (54%) had not smoked at least 100 cigarettes in their lifetime. Of those who had, 62% said they currently do not smoke at all, while 11% said they smoke some days and 27% said they smoke everyday. Of those who currently smoke some days or everyday, 64% said they had tried to quit for at least one day in the past year. Please see Table 24 and Figure 10 below.

Table 24 – Smoking Incidence and Attempts to Quit

Incidence	Yes	No	Don't know/RF
Have Smoked at Least 100 Cigarettes	46%	54%	0%
Have Tried to Quit	64	33	3

The question about trying to quit was asked only for those who answered that they currently smoke every day or some days. The question asked whether they had stopped smoking for one day or longer in the past 12 months because they were trying to stop smoking.

Figure 10 - Of Those Who Have Smoked at Least 100 Cigarettes in Their Lifetime, Currently They Smoke...



- ◆ Men were more likely than women to ever have smoked as well as continue to smoke everyday. For men, 53% had smoked at least 100 cigarettes in their life and of those, 33% said they still smoke everyday, though 61% said they don't smoke anymore. For women, 42% said they had smoked at least 100 cigarettes in their lifetime and 22% said they still smoke everyday, while 63% of those who had ever smoked said they don't smoke now. Of those who had ever smoked, women were somewhat more likely to say that they smoke "some days" (15% of women smokers compared to 6% of men).
- ◆ While there was no age difference in whether a respondent had ever smoked or not (age groups were similar in incidence rates), there was a significant difference in whether they still smoked or not. Please see the table below which should be read down the column such that 71% of 18 to 24 years who had smoked at least 100 cigarettes in their life still smoke everyday compared to only 16% of those over 65. Please see Table 25 below.

Table 25 – Smoking Incidence by Age

Smoking Incidence	18-24	25-34	35-49	50-64	65+
Smoke Everyday	71%	50%	36%	14%	16%
Do Not Smoke At All	14	28	50	81	76

Note, the percentages do not add to 100% down the columns, the difference is the percentage within the age category that say they smoke "some days."

- ◆ In addition, those who no longer smoke were more likely to cite incidence of high blood pressure than those who smoke some days or everyday. For those who no longer smoke, 34% said they had high blood pressure compared to 20% of those who smoke everyday (when age is controlled for, this drops out because older adults more generally are more likely to have high blood pressure and also to have quit smoking). Those who no longer smoke are more likely to do vigorous exercise than smokers (47% of those who no longer smoke compared to 25% of those who smoke everyday). Finally, 52% of those who no longer smoke said they are “very satisfied” with their lives compared to 40% of those who smoke everyday, though there was no statistical difference between the two groups for feelings of being emotionally supported.

Second-Hand Smoke

- ◆ All respondents were asked whether they allow smoking inside the home. Most respondents (82%) said smoking is not allowed anywhere inside the home, while 7% said they allow it in some inside areas of the home, 3% said it is allowed anywhere in the home and 8% said there were no rules about smoking in their household. For those who work (64% of the sample), they were asked about smoking policies at their workplaces. Please see Table 26 below.

Table 26 – Official Company Smoking Policies

Policy	Public / Common Areas	Work Areas
Not Allowed in These Areas	77%	85%
Allowed in Some of These Areas	13	6
Allowed in All of These Areas	2	2
No Official Policy	6	5
DK / Refused	2	2

These were two separate questions. For example, the 77% who said smoking was not allowed in these areas pertains solely to public or common areas. They were then asked about work areas.

Alcohol

Key Finding #11 The majority (64%) of respondents said they had at least one alcoholic beverage in the last 30 days.

- ◆ The majority (64%) of respondents said they had at least one alcoholic beverage in the last 30 days. Of those, and during the same time period, 56% said they had alcohol 1 day or less per week, while 13% said 2 days, 10% said 3 days, 4% 4 days, and 18% 5 or more days per week. At the same time, they were asked in a different question how many total days during the past month they had consumed alcohol. The plurality (26%) said 1 day or less, though 19% said 15 or more days in the past month. Please see Figures 11 and 12 below.

Figure 11 - Days Per Week With Alcohol

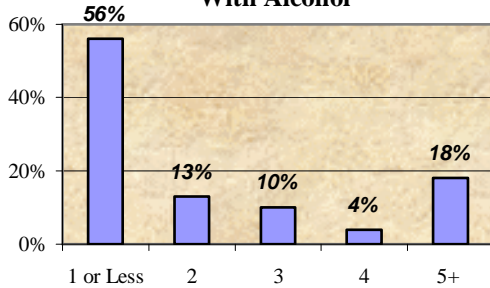
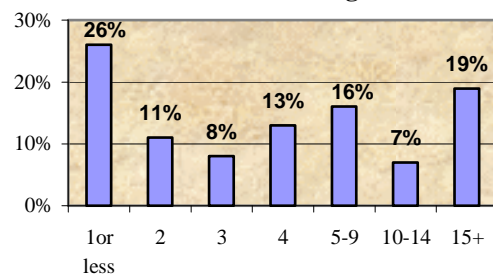


Figure 12 - Number of Days in Last Month Drinking Alcohol



- ◆ When asked how many times in the past 30 days they had driven when they had too much to drink, 96% of respondents said “none,” while 2% said once, 1% said twice and, 1% said 3 or more times.
- ◆ Respondents were asked typically how many drinks they have on a single occasion. Most (75%) have one or two, while 6% said they typically had 5 or more. When asked about the largest number of alcoholic drinks they had on any one occasion, answers ranged from 1 (22%) to 37 (1 respondent). While 5% said they weren’t sure, 69% said they had between 1 and 3 drinks at the most. However, 22% said they had between 4 and 10 drinks and 6% said they had drunk more than 10 on a single occasion in the past month. The average number was 7.5 while the median was 3 with a standard deviation of 18.3 (the outlying “37” pulls up the mean). Please see Figures 13 and 14 below.

Figure 13 - Number of Alcoholic Beverages in an Average Sitting

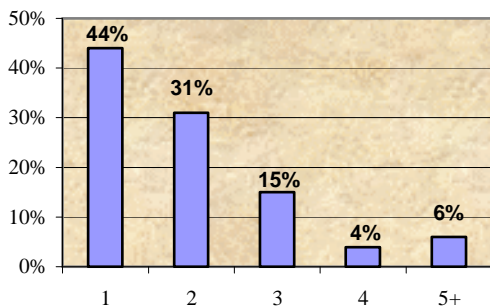
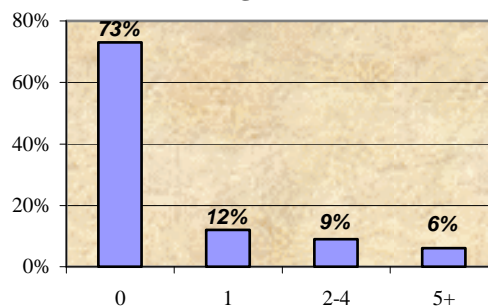


Figure 14 - Times Had 5+ Drinks on a Single Occasion



- ◆ Men were more likely than women to have had any alcohol in the past month and to have alcohol more times per week. For men, 74% had some alcohol in the past month compared to 58% of women, while 26% of men said they had alcohol at least 5 days a week compared to 11% of women.

- ◆ Those who had some alcohol in the past month were more likely to have exercised than those who did not have any alcohol (age was not significant in whether the respondent had alcohol or not).
- ◆ Alcohol consumption was not related to incidence of heart disease, nor were frequent alcohol drinkers likely to have higher BMIs than those who drank less alcohol. It was somewhat related to overall satisfaction with life and emotional support. For those who consumed alcohol more than 5 times per week in the past month, 33% said they were “very satisfied” with their lives compared to 61% who had consumed alcohol 1 or fewer times in a typical week in the past month. Similarly, only 18% of respondents who consumed alcohol 5 times per week felt “always” emotionally supported compared to 57% of those who had consumed alcohol 1 or fewer times during a week in the past month.
- ◆ Alcohol consumption was also related to whether a person had ever smoked before. Over half (51%) of those who had any alcohol in the past month said they had smoked at least 100 cigarettes in their lifetime compared to 39% of those who had not had any alcohol in the past month. However, having any alcohol or not was not statistically related to how often a person smokes now, nor was drinking more often in a week.

Immunization

Key Finding #12 **The majority of respondents (59%) did not get a flu shot in the past 12 months. Only 2 respondents said they had flu mist sprayed in the nose in the same period. Nearly a quarter (24%) said they had received a pneumonia shot while 70% said they had not and 6% said they were not sure.**

- ◆ Respondents were asked whether they had a flu shot in the past 12 months, the majority (59%) said they had not. Only 2 respondents said they had the flu mist sprayed in the nose in the past year. Nearly a quarter (24%) said they had received a pneumonia shot which is received once or twice a lifetime, while 70% said they had not and 6% said they were not sure. Please see Figure 27 below.

Table 27 – Immunization Rates

Immunization Type	Yes	No	Don't know/RF
Flu Shot	41%	59%	0%
Flu Mist	<1	100	0
Pneumonia Shot	24	70	6

- ◆ Age was highly related to incidence of shots. Older respondents were much more likely to have received shots. The table below reads down the columns, for example, 8% of 18 to 24 year-olds had gotten a flu shot but 25% of those in that age group had a pneumonia shot. Similarly, 73% of those over 65 had gotten a flu shot). Please see Table 28 below.

Table 28 – Immunization Rates by Age

Immunization Type	18-24	25-34	35-49	50-64	65+
Flu Shot	8%	30%	25%	40%	73%
Pneumonia Shot	25	10	6	22	63

- ◆ Women were more likely than men to get flu shots (45% of women compared to 34% of men), though there was no significant difference in gender for pneumonia shots. Insurance was also a factor for flu shots, though not for pneumonia shots. Those with insurance were more likely to have flu shots, such that 42% of those with insurance had gotten the shot compared to 19% of those without insurance. Income, education, and place of residence were not significantly related.

Arthritis Burden

Key Finding #13 **Half of the respondents said they had felt pain, aching or stiffness in joints other than the back or neck in the past 30 days. When all respondents were asked whether they had ever been diagnosed with arthritis, rheumatism, gout, lupus, or fibromyalgia, 37% said they had such a diagnosis.**

- ◆ Fifty-percent (50%) of respondents said they had felt pain, aching or stiffness in joints other than the back or neck in the past 30 days. Of those who said yes to this, 82% said that those symptoms began more than 3 months ago. Of those whose symptoms had started more than 3 months ago, 76% said they had seen a doctor about it. When all respondents were asked whether they had ever been diagnosed with arthritis, rheumatism, gout, lupus, or fibromyalgia (interviewers were also given several other names of types of arthritis), 37% said they had had such a diagnosis. Please see Table 29 below.

Table 29 – Arthritis Burden

Arthritis Burden	Yes	No	Don't know/RF
Symptoms Last 30 Days	50%	50%	1%
Begin More Than 3 Months Ago	82	18	1
Seen a Doctor About Symptoms	76	25	0
Have Been Diagnosed	37	63	0

- ◆ Respondents that either had symptoms for more than three months and/or had been diagnosed with some form of arthritis were then asked whether their symptoms limited them in any way from usual activities. Of those, 30% said they were limited, 69% said they weren't, and 1% were not sure.

- ◆ Overall health rating was significantly lower for those with some form of arthritis. For example, 69% without arthritis rated their overall health as “excellent” or “very good” compared to 41% with arthritis. Older people were more likely to have arthritis; 34% over 50 said they had been diagnosed with arthritis compared to 24% of those 35 to 49, 7% of those 25 to 34 and 1% age 18 to 24. There were no statistically significant differences in arthritis incidence and gender or city lived in. For the group diagnosed with arthritis, 10% did not have health insurance.

Emergency Preparedness

Key Finding #14 **Most respondents (60%) said they have plans in place in case of natural disaster or terrorist attack; 38% said they did not and 2% were not sure.**

- ◆ Most respondents (60%) said they have plans in place in case of natural disaster or terrorist attack; 38% said they did not, and 2% were not sure. Respondents did not differ by city of residence, age, whether there were children under 18 in the household, education, or income in terms of whether they had an emergency plan or not.