

Walworth County Community Health Survey Summary

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

Overall Health					Health Conditions in Past 3 Years				
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Excellent	25%	23%	23%	16%	High Blood Pressure	15%	24%	24%	29%
Very Good	34%	35%	38%	32%	High Blood Cholesterol	13%	15%	19%	20%
Fair or Poor	8%	15%	8%	16%	Mental Health Condition			10%	19%
<i>Other Research: (2010)</i>					Diabetes	4%	7%	5%	7%
<i>Fair or Poor</i>					Heart Disease/Condition	5%	8%	7%	6%
					Asthma (Current)	10%	7%	7%	6%
					Cancer			6%	4%
					Stroke	<1%	2%	2%	1%
Health Care Coverage					Physical Health				
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Not Covered					Physical Activity/Week				
Personally (currently)	9%	10%	10%	8%	Moderate Activity (5 times/30 min)	31%	33%	32%	42%
Personally (past 12 months)			14%	17%	Vigorous Activity (3 times/20 min)			28%	24%
Household Member (past 12 months)	20%	21%	16%	15%	Recommended Moderate or Vigorous			45%	48%
Advance Care Plan	34%	35%	33%	31%	Overweight	53%	54%	61%	65%
Primary Source of Health Advice					Fruit Intake (2+ servings/day)	69%	60%	58%	59%
Doctor/nurse practitioner's office		82%	73%	79%	Vegetable Intake (3+ servings/day)	36%	21%	24%	28%
Urgent care center		4%	7%	6%	<i>Other Research:</i>				
Public hlth clinic/comm. hlth center		6%	5%	4%	Overweight (2010)			64%	64%
<i>Other Research: (2010)</i>					Recommended Mod. or Vig. Activity (2009)			53%	51%
<i>Personally Not Covered (currently)</i>									
			11%	15%	Women's Health				
Routine Procedures					Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	Mammogram (40+; within past 2 years)	78%	71%	73%	74%
Routine Checkup (2 yrs. ago or less)	81%	82%	82%	82%	Bone Density Scan (65 and older)		62%	74%	77%
Cholesterol Test (4 years ago or less)	65%	69%	64%	71%	Pap Smear (18 - 65; within past 3 years)	90%	85%	81%	83%
Dental Checkup (past year)	74%	69%	65%	59%	<i>Other Research: (2010)</i>				
Eye Exam (past year)	49%	46%	48%	50%	Mammogram (40+; within past 2 years)			79%	76%
<i>Other Research:</i>					Pap Smear (18+; within past 3 years)			85%	81%
<i>Routine Checkup (≤2 years; 2000)</i>									
<i>Cholesterol Test (≤5 years; 2010)</i>									
<i>Dental Checkup (past year; 2010)</i>									
			79%	84%	Men's Health				
			77%	77%	Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
			75%	70%	PSA Test (40+; within past 2 years)		54%	46%	42%
Vaccinations					Digital Rectal Exam (40+; within past year)	36%	26%	36%	26%
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	<i>Other Research: (2010)</i>				
Flu Vaccination (past year—65 and older)	64%	43%	69%	64%	PSA Test (40+; within past 2 years)			51%	53%
Pneumonia (ever—65 and older)	52%	60%	69%	68%	<i>Other Tests</i>				
<i>Other Research: (2010)</i>					Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
<i>Flu Vaccination (past year—65 and older)</i>					Sigmoidoscopy (50+; within past 5 years)			7%	9%
<i>Pneumonia (ever—65 and older)</i>					Colonoscopy (50+; within past 10 years)			65%	65%
			68%	68%	Sig./Colonoscopy (50+; lifetime)	58%	55%	69%	68%
			73%	69%	<i>Other Research: (2010)</i>				
					Sig./Colonoscopy (50+; lifetime)			69%	65%
Complementary/Alternative Treatments in Past 3 Years									
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>					
Chiropractic Care	23%	19%	22%	23%					
Massage Therapy	16%	11%	18%	17%					
Aroma Therapy	4%	2%	7%	7%					
Acupuncture	3%	2%	3%	2%					

Safety					Mental Health Status				
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Seat Belt (always/nearly always)	86%	89%	85%	89%	Felt Sad, Blue or Depressed				
Helmet Use of Those Who Ride Bike/ In-Line Skate (always/nearly always)	21%	32%	29%	27%	Always/Nearly Always (past 30 days)	4%	7%	4%	9%
Detectors in Household					Find Meaning and Purpose in Daily Life				
Smoke Detector	95%	96%	94%	97%	Seldom/Never	5%	4%	4%	7%
Carbon Monoxide Detector	55%	56%	56%	71%	Considered Suicide (past year)	2%	2%	3%	5%
Both Detectors	53%	55%	56%	70%					
Neither Detector	2%	3%	3%	2%	Alcohol Use				
					Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
<i>Other Research: (2002)</i>			<u>WI</u>	<u>U.S.</u>	Of all Respondents in Past Month...				
Seat Belt (always/nearly always)			82%	88%	Heavy Drinker	7%	8%	8%	9%
					Binge Drinker	15%	23%	24%	23%
Cigarette Use					Driver/Passenger in Vehicle When Driver				
Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>	Perhaps Had Too Much to Drink	2%	3%	4%	4%
Current Smokers	25%	25%	23%	27%	HH Problem Associated with Alcohol		7%	6%	6%
Of Current Smokers...									
Quit Smoking 1 Day or More in Past					<i>Other Research: (2010)</i>			<u>WI</u>	<u>U.S.</u>
Year Because Trying to Quit	43%	42%	49%	58%	Heavy Drinker			6%	5%
Saw a Health Care Professional Past Yr.					Binge Drinker			22%	15%
...Advised to Quit Smoking		70%	66%	75%					
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>	Personal Safety in Past Year				
Current Smokers (2010)			19%	17%	Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Tried to Quit (2005)			49%	56%	Afraid for Their Safety	5%	6%	5%	5%
					Pushed, Kicked, Slapped, or Hit	1%	3%	5%	5%
					At Least One of the Safety Issues	5%	8%	10%	8%
Smoking Policies					Firearms in Household				
Walworth County		<u>2009</u>	<u>2011</u>		Walworth County	<u>2003</u>	<u>2005</u>	<u>2009</u>	<u>2011</u>
Smoking Policy at Home					Of all Households...				
Not allowed anywhere		77%	80%		Have a Firearm	29%	29%	30%	37%
Allowed in some places or at some times		8%	9%		Handgun			11%	16%
Allowed anywhere		4%	2%		Rifle or shotgun			26%	33%
No rules inside home		11%	9%		Have a Loaded Firearm	3%	2%	2%	4%
Work's Official Indoor Smoking Policy					Have a Loaded Firearm Unlocked	2%	1%	1%	4%
Not allowed anywhere		77%	82%						
Allowed in some areas		12%	11%		<i>Other Research: (2002)</i>				
Allowed in all areas		2%	<1%		Of all Households...			<u>WI</u>	<u>U.S.</u>
No official policy		9%	5%		Have a Firearm			44%	33%
Second-Hand Smoke Exposure in Past					Have a Loaded Firearm			3%	8%
Seven Days of Nonsmokers					Have a Loaded Firearm Unlocked			2%	4%
0 days		71%	82%						
1 to 3 days		23%	13%		Additional Questions				
4 to 7 days		6%	5%		Walworth County			<u>2009</u>	<u>2011</u>
<i>Other Research: (WI: 2003; US: 2006-2007)</i>			<u>WI</u>	<u>U.S.</u>	Did Not Receive Care Needed in Past 12 Months				
Smoking Prohibited at Home		75%	79%		Medical Care				7%
Smoke-Free Policy at Indoor Worksite		75%	75%		Dental Care				5%
					Mental Health Care				4%
					Major or Moderate Problem				
					Safe Drinking Water			9%	10%
					Clean Drinking and Recreational Water			10%	8%
					Food Safety in Stores and Restaurants			7%	7%

Overall Health and Health Care Key Findings

In 2011, 48% of respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents with a high school education or less, who were in the bottom 40 percent household income bracket, overweight or inactive were more likely to report fair or poor conditions. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2011, 8% of respondents reported they were not currently covered by health care insurance; respondents who were 18 to 34 years old, with some post high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Seventeen percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Fifteen percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the middle 20 percent household income bracket or unmarried were more likely to report this. Seventy-nine percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female or 65 and older were more likely to report this. Thirty-one percent of respondents had an advance care plan; respondents who were female, 65 and older, with a college education or who were married were more likely to report an advance care plan. *From 2003 to 2011, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care insurance. From 2009 to 2011, the overall percent statistically remained the same for respondents who reported no current personal health care insurance at least part of the time in the past 12 months. From 2003 to 2011, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months. From 2005 to 2011, there was no statistical change in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2011, there was no statistical change in the overall percent of respondents having an advance care plan.*

In 2011, 82% of respondents reported a routine medical checkup two years ago or less while 71% reported a cholesterol test four years ago or less. Fifty-nine percent of respondents reported a visit to the dentist in the past year while 50% reported an eye exam in the past year. Respondents who were female, 65 and older or married were more likely to report a routine checkup two years ago or less. Respondents who were female, 65 and older, in the middle 20 percent household income bracket or married were more likely to report a cholesterol test four years ago or less. Respondents who were 35 to 44 years old, with a college education, who were in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. Respondents who were female or in the middle 20 percent household income bracket were more likely to report an eye exam in the past year. *From 2003 to 2011, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less, a cholesterol test four years ago or less or an eye exam in the past year. From 2003 to 2011, there was a statistical decrease in the overall percent of respondents who reported a dental checkup in the past year.*

In 2011, 34% of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Sixty-eight percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2011, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2011, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2011, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (29% and 20%, respectively). Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight or physically inactive were more likely to report high blood pressure. Respondents who were 65 and older or overweight were more likely to report high blood cholesterol. Respondents 55 and older were more likely to report heart disease/condition. Respondents who were female, 18 to 34 years old, 55 to 64 years old or in the

bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 55 to 64 years old, overweight or nonsmokers were more likely to report diabetes. Female respondents were more likely to report current asthma. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported high blood pressure, high blood cholesterol or diabetes. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported heart disease/condition, current asthma or stroke. From 2009 to 2011, there was a statistical increase in the overall percent of respondents who reported a mental health condition. From 2009 to 2011, there was no statistical change in the overall percent of respondents who reported cancer.*

In 2011, 9% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report they considered suicide. Seven percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were 35 to 44 years old or with a high school education or less were more likely to report this. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they considered suicide. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2011, out of four complementary/alternative treatments listed, chiropractic care was the most often used in the past three years (23%). Respondents who were 35 to 44 years old or married were more likely to report chiropractic care. Respondents with a college education were more likely to report massage therapy. Respondents 18 to 44 years old were more likely to report aroma therapy. *From 2003 to 2011, there was no statistical change in the overall percent of respondents reporting chiropractic care, massage therapy or acupuncture. From 2003 to 2011, there was a statistical increase in the overall percent of respondents reporting aroma therapy.*

In 2011, 42% of respondents did moderate physical activity five times a week for 30 minutes while 24% did vigorous activity three times a week for 20 minutes. Combined, 48% met the recommended amount of physical activity; respondents with a college education were more likely to report this. Sixty-five percent of respondents were classified as overweight. Respondents who were male, 55 to 64 years old or with a high school education or less were more likely to be classified as overweight. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2009 to 2011, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or in the overall percent who met the recommended amount of physical activity. From 2003 to 2011, there was a statistical increase in the overall percent of respondents being overweight.*

In 2011, 59% of respondents reported two or more servings of fruit while 28% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or married respondents were more likely to report at least two servings of fruit. Respondents who were female, with a college education, who were married, not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. *From 2003 to 2011, there was a statistical decrease 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.*

In 2011, 74% of female respondents 40 and older reported a mammogram within the past two years. Seventy-seven percent of female respondents 65 and older had a bone density scan. Eighty-three percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 34 years old were more likely to report this. *From 2003 to 2011, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2005 to 2011, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2011, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2011, 42% of male respondents 40 and older had a prostate-specific antigen test within the past two years. Twenty-six percent of male respondents 40 and older had a digital rectal exam in the past year. *From 2005 to 2011, there was no statistical change in the overall percent of male respondents 40 and older who reported a PSA test within the past two years. From 2003 to 2011, there was no statistical change in the overall percent of male respondents 40 and older who reported a digital rectal exam within the past year.*

In 2011, 9% of respondents 50 and older reported a sigmoidoscopy within the past five years while 65% reported a colonoscopy within the past ten years. Sixty-eight percent of respondents 50 and older reported a sigmoidoscopy or colonoscopy in their lifetime. *From 2009 to 2011, 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. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy or colonoscopy in their lifetime.*

In 2011, 89% of respondents wore seat belts always or nearly always; female respondents were more likely to report this. Of respondents who rode a bike, used in-line skates or rode a scooter, 27% reported they always or nearly always wore a helmet; respondents with a college education or married respondents were more likely to report this. *From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported they always or nearly always wore a seat belt or they always or nearly always wore a helmet.*

In 2011, 27% of respondents were current smokers. Respondents who were male, 18 to 34 years old, with a high school education or less or unmarried respondents were more likely to be a smoker. In the past 12 months, 58% of current smokers quit smoking for one day or longer because they were trying to quit. Seventy-five percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2011, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2011, there was a statistical increase in the overall percent of current smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2005 to 2011, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2011, 80% of respondents reported smoking is not allowed anywhere inside the home while 82% reported smoking is not allowed in any area at work. Respondents who were nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Respondents who were 18 to 34 years old, 55 and older, with a college education, who were married or nonsmokers were more likely to report smoking is not allowed in any area at work. Five percent of nonsmoking respondents reported they were exposed to second-hand smoke at least four out of the past seven days; respondents 45 to 54 years old were more likely to report this. *From 2009 to 2011, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home or smoking is not allowed in any area at work. From 2009 to 2011, there was no statistical change in the overall percent of respondents who reported they were exposed to second-hand smoke on at least four of the past seven days.*

In 2011, 68% of respondents had an alcoholic drink in the past 30 days. In the past month, 9% were heavy drinkers while 23% were binge drinkers. Respondents who were male, 18 to 34 years old or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Four percent reported they had been a driver or a passenger when the driver perhaps had too much to drink; male respondents were more likely to report this. Six percent of respondents reported someone in their household experienced a problem in connection with drinking in the past year. *From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported heavy drinking in the past month. From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month. From 2003 to 2011, there was a statistical increase 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. From 2005 to 2011, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2011, 97% of households had a working smoke detector while 71% had a working carbon monoxide detector. Seventy percent of households had both detectors. Married respondents were more likely to report both detectors. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported both a working smoke detector and carbon monoxide detector.*

In 2011, 37% of households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 16% had a handgun while 33% had a rifle or shotgun. Married respondents were more likely to report a handgun. Respondents who were in the top 40 percent household income bracket or married were more likely to report a rifle/shotgun. Of all households, 4% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Four percent of all households had a firearm loaded and unlocked; respondents who were in the top 40 percent household income bracket or married were more likely to report this. *From 2003 to 2011, there was a statistical increase in the overall percent of respondents who reported having a firearm in or around their home. From 2009 to 2011, there was a statistical increase in the overall percent of respondents who reported a handgun or a rifle/shotgun in the household. From 2003 to 2011, there was no statistical change in the overall percent of respondents who reported having a loaded firearm or a loaded firearm which was also unlocked.*

In 2011, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. Five percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were 18 to 34 years old or unmarried were more likely to report this. A total of 8% reported at least one of these two situations; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2003 to 2011, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2011, there was a statistical increase in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2011, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Additional Questions Key Findings

In 2011, 7% of respondents reported that they did not get the medical care they needed sometime in the last 12 months. Five percent reported they did not receive dental care needed while 4% reported they did not receive the mental health care they needed in the past 12 months. Respondents with at least some post high school education were more likely to report they did not receive the medical care needed. Respondents in the bottom 40 percent household income bracket were more likely to report they did not receive the dental care needed. Respondents who were male, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report they did not receive the mental health care needed.

In 2011, out of three environmental health issues that communities may face, the most often cited major or moderate problem in the community was safe drinking water (10%) followed by clean drinking and recreational water (8%). Seven percent reported food safety in stores and restaurants as a major or moderate problem. *From 2009 to 2011, there was no statistical change in the overall percent of respondents reporting safe drinking water, clean drinking/recreational water or food safety in stores and restaurants as a major/moderate problem in their community.*